

Strengthening Families Self-Assessment Team Findings at the NSFRC

Core Meanings of the Center for the Study of Social Policy's Protective Factors

1. Parental Resilience

Managing stress and functioning well when faced with challenges, adversity, and trauma.¹



2. Social Connections

Positive relationships that provide emotional, informational, and spiritual support.¹



3. Concrete Support in Times of Need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.¹



4. Knowledge of Parenting and Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social, and emotional development.¹



5. Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions, and establish and maintain relationships.¹



Examples of the Protective Factors in Action at the NorthStar Family Resource Center (NSFRC)

The environment at NSFRC, it is thought, is perceived as calming and helpful by patrons. One community ambassador shared that "before I leave my house, I'm very stressed, and when I get here (to NSFRC), it's a comfort zone."

The SFSA team strongly agreed that NSFRC staff were friendly and open to everyone, and the family resource center has a positive atmosphere. Staff were seen as modeling positive interactions during social events and making newcomers feel welcome.

The team agreed that staff at NSFRC are proactive in responding to patrons and their families in times of stress and resourceful in their efforts to connect patrons to other community supports that can provide specific services. Efforts at providing information about and linking patrons to existing resources and concrete supports within the community (in addition to supports offered at NSFRC) were praised

Though Homework Help falls under the Social and Emotional Competence of Children protective factor it allows frequent opportunities for NSFRC staff to touch base with parents. These connections strengthen relationships with staff and provide openings to discuss and model appropriate interactions with children.

Many staff and volunteers have an abundance of experience working with children, youth, and families within the community. An involved discussion highlighted these experiences and how opportunities present themselves to address children and youth's social and emotional needs.

¹ Center for the Study of Social Policy. (2015). Core Meanings of the Strengthening Families Protective Factors.

ROADMAP TO THE FUTURE

Putting into practice what we learned from the Strengthening Families Self-Assessment (SFSA) Tool



The purpose of the SFSA process was to evaluate Resource Center practices, programs, and services based on the Strengthening Families Protective Factors Framework. The NSFRC's SFSA team consisted of 2 direct service staff members, 2 community collaborators from partner organizations, and 4 Community Ambassadors who utilize services and programs at the NSFRC. Team members completed a survey with questions related to the implementation of each protective factor at the NSFRC. The SFSA team came together for critical discussion and dialog to assess each item and develop action items to address any gaps in programs, services, or Resource Center practices.

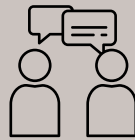
KEY THEMES OF THE NSFRC'S ACTION ITEMS



NEW PROGRAMS

For...

Providing Additional Services to Patrons.



ADDRESS LOCAL NEEDS

By...

Expanding and Strengthening Collaborative Partnerships.



INCREASE ENGAGEMENT

With...

Youth and Caretakers including Fathers and Single Mothers



BUILD CAPACITY

To...

Connect with non-English speaking and marginalized groups by Partnering with Local and Faith-based groups and Expanding Staff Training.

Moving forward...

Over the next year, staff at the NorthStar Family Resource Center will work to implement many of the proposed action items to enhance services and programs for local children and families.



255 NE COACH ANDERS LN, LAKE CITY, FL 32055 | (386) 758-3319 | WWW.PFSF.ORG/RESOURCECENTERS/NSFRC/

Suggested citation: Lancaster, C. (2023) Strengthening Families Self-Assessment Team Findings at the NSFRC.

Tallahassee: Institute for Child and Family Services Research