Ask Questions!

We look forward to discussing more after the briefing. Enter questions in the GoToWebinar question box.
Meet the Speakers

Lori Turk-Bicakci, PhD  
Director, Lucile Packard Foundation for Children’s Health

Troy Nichols  
Senior Training and Consulting Specialist, The Child Abuse Prevention Center
Protective Factors
Build a solid foundation for life
- Preventive Health Care
- Strong Start in Education
- Nurturing School Community

Supportive Services
Address the effects of childhood adversity
- Support for Health Challenges
- Services to Address Abuse
- Programs for Families in Poverty

kidsdata.org/Safeguards
Safeguards for Youth: Data Sources

**Federal and State Agencies**
Federal Centers for Medicare and Medicaid Services; CA Departments of Education, Health Care Services, Justice, Public Health, Social Services

**Organizations**
California Child Care Resource and Referral Network, Public Policy Institute of California, U.C. Berkeley Center for Social Services Research

**Surveys**
National Survey of Children's Health, American Community Survey, California Health Interview Study, California Healthy Kids Survey

And more…
How to Access Safeguards for Youth Data

Safeguards for Youth Data

A compilation of the latest data on protective factors and supportive services that promote California children’s health and well-being. Learn more about this issue on our Kidsdata News page.

Protective Factors

- Preventive Health Care
- Strong Start in Education
- Nurturing School Community

Supportive Services

- Support for Health Challenges
- Services to Address Abuse
- Programs for Families in Poverty

Complete list of all indicators: kidsdata.org/pages/safeguards-data
# How to Access Safeguards for Youth Data

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Complete list of all indicators: [kidsdata.org/pages/safeguards-data](http://kidsdata.org/pages/safeguards-data)
growing knowledge and networks for professionals working with families
• Increase family strengths
• Enhance positive child outcomes
• Reduce likelihood of child abuse and neglect
5 PROTECTIVE FACTORS

Concrete Support in Times of Need

Social Connections

Knowledge of Parenting and Child Development

Social and Emotional Competence of Children

Parental Resilience
HOW TO RECOGNIZE FAMILIES WITH CONCRETE SUPPORT

Families who have strong Concrete Support in Times of Need are:

• Resourceful
• Able to identify, find and receive basic necessities
• Understand their rights to access formal services
• Know how to navigate service systems
• Ask for help
• Have the financial security needed to cover costs
Parents and families with strong Social Connections:

- Build trusting relationships
- Feel respected and appreciated by their social connections
- Have family, friends, neighbors and others who provide emotional, instrumental, informational and spiritual support
- Feel connected, secure, and empowered to have positive mutual interactions with others
Parents with strong Knowledge of Parenting and Child Development:

- Seek and use accurate and age-appropriate information to guide their parenting behaviors
- Have appropriate developmental expectations
- Use positive discipline techniques
- Know the importance of being emotionally and physically available, attuned, nurturing, responsive, reliable and predictable for their children
Children with strong Social and Emotional Competence:

- Use words and language skills
- Interact positively with others
- Communicate their emotions effectively
- Develop and engage in self-regulating behaviors
- Have parents who help them express and deal with their emotions
Parents with strong Parental Resilience:

• Solve life issues and parenting problems
• Call forth inner strength to manage adversity and heal their own trauma
• Manage their negative feelings
• Seek help for themselves and their child
• Believe they can make and achieve goals
5 PROTECTIVE FACTORS FOR STAFF

Concrete Support in Times of Need

Social (Peer/Staff) Connections

Knowledge of Parenting (Policies and Procedures) and Child (Staff) Development

Social and Emotional Competence of Children (Staff)

Parental (Staff) Resilience
Using a trauma-informed approach represents the shift from "What's wrong?" to "What has happened?"
KEY PRINCIPLES OF A TRAUMA-INFORMED APPROACH

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical, and Gender Issues
## SAFEGUARDS FOR YOUTH DATA: CRITICAL AREAS

### Protective Factors: Safeguards:
- Preventive Health Care
- Strong Start in Education
- Nurturing School Community

### Protective Factors: CSSP
- Concrete Supports in Times of Need
- Social Emotional Competence of Children
- Social Connections
SAFEGUARDS FOR YOUTH DATA: CRITICAL AREAS

**Supportive Services Safeguards**
- Support for Health Challenges
- Services to Address Abuse
- Programs for Families in Poverty

**Supportive Services Strategies 2.0**
- Early start FRC’s
- CAPC’s, County Prevention Plans
- FRC’s, Training and Implementation
Lessons In Disaster Recovery

In 2017, in a scenario that has become all too familiar, a devastating fire burned across northern Napa Valley. Among the community members and organizations responding to the disaster and its aftermath were the Family Resource Centers and Strategies 2.0 partners, On the Move and Upvalley Family Centers.

While supporting families during the crisis, they also had the forethought to document their efforts and lessons learned, to support other nonprofits, around California and beyond, in thinking through their own preparedness for future disasters.

Download the document to review their lessons learned:

[North Bay Fire Response Lessons In Disaster Recovery (pdf)]

Strategies 2.0 Building Community Resilience Toolkit

Based upon the framework for addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model by Wendy Ellis and William Dietz (2017), Strategies 2.0’s Building Community Resilience Toolkit Series is designed to guide family and community strengthening organizations in the necessary balance between ideas grounded in research and data with the community’s own lived experience and perceptions of adversity and assets.

[Building Community Resilience Toolkit, Volume 1 (pdf)]
[Building Community Resilience Toolkit, Volume 2 (pdf)]
[Building Community Resilience Toolkit, Volume 3 (pdf)]
[Building Community Resilience Toolkit, Volume 4 (pdf)]

Strategies 2.0 Knowledge to Action Briefs

[Best Practice Lenses Used In Family Strengthening Work (pdf)]
[Culturally Proficient Professional (pdf)]
[Equity and the Social Determinants of Health (NEW) (pdf)]
Knowledge to Action Brief: Equity and the Social Determinants of Health

Why do some individuals experience more positive health outcomes than others? The answer lies not only in genetics, personal choices, or luck, but rather a complex mix of factors within the circumstances of a person’s life. These factors, termed “social determinants of health (SDOH)” are defined as “conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks” (U.S. Department of Health and Human Services, 2019, Understanding Social Determinants of Health section, para 1). The World Health Organization (WHO) adds that “these circumstances are shaped by the distribution of money, power and resources at global, national, and local levels” (WHO, 2019). The concept of SDOH argues that some people are healthier than others not only because of individual behaviors and biology, but also because they have certain social and environmental advantages that allow them to achieve and maintain good health. However, while SDOH is a common working term for specified conditions, the word “determined” does not mean that one has a fixed destiny.

Social Determinants of Health include:
- Economic Stability – employment, food insecurity, housing instability, poverty
- Education – early childhood education, enrollment in higher education, language and literacy
- Social/Community Context – civic participation, discrimination, incarceration, social cohesion
- Health and Healthcare – access to healthcare, access to primary care, health literacy
- Neighborhood and Built Environment – access to healthy food, levels of crime and violence, housing quality (U.S. Department of Health and Human Services, 2019)

All of the above conditions may intersect to have a significant impact on a person's health. For example, an individual living in poverty may experience chronic stress that negatively affects their mental and physical well-being. Additionally, low-income neighborhoods often lack safe places for children to play, parks for families to enjoy, or access to stores selling nutritious food, and other health benefits that residents of more affluent neighborhoods enjoy. Thus, though this individual may be motivated to do all the “right things” to stay healthy, such as getting regular check-ups and eating well, certain conditions in one’s external environment, including safety concerns or community violence, could make these choices challenging.

As illustrated above, not everyone has the same access to conditions that contribute to good health, and many struggle to escape circumstances that contribute to poor health. For this reason, it is important to take action to increase equity among individuals and social groups. Equity is defined as “just and fair inclusion into a society in which all can participate, prosper, and reach their full potential” (Collective Impact Forum, 2015, Part 1 section, para.11).
STRATEGIES 2.0 RESOURCES
Strategies 2.0 Webinar Library

Click the titles below to view recordings of previous Strategies 2.0 webinars.

**LGBTQ+ Inclusivity**
This webinar empowers professionals to create an inclusive workspace for LGBTQ+ staff and clients. It helps professionals develop partnerships with LGBTQ+ Folks in their community and support the needs that the LGBTQ+ community has regarding disclosure, safe spaces, and more. [Recorded November 2018]

**Mind Matters: Overcoming Adversity and Building Resilience**
Mind Matters (MM) curriculum combines ACEs science with the most current research-based recovery skills to help interrupt destructive thought patterns and harmful behaviors. By learning personal self-managed skills of restoration, people are given a way to take charge of their emotions and improve their states of mind, addressing their physical, relational, and mental health needs. [Recorded October 2018]

**Trauma-Informed Mindfulness, Movement, and Self-Care**
When we practice self-care, we are able to better serve those around us. Our guest speaker, Schuyler Bright, teaches self-care techniques for you and your clients in your offices, homes, or classrooms. Support greater self-awareness and increase family well-being by creating space for more attunement and empathy. [Recorded July 2018]

**Webinar Series: Conversations to Help Navigate Parenting**
Find out about the current research on, and best practices for, parent coaching. Learn parent coaching strategies that can be woven into everyday conversations with parents to foster greater self-awareness, increase family well-being, and share new ways to think about parenting challenges. **Intended Audience:** family support professionals who work directly with diverse parenting populations, including parenting coaches/educators, family advocates, early childhood educators, and therapists

- **Part 1:** The Introduction [Recorded 9/2017]
- **Part 2:** Focus on understanding how a parent's childhood can show up in their parenting in helpful and unhelpful ways. Learn how to align what parents do with what they want for their children. [2/2018]
- **Part 3:** Better understand self-care and ways to create a better fit between children and parent's unique temperaments, so parents can be responsive to the needs of their children. [2/2018]
- **Part 4:** Find a balanced parenting approach, somewhere between pushing too hard and expecting too little, so parents turn discipline situations into learning opportunities that support life-skills. [3/2018]
- **Part 5:** Focus on matching parent's expectations with their child's developmental needs and abilities and co-parenting more effectively, whether living together or apart. [4/2018]
- **Part 6:** Discover what drives parent's reactions, and focus on strategies that bring greater calm to these challenging moments. Find opportunities in difficult situations and focus on the quality of the parent-child relationship. [4/2018]

**Creating Trauma-Informed Early Childhood Learning Environments (101)**
This webinar includes evidenced-based approaches that reduce the harmful effects of exclusionary discipline practices (including racial, ethnic, gender, and high ACE score disparities) while building consistency and community in early childhood learning environments. Presented by Lori Cheius from Origins Training & Consulting and Regan Overholt, in partnership
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