

Advancing Goal Concordant Care Through Help Me Grow Implementation

Introduction to the Project Partners

Be Strong Families

Presented by:

Robyn Harvey

Director of Training & Technical Assistance
Be Strong Families

Alexandra James-Okochi

Chief Program Officer
Be Strong Families

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What is Goal Concordant Care in Early Childhood System Building?

A strength-based approach that supports the health, development, and well-being of young children by prioritizing parent and caregiver priorities and needs for their child, family, and community. Early childhood service providers value parents and treat them as equal partners in decision-making and goal setting processes. Families are connected to and utilize services that align with their unique priorities, needs, aspirations, values, and personal preferences.

In order to provide the highest quality care to young children and their families, all early childhood providers working on behalf of families must acknowledge parents and caregivers as partners in decision-making, and all services provided must be in concordance with the goals, aspirations, and values of the family.

An early childhood system that shares power with the families it serves, and whose providers implement care plans that are co-developed with families, is operating with **goal concordant care** at the center.

About the Project

With support from The JPB Foundation, the National Center is developing and pilot testing test a goal concordant care framework for early childhood that can be layered within HMG, as well as understand the impact of eliciting and responding to parents' health, development, and well-being priorities for their children.

This project will identify, test, and refine ways in which HMG can support the systematic partnering with parents to co-define and prioritize their goals for their child, family and community.

Through a request for participants to be released in spring 2022, the HMG National Center will select a small group of affiliates to participate in a year-long learning community consisting of leaders from affiliate backbone organizations, Core Component leads, and partnering pediatric primary care clinics.

About the Project Partners

This project is powered by partnership. Partners will each be featured on a webinar during January 2022 to introduce their organization, philosophy, principles, key modes of capacity building, and share resources and tools so that any HMG affiliate may embark on efforts to embed their approaches into HMG system building work.

Partners will also provide intensive, targeted capacity building support to a small group of HMG affiliates participating in the project's learning community later in 2022, to test and evaluate strategies to advance goal concordant care through HMG efforts.

Capacity Building Partners:

- Healthy Outcomes from Positive Experiences (HOPE) – January 6
- **Be Strong Families – January 13**
- Center for the Study of Social Policy (CSSP) – January 20
- The University at Buffalo Motivational Interviewing Center (UBMIC) – January 27



An Introduction to Be Strong Families for the Help Me Grow National Network

January 13, 2022



Alexandra James-Okochi
Chief Program Officer



Robyn Harvey
*National Director of Training
and Technical Assistance*



Our Work

Be Strong Families is a national organization that partners by creating transformative conversations that nurture the spirit of family, promote well-being and prevent violence.

BeStrongFamilies.org



Our Story

Be Strong Families was officially created in 2012, forming a national/international organization of parents wanting to strengthen families and communities from the inside out. Now we are a network of change agents forming dialogues that promote vitality, healing, justice, and peace.



Our Values

FAMILY

COLLABORATION

AUTHENTICITY

EXCELLENCE

LIBERATION

LOVE

VITALITY

SPIRIT



Our Values in Action

WHO - We are parent leaders, social justice advocates, child welfare experts, early childhood development professionals and community organizers.

WHAT - We promote vitality, healing and self-growth to prevent violence and oppression.

WHERE - We do our work wherever there are vulnerable families and communities.

WHEN - We do our work when enlightened people engage us to partner with them to counteract the negative effects of trauma, poverty and oppression.

WHY - We believe that promoting vitality builds stronger families which lead to stronger communities with less violence.

HOW - We use empowered engagement to develop programs, workshops, trainings and technical assistance that nurture the spirit of family and prevent violence and oppression.

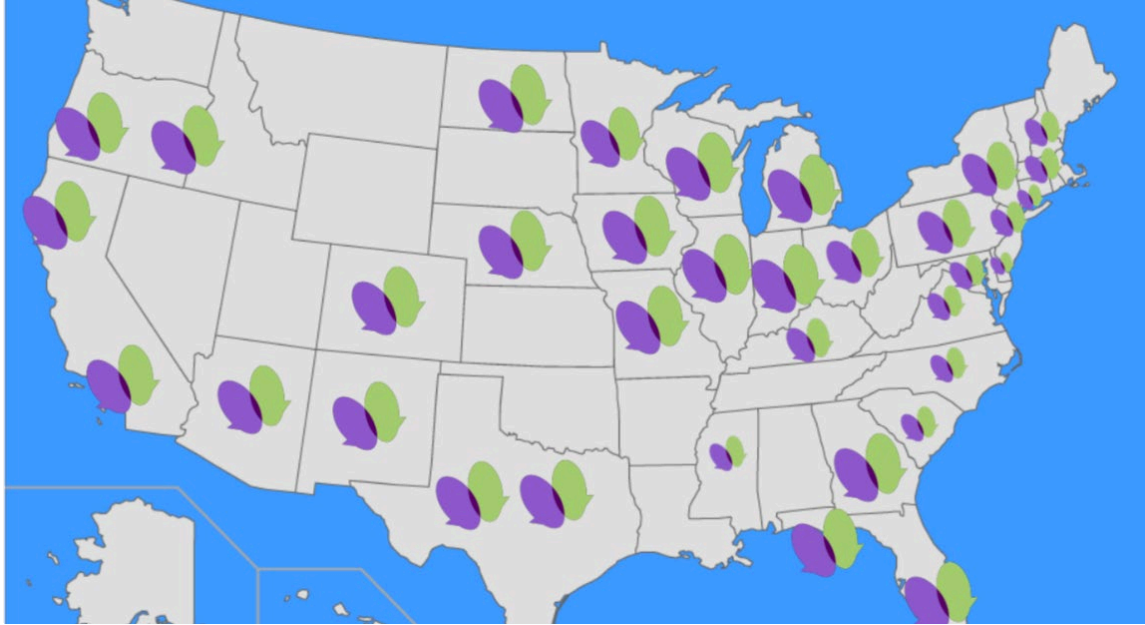


Embodying Parent Engagement, Leadership, & Equity

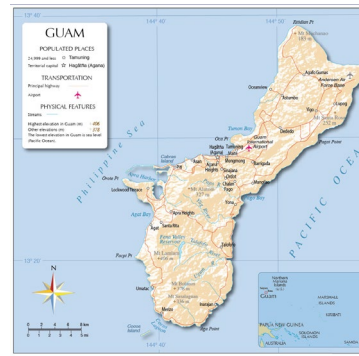
- Be Strong Families has an organizational culture that reflects our values, our commitment to a Multi-cultural mindset and Anti-Racism in our policies and practices
- “We” are “them”
- We commit to co-creation KNOWING that this will make any product or process better
- We know that a commitment to social justice and disrupting the current status quo requires a different relationship with those we serve
- We are committed to Appreciative Inquiry and Servant Leadership



The Be Strong Families Parent Café model has touched thousands of families through:



- Race to the Top Early Learning Grants
- SAMHSA Project Launch Grants, Child Abuse and Neglect Prevention initiatives
- Child Welfare Systems
- Family Resource and Support Centers
- Early Childhood Development Centers
- Community Violence Prevention initiatives
- School- and community-based initiatives
- Other national, state, and local funding streams in the US and abroad





What is a Parent Café?

Be Strong Families Parent Cafés

- Are physically and emotionally safe spaces where people talk about the challenges and victories of raising a family.
- Promote learning and knowledge of the Strengthening Families™ Protective Factors through carefully designed, structured discussions that use the principles of adult learning and family support.
- Encourage deep self-reflection and peer-to-peer learning, where participants explore their strengths and create strategies from their own wisdom and experiences to improve their lives.
- Recognize parents as leaders of their families and resources for each other, as well as for the program sponsoring the Cafés, consistent with the principles of family support practice.
- Are highly sustainable with training reinforcement, institutional support, and a commitment to an approach that engages and affirms parents as leaders.
- Are an integral element to a successful parent and community engagement strategy—both providing an initial pathway to engagement for community members and amplifying other programs and efforts.
- Leave participants feeling inspired, energized, and excited to put into practice what they have learned.

Be Strong Families Cafés

All of our Cafés are developed bilingually in English and Spanish. We also work with partners to translate and culturally adapt Cafés for their populations.





Cafés: A Parent Engagement & Leadership Development Strategy

- **Integrated into larger Parent Engagement continuum for an organization**
- **Parent-to-Parent / Parent-led teams**
- **Staff in supporting role to the team**
- **Safe space held by agreements**
- **Protective Factors embedded in the process**
- **Structure of the experience = every voice valued, every person heard, every experience implicitly validated, everyone is an expert**
- **Promoting different relationship between provider and program participants**
- **Deep meeting across all parameters of diversity**

PARENT CAFÉ

in a box



RESILIENCE

PARENTAL RESILIENCE

What do you need to shift to bring more positivity to your life?



RELATIONSHIPS

SOCIAL CONNECTIONS

What do you think your children are learning about intimate relationships by watching you?



KNOWLEDGE

KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

What's challenging about being a good parent of an elementary school age child and how did you handle it?



SUPPORT

CONCRETE SUPPORT IN TIMES OF NEED

What's difficult about dealing with doctor visits when it comes to your child's healthcare and how did you handle it?



COMMUNICATION

SOCIAL & EMOTIONAL COMPETENCE

How do you keep your children connected with family members who is far away?



Café Benefits for Participants

- Reduce stress / increase peace and well-being
- Increase knowledge & skills (including leadership and job-related skills)
- Build Protective Factors
- Facilitate meaningful relationships and bonding / community-building
- Promote learning through peer-to-peer interactions and deep self-reflection
- Promote healing
- Provide opportunities to practice and build good communication and relationship skills

Benefits of Parent Cafés for Agencies & Providers

- Increase parent engagement
- Model Family Support paradigm shift and best practices
- Build partnerships and improve relationships with parents
- Promote relationships based on equality and respect
- Build community within the program
- Contribute to strengthening relationships with the community
- Better understand parents' needs in order to provide programming that is consumer-driven
- Staff development and team building



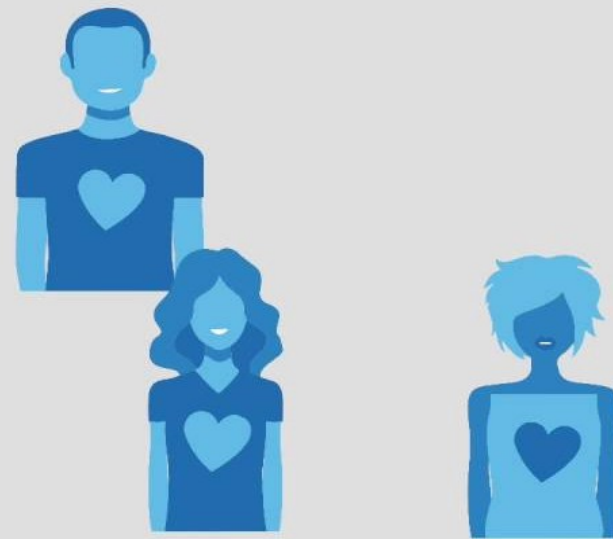


Equity Informed Practice: Resilience and Social Connections in Parent Engagement

Transactional



Relational





Lens of Equity

- **Economic Equity** — Pay for the contributions of the parents you want to engage. Treat them as you would your staff. Don't expect them to volunteer and act as if they're somehow money-grubbing or not serious about their goals if providing "incentives" boosts their engagement and participation.
- **Political Equity** — Sharing power and doing more than talking about parent leadership. This means not only creating room at every decision-making table, but also structuring the conversations at the table so that all voices are heard and respected and valued.
- **Social Equity** — Navigating interpersonal relationships in real time, with the recognition that we all have baggage and that our experience as well as the social context informs our attitudes and behaviors.

Blog: [*Weighing in on "Parent Engagement through a Lens of Equity"*](#) by Katthe Wolf



Parent Café Evaluation: Our Approach

Be Strong Families is committed to evaluation, building a culture of continuous learning, and honoring our organizational value of Excellence. Since the beginning, we have evaluated our services and programs and worked to improve as individuals and as an organization. We believe in getting feedback from the people that matter most—parents and partners.



Parent Café Research Base

Be Strong Families' Parent Cafés use the Strengthening Families™ Protective Factors, a research-informed approach based on best existing evidence, as their base.

Independent evaluations of Parent Café efforts conducted by partners have found statistically significant increases in:

- Mean scores on combined Protective Factors to reduce child maltreatment and on family functioning and resiliency
- Cross-ethnic group social interactions
- Ability to listen carefully to children, family members or friends
- Quality of interactions and relationship with their children
- Ability to handle stressful situations with their children or other family members
- Motivation to become involved in their community or their child's school
- Overall summary score for the Connor-Davidson Resiliency Scale



In addition to Cafés, Be Strong Families provides training & technical assistance services with family serving agencies, programs, & child welfare systems that go beyond traditional child- & family-service models.

Our curricula are:

- strengths-based, family-centered, & trauma-informed
- strengthen both staff & parents from the inside out
- promote the parallel process essential to effective work with families
- can be used to augment & strengthen programs already in place.



Technical Assistance & Professional Development

Online Workshops for Promoting Family Engagement

- Living the Protective Factors
- Parent Engagement through the Lens of Equity
- Relationship-Based Practice and Making Effective Referrals
- Vicarious Trauma / Vicarious Resilience
- Recognizing and Responding to Family Stress
- Communicating with Families

Café-Related Mini-trainings

- Making Cafés Meaningful: Deep Dive into Protective Factors
- Expanding Café Themes and Questions
- Integrating Cafés into Other Parent Engagement Efforts
- Measuring the Effectiveness of Cafés
- Creating and Sustaining Parent Café Teams

Parent Cafés in Action

Video: What is a
Parent Café?



Monthly Online Event:
Intro to Cafés



Video: Benefits of Be Strong Families Parent
Cafés



Weekly Online Event:
A Taste of Cafés



Poll

Please respond to all poll questions
Then we will move on to discussion with Be Strong Families

1. Did this webinar help you become more familiar with Be Strong Families and its core principles?
2. Do you see alignment between Be Strong Families and Help Me Grow?
3. Do you have any new ideas for your Help Me Grow work now that you've attended this session?
4. Do you plan on reviewing the resources/tools offered by Be Strong Families to HMG affiliates?



Thank you!

Q&A

BeStrongFamilies.org