

# Your Journey Together

*A Kit for Coaches Who Work with Vulnerable Families*



*"[This] tool will be a perfect fit for our program because it is parent friendly, simple to use and easy for staff to follow and understand."*

Stephanie Millay, Child Development Team Manager, Audubon Area Head Start

## Each Kit Contains...

- **YJT Coach Guide** with 29 step-by-step lessons and parent handouts (266 pages)
- **Building Your Bounce: Adult Resilience Journal** for working with parents
- **For Now and Forever** – for Infants/Toddlers & for Preschoolers for working with children ages birth through five
- **Exclusive online access** to a coach portal with videos, handouts and additional training materials

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. While YJT is designed for families with young children including infants, toddlers and preschoolers, many of the concepts apply to families with children of all ages.

The goal of YJT is to provide parents and guardians with the knowledge and skills that promote resilience, and help family members better cope with life's challenges and reach their full potential. Your Journey Together shows parents how to use ordinary, everyday routines, activities and interactions as resilience-building opportunities.

*Purchase your copy at*

**[www.YourJourneyTogether.org](http://www.YourJourneyTogether.org)**

*Volume pricing available.*

## Professional Development

DCRC offers a variety of professional development opportunities that focus on the successful implementation of YJT at your program. Free informational webinars, distance learning trainings and live training events are all available to help build the resilience and social and emotional health of staff and parents who are caring for young children. Please call for more information.

**Devereux**  
ADVANCED BEHAVIORAL HEALTH

CENTER FOR  
RESILIENT CHILDREN

**1-866-872-4687**

**[www.CenterForResilientChildren.org](http://www.CenterForResilientChildren.org)**

# Using YJT & the DECA Program

*Making the Resilience Connection at Home & School*

## Your Journey Together (YJT) is a great fit for those using the DECA Infant, Toddler, or Preschool Programs.

DECA Program users understand the value and importance of family involvement. YJT significantly expands upon the DECA Program's family involvement opportunities through offering much more structured guidance and support to the family engagement process. YJT can be used during home visits or in group workshops.

Early childhood programs using the DECA Program can now engage parents in a structured resilience-building journey. YJT connects work being done in the classroom and the home to strengthen children's social and emotional health and resilience.



*"So many times we end up with all of these separate pieces and we have to try and show staff how they work together...DECA and YJT did that work for us."*

-Head Start Program Manager in Kentucky

## Build Resilience with Families

Your Journey Together offers programs step-by-step guided lessons that engage parents in the process of building the resilience of their child and themselves. A comprehensive Coach Guide provides all of the tools a family worker needs to deliver the 29 YJT lessons. The lessons, called Stepping Stones, are organized into 4 areas:

- 1 – Understanding Resilience
- 2 – Caregiving (i.e. parenting) practices that promote resilience
- 3 – Strengthening Children's Protective Factors
- 4 – Promoting Parent Resilience

## Meet Performance Standards

The DECA offers a research-based tool to assess and strengthen children's social and emotional health, and the research-informed YJT lessons help to build on parents' knowledge and provides opportunities to practice parenting skills to promote children's learning and development.

**Devereux**  
ADVANCED BEHAVIORAL HEALTH

CENTER FOR  
RESILIENT CHILDREN

Get more information by emailing [dalleyne@devereux.org](mailto:dalleyne@devereux.org) or visiting [www.YourJourneyTogether.org](http://www.YourJourneyTogether.org)