

PRK

PARTNERSHIP FOR A RESILIENT KENTUCKY

SPRING MEETING
MAY 17 2023



PARTNERSHIP FOR A RESILIENT KENTUCKY

Partnership for a Resilient Kentucky (PaRK) is a network of organizations and individuals to promote positive childhood experiences and resilience across the lifespan and to address the impact of adversity and trauma on individuals, families and communities. PaRK will develop a sustainable path to disseminate and support integration of science and best practices across the commonwealth.



AGENDA

- Welcome
- Introduction of 3 Kentucky Programs
- Panel Discussion: Implementing Resilience-Building Elements in Three Kentucky Programs
- Break Out Discussion: Implementing Resilience-Building Practices in Our Work
- PaRK Website Reveal!
- Feedback

3 KENTUCKY PROGRAMS



KENTUCKY
STRENGTHENING
FAMILIESSM





KENTUCKY
STRENGTHENING
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KENTUCKY
STRENGTHENING
FAMILIESSM

For Families, Children and Youth



Kentucky Public Health

Prevent. Promote. Protect.



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FAMILIESSM



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Prevent. Promote. Protect.



Kentucky Strengthening Families Initiative Mission and Vision



MISSION:

Kentucky is strengthening families by enhancing Protective Factors that reduce the impact of adversity and increase the well-being of children and families through family, community and state partnerships.

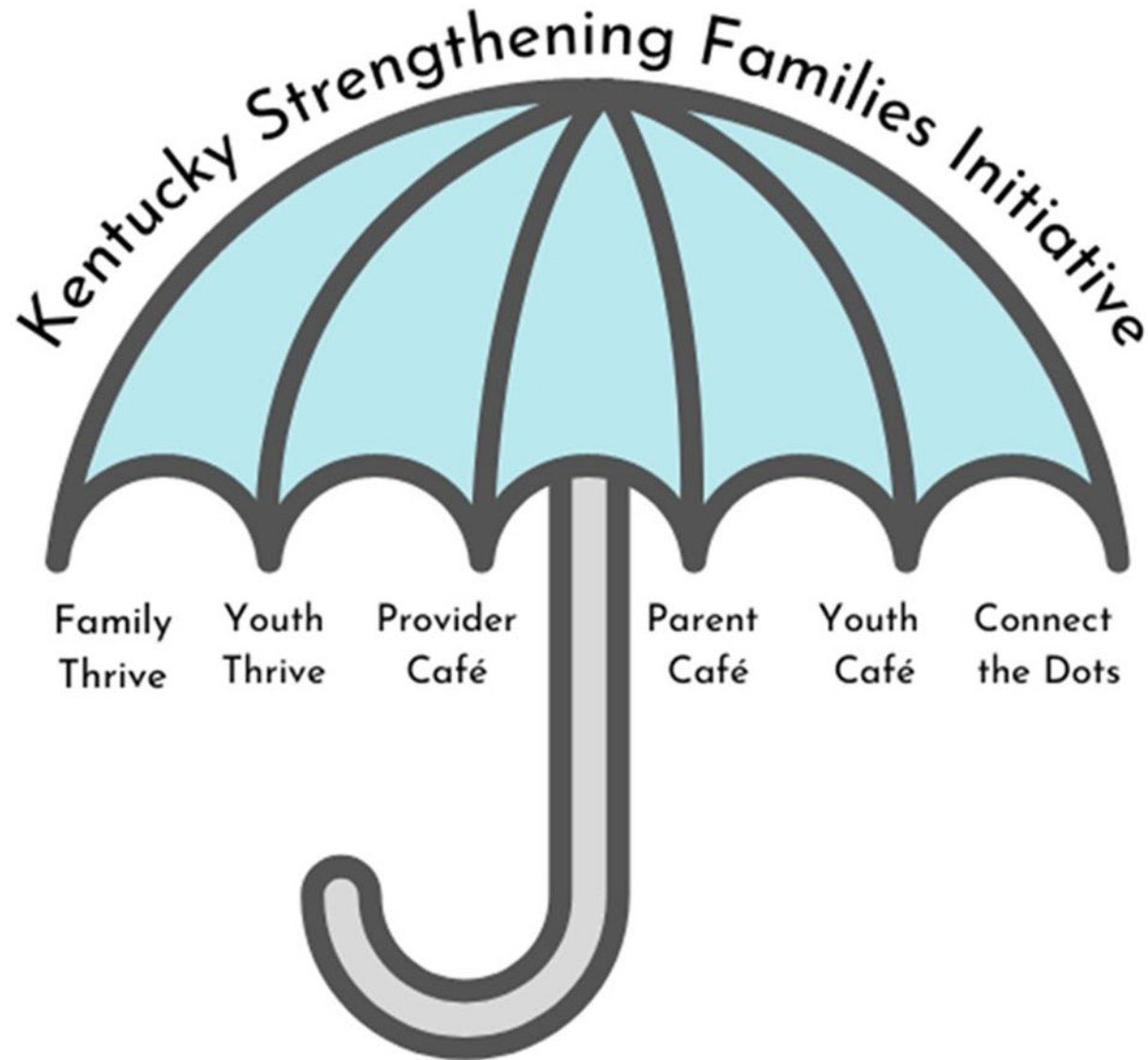
VISION:

All Kentucky children are healthy, safe and prepared to succeed in school and in life through families that are supported and strengthened within their community.



KENTUCKY
STRENGTHENING
FAMILIESSM

Kentucky Strengthening Families Initiative Umbrella





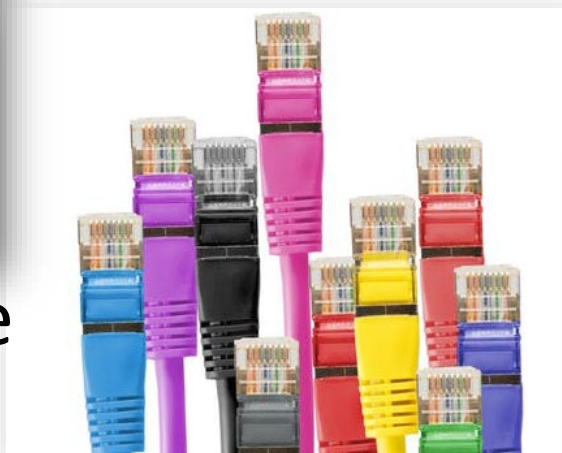
What is Strengthening Families?

1.



Common Language

2.



Connection

3.



More intentional

Revised Nov. 2017



Why do we need Kentucky Strengthening Families?

Because...Families need Protective Factors!

The higher the ACE Score, the greater the **RISK** of experiencing poor physical and mental health, and negative social consequences later in life.

Stress and trauma in childhood has lifelong consequences that impacts **ALL** families.



KENTUCKY
STRENGTHENING
FAMILIESSM

There Is HOPE!



[We've changed our name to PACEs Connection! | PACEsConnection](#)



Identifying Positive Childhood Experiences that shape mental health in adults



Felt experience that family is supportive in difficult times



Feeling of belonging in high school



Having at least two non-parent adults who genuinely care



Ability to talk with family about feelings



Enjoyment in participation in community traditions



Feeling of being supported by friends



Feeling safe and protected by an adult at home



Six Guiding Premises

Premise #3

People are best supported by providers who understand that **attachments, connections and relationships** are a primary source of growth and learning. It is in relationships and through our use of relationships that we learn and grow.

Relationships

Premise #4

People are best supported by providers who understand the role **race, racism, bias** and the ways in which race, other identities as well as **privilege** and **power** shape families and service providers.

Race, Privilege & Power

Premise #2

People are best supported by service providers who focus on assets and use **strength-based, family and youth-driven** approaches. Being strength-based means we recognize the things that are going “well” and work to build on them.

Strength Based

Premise #5

People are best supported by service providers who understand the need to use **trauma-informed** practice methods. Trauma response focuses on building resiliency.

Trauma Informed

Premise #1

People are best supported by those who understand and recognize the importance of **self-awareness** and **self-care** in their own practice.

Self Awareness

Premise #6

People are best supported by service providers who are **culturally responsive** and take into account their own culture and the **culture of the families and communities they serve.**

Culturally Responsive





Six Protective Factors

Knowledge of Child Development

"Families learn how their children grow and develop"

Social Connections
"Families have friends they can count on"

Resilience
"Families bounce back"

Concrete Support in Times of Need

"Families get assistance to meet basic needs"

Social & Emotional Competence of Children

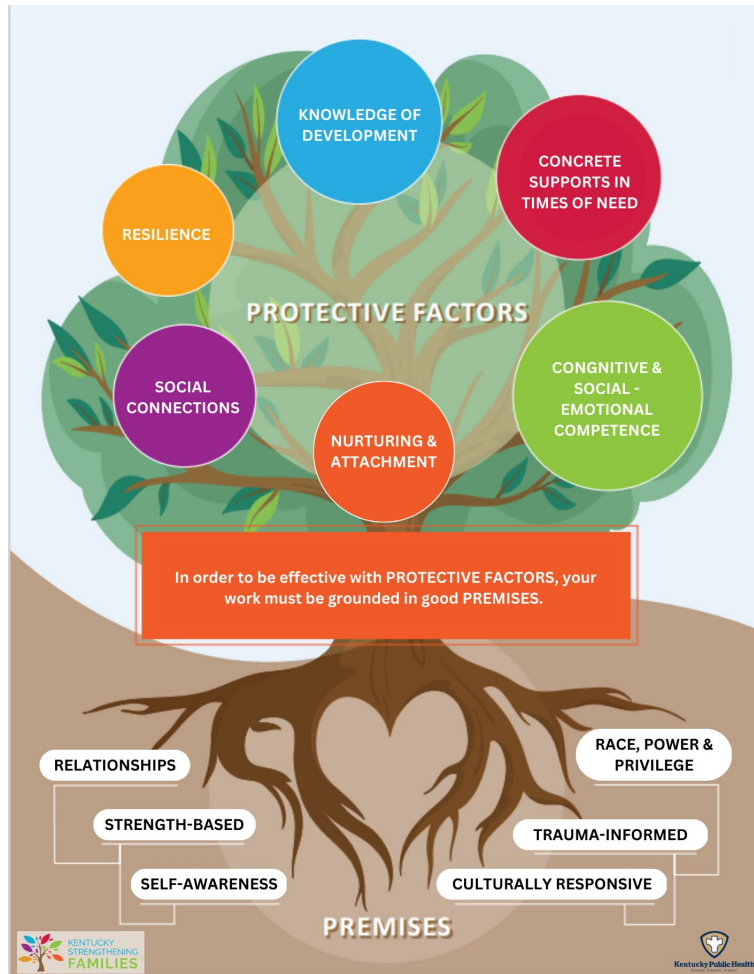
"Families teach children how to have healthy relationships"

Nurturing & Attachment
"Families ensure children feel loved and safe"





Another way to look at Premises...



Individuals are best supported by professionals who understand and recognize the importance of the Guiding Premises to promote the Protective Factors within their work.

The Premises lay the foundation for the Protective Factors!



Bounce builds the resiliency of children, adults, and families by improving knowledge about the impact of adverse childhood experiences (ACEs) and the skills to help people bounce back from adversity.

ACEs are potentially traumatic events, such as witnessing violence, experiencing abuse, or having a parent who is incarcerated. Our coalition of community partners are moving “upstream” to address these root causes of poor health in our most vulnerable people. We support individuals and organizations to implement trauma-informed approaches in practical, everyday settings.

What **BOUNCE** does:

1

Educates and trains to build resilient children, adults, and families

- Community trainings about ACEs and strategies to create healing-centered, trauma-informed environments
- Parent and caregiver education about ACEs and how to build resilience at home, school, and the workplace
- Free community learning and discussion opportunities

What **BOUNCE** does:

- 2** Provides evaluation services to measure impact and consultation to integrate healing-centered practices
- 3** Advocates for policies that support people who have experienced trauma, help prevent trauma, and build resiliency in Kentuckians

What we know about Adverse Childhood Experiences (ACEs):



ACEs are common. 1 in 5 Kentucky children have already experienced at least two ACEs.¹

What we know about Adverse Childhood Experiences (ACEs):



ACEs have **lifelong effects** on health and overall success and well-being.

What we know about Adverse Childhood Experiences (ACEs):



There are **steps we can take** to reduce the impact of ACEs so that Kentuckians grow up healthy and hopeful.

Stay in Touch!

- Trainer email: Joe.Bargione@gmail.com
- Facebook: www.facebook.com/bouncelouisville.org
- Twitter: @bouncecoalition
- Email: info@bouncecoalition.org
- Website: www.bouncecoalition.org



LEAN ON ME KENTUCKY

Sara Early Jenkins
Prevent Child Abuse Kentucky
www.pcaky.org

A RESOURCE TO BUILD STRONG COMMUNITIES



This project is funded in part with state or federal funds through a contract #PON2 736 2000003480 with the Kentucky Cabinet for Health and Family Services.

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... **BECAUSE CHILDHOOD LASTS A LIFETIME**™



INTRODUCTION

**This toolkit is not intended as an aid in an acute crisis. If you or someone you know is in crisis, please call 911.*

Every person has the power to make a difference in a child or family's life. What if we had stronger community involvement in the health of our families and children? **What would our Commonwealth look like then?** Prevent Child Abuse Kentucky and partners have compiled data from evidence-based frameworks and conversations in 10 different regional focus groups, inspired by one goal:

Building stronger families and communities.

Meet prevention specialists, service providers, and community members with lived experience, all of whom are finding new ways to strengthen their communities.*

This free resource has been provided by [Prevent Child Abuse Kentucky](#) in partnership with the [Department for Community Based Services](#). Share it and start a conversation!



A PLEDGE



Dear Community,
I _____, choose to
be a *Community Supporter*,
available for you to **LEAN** On Me.

I pledge to do better.

I pledge to help more and
to ask for help when I need it.

Signed, _____

Thumbnail Placeholder

A Toolkit Presentation for
LEAN On Me Kentucky

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LEAN On Me Kentucky

You have the tools, **now it is time to act.** Take the pledge, join the conversation, and let's continue to make the world a better place ... ***because childhood lasts a lifetime.***

#LEANOnMePledge



Shift the lens from surveillance of families to supporting families



Your call can protect a child. To report child abuse, call the child abuse reporting hotline at 1-877-KYSAFE1.



Supporting and Reporting

All Kentuckians are mandated reporters of suspected child maltreatment. What if **EVERYONE** chose to be a COMMUNITY SUPPORTER prior to abuse or neglect ever occurring? If you believe a family is struggling with basic needs, stress, or lack of support, reach out and see what help you can provide!

If you believe a child to be a victim of child maltreatment or if a child has disclosed abuse to you—make a report! Always believe a child or youth if they disclose abuse. Contact the Kentucky Department for Community Based Services Centralized Intake on Monday - Friday 8:00 a.m. - 4:30 p.m. at 1-800-752-6200 or the Statewide Hotline at 1-877-KYSAFE1 (1-877-597-2331) after hours, holidays, and weekends to submit a report.

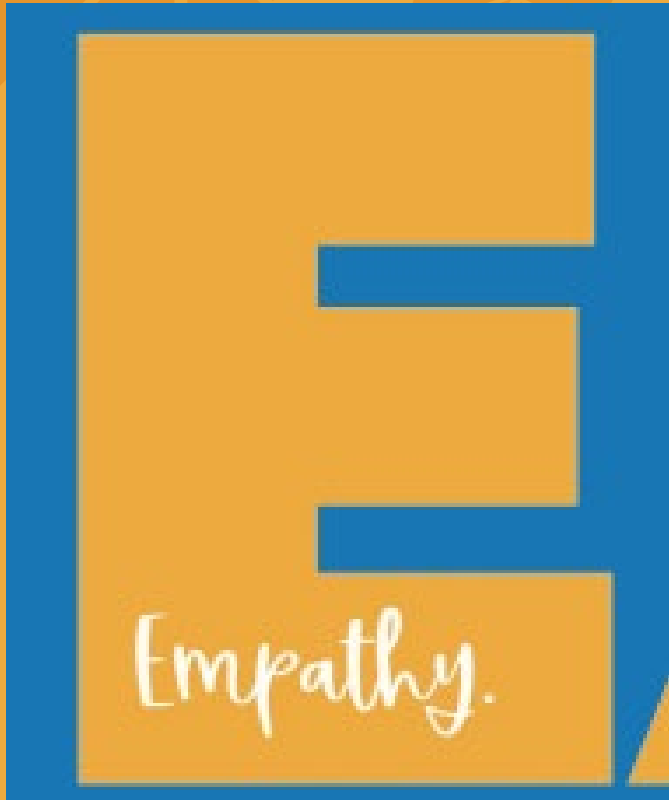
THE HOW

Listening.

- Communicate!
- Allow people with lived experience a voice in the conversation
- Model appropriate behavior across all spaces
- Pay attention to words and actions – are you seeing “help seeking behavior?”
- Role play with caregivers
- Ask how you can be of help to a family and do what they ask – don’t assume you know what’s best for them



THE HOW



- Pay attention to what's going on in the life of a family
- Provide concrete supports when unexpected events occur
- What do you need when you're overwhelmed? Help provide the same level of care to others
- Discuss your own caregiving challenges
- Talk about positive experiences with systems and resources

THE HOW



- Praise positive actions
- Use strengths-based and trauma informed approaches
- Work with others on self-care strategies, plans of safe care, lists of safe caregivers, etc.
- Connecting families with supports to lean on can address root causes of maltreatment

THE HOW



- Build partnerships across all spheres of influence
- Invite others into your communities
- Provide solutions (not judgement) to problems
- Connecting families with supports to lean on can address root causes of maltreatment
- Talk about children and their emotions

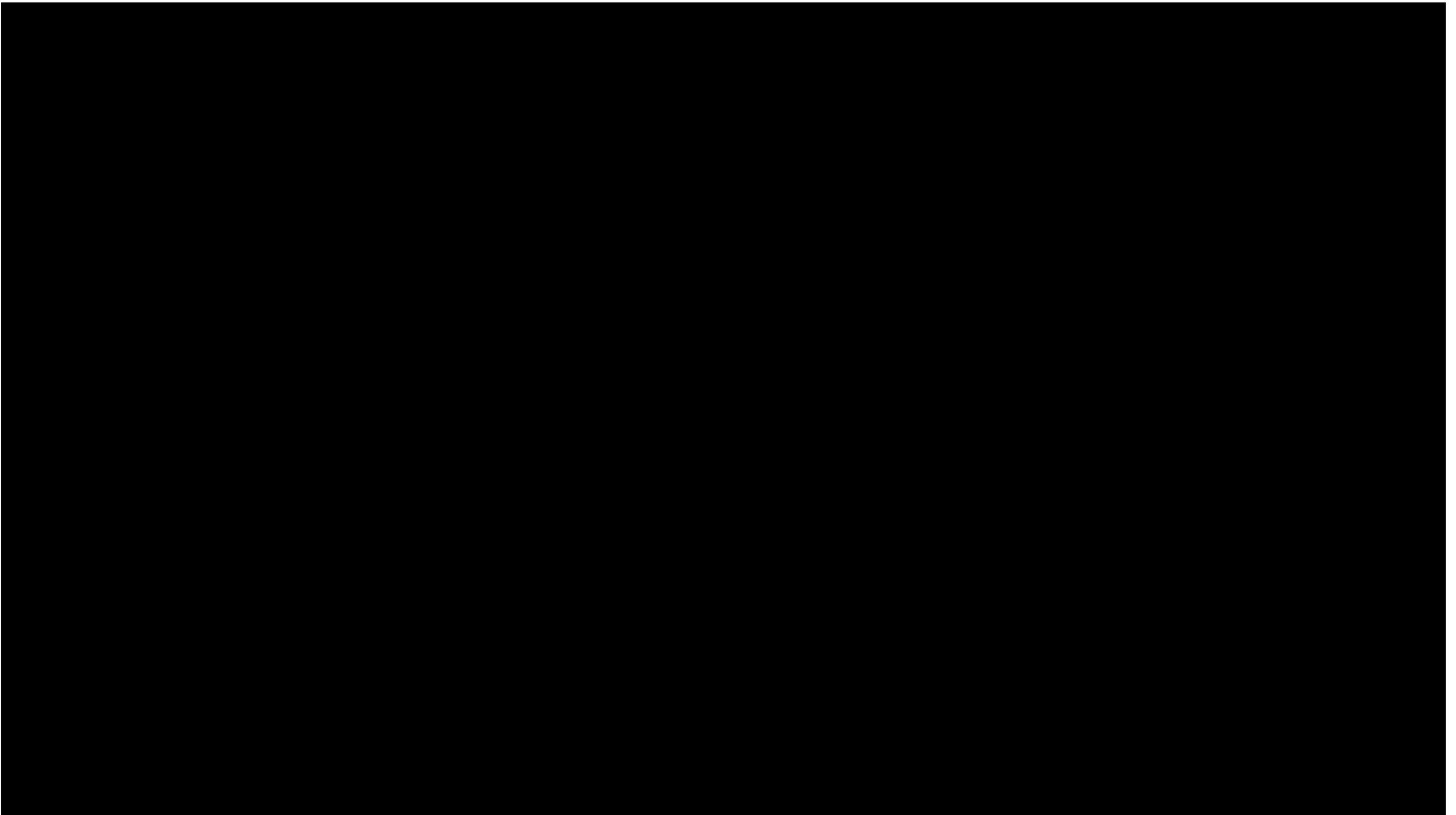
LEAN ON ME KENTUCKY

THANK YOU for being a
COMMUNITY SUPPORTER!

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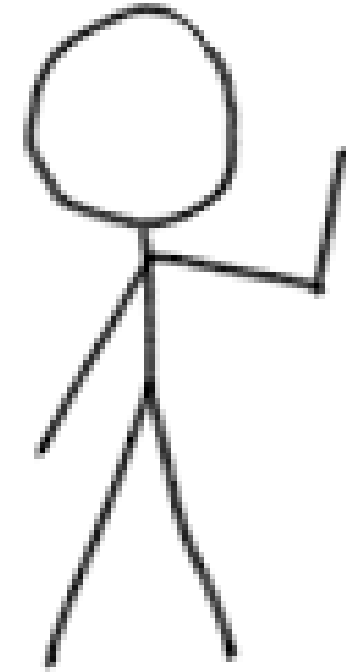


5 MINUTE BREAK!



A MOMENT FOR CREATIVE REFLECTION....

Draw a picture of what you dream your program, service, or work can look like when it is truly incorporating protective factors, promoting positive childhood experiences and/or enhancing the 4 building blocks of HOPE.



*Hopeful for a more
inclusive playground
and school in my
community.
Advocating for more
inclusion!*



BREAK OUT DISCUSSION

- *What are your low-hanging fruit, your easy wins to enhance promotion of PCEs/ protective factors/ HOPE Building Blocks?*
- *What's a long term dream you have for this work (what did you draw in your picture)?*

PaRK WEBSITE



<https://www.resilient-ky.org/>

*Thanks to Ally Wells & Foundation for a Healthy Kentucky for creating & maintaining the PaRK website.
Logo design by Jeff Freibert, Compass Creative.*

FEEDBACK PLEASE!

<https://forms.gle/f24cyjSZ1ATFhas6A>



Thank you for attending 😊

- *Explore the website*
- *Look for emails & updates*
- *Plan to attend the fall meeting*
- *Share information with your colleagues*
- *Integrate the science of the positive into your work as much as possible!*
- *Questions? reach out to Miriam, miriam.silman@ky.gov*