

## Resilient Children and Families Program Impact Report



The Consortium for Resilient Young Children (CRYC) formed in 2005. CRYC is a collaborative of mental health and early childhood organizations that promotes the social-emotional development and well-being of young children, strengthens the capacity of all adults who care for them, and advocates for coordinated, aligned systems.

In its early years, CRYC explored other best practices and offered programming designed to improve social emotional supports for young children and their families. These experiences led to the development of CRYC's Resilient Children and Families Program (RCFP). Classified as a two-generation approach, RCFP provides training, coaching, and intervention services that support early childhood professionals in promoting children's social-emotional well-being and alleviating family stress. Partnering with early care and education programs, home visitation and community partners in Southwest Ohio and Northern Kentucky, RCFP advances best practices that promote resiliency and protective factors. For more information, visit our website: [resilientchildren.org](http://resilientchildren.org).

**The Resilient Children and Families Program (RCFP)** recognized as an Emerging Best Practice by the Association of Maternal and Infant Health, supports early childhood professionals in the use of strength-based universal approaches proven to promote protective factors and alleviate family stress. Activities are tailored to meet the needs and desired outcomes of early childhood organizations and integrates attachment theory, trauma-informed care and the Strengthening Families Protective Factors Framework. Primary RCFP components include:

- **Training** offered to early childhood professionals on framework, philosophy, and theory of trauma informed practices. At least 5 hours of training provided annually supports providers on a knowledge continuum from awareness to implementation in the areas of supportive environment, attachment, attunement, and family protective factors.
- **Individual coaching** focused on teacher/early childhood professionals' response to social-emotional needs of children and families. In-person or virtual individualized coaching twice a month includes 1) observation of interactions between provider/child and provider/parent 2) assistance in helping providers recognize and correct an interaction 3) reflective feedback, exploration, and conversation and 4) Implementing teaching strategies or skill demonstration.
- **Leadership Coaching** focused on ways the program can better promote the social emotional wellness of children, families, and staff. In-person or virtual individualized coaching that focuses on 1) creating networks of support and a responsive environment, 2) ensuring program structures and processes promote protective factors for children, families, and staff, and 3) tuning into the needs and resiliency of children, families, and staff. Strengthening Families Self-Assessment results inform an action plan for intentional promotion of protective factors.
- **Early identification** of stress in children and families to inform practice at program, child, and family level. Formal assessment of children and families are used to identify and strengthen protective factors in children and families, inform practice and measure impact.

### CRYC Partner Agencies



## Impact

It is the premise of RCFP that we develop pathways to child and family well-being by promoting Protective Factors. Through the implementation of strength-based strategies, organizations support and nurture *Protective Factors* for families. This practice results in resilient and responsive families able to lessen the negative impact of childhood stress and support the development of their young children. A review of subjective and objective data indicates that RCFP achieves positive outcomes for children and families across racial and socio-economic groups. In addition, the individualized and reflective nature of RCFP coaching leads to early childhood providers feeling included and respected. Tools used to measure program success include:

**Family Wellness Screen** – an evidence-informed assessment of family wellness that measures past adversity, current levels of stress, resilience, satisfaction with life, and parent-child relationship.

**Devereux Early Childhood Assessment** – validated, strength-based measure of child social-emotional health has been a standard CRYC practice for 12 years that focuses on identifying key strengths and provides research-based strategies to promote children’s resilience.

**RCFP Validation Tool** – an evidence-informed assessment of measures the use and mastery of practices that promotes young children’s social emotional development in five areas.

These from these measures show the effectiveness of RCFP in advancing the wellness of children and families most at risk for experiencing disparities in health and educational outcomes:

- 90% of children demonstrate age-appropriate social emotional development and 59% assessed in the “need category” demonstrate improved social emotional skills
- 88% of parents demonstrate use of practices that promote children’s social emotional development and 64% report access to supports and behaviors that promote adult resiliency
- 90% of early childhood professionals increase their knowledge of protective factors and use of family and child-centered practices that promote resilience and social emotional wellness.
- 85% of early childhood professionals increase their confidence in addressing children’s behavioral challenges and responding to families in crisis

### Testimonials

*I always look forward to my coaching sessions with RCFP. My coach listens carefully to the needs of my children, my families, and myself and provides a wealth of experience and ideas. I feel very supported in my program. The trainings offered have been a vital resource for me, professionally and personally. I look forward to continuing my partnership with RCFP.* **LaToya Dixon, FCC Provider**

*RCFP has been a blessing to the CoStars program. Our coach provides thoughtful reflecting on children’s behaviors, examining what they are really telling us and supporting teachers in adjusting our approaches to best meet the needs of the children we serve. Support from our coach extends well beyond our demonstration classroom and trickles over into all of our conversations and practices across the program.* **Beth Wiseman, Director, CoStars by The Children’s Home**

*The classroom observations and reflective meetings provide me with positive strategies to successfully support the needs and worries of the children in my classroom. My experience with RCFP has supported me with effective, positive communication tools to communicate with my parents regarding a concern about their child. It has also provided me with a resource and support system for my parents who have special concerns about their children.* **Kim Thompson, Teacher, Learning Grove City Link**