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CENTER FOR THE STUDY  
OF SOCIAL POLICY'S  
**strengthening families<sup>SM</sup>**  
A PROTECTIVE FACTORS FRAMEWORK



# HELP ME GROW:

*Strengthening Families and Supporting Caregiver Goals*

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## About the Center for the Study of Social Policy

CSSP is a national, non-profit policy organization that connects community action, public system reform, and policy change. We work to achieve a racially, economically, and socially just society in which all children and families thrive. To do this, we translate ideas into action, promote public policies grounded in equity, support strong and inclusive communities, and advocate with and for all children and families marginalized by public policies and institutional practices.

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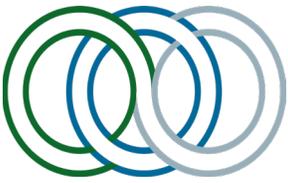
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Strengthening Families and Help Me Grow (HMG) are closely aligned efforts focused on improving outcomes in early childhood. The purpose of this paper is to describe how the HMG Model currently aligns with the Strengthening Families Approach and Protective Factors Framework; how HMG affiliates are currently using Strengthening Families; and how we envision the introduction of goal concordant care (GCC) affecting HMG affiliates' impact on families' protective factors.

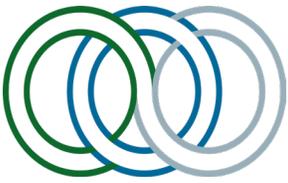
The evidence-based HMG early childhood system Model incorporates the Center for the Study of Social Policy's (CSSP's) Strengthening Families Approach and orients its key activities to positively impact a family's protective factors, as identified in the Strengthening Families Protective Factors Framework. The HMG National Center is one of the Strengthening Families National Partners convened by CSSP to coordinate how Strengthening Families is implemented, supported, and further developed across various child- and family-serving fields. In addition, HMG National Center has consulted with CSSP over the past decade to understand and enhance how HMG Model implementation helps families to build protective factors. Many HMG affiliates have adopted Strengthening Families and use it in a variety of ways, including as a way to measure whether and how HMG involvement benefits parents\* and caregivers.

In 2022, the HMG National Center began a year-long study to identify if and how GCC strategies could enhance the efficacy and impact of the HMG Model. For the purpose of the study, HMG has defined GCC as a strengths-based approach to eliciting families' goals for their children's well-being that ensures families' goals drive the process of developmental promotion, early identification of concern and need, referral and linkage. Recognizing CSSP's role as the innovator, developer, and home of Strengthening Families, HMG engaged CSSP as capacity builders, evaluators, and thought partners in this study to explore how the introduction of GCC strategies might enhance HMG affiliates' ability to support families in attaining their goals for their children, as well as how this interacts with the promotion of families' protective factors.

## The Strengthening Families Approach and Protective Factors Framework

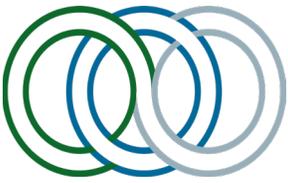
A signature innovation of CSSP is the Strengthening Families Approach and Protective Factors Framework. The five Strengthening Families protective factors are characteristics that reduce the impact of risk factors and promote well-being; see Table 1. Beyond the framework, the Strengthening Families *Approach* refers to a set of core values that are the foundational ideas that should guide service delivery and program practice designed to support families in building their protective factors.<sup>1</sup>

*\* NOTE: 'Parent' is used in this document to refer to an adult or youth who is responsible for rearing a child, including a biological or adoptive parent, grandparent, other relative, or non-biological parent figure/caregiver.*



**Table 1. The Strengthening Families Protective Factors<sup>2</sup>**

PROTECTIVE FACTOR	DEFINITION	KEY POINTS
Parental Resilience	Managing stress and functioning well in response to current or past challenges, adversity, or trauma	<ul style="list-style-type: none"> <li>• Resilience is learned and is contextual with respect to settings, situations, and time; it is not a personality trait</li> <li>• The outcome of resilience is positive change &amp; growth, not just survival or bouncing back</li> </ul>
Social Connections	Healthy, supportive, sustained relationships with people, institutions, community, and/or a higher power	<ul style="list-style-type: none"> <li>• Healthy connections support feelings of belonging and a sense that one matters</li> <li>• Parents of young children often rely on social connections for informal child care, parenting advice, and emotional support</li> </ul>
Knowledge of Parenting & Child Development	Understanding the science of child development, parenting practices, and family well-being, as well as the role of culture and social determinants of healthy development	<ul style="list-style-type: none"> <li>• Cultural factors influence the perception, expectations, and treatment of children</li> <li>• What is regarded as appropriate parenting will vary by child and caregiver temperaments, child's developmental stage, cultural context, setting, and environmental conditions</li> </ul>
Social & Emotional Competence of Children	Experiencing environments, opportunities, and activities that enable children to form secure relationships, regulate behavior and emotions, and develop early relational health	<ul style="list-style-type: none"> <li>• Parents and other caregivers need these skills in order to model and support their development in children</li> <li>• Positive emotional connections between parents and children support both the parents' and child's well-being</li> </ul>
Concrete Support in Times of Need	Identifying, seeking, accessing, advocating for, and receiving needed supports and services	<ul style="list-style-type: none"> <li>• Services should be provided in a manner that preserves parents' dignity</li> <li>• Concrete supports can be broadly available (e.g., child tax credit) or provided in response to specific needs (e.g., respite care for children with special needs)</li> </ul>



The seven interrelated core values that define the Strengthening Families Approach are defined in Table 2. These values have always undergirded the Strengthening Families Approach, but now are being expressed more explicitly to expand the theoretical understanding of Strengthening Families as we update relevant materials. They are described in more detail in a paper to be published by CSSP in 2023.

**Table 2. The Strengthening Families Approach: Core Values**

**Whole Family Approach:** Address the needs and goals of children and the adults in their lives simultaneously by linking their services, programs, and interventions

**Strengths-Based Approach:** Identify and optimize individual and family strengths in addition to addressing the challenges and barriers they face

**Social-Ecological Perspective:** Understand the impact of individual, interpersonal, community, and societal/policy factors on child, parent, and family outcomes

**Holistic Approach:** Address pathways to healing and well-being in addition to stress and trauma

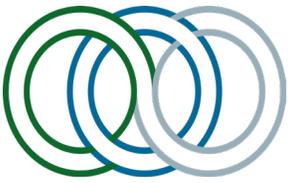
**Parent Voice:** Encourage, honor, and leverage parent/caregiver engagement, leadership, and advocacy

**Cultural Humility & Cultural Competence:** Reflect on one's own beliefs and attitudes that may affect the perception and treatment of diverse children, parents, and families, as well as respect and learn from diverse racial and ethnic parenting values, expectations, and approaches

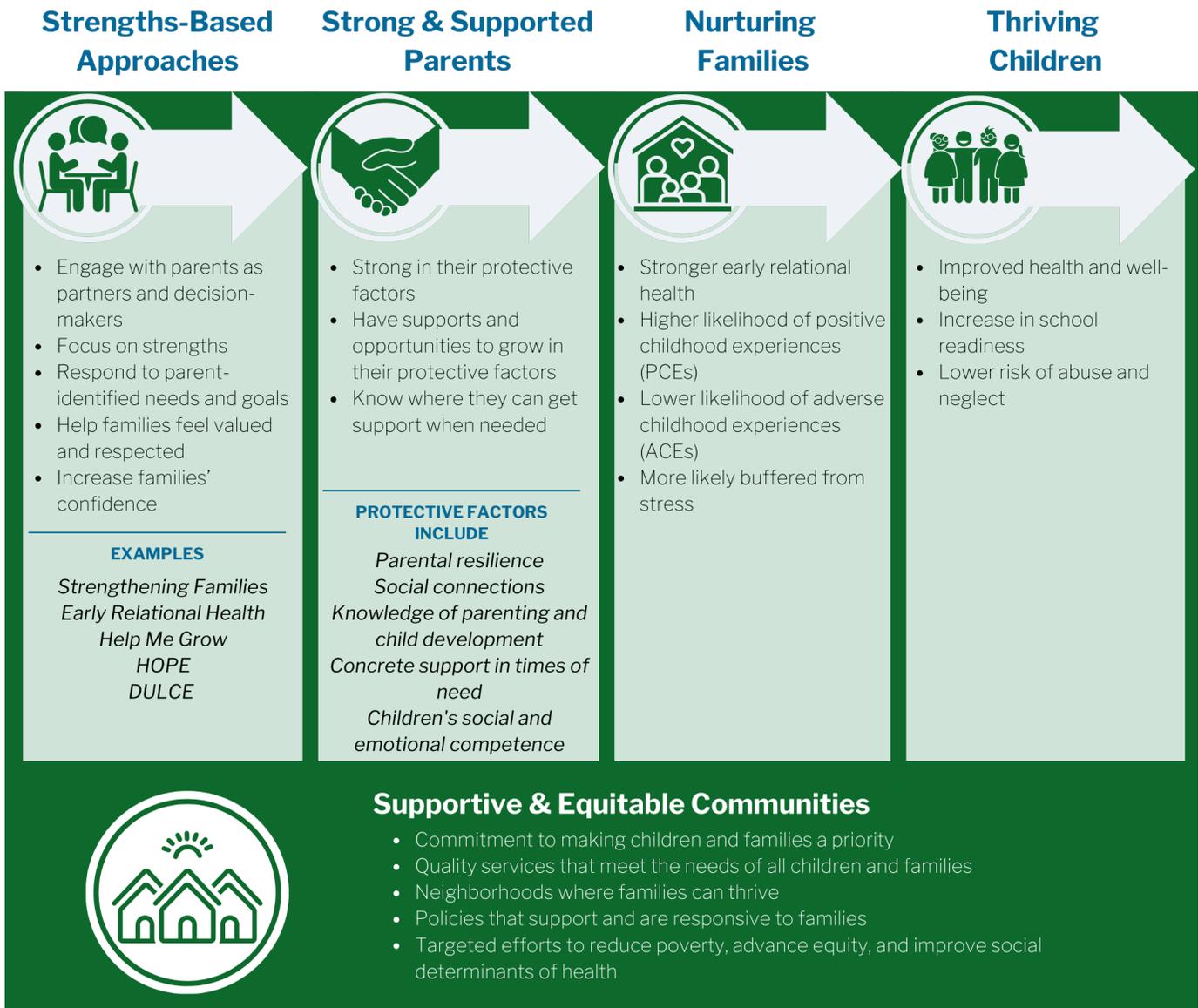
**Anti-Racism Ideology:** Commit to eradicating racism and promoting the equitable and just treatment of all people

## How Strengthening Families Relates to Other Strengths-Based Frameworks

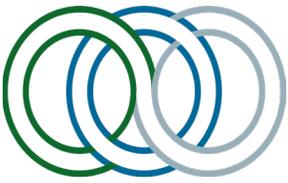
Strengthening Families is one of several related, strengths-based approaches that have played a significant role in shifting practice within child- and family-serving fields in recent years. Along with HMG, other key approaches include Early Relational Health, HOPE (Healthy Outcomes from Positive Experiences), and DULCE (Developmental Understanding and Legal Collaboration for Everyone). Although these strengths-based approaches may target different family members, employ different strategies, and be implemented in different settings, in their unique—yet related—ways, they are all designed to promote healthy development and well-being in children and the adults in their lives. For example, all children and families can benefit from services and supports that address social determinants of health (a hallmark of DULCE); promote positive child-adult relationships (a hallmark of Early Relational Health); foster meaningful experiences and a sense of belonging for children and



youth (a hallmark of HOPE); and raise awareness of and connect families to community resources and services (a hallmark of HMG)—all of which build family protective factors (a hallmark of Strengthening Families). Family life and strengths-based work take place in the context of communities—that is, where families live, learn, work, and play—which can either facilitate or impede healthy outcomes. Figure 1 depicts how a strengths-based approach such as Strengthening Families can help parents to build their protective factors, which helps them to provide nurturing care for their children, which promotes better outcomes for children.



**Figure 1. How strengths-based approaches promote better outcomes**



# Alignment Between Help Me Grow and Strengthening Families

## About Help Me Grow (HMG)

The HMG National Center provides the following description of the HMG Model:

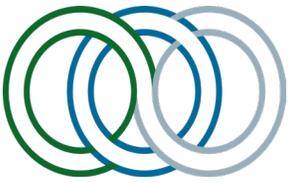
*Help Me Grow is not a stand-alone program, but rather a system model that utilizes and builds on existing resources in order to develop and enhance a comprehensive approach to early childhood system-building in any given community. Successful implementation of the Help Me Grow Model requires communities to identify existing resources, think creatively about how to make the most of existing opportunities, and build a coalition to work collaboratively toward a shared agenda.<sup>3</sup>*

Four interdependent Core Components characterize the HMG Model:

1. A Centralized Access Point, which supports families and professionals in linking children to the grid of community resources that help them thrive.
2. Child Health Care Provider Outreach, which supports early detection and intervention efforts and connects medical providers to the grid of community resources to best support families in identifying potential concerns early on.
3. Family & Community Outreach, which builds family and community-based organization understanding of child development, supportive services that are available to families in the community, and how both are important to improving children's outcomes.
4. Data Collection & Analysis, which supports evaluation, helps identify systemic gaps, bolsters advocacy efforts, and guides quality improvement to make sure a community's early childhood system is functioning effectively.

## History of Help Me Grow & Strengthening Families

HMG was initially developed in Hartford, Connecticut in 1997, and expanded to operate as a statewide system in 2002. The Model was first replicated in Orange County, California in 2005, with other California counties, and then other states, following suit. As the HMG National Affiliate Network expanded, the HMG National Center saw the connection to the Strengthening Families Approach and Protective Factors Framework, which were also taking hold across the country. HMG National Center partnered with CSSP in 2013-2014 to validate the fit between the HMG Model and Strengthening Families; worked with a learning community of HMG affiliates in 2015-2016 to explore using the protective factors framework to inform workforce development and measure improvements in promoting children's healthy development; and has encouraged affiliates to adopt Strengthening Families and partner with other organizations and agencies implementing Strengthening Families in their states or counties.



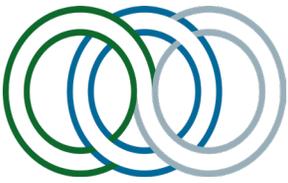
## Help Me Grow and the Core Values of the Strengthening Families Approach

The HMG Model aligns with the core values of the Strengthening Families Approach in varying ways. Table 3 includes: (a) a definition of each core value, (b) a description of how implementation of the HMG Model supports each one, and (c) comments about the HMG Model’s manner of alignment with each core value, including acknowledgement of recent expansions and evolution in CSSP’s Strengthening Families materials that are not explicitly reflected in the HMG Model.

**Table 3. Alignment of Help Me Grow with the Strengthening Families Core Values**

THE STRENGTHENING FAMILIES APPROACH: CORE VALUES	HOW HELP ME GROW IMPLEMENTATION SUPPORTS THIS VALUE	COMMENTS ON ALIGNMENT AND ROOM FOR GROWTH
<p><b>Whole Family Approach:</b> Address the needs and goals of children and the adults in their lives simultaneously by linking their services, programs, and interventions</p>	<p>Grounded in the Strengthening Families Approach and oriented around the Protective Factors Framework, HMG integrates a holistic, two-generation approach. In this regard, HMG specifically attends to strengthening parental resilience, improving family and child interactions, connecting families to resources that optimize health and development, and addressing basic needs and early relational health in support of child health, well-being, and development.</p>	<p>Alignment is strong.</p>
<p><b>Strengths-Based Approach:</b> Identify and optimize individual and family strengths in addition to addressing the challenges and barriers they face</p>	<p>HMG takes a strengths-based approach to supporting child developmental outcomes by focusing on families’ assets and goals as drivers for promotion, early identification, and linkage to community-based supports for positive child progress and outcomes.</p>	<p>Alignment is strong.</p>
<p><b>Social-Ecological Perspective:</b> Understand the impact of individual, interpersonal, community, and societal/policy factors on child, parent, and family outcomes</p>	<p>HMG’s implementation is predicated upon the resources, programs and initiatives of a community or state. HMG recognizes that the context in which families live is essential to consider when implementing the Model. HMG’s Data Collection &amp; Analysis activities inform decisions at the community and societal/policy level that identify and advance positive child, parent, and family outcomes.</p>	<p>HMG’s activities take place primarily within the individual and interpersonal levels of the social ecology with attention paid to the community level. Further focus on community or expansion to policy advocacy could be an area for growth.</p>

THE STRENGTHENING FAMILIES APPROACH: CORE VALUES	HOW HELP ME GROW IMPLEMENTATION SUPPORTS THIS VALUE	COMMENTS ON ALIGNMENT AND ROOM FOR GROWTH
<b>Holistic Approach:</b> Address pathways to healing and well-being in addition to stress and trauma	HMG encourages a trauma-informed perspective, acknowledging the ways in which stress and trauma can affect child and family well-being. Key activities within HMG Centralized Access Point and Family & Community Outreach aim to strengthen early relational health, family protective factors, and positive childhood experiences that offset the effects of toxic stress and adversity.	Neither a trauma-informed approach nor a holistic focus on pathways to healing and well-being are currently explicitly articulated in the HMG Model, although affiliates may be applying these approaches.
<b>Parent Voice:</b> Encourage, honor, and leverage parent/caregiver engagement, leadership, and advocacy	HMG’s interactions with parents and caregivers are grounded in respect and focus on meeting parent-identified needs. Family & Community Outreach activities engage parents as partners and leaders. Family co-leadership and feedback is relied upon to ensure system quality. Increasingly, affiliates are encouraged to compensate caregivers for their roles in co-design and outreach activities.	Alignment is strong.
<b>Cultural Humility &amp; Cultural Competence:</b> Reflect on one’s own beliefs and attitudes that may affect the perception and treatment of diverse children, parents, and families, as well as respect and learn from diverse racial and ethnic parenting values, expectations, and approaches	HMG strives to embody cultural competence in interactions with caregivers. Care coordinators make referrals to culturally acceptable and linguistically appropriate services and resources whenever possible.	Cultural humility is not currently explicitly referenced in the HMG Model, though some affiliates may be using that approach.
<b>Anti-Racism Ideology:</b> Commit to eradicating racism and promoting the equitable and just treatment of all people	The HMG National Center’s Strategic Growth Plan published in 2020 states: “Ensuring equitable access to and benefits from supports for healthy child development is a goal of all of HMG’s work.” <sup>4</sup> The plan also describes HMG as a “targeted universalism” approach, such that HMG is available to all families in a community, but systems should develop strategies to target barriers that prevent families from reaching or benefiting from the system.	Alignment is strong.



# Current Applications of Strengthening Families by Help Me Grow

The HMG Model is designed to reach families of young children and help them connect quickly and efficiently to developmental services and resources within their community to promote child and family well-being, including supporting families to enhance their protective factors. HMG affiliates report using and implementing Strengthening Families in their structure and operations in a variety of ways. Through reports to the HMG National Center, as well as surveys and conversations with HMG affiliates in 2022, we have identified six themes capturing the ways they integrate or use Strengthening Families in their operations:

1. Formal training of HMG Care Coordinators, other staff, and/or partners on the Strengthening Families Approach and/or the protective factors framework
2. Organizing/tagging community resources by protective factor in the HMG Resource Directory
3. Measuring the impact of engaging with HMG on families' protective factors
4. Reporting on family needs and/or community resources by protective factor
5. Sharing information about Strengthening Families and the protective factors with providers and community partners
6. Engaging parents and providers in activities built around protective factors

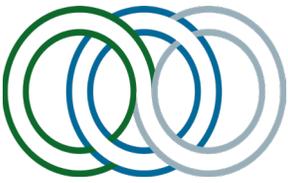
Some affiliates are implementing strategies within multiple themes, while others only report using one of these strategies.

## **Formal training of HMG Care Coordinators, other staff, and/or partners on the Strengthening Families Approach and/or the protective factors framework**

At present, training in Strengthening Families may be formal, using a curriculum such as “Bringing the Protective Factors Framework to Life in Your Work,” or informal, simply introducing the protective factors framework or the Strengthening Families approach during staff meetings or on-boarding of new staff. HMG affiliates may provide this training internally, or send staff members to trainings offered by partners in the community or online. For some affiliates, the focus is on ensuring that Care Coordinators at the HMG Centralized Access Point have received this training, while other affiliates provide the training to other staff members who interact directly with families (e.g., in community outreach activities) or to all staff. In addition to their own staff, some affiliates provide training on Strengthening Families to community partners, health care providers, and/or parents and caregivers. HMG Oakland County (Michigan) is one of several affiliates that have staff members certified as trainers in the “Bringing the Protective Factors Framework to Life in Your Work” curriculum from the Children’s Trust Fund Alliance, so that they can provide that training both internally and to their community partners; HMG Alaska developed a 2-hour training on Strengthening Families specifically for pediatricians and other health care providers.

## **Organizing/tagging community resources by protective factor**

A core function of HMG is referral of families to community resources, services, and supports in response to a family’s requests, needs, and goals. One of the 16 Key Activities of the HMG Model requires each HMG affiliate to maintain a HMG Resource Directory, which serves as a comprehensive, organized database of community resources. In addition to varying degrees of detail about service



offerings, eligibility, hours of operation, and names of specific staff members, some HMG affiliates keep track of which protective factor(s) are addressed by each community resource. This might mean printed lists of resources that are grouped by protective factors, or a database field that allows for tagging resources with protective factors. The goal is that a Care Coordinator can quickly find resources relevant for a family seeking, for example, to build more social connections or build knowledge of parenting strategies. In some cases, a version of these resource lists may be public-facing so that parents themselves can find relevant resources. Some HMG affiliates use community resource directories to populate family action plans shared with families to facilitate successful follow-up and connection with community-based resources and services. HMG affiliates that organize and tag community resources by protective factor are also able to also identify gaps in resources or barriers to accessing them that can inform advocacy and policy development.

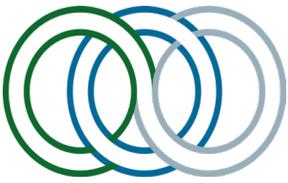
### **Measuring the impact of Help Me Grow system engagement on families' protective factors**

Through parent surveys and follow-up interviews, some HMG affiliates ask parents and caregivers to report on their own protective factors, and on perceived changes in those strengths over time. As of 2022, it is rare for HMG affiliates to measure and track indicators of parents' protective factors with pre-post surveys, although that has been done. In Connecticut, families who had called HMG for support were surveyed about their protective factors, and case notes were analyzed to determine what their concerns were and what supports they received. Parents reported growth in their protective factors across types of concerns and services received.<sup>5</sup> In Utah, HMG participants were compared with a control group of parents and asked to rate their own protective factors currently and retrospectively, from two years prior. In that study, HMG participants reported significant improvements in their protective factors, to a greater extent than the control group.<sup>6</sup>

More often, affiliates administer one-time surveys to parents asking whether they perceive growth in their protective factors. Some affiliates record observations and anecdotal stories about parental growth in protective factors, but do not track these as data. Researchers at Chapin Hall found that families served by three different HMG affiliates in California benefited from their involvement with HMG via referral from their primary care providers, in ways that built protective factors and reduced the likelihood of a toxic stress response.<sup>7</sup>

### **Reporting on family needs and/or community resources by protective factor**

Affiliates that categorize community resources by protective factor and/or measure the impact of HMG engagement on protective factors may then use that information to shape how they report about what resources and services are available in the community, where HMG is making referrals, what additional services are needed, and how HMG involvement is benefiting families. In any of these ways, the protective factors framework can help HMG to communicate about its work, its system-building role in the community, and its impact on families—in terms that parents and caregivers and other community partners can understand. For example, HMG Vermont created a section of their website around the protective factors framework, with resources for parents related to each factor: <https://www.helpmegrowvt.org/protective-factors>.



### **Sharing information about Strengthening Families and the Protective Factors with providers and community partners**

As mentioned above, some HMG affiliates provide training for providers and community partners in Strengthening Families. Less formally, HMG affiliates share information about Strengthening Families with providers and community partners in conversation, in collective impact meetings, and in other contexts. For example, HMG affiliates have helped to bring an emphasis on protective factors to the collective impact tables of many of the First 5 Commissions tasked with coordinating early childhood services and supports in California counties, promoting it as a useful common language among partners.

### **Engaging parents and providers in activities built around protective factors**

Finally, HMG affiliates use models built around protective factors in their parent and community engagement work. For example, “Books, Balls, & Blocks” is a community engagement event developed by HMG Utah (and now used by other affiliates) during which families with young children can engage with their children in age-appropriate activities, learn about other community resources, and complete developmental screenings with support from professionals. These events are designed to touch on multiple protective factors for families while increasing the number of developmental screenings and increasing the likelihood of identifying developmental challenges so that families can access services as needed. Other affiliates use the Parent Café model<sup>8</sup> from Be Strong Families to engage to engage parents and caregivers in meaningful conversation about their protective factors and how they manage the challenges of parenting, while building social connections and mutual support among participants. HMG Alaska developed their own event called Strong Parents Alaska which incorporates café conversations and other supports designed to help parents build their protective factors.

## **The Introduction of Goal Concordant Care**

HMG is currently working with 12 HMG affiliates to explore how the principles of GCC can be infused into the operations of HMG to support families in identifying their goals and utilizing the early childhood systems to support goal attainment. The principles of GCC – traditionally a healthcare approach used during the end stage of life—include: (a) eliciting a patient’s values, hopes, goals, and treatment limitations; (b) respecting their beliefs and wishes; and (c) providing medical care that is informed by a negotiated agreement between the patient and the healthcare professional. HMG is exploring the application of these principles to the HMG Model and assessing how integrating this novel strategy into the Model affects HMG implementation and impact. Outcomes of interest include parent and staff satisfaction with their interactions, impacts on child and family well-being, and effects on parents’ family protective factors.

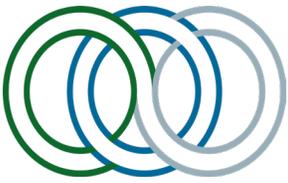
The 12 participating HMG affiliates are split into four branches. Each branch includes three affiliates that are testing the feasibility and efficacy of implementing GCC strategies within one of the Model’s four Core Components: Centralized Access Point, Child Health Care Provider Outreach, Family & Community Outreach, and Data Collection & Analysis. Each branch is supported by a capacity-building partner organization with content area expertise related to that Core Component, as well as a strong grounding in a strengths-based approach. Table 4 describes the proposed enhancements in each Core Component, the capacity-building partner supporting each branch, and how that capacity-building partner applies the Strengthening Families approach.



Through this project, the HMG National Center and CSSP are learning about what changes might be brought about with the added lens of GCC, in systems that are already operating from a strengths-based perspective. Potential shifts within each of HMG’s Core Components are being identified and tested, with the intention of later infusing promising enhancements into the fidelity model for broad-based implementation across the HMG National Affiliate Network of 120 systems (as of 2021).

**Table 4. Proposed GCC Enhancements and Capacity-Building Partners in Each of the HMG Core Components**

CORE COMPONENT AND GCC ENHANCEMENTS	CAPACITY-BUILDING PARTNER AND GROUNDING IN STRENGTHENING FAMILIES
<p>In the <b>Centralized Access Point</b> Core Component, HMG Care Coordinators will elicit goals and priorities from families to inform the referrals and resources that are shared. Motivational interviewing will be used to enhance these conversations.</p>	<p>The <b>State University at Buffalo’s Motivational Interviewing Center (UBMIC)</b> provides training and technical assistance to users of motivational interviewing, a strengths-based approach to engaging people in conversation about changes they want to make in their lives.</p>
<p>In the <b>Child Health Care Provider Outreach</b> Core Component, physicians and other health-related providers will be encouraged to use goal language with families and to make care decisions and referrals in partnership with parents and caregivers in service of those goals, as well as with the framing of positive childhood experiences; Care Coordinators in the Centralized Access Point will include progress on parent’s goals when closing the feedback loop with child health care providers on referral and linkage.</p>	<p>The <b>HOPE National Resource Center at Tufts Medical Center</b> is the home of Healthy Outcomes from Positive Experiences (HOPE), a research-based framework of positive childhood experiences (PCEs) that buffer children from risk and adversity and promote healthy development. HOPE is a strengths-based approach to working with children, youth, and families, with roots in the Strengthening Families Approach and Protective Factors Framework.</p>
<p>In the <b>Family &amp; Community Outreach</b> Core Component, parents and caregivers will be invited to engage in Parent Cafés to help them identify, articulate, and set a course of action toward attaining their goals, as well as building their protective factors.</p>	<p><b>Be Strong Families</b> is the home of Parent Café and other café models designed to engage people in transformative conversations that “nurture the spirit of family, promote well-being, and prevent violence.”<sup>9</sup> The Parent Café model was designed to bring the Strengthening Families Protective Factors Framework directly to parents and caregivers. Be Strong Families provides training and technical assistance in their café models as well as other topics related to Strengthening Families.</p>
<p>In the <b>Data Collection &amp; Analysis</b> Core Component, affiliates will identify what data should be collected about goals, how affiliate data systems can accommodate and track that information, and how information about families’ goals, priorities, and protective factors can be shared across systems in order to inform engagement and service planning.</p>	<p><b>CSSP</b> is the developer and home of Strengthening Families. CSSP supports the Strengthening Families National Network of states and territories implementing Strengthening Families and convenes the Strengthening Families National Partners group of national organizations and federal agencies applying and promoting the Strengthening Families Approach and Protective Factors Framework.</p>

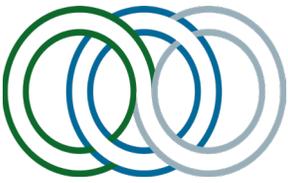


## Plans for HMG's Goal Concordant Care Project Evaluation

This project is structured as a study of the feasibility and effectiveness of applying a GCC approach to the HMG Model, with three HMG affiliates identifying and implementing GCC strategies within each of the HMG Core Components. Evaluation of this project will be operationalized at three levels: HMG Model overall; Learning Community branch (three affiliates focused on one Core Component); and HMG system (individual system in a state or county). The feasibility of the approach will be assessed through feedback and lessons learned with the 12 participating affiliates about how well they were able to implement the proposed changes, challenges they faced in making changes, and implications for spread, scale, and sustainability within the broader HMG National Affiliate Network. Effectiveness will be assessed using both process measures (e.g., parents' perceptions of whether HMG helped them to identify their goals) and outcome measures (e.g., parents' perceptions of their progress toward goal attainment). The affiliates collaborating on the Data Collection & Analysis Core Component are working to identify both quantitative and qualitative ways to approach these questions, which may vary depending on each affiliate's existing data system and their ability to make changes to it in the course of this project. As another measure of effectiveness, at least some of the participating affiliates will be able to measure whether families report growth in their protective factors and how that relates to the introduction of GCC.

## Conclusion

The alignment between HMG and Strengthening Families is strong, thanks to shared values about best practices with families, and the intentional work of the HMG National Center and dedicated affiliates to emphasize protective factors over the past decade. With the introduction of GCC, HMG has an opportunity to build on its strengths-based grounding. We anticipate that much will be learned about how the goals prioritized by parents/caregivers and the Strengthening Families protective factors might be further advanced by GCC enhancements to the HMG Model.



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