



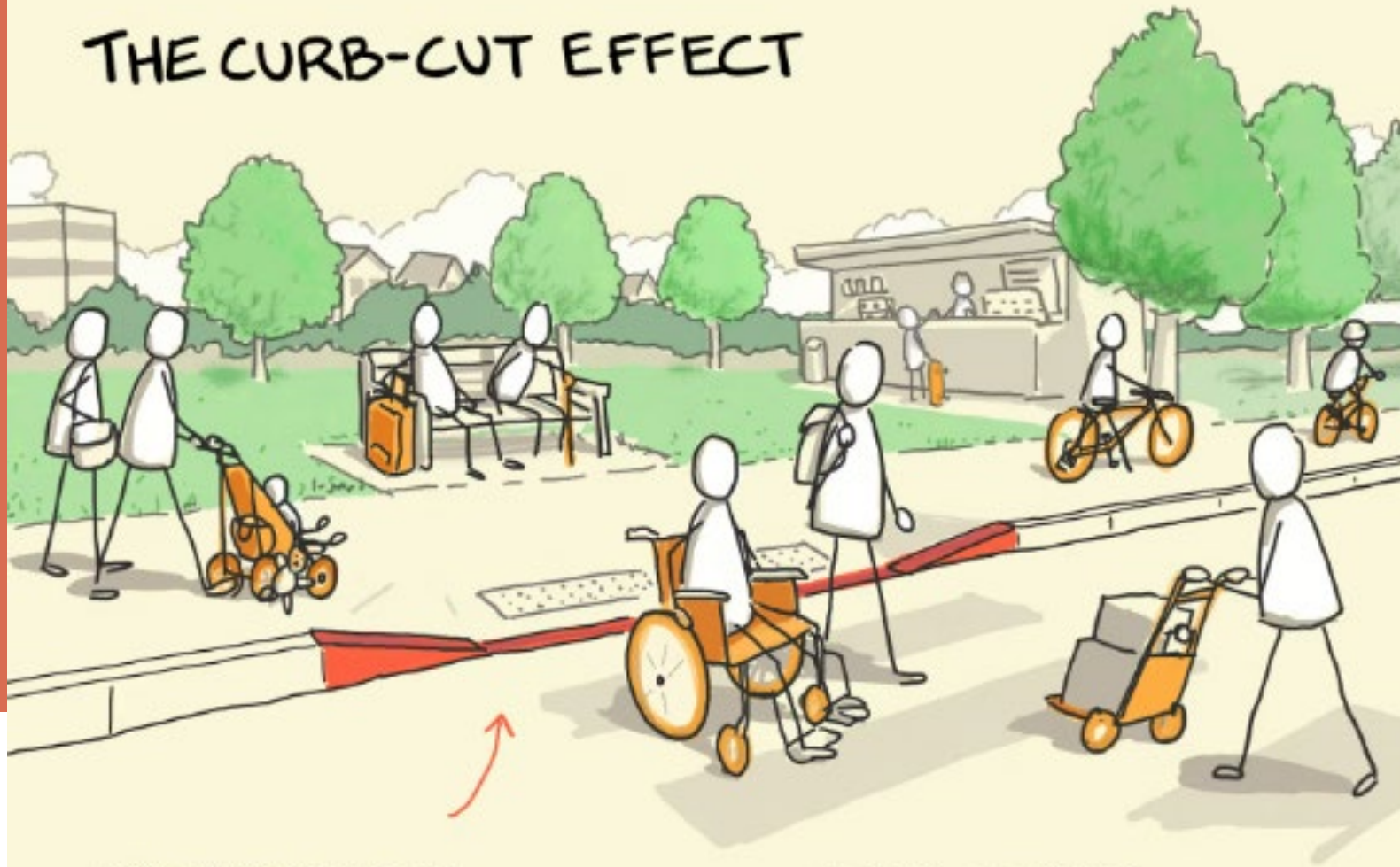
BUILDING STRONGER COMMUNITIES WITH HOPE AND STRENGTHENING FAMILIES

Holly Wingard
Children Trust Michigan Conference
October 18, 2024

Promoting the healthy development and well-being of children, youth, parents, and families, while reducing risk factors.




THE CURB-CUT EFFECT



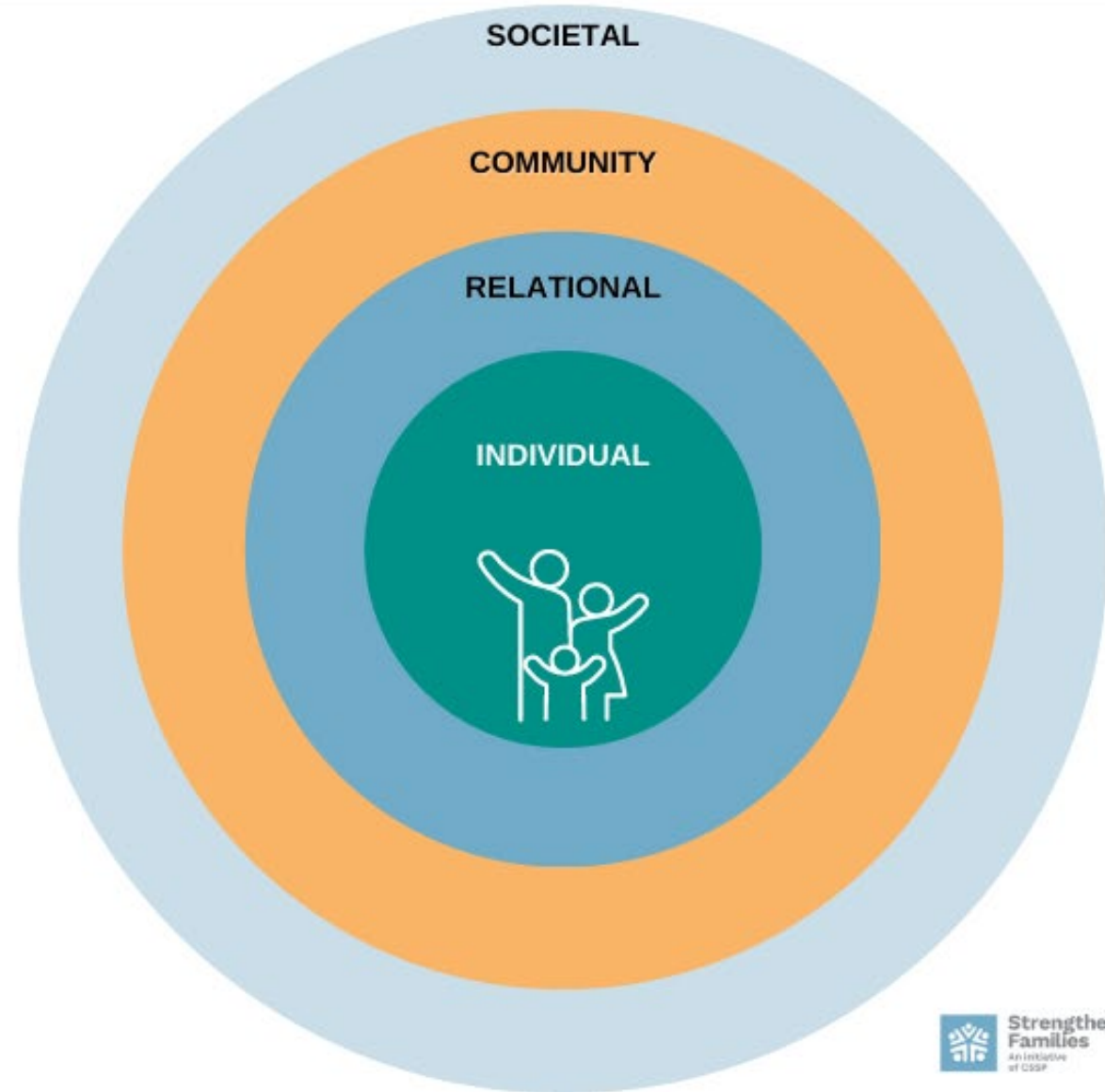
WHEN WE DESIGN
FOR DISABILITIES

... WE MAKE THINGS
BETTER FOR EVERYONE

A man and a young girl are sitting on a patterned rug in a living room, playing with toys. The man is on the left, leaning forward, and the girl is on the right, focused on stacking colorful blocks. There are various toys scattered around, including a large grey stuffed animal. In the background, there is a teal sofa, a potted plant, and a brown leather armchair.

The more Building Blocks and Protective Factors you have, the better the outcomes!

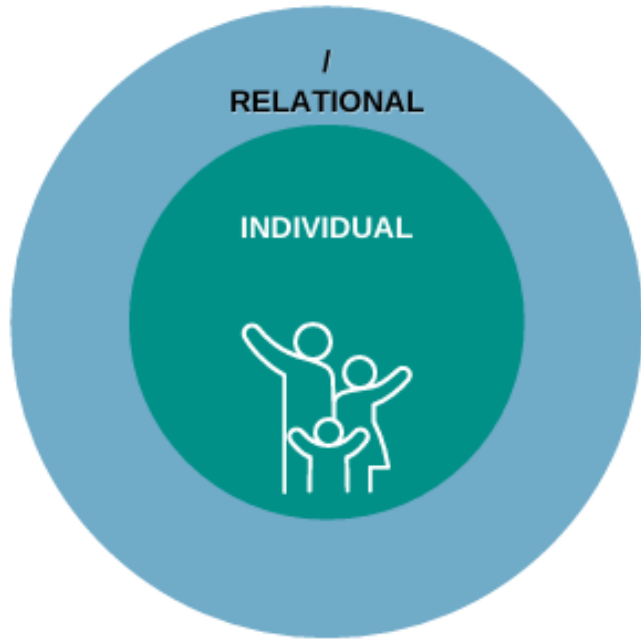
The Social Ecological Model





Individual Level Factors

- Identity
- Characteristics, skills
- Strengths
- Personal experiences and challenges
- Ideas, beliefs, attitudes



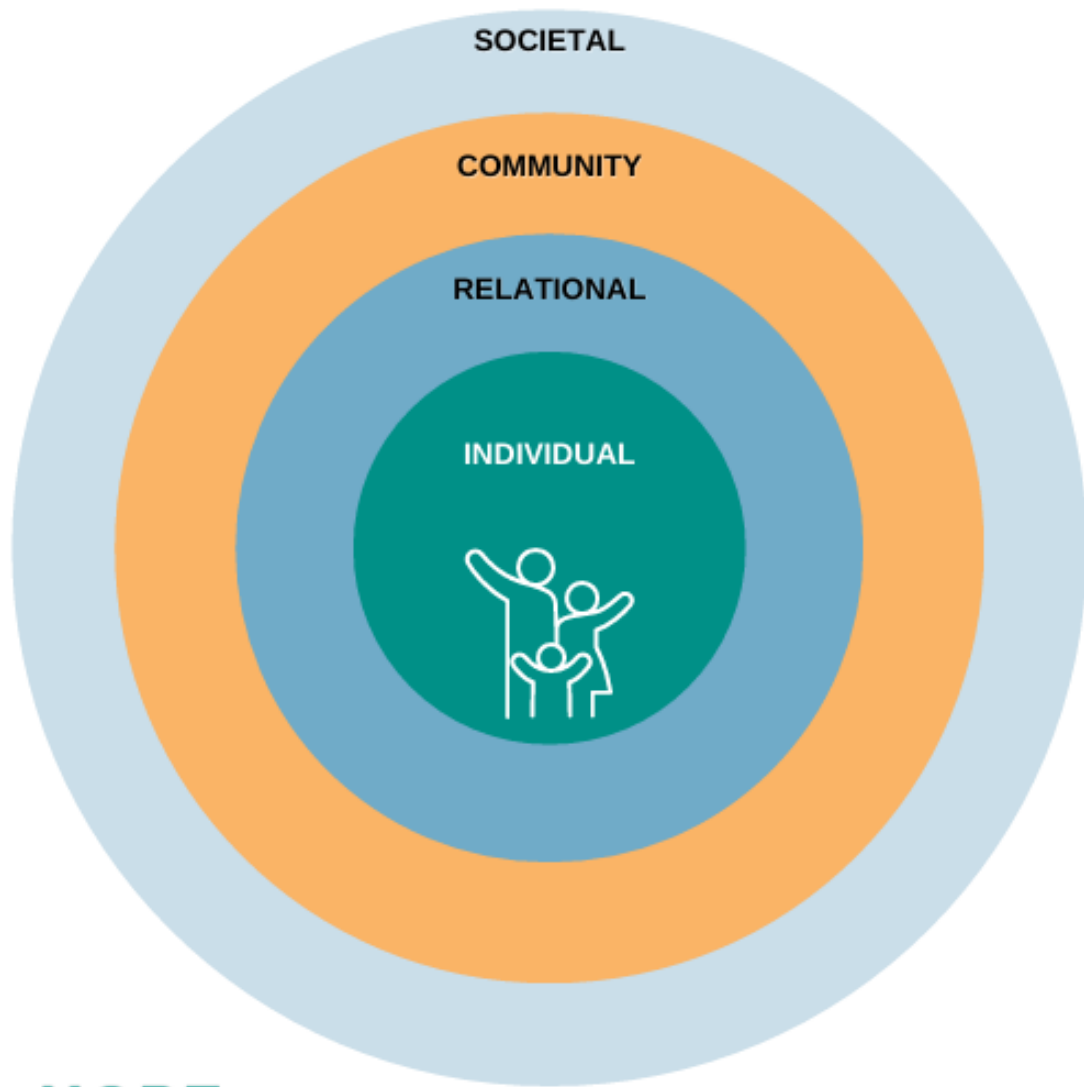
Relational Level Factors

- Family circumstances and relationships
- Engagement with social networks
- Interpersonal experiences
- Stigmatization
- Isolation



Community Level Factors

- Availability of and access to services and resources
- Workplace, organizational, and school procedures, practices, rules and regulations
- Differential treatment based on identity



Societal Level Fact

- Local, state and federal laws and policies
- Cultural norms
- Structural inequities and conditions
- Political priorities
- Racial and ethnic equity

The Four Building Blocks of HOPE



Relationships with other children and with other adults through interpersonal activities.



Safe, equitable, stable environments for living, playing, learning at home and in school.



Social and civic engagement to develop a sense of belonging and connectedness.



Emotional growth through playing and interacting with peers for self-awareness and self-regulation.

Strengthening Families Protective Factors

Parental resilience

Managing stress and functioning well when faced with stressors, adversity, or trauma

Healthy relationships that promote a sense of connectedness, belonging, and mattering

Social connections

Knowledge of parenting and child development

Learning about prenatal, infant, and child development, and using developmentally and contextually appropriate parenting practices

Helping children to build positive social skills and regulate their emotions and behaviors

Concrete support

Social and emotional competence of children

Identifying, accessing, advocating for, and receiving the basic necessities everyone deserves and specialized services to address specific needs

**Parental
protective
factors**



**Children's
positive
experiences**

Strengthening Families and HOPE are interrelated frameworks. Parents who are strong and supported in their protective factors are more able to provide their children with positive childhood experiences.

Strengthening Families

**HOPE (Healthy Outcomes
from Positive Experiences)**

Nine Common Strategies of these Frameworks

Seek to promote
healthy development
& well-being &
reducing risk

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Assist in meeting
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Respect & learn from
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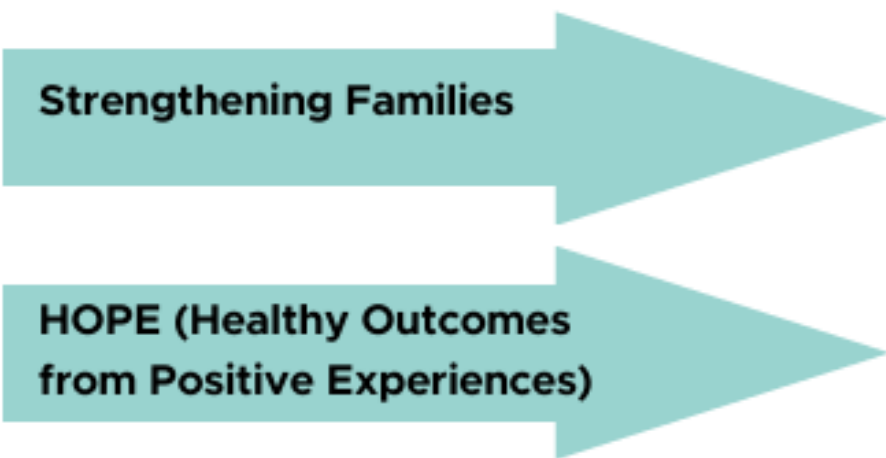
Encourage positive,
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Honor family voice

Assist in meeting
families' basic needs

Respect & learn from
families' cultural
differences

Pursue equity for
children, youth and
families



Seek to promote healthy development & well-being & reducing risk

Help to identify & mobilize family strengths

Encourage positive, meaningful relationships & engagement

Honor family voice

Assist in meeting families' basic needs

Respect & learn from families' cultural differences

Pursue equity for children, youth and families

Address factors across the social ecology

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Address factors
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Can be easily
integrated into
existing practice

What commonalities do you notice?

Strengthening Families Protective Factors

- Social Connections
- Concrete Support
- Resilience
- Knowledge of Parenting and Child Development
- Social and Emotional Competence

HOPE Building Blocks

- Relationships
- Environment
- Engagement
- Emotional Growth

Relationship Building Block of HOPE

Safe stable, nurturing relationships
with other adults and peers

Social Connections Protective Factor of Strengthening Families

Healthy, supportive, sustained
relationships with people,
institutions, community, and/or a
higher power that promote a sense
of connectedness, belonging, and
mattering.

TALKING ABOUT: RELATIONSHIPS AND SOCIAL CONNECTIONS

- What types of relationship feel safe and supportive?
- Who does the parent turn to for support?
- Who is a positive influence for the parents and children?
- Who is important in the child's life besides the parents, including people at school, in a club, on a team, at a job or in the neighborhood.

Environment Building Block of HOPE

Safe, stable, equitable environments
to live, learn and play

Concrete Support Protective Factor of Strengthening Families

Identifying, accessing, advocating for,
and receiving high quality and equitable
support including the basic necessities
everyone deserves and specialized
services to address specific needs

TALKING ABOUT: ENVIRONMENT AND CONCRETE SUPPORTS

- How does the family define a safe environment?
- Learn about what is available in the community to help families meet basic needs.
- Keep homes safe by making a safety plan for guns, prescription medication, or unsafe substances.
- Spend time outdoors together as a family. Visit different playgrounds, take a walk in the woods, ride bikes around the neighborhood, or take a ball outside and play catch.

Social and Civic Engagement Building Block of HOPE

Develop a sense of belonging and connectedness; a sense of mattering

Social Connections Protective Factor of Strengthening Families

Healthy, supportive, sustained relationships with people, institutions, community, and/or a higher power that promote a sense of connectedness, belonging, and mattering.

TALKING ABOUT: ENGAGEMENT AND SOCIAL CONNECTIONS

- What kinds of opportunities for social and civic engagement feel most meaningful to the child and parents?
- Talk to kids about where they feel like they belong and matter (this could be at home, at school, with a group of friends or on a team).
- How can you help them find more places where they feel they belong?
- As children get older, allow them to identify the kinds of engagement opportunities they would like to try.

Emotional Growth Building Block of HOPE

Emotional growth through playing and interacting with peers for self-awareness and self regulation.

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Social and Emotional Competence of Children Protective Factor

Providing environments and experiences grounded in early relational health—that build positive social skills; enable children to regulate thoughts, emotions, and behaviors; and promote effective communication, problem-solving, and decision-making skills.

TALKING ABOUT: SOCIAL-EMOTIONAL GROWTH, RESILIENCE, PARENTING AND CHILD DEVELOPMENT

- How does the family's culture support emotional growth?
- When a child is upset, help them to learn the skills to calm down (co-regulation: demonstrate the behaviors you want reflected – teaching children the skills to self-regulate).
- Are there things you might like to do better as a parent? (read a book or listen to a podcast to learn more about their stage of development)
- Feeling stressed or challenged as a parent (which is normal!) - plan time with your partner or a friend to talk.

Keeping both protective factors and positive experiences in mind

How can I help this parent leverage their strengths to provide their child with more positive experiences?

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Given the positive experiences this child reports having, what protective factors does that point to in their family?



Be a Mr. Jensen

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Strengthening Families and HOPE are interrelated frameworks. Parents who are strong and supported in their protective factors are more able to provide their children with positive childhood experiences.

TYPE 1 VS. TYPE 2 THINKING

Type 1 Thinking

- Fast, intuitive, unconscious thought
- Everyday activities
- Effortless
- Training and experience
- **Implicit bias**



Type 2 Thinking

- Slow, calculating, conscious
- Solving a problem
- Takes more effort!
- Something novel
- **Perceiving variability**
- **Perspective taking**

Simple Ways to Incorporate HOPE and Strengthening Families

Train

Train your team

Look

Look at your forms

Share

Share HOPE and Strengthening Families

Examine

Examine your policies

Engage

Engage those with lived experience

Thank you!