

Substance Abuse and Mental Health Services Administration (SAMHSA)
Six Principles of a Trauma-Informed Approach

Safety

Trustworthiness And Transparency

Peer Support

Collaboration And Mutuality

Empowerment, Voice and Choice

Cultural, Historical And Gender Issues

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What are the Caregiving Practices that strengthen protective factors and build resilience?

C → Consistency
Being consistent means you do some things the same way every day with your child.

A → Attuned Relationships
Having an attuned relationship with your child means you are in sync with their wants and needs.

R → Environment
The environment includes having a safe, healthy and loving home setting both outside and in.

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Research shows that infants, toddlers and young children need these 3 within-child protective factors...

Initiative
Attachment/Relationships
Self-regulation

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The Devereux Early Childhood Assessments

The DECA I/T/P2 are strength-based instruments for assessing protective factors (Initiative, Attachment/Relationships, Self-Regulation) in children 4 weeks through 5 years of age.

They are standardized, norm-referenced and reliable instruments.

For more info about our assessments, visit our website at www.centerforresilientchildren.org

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Resilient adults have strong protective factors....

<p>RELATIONSHIPS</p> <p>The mutual, long lasting, back-and-forth bond we have with another person in our lives</p>	<p>INITIATIVE</p> <p>The ability to make positive choices and decisions and act upon them.</p>
<p>INTERNAL BELIEFS</p> <p>The feelings and thoughts we have about ourselves and our lives and how effective we think we are at taking action in life.</p>	<p>SELF-CONTROL</p> <p>The ability to experience a range of feelings and express them using the words and actions that society considers appropriate.</p>

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Your Journey Together

Building the Resilience of Children and Families

What is Your Journey Together?

Your Journey Together (YJT) is a strength-based curriculum designed to promote the social and emotional well-being and resilience of vulnerable children and their families. The YJT curriculum focuses on empowering parents to promote safe, trusting, and healing environments—all key elements of a trauma-sensitive program.

What is the goal of YJT?

YJT provides parents (adults responsible for parenting young children) with the knowledge and skills that promote resilience, and help family members better cope with life's challenges.

How does YJT work?

The YJT curriculum is facilitated by a coach, who is typically a social worker, case worker, home visitor, or other family-serving professional. The coach uses the YJT lessons to show parents how everyday routines, activities, and interactions help promote resilience in young children and the adults caring for them.

Is YJT appropriate for all families?

While YJT is specifically designed for families with young children up to age six, many of the concepts apply to families with children of all ages.

* Aligns with
Center for the
Study of Social Policy's
Strengthening Families™
Protective Factors Framework

* Aligns with SAMHSA's Six
Key Principles of a
Trauma-Informed Approach

What is included in the YJT Kit?

The YJT Kit includes all of the resources that a coach needs to implement the curriculum:

- YJT Coach Guide with 29 step-by-step lessons and parent handouts (266 pages)
- Building Your Bounce: Adult Resilience Journal
- Parent Guides and Strategy Resources
- Web access to videos, handouts and training materials.

For more information and/or to purchase at our pre-publication price of \$129.95, please contact Susan Damico, 610-542-3108 or sdamico@devereux.org.



The mission of the Devereux Center for Resilient Children is to promote social and emotional development, foster resilience, and build skills for school and life success in children birth through school age, as well as to promote the resilience of the adults who care for them. Created to advance Devereux's commitment to primary prevention and promotion of resilience of all children, the Devereux Center for Resilient Children has positively influenced the lives of millions of children across the nation.

www.CenterForResilientChildren.org
(866) 872-4687

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Your Journey Together (YJT) Coach Portal

Upon purchase of the Your Journey Together Kit, users get access to the password protected YJT Coach Portal. The YJT Portal contains wealth of information and resources designed to support the use of the Your Journey Together resources. The portal includes:

- **Parent Handouts:** [Click here](#) or scroll down to access the reproducible handouts required for the Stepping Stone lessons.
- **PowerPoint presentations to support group workshops:**
 - [Module 1](#): Introducing Resilience
 - [Module 2](#): Strengthening Caregiving Practices that Promote Resilience
 - [Module 3](#): Strengthening Children’s Protective Factors
 - [Module 4](#): Promoting the Resilient Adult Caregiver
- **Recordings that illustrate how to administer and score the DECA:** View recorded videos on how to properly score and interpret the Devereux Early Childhood Assessment for [Infants/Toddlers](#) and [Preschoolers](#).
- **Recordings that illustrate how to take parents through the planning process for caregiving practices, for children and for the parents themselves:**
 - [Click here](#) for Planning for Strengthening Caregiving Practices, a 12-minute video.
 - [Click here](#) for Planning for Strengthening Children’s Protective Factors, a 17-minute video.
 - [Click here](#) for Planning for Promoting Adult Caregivers’ Resilience, a 12-minute video.
- **Videos that support specific Stepping Stones lessons:**
 - These videos are a demonstration of delivery of particular activities within *Your Journey Together*:
 - Stepping Stone 1.2 – Defining Resilience – [Rubber Band Activity](#)
 - Stepping Stone 1.3 – Balancing Risk & Protection – [Scale Activity](#)
 - Stepping Stone 4.3 – Celebrating Strengths – [Strengths Activity](#)
 - Coaches can show parents this video as part of the curriculum:
 - Coming soon!
- **More information about *Your Journey Together* as a trauma-sensitive curriculum:**
 - [View a document](#) that discusses SAMHSA alignment.
- **Additional materials and weblinks that focus on resilience:** [Click here](#) for a full list of resources.
- **Testimonials from YJT users to support the creation of a learning community:** Coming soon!
- **DCRC resources for older children:** [Click here](#) for resources to support families with children of all ages.

The Devereux CAREgiving Checklist for Families

Promoting Positive Parenting Practices for Young Children

by Mary Mackrain and Kristin Tenney-Blackwell

Take time to reflect and complete each item on the survey below. There are no right answers. Once you have finished, take time to celebrate those items you are doing “almost always” and then start small and plan for one or two items that you feel are important to improve. For simple ideas on how to strengthen your caregiving practices, see the Devereux CAREgiving Strategy Guide.

Name: _____ Date: _____

Every day for my child I . . .	Almost Always	Some-times	Not Yet
Consistency			
1. Provide predictable routines. ■ “It’s time for our bedtime story.”			
2. Stay close by. ■ “This is a new store. I will hold you for a while longer.” ■ “I can see you are trying to figure out the puzzle. I will be right here if you need help.”			
3. Do what I say I am going to do. ■ “I will be here to hold you when you wake up from your nap—just like I do every day.” ■ “I will be done in three minutes; let’s set the timer.”			
4. Recognize his or her strengths. ■ “You rolled over to get the ball. You worked hard to get what you want.” ■ “You gave your friend a piece of your play dough; that was thoughtful.”			
5. Provide safe and loving limits. ■ “It is not safe to run in the store; you can hold my hand or walk next to me.” ■ “That hurts daddy when you pull my hair; you can pull on the blanket.”			
6. Provide positive guidance when responding to challenging behavior. ■ “You are angry that you can’t climb on the table. I am keeping you safe. We can climb outside.”			
7. Limit the number of caregivers in and out of our home. ■ “Today your grandma is coming for a few hours, and then I will be home to put you to bed.”			
8. Positively manage my own difficult emotions. ■ “I feel frustrated. I need to take a few deep breaths.”			

(continued)

Every day for my child I . . .	Almost Always	Some-times	Not Yet
Attuned Relationships			
9. Provide safe and gentle affection. <ul style="list-style-type: none"> ■ “I’m gently patting your back and holding you. I hear you breathing calmly.” ■ “I like holding your hand when we take a walk!” 			
10. Encourage the use of favorite comfort items. <ul style="list-style-type: none"> ■ “Do you want to bring your blanket to Aunt Maria’s today?” 			
11. Respond to verbal and nonverbal cues. <ul style="list-style-type: none"> ■ “I see you turning your head away from the spoon; you are all done eating.” ■ “I hear your words; tell me more.” 			
12. Talk about feelings. <ul style="list-style-type: none"> ■ “You are crying and rubbing your eyes. I think you are feeling tired.” ■ “You are angry that your friend took your toy. What should we do next?” 			
13. Support unique characteristics. <ul style="list-style-type: none"> ■ “You have a lot of energy. Let’s get up and dance for a bit before we go back to our story.” ■ “I know you need a little time to say good-bye. I will stay for another few minutes.” 			
14. Acknowledge accomplishments. <ul style="list-style-type: none"> ■ “You crawled all the way to your big brother; you are so strong!” ■ “You picked up your clothes and put them in the basket, way to go!” 			
15. Engage during one-on-one play. <ul style="list-style-type: none"> ■ “I like playing this game with you; it’s fun!” 			
Environment			
16. Keep our home safe. <ul style="list-style-type: none"> ■ “This toy is broken so I am going to put it out of reach until I can fix it.” 			
17. Create a welcoming space to live. <ul style="list-style-type: none"> ■ “Yes, that is a photo of you and your sister when you were born.” ■ “I know you like this book before bedtime; let’s read it together.” 			
18. Keep things organized. <ul style="list-style-type: none"> ■ “This is where we keep your clothes.” 			
19. Use what is around us to help my child learn. <ul style="list-style-type: none"> ■ “Look at the mirror; that’s you smiling!” ■ “Your toothbrush is purple.” 			
20. Have activities that match interests and skills. <ul style="list-style-type: none"> ■ “You love crinkling the paper bag!” ■ “Here are the books from the library that you chose.” 			
21. Provide simple choices. <ul style="list-style-type: none"> ■ “Do you want the red ball or the green one?” 			



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STRENGTHENING FAMILIES™

Strengthening Families is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs and communities in building five protective factors:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Through the Strengthening Families Initiative, more than thirty states are shifting policy, funding and training to help programs working with children and families build protective factors with families. Many states also use the Strengthening Families approach to inform state prevention strategies, strengthen families in the child welfare system and engage parents and communities in building protective factors.

THE RELATIONSHIP BETWEEN STRENGTHENING FAMILIES AND RESOURCES FROM THE DEVEREUX CENTER FOR RESILIENT CHILDREN

Strengthening Families efforts provide a cross-systems framework for family support and capacity building in the majority of states and in many communities. Strengthening Families initiatives are led by cross-system leadership teams generally representing a diverse set of disciplines, including early childhood, child abuse and neglect prevention, child welfare and public health. In most states, Strengthening Families is being implemented broadly in settings as diverse as early childhood centers, family support programs, parenting programs and other venues that serve young children and their families. Connecting to these leadership teams provides an opportunity to place resources from the Devereux Center for Resilient Children (DCRC) in the context of broad cross-disciplinary thinking about how to leverage existing systems to support families and build resilience.

At the programmatic level, Strengthening Families provides a framework and set of tools to help any environment that supports young children and their families enhance their capacity to build protective factors that promote optimal development and prevent abuse and neglect. The language and approach used in these materials will be easily understood by those already familiar with materials from DCRC. All of these resources can be used together to help build a more comprehensive family support strategy that will complement existing work. Other programs implementing the Strengthening Families approach may also be potential partners for those using DCRC materials. These programs are already working with families in a strengths-based, capacity-building way and may be an important resource to families who need additional supports.

Visit the Strengthening Families website (www.strengtheningfamilies.net) to learn more about efforts in specific states, or to download tools and resources to support Strengthening Families implementation within a program.



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The Devereux Center for Resilient Children (DCRC) is part of Devereux, one of the largest non-profit behavioral health organizations in the United States.

DCRC's mission is to promote social and emotional development, foster resilience and build skills for school and life success in children birth through school-age, as well as to promote the resilience of the adults who care for them.

DCRC's resilience-building assessment and strategy resources:

- Support the well-being of children and the adults who parent, nurture and educate children
- Provide strength-based approaches
- Build strong partnerships between parents and child-serving professionals
- Encourage collaboration to optimize positive outcomes
- Foster data-driven decision making

Your Journey Together is a curriculum for parents to build the resilience of their children and themselves.

Building Your Bounce is a journal with reflective readings, activities and a research-based survey to help adults assess and build their resilience.

Promoting Resilience For Now and Forever is a guide to help families understand and support children's social and emotional health and resilience in simple ways.

Many more resources are available! See <http://www.centerforresilientchildren.org/>.



HOW RESOURCES FROM THE DEVEREUX CENTER FOR RESILIENT CHILDREN SUPPORT FAMILIES IN BUILDING PROTECTIVE FACTORS

Resources developed by DCRC to support resilience in children and adults are consistent with the Strengthening Families approach and can be a valuable tool in helping families to build their protective factors. For example:

Parental Resilience: DCRC's Adult Resilience Initiative focuses on promoting the health and well-being of all adults who parent, nurture and/or work with young children. DCRC's Adult Resilience Initiative emerged in response to the growing understanding and appreciation that promoting children's resilience depends significantly on the resilience of the adults caring for them.

Social Connections: *Your Journey Together* is grounded in a relationship-based approach with rapport between parent and professional being central to the process of building family resilience. In addition, Devereux's Adult Resilience resources include "Relationships" as a key protective factor for adults, and encourage adults to build supportive friendships, find mentors, support others and build skills in empathy and trust.

Knowledge of Parenting and Child Development: DCRC uses a strength-based, reflective approach in efforts to increase parents' knowledge of parenting and child development. DCRC assessments and resources are parent friendly, strength-based, attractive materials that allow parents the opportunity to reflect upon their child's strengths and needs. Strategies for parents to use that support the development of their child are simple, effective and research-informed.

Concrete Supports: DCRC has not developed resources to explicitly address provision of concrete support in time of need. The Adult Resilience resources in *Your Journey Together* strengthen parents' relationship skills, internal beliefs, initiative and self-regulation, preparing parents to seek assistance and cope during times of crisis when concrete supports are essential to the family's well-being. DCRC values parents as able to make their own decisions and choices related to their readiness to move forward with learning and growing. As such, *Your Journey Together* is designed to allow time for the coach to support parents in resolving issues related to basic needs and crisis situations.

Children's Social and Emotional Competence: The significant adults in a child's life work together to collect information, including social and emotional screening and assessment data, and use the information to develop plans that promote children's social and emotional skills and resilience. Families, educators, consultants and other significant adult caregivers continuously monitor, evaluate and modify the plans as needed, ensuring positive outcomes. DCRC's strength-based approach is prevention oriented, meaning that it is designed to benefit all children and the families and adults in their lives.

Your Journey Together

Building Resilience in Vulnerable Children & Families National Training Event



COST PER PERSON:

\$225 per person

Your registration includes the Your Journey Together Kit (a \$129.95 value)! This kit includes a curriculum guide, exclusive online access to coach resources, parent guides on promoting resilience in young children, and book on promoting adult resilience.

REGISTRATION DEADLINE:

Friday, May 13, 2016

Call to inquire about our group rates.

What? A live training event to support the delivery of the *Your Journey Together* curriculum to vulnerable children and families

Where? Stonybrook Church, 485 Cherry Bottom Road, Gahanna, OH (a suburb of Columbus)

When? Monday, May 23, 2016

Who? For professionals in the fields of child welfare, early childhood education, mental health consultation, and more!

Why? To learn how to implement a curriculum that will help you in building resilience in vulnerable children and families.

How? See the back of the flyer for more information. Information will be posted at www.CenterForResilientChildren.org when registration opens in early January 2016.

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About the Training:

Your Journey Together: Building the Resilience of Children and Families is a new curriculum created to promote resilience in children (ages birth to 8) as well as to support the resilience of adults caring for them. This program supports all children and families and is also trauma-sensitive. The curriculum can be delivered in many different ways by a coach, including (but not limited to) as part of a home visitation or training program. This live event will cover how to successfully deliver each of the modules in the *YJT* curriculum:

- Module 1—Introducing Resilience
- Module 2—Strengthening Caregiving Practices that Promote Resilience
- Module 3—Strengthening Children’s Protective Factors
- Module 4—Promoting the Resilient Adult Caregiver

Outcomes for Participants:

Participants will be able to...

- explain the importance of children’s early experiences, especially children who have experienced trauma
- define resilience and protective factors
- identify the *YJT* tools that can be used to help families promote resilience in their children and themselves
- understand how to use the Stepping Stones & Strategies from *YJT* in delivering services to families
- describe how the DECA/DESSA tools can help to measure and guide in strengthening protective factors
- describe the 4 protective factors that promote adult resilience
- promote effective strategies for coaching parents

Travel Information

Training Location: Stonybrook Church, 485 Cherry Bottom Road, Gahanna, OH (a suburb of Columbus)

Airport: Port Columbus International Airport (CMH)

Lodging Information: Lodging information will be coming soon!

Ground Transportation:
Renting a car is recommended.

Registration Information

In January 2016: Sign up online at

<http://bit.ly/DCRCPD>

Continuing Education: Continuing education units will be offered through Western Kentucky University for a minimal cost. Certificates of attendance will be given to each participant.

Cancellation Policy: If for any reason you are unable to attend the training, you may send someone in your place. \$50 cancellation fee applies up to two weeks prior to the event, no refunds are given for less than two weeks notice.

Training Times: Registration (8am-8:30am), Training (8:30am-4:30pm), light breakfast & lunch are included in the registration fee.

REGISTRATION DEADLINE:

Friday, May 13, 2016

Questions? Contact Debi Mahler (Director of Professional Development, Devereux Center for Resilient Children) at dmahler@devereux.org or (610) 574-6141