

Trainer Resource

Possible interventions for Service Plan (Topic 4 Brainstorming activity)

Assessment tools
<ul style="list-style-type: none">• ASQ-3/SE2• PHQ-9 Depression Screening• CHEERS• CHEERS Check In (CCI)• Safety Assessments• Exploring the “U” (unknown) sections of the Parent Survey to gather more information• ACES questionnaire• Audit-C (alcohol)• HITS (DV)• Parenting Stress Index (PSI)• GAD7 (Anxiety)
Family Goal Plan
<ul style="list-style-type: none">• The FGP is included here only when the family chooses a goal that happens to align with a risk factor (we do not try to persuade families to choose a goal that addresses a risk factor).• Activities such as the Values Cards and What I’d Like for my Child worksheet can help to identify parents’ motivations for change, and can be an additional resource
Strength’s based approach and Protective Factors
<ul style="list-style-type: none">• Look for, affirm, and encourage parental competencies & skills• Support parents’ ability to recognize and build on their own strengths• Help the family focus on what they family want, rather than what they don’t want, stating in the positive• Identify and build on past successes• Celebrate achievements• Build on the parent’s motivation. For instance, they want their child to have healthy development
Motivational Interviewing (MI) tools and approaches
<ul style="list-style-type: none">• Scaling tools• Decisional balance worksheet• OARS: open-ended questions, affirmation, reflection, and summarizing (OARS are the basic communication techniques used “early and often” in the MI approach

Curriculum
<ul style="list-style-type: none"> • Primary curriculum and activities (GGK, PAT, FSU, San Angelo) to encourage PCI ((protective shield, bubble brains), E-Parenting, GGK-Family Values, discipline and parenting) • Secondary curriculum (Prenatal GBSBB handouts, Kids on Track, New Parent Kits, Help Me Grow) and other materials (videos, visuals, Youtube, stress modules, info on ACES, brain development, attachment and bonding, positive discipline, baby and parent “getting in sync”)
Reflective Strategies
<ul style="list-style-type: none"> • ATPs • S-ATPs • Explore and Wonder • Feel: Name & Tame • Solution-focused Talk • Normalizing
Referrals
<ul style="list-style-type: none"> • Formal (Early Intervention, 211, Certified Lactation Counselor, Car Seat Tech, WIC, Hospital, NFP, MH/SA/DV services, Social Services) • Informal • Develop Community Resource Guide or packet with common community resources • Diaper Depots, Food Banks • Case conferencing/care coordination with other providers • Support Groups, Parenting Classes, Community Recreation • Financial/Employment/Budgeting Supports • Housing Assistance/Apartment-Landlord Info • Explore Apps for services • Supporting the family in identifying support systems in the community (faith based, library, CBO, support groups etc.)
Trust building and relationship building strategies
<ul style="list-style-type: none"> • Activities that build predictability, safety, comfort and pleasure • Strengths Identifying Questions (SIQs) • role play • use teachable moments • strategic sharing (using your personal experience with others) • use play to explore and learn • modeling • use technology/videos

- supporting and guiding
- Outside visit
- teach coping skills/depression management
- model and educate “consistency” to support family weekly availability/longevity
- explore different ways to cater services for different families
- strategies for cultural competence, educational and learning styles

Activities to promote social connections and support

- Support groups - topic specific, e.g., Storybook Time, Breastfeeding
- Fatherhood initiatives/activities/groups
- Community Events
- Family Groups/Events
- Provide Calendars
- Parent groups/workshops
- Sharing educational/job opportunities
- Socialization groups/trips
- Use of safety planning
- Discussions of self-care to PC1/family
- Psycho-Education of DV context
- Use of Sanctuary Model (trauma-informed)
- Utilize the behavior change model-meeting family where they are at
- Using scenarios or storytelling
- Formal and informal conversation
- Invite families to trainings
- PCI activities (crafts for bonding)

Supervision

- Help FSS gain new perspective
- Assess readiness for change (family) and FSS skills
- QA activities to support FSS in skills and gain info on family’s experience