

## ***Help Me Grow and the Protective Factors Framework***

**Background** Research on the development of resilience suggests a two-generation approach to prevention or intervention that focuses on creating optimal environments and conditions to support families and children, reduce stress, and deliberately steer development in more favorable directions by helping both parents and children develop the capacity to cope with given tasks or challenges. A resilience-based approach emphasizes the building of skills and capacities (protective factors) that facilitate successful negotiation of high-risk situations. (See Center for the Study of Social Policy: <http://www.cssp.org/reform/strengthening-families>.)

**Purpose** The study evaluates the impact of *Help Me Grow (HMG)* on family circumstances specifically by looking for indicators that the system is: 1) enhancing protective factors (processes and mechanisms for creating change); 2) facilitating successful negotiation of (or coping with) risk situations (outcomes); and thereby 3) increasing the likelihood of optimal child health and development (impact).

**Research methods and analysis** 1) Review of resilience research and literature; 2) analysis of annual data (last three years) on family issues and referrals for services (quantitative); 3) analysis of a random selection of case records (qualitative); 4) conduct phone interviews with parents (a minimum of 50 family participants) who have contacted *HMG* within the previous year.

### **Application of Strengthening Families Strategies to Help Me Grow System**

#### **Coding of Case Notes: Qualitative Analysis**

Strengthening Families: A new normal	<i>Help Me Grow:</i> A "new" normal- ?
<ul style="list-style-type: none"> <li>- Facilitate friendships and mutual support</li> <li>- Strengthen parenting</li> <li>- Respond to family crisis</li> <li>- Link families to service and opportunities</li> <li>- Value and support parents</li> <li>- Further children's social emotional development</li> <li>- Observe and respond to early warning signs of abuse and neglect</li> </ul>	<ul style="list-style-type: none"> <li>- Type of caller</li> <li>- Insurance Types</li> <li>- Staff are listening and learning about families</li> <li>- Facilitate friendships and mutual support</li> <li>- Strengthening parenting</li> <li>- For parents of children with special needs, staff...</li> <li>- Facilitate children's social and emotional development</li> <li>- Respond to family crisis</li> <li>- Recognize/respond to early warning signs of abuse/neglect</li> <li>- Link families to services and opportunities</li> </ul>

### **Application of Strengthening Families Protective Factors to Impact of Help Me Grow on Families**

#### **Family Survey & Feedback from Parents**

***As a result of my call to CDI and the information and services I received:***

- A.** I have a better understanding of my child's development.
- B.** I am able to better understand and meet my child's needs.
- C.** I have a better understanding of services for me and/or my child.
- D.** I am able to access services if I need it.
- E.** There are people who can provide me with assistance when I need it.
- F.** I have people I can talk to for advice and emotional support.
- G.** There is improvement in my family's day-to-day circumstances.
- H.** My relationship with my child has improved.
- I.** My child's behavior has improved (e.g., mood, attitude, play, relationships with other children).
- J.** I feel like I can handle things better.