

Curriculum Overview

About CSSP's Strengthening Families Curriculum

CSSP's Strengthening Families Curriculum was designed as a resource for those training or doing professional development with child welfare workers around Strengthening Families. Some of the curriculum content will also be relevant for other audiences. To provide the most complete set of resources for the field, the curriculum was designed to be a standalone tool which includes:

- Slides, scripts and tips for trainers
- Handouts for participants
- Activities to be used in training

Adapting and Using Strengthening Families Curriculum Content

While the curriculum was designed so it can be used as a standalone training, we recognize that most jurisdictions have existing training for child welfare workers. *One very powerful way to use the materials and tools within the scripted curriculum is to integrate them into existing trainings already being provided for child welfare workers.* We encourage such adaptation as we think it is much more powerful, for instance, for workers to learn about how they can use the protective factors to design case planning objectives and activities while they are learning to use their own jurisdiction's case planning tools.

We ask only that as you adapt and use the curriculum you send a brief e-mail to caillin.oconnor@cssp.org. We want to learn about what you are doing so we can connect you with additional resources and with peers who are looking at common issues.

Overview of CSSP's Strengthening Families Curriculum

Title	Time	Learning Objectives
Introduction to Strengthening Families : A protective factors framework	60 min	The four big ideas behind the Strengthening Families approach: <ul style="list-style-type: none">• A protective factors approach• An approach, not a model• A changed relationship with parents• Alignment with developmental science
Understanding the Strengthening Families protective factors	90 min to 3 hr	<ul style="list-style-type: none">• Define and describe each of the five protective factors• Understand how they can use everyday actions to support families in building their own protective factors

Title	Time	Learning Objectives
Youth Thrive: A protective factors approach for older youth	90 min	<ul style="list-style-type: none"> • The five protective and promotive factors in the Youth Thrive framework • Strategies for working with older youth in ways that help them to build their protective and promotive factors • Ways they may be able to use both the Strengthening Families and Youth Thrive approaches in their work
Trauma and brain development: A protective factors approach	60 min	<ul style="list-style-type: none"> • Early childhood brain development • The significance of a nurturing adult • Adolescent brain development • How stress affects children and youth • The cascading impact of child abuse and neglect • Signs and symptoms of trauma • A protective factors approach for caregivers
Making small but significant changes in child welfare practice	90 min to 3 hr	<ul style="list-style-type: none"> • Protective factors and safety practice • Applying critical thinking in child welfare • Building protective factors through core practice areas
Taking a community approach to Strengthening Families	60 min	<ul style="list-style-type: none"> • Describe what a Strengthening Families approach looks like at a community level • Understand what some of the different community approaches look like • Be able to facilitate Strengthening Families engagement at a community level
The research behind Strengthening Families	45 min	<ul style="list-style-type: none"> • That Strengthening Families is an evidence-informed approach • The knowledge building process behind Strengthening Families • How Strengthening Families continues to grow, adapt and incorporate new knowledge
Tools to support Strengthening Families implementation	30 min	<ul style="list-style-type: none"> • Materials describing the Strengthening Families approach and Protective Factors Framework • The Toolkit for Child Welfare Practitioners • Strengthening Families Self-Assessment Tools for Child and Family-Serving Programs • The Strengthening Families Evaluation Portal • Tools used to measure protective factors • Online Training • Café Conversations