

MODULE 2

Family Wellness Survey

JOINING  FORCES
— FOR CHILDREN —

THE Consortium  FOR
RESILIENT • YOUNG • CHILDREN

Training Objectives



PURPOSE OF SURVEY

Describe the purpose of the Family Wellness Survey.

Module 2: Family Wellness Survey



IMPLEMENTATION PROCESS

Explain the process for implementing the Family Wellness Survey in your program or organization.

JOINING  FORCES
FOR CHILDREN

FAMILY WELLNESS SURVEY

Making sure your child is well cared for and develops healthy is our top priority. In addition to providing quality services, we believe that the next best thing we can do for your child is to support you as a parent.

We are giving this questionnaire to learn about you and your family. The first part asks about 10 stressful experiences that can happen during childhood. We want to know if any happened to you during your childhood and how your family has been doing recently. Your answers will help us to make sure you and your children have the support and resources to cope with any potential stressors. We are asking, not to judge you, but to help us better respond to the needs of your family.

Skip any question you do not feel comfortable answering, but please provide honest answers.

Parental Consent

Your service provider, _____ requests your permission to share information about your child's development and family wellness with the Consortium for Resilient Young Children and affiliated organizations. **All personal information shared with your child care provider, such as names and birth dates, will remain confidential and will NOT be shared. An identification number will be used so that you and your child's identity will be protected and not available to anyone outside of the center or program staff.**

This information will help us to better understand the challenges that families are experiencing and measure the effectiveness of supports to families in reducing stress. Information collected through the following assessments will be shared:

- Family Wellness Survey
- Ages and Stages Questionnaire or Devereux Early Childhood Assessment (DECA)

I understand that signing of this consent is voluntary and refusal to provide consent does not have any impact on the services provided to me and my child. By signing and dating this consent, I am giving approval to include my child's and family information as described above.

Parent's Signature

Witness Signature

Thank you for your willingness to help us show how our services are making a difference!

Consortium
RESILIENT YOUNG CHILDREN

PART 1


What is the Family Wellness Survey?

Family Wellness Survey



OVERALL GOAL

To increase the capacity of the early childhood community to initiate healing and promote protective factors for families dealing with years of stress and trauma.



FAMILY WELLNESS SURVEY

- The survey is completed by families
- The results of the screen are used to determine a family's level of stress and resiliency
- Families showing moderate or high range of stress are referred for a motivational interview so that supports can be assessed and offered

What is assessed?

Family Wellness Survey



Retrospect of
ACE screen



Caregiver
functioning



Life
satisfaction



Relationship
with child

Retrospect of ACCEs

TELL US ABOUT YOUR CHILDHOOD EXPERIENCES

If you have completed this box in the past or prefer not to, then you can skip it & check here: ☐
During YOUR CHILDHOOD (prior to 18 years of age)... If Yes check the box

- | | |
|--|--------------------------|
| a. Were your parents or guardians ever separated or divorced? | <input type="checkbox"/> |
| b. Did you live with a household member who served time in jail or prison? | <input type="checkbox"/> |
| c. Did you live with a household member who was depressed, mentally ill, or attempted suicide? | <input type="checkbox"/> |
| d. Did you live with someone who had a problem with drinking or using drugs? | <input type="checkbox"/> |
| e. Did you often see or hear household members hurt/threaten to hurt each other? | <input type="checkbox"/> |
| f. Did you often feel unsupported, unloved, and/or unprotected? | <input type="checkbox"/> |
| g. Did you often go without food, clothing, a place to live, or had no one to protect you? | <input type="checkbox"/> |
| h. Did a household member often swear at, insult, put you down, or humiliate you OR act in a way that made you afraid that you might be physically hurt? | <input type="checkbox"/> |
| i. Did a household member often push, grab, slap, or throw something at you OR ever hit you so hard that you had marks or were injured? | <input type="checkbox"/> |
| j. Did someone touch your private parts or ask you to touch their private parts in a sexual way? | <input type="checkbox"/> |

Family Resilience

TELL US ABOUT HOW YOU ARE DOING

How true have the following statements been for you recently:	NOT AT ALL	RARELY	SOME TIMES	OFTEN	NEARLY ALL THE TIME
1. I have a positive attitude about myself.					
2. I have people and places where I feel like I belong.					
3. I have others I can rely on for support.					
4. I am able to be flexible when things don't go as expected.					
5. I have the strength within myself to solve problems that happen in my life.					
6. I ask for help when I need it.					
7. I feel stressed with my home/family life.					
8. I feel little interest or pleasure in doing things.					
9. I feel down, depressed or hopeless.					

10. Has anything bad, sad, or scary happened to you OR your child recently? NO ☐ YES ☐

Would you like to tell us more? _____

Life Domains

TELL US ABOUT YOUR SATISFACTION WITH LIFE

Over the LAST MONTH, how satisfied are you with the different aspects of your life? Indicate your satisfaction by placing an X along on the arrow from Not at All Satisfied to Very Satisfied:

NOT AT ALL SATISFIED	11. Your finances	<div><div></div></div>	VERY SATISFIED
	12. Your job/education/career	<div><div></div></div>	VERY SATISFIED
	13. Your basic needs (e.g. food, housing, transportation)	<div><div></div></div>	VERY SATISFIED
	14. Your safety	<div><div></div></div>	VERY SATISFIED
	15. Your family, friends and relationships	<div><div></div></div>	VERY SATISFIED
	16. Your health and well-being	<div><div></div></div>	VERY SATISFIED
	17. Your parenting	<div><div></div></div>	VERY SATISFIED
	18. Your hopes for the future	<div><div></div></div>	VERY SATISFIED

What kind of help or support would you like in any of these areas?

Caregiver- Child Relationship

TELL US ABOUT YOUR RELATIONSHIP WITH YOUR CHILD

Over the <u>LAST MONTH</u> , how often have you...	NEVER	RARELY	SOMETIMES	MOST OF THE TIME	ALWAYS
19. Praised your child for trying something new or completing a difficult task?					
20. Labeled or encouraged your child to name his/her feelings?					
21. Helped your child practice ways to solve problems or get their needs met?					
22. Spent time with your child doing what he/she likes to do?					
23. Soothed your child when he/she was upset?					
24. Felt good about your relationship with your child?					

What kind of help or support, if any, would you like related to parenting and child development (e.g. toilet training, sleeping routines, nutrition, behavior concerns, emotional concerns)?



PART 2

Tips for Success

Tips for Collecting Surveys

Family Wellness Survey



Pre/Post
Screening



Confidential
Tracking



It's Okay to
Opt Out



Wait 4 - 8
Weeks

A photograph of four hands, likely belonging to different people, gently cupping a single, bright red heart. The hands are positioned in a way that they form a protective, bowl-like shape around the heart. The background is a textured, light blue surface. The overall image conveys themes of care, support, and family.

CONSIDERATIONS when engaging families with the FWS

- What factors might impact a family's willingness to complete the family wellness survey?
- In order to get the "best" response from the family, who and when should the survey be introduced?
- How might you ask families to complete the adversity survey?



TERMINOLOGY

PART 3

Glossary

Family Wellness Project

A photograph of a man with a beard and short dark hair, wearing a white V-neck t-shirt, holding a young child with curly hair. The child is wearing a white tank top and blue jeans. They are both smiling and looking towards the camera. The background is a light-colored wooden wall.

Caregiver

FAMILY WELLNESS PROJECT

A family member or primary caregiver (like a foster parent) who interacts with your program even if they are not the one getting the program's services directly. For example, in a childcare setting, you would give the survey to the adult who does most of the care for the child in your program. This could be a parent, grandparent, foster parent, or someone else. These are the individuals that you directly or indirectly serve as a provider & they are the ones you will be developing a relationship with, giving the survey to, and scheduling a motivational interview with if needed.

A woman with voluminous dark curly hair, wearing a green jacket over a white top, is smiling broadly and giving two thumbs up. The background is a solid light blue.

Provider

FAMILY WELLNESS PROJECT

Someone working with families of young children who will be using this training and tool to support their work with families. Providers include librarians, pastoral care workers, case managers, social workers, therapists, childcare providers –and more!



Family Wellness Survey (FWS)

FAMILY WELLNESS PROJECT

The survey that asks caregivers about their childhood ACEs, life satisfaction, wellbeing, and relationship with their child.

Also referred to as FWS.

A close-up photograph of a child's hands holding four small wooden figurines. The figurines are shaped like people and are dressed in small, patterned clothing. The child is wearing a green shirt with yellow stripes. The background is a soft, out-of-focus grey.

Family Wellness Program (FWS)

FAMILY WELLNESS PROJECT

This is the program that you are participating in.
Providers in the Family Wellness Program are:

- Introduced to ACEs and resiliency factors proven to lessen long term negative impact of stress
- Trained in the delivering and interpreting the Family Wellness Survey and then
- Taught to use motivational interviewing skills to strengthen the resilience of the families with whom they are they are working.

Data Entry: Family Wellness Survey - ACE Version.

Please enter the results of the Family Wellness Screen that you provided to a caregiver. Then, proceed to the [google data studio](#) to view the report for the caregiver.

 sachikasingh@mayersontttc.org (not shared) [Switch account](#) 

* Required

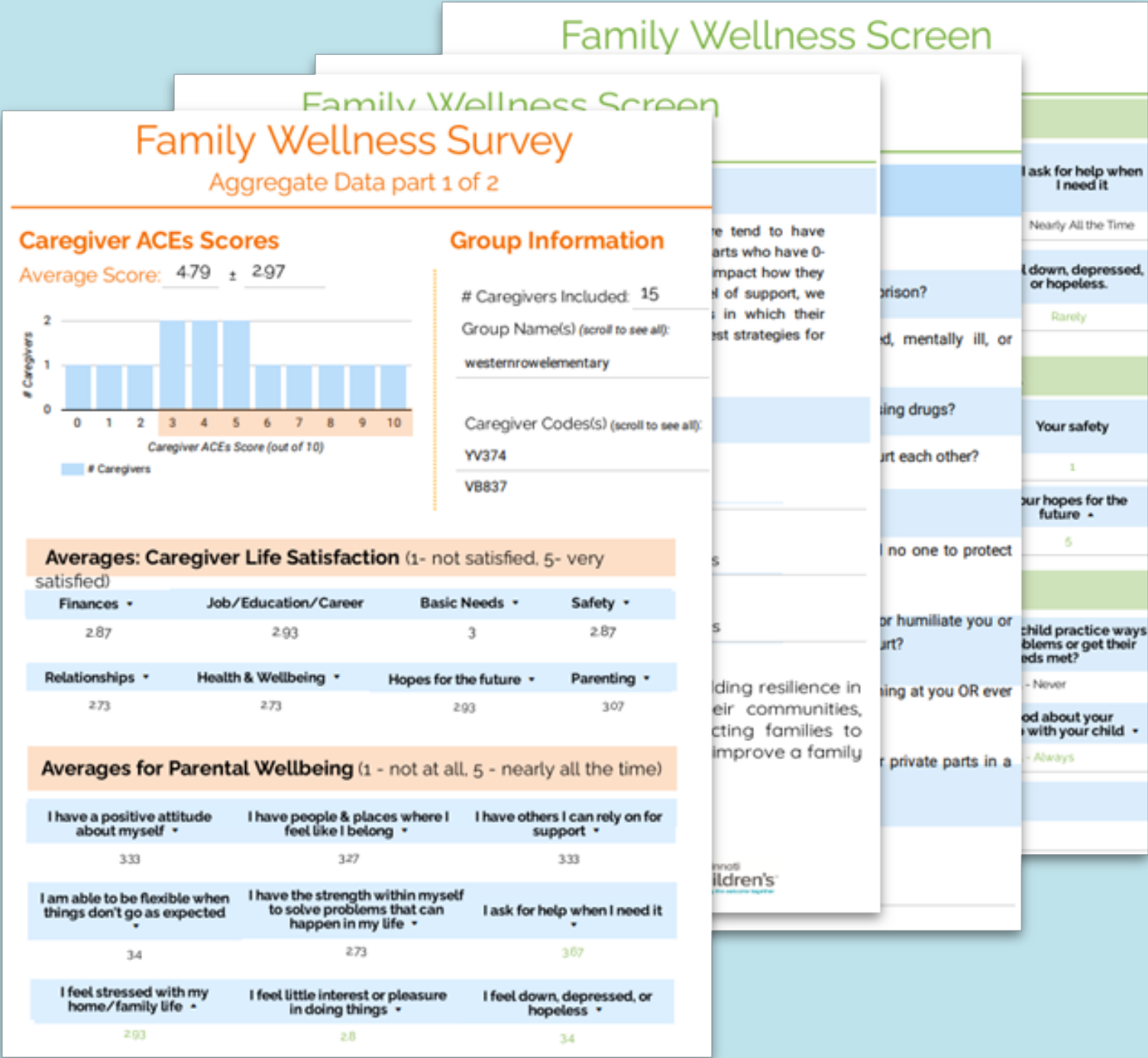
Your (Educator/Provider) First & Last Name *

Sachika Singh 

FWS Google Form

FAMILY WELLNESS PROJECT

An online form that is utilized for data entry from the FWS. When you deliver the FWS to a caregiver, it'll be in paper form. You will then enter those responses into our Google form, which will allow you to later access and manipulate the data.



Google Looker Studio

FAMILY WELLNESS PROJECT

The platform you will use to analyze and interpret caregivers' FWS responses. Through Looker Studio, you'll be able to look at an individual report or group report. These reports are further explained in the next slide.



Motivational Interviewing (MI)

FAMILY WELLNESS PROJECT

An evidence based, conversational approach to family engagement on topics related to change. The strategies used in Motivational Interviewing are designed to help you have a reflective conversation with the caregivers in your program about their own interest in considering and/or making a change in any component of their life (parenting, self-care, health, etc.).

Motivational Interviewing (MI) Prep Tool

FAMILY WELLNESS PROJECT



A worksheet we designed to help you plan out your Motivational Interviews with caregivers after you've reviewed their Family Wellness Survey Data. This tool will be available to download once you've completed your Module 3 Motivational interviewing training.

Glossary

Family Wellness Project

FWS Report for Individual Data

This is the Google Looker Studio report where you'll be able to pull up information about a single caregiver, such as:

- A short overview of a caregiver's FWS results
- A full breakdown of a caregiver's FWS results
- Comparison of a caregiver's pre- and post- FWS data so that you can identify changes and progress in the caregiver & family's level of resilience, strengths, and areas for support.

FWS Report for Group Data

If you work with multiple caregivers in a group setting like a classroom, story time group, parent support group, or group home setting, you may want to review multiple caregivers' data at once to identify shared strengths or different areas for support among a group of caregivers. The FWS Report for Group Data allows you to look at aggregated data:

- Average caregiver ACEs score
- Distribution of ACEs scores
- Average scores per section

Family Wellness Survey Process

Family Wellness Project

1



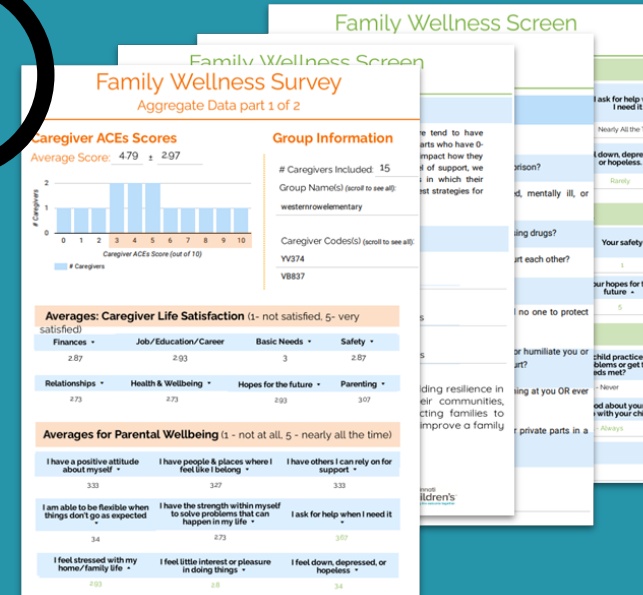
Caregiver
completes
Family
Wellness
Survey

2

A screenshot of a Google Form titled 'Data Entry: Family Wellness Survey - ACE Version'. The form is for 'JOINING FORCES FOR CHILDREN' and 'THE Consortium FOR RESILIENT YOUNG CHILDREN'. It asks for the results of the Family Wellness Screen and provides a link to the Google Data Studio report. The user's email is 'sachikasingh@mayersontttc.org' and the name is 'Sachika Singh'.

Enter the
data into the
FWS Google
Form

3



Use Google
Locker Studio
to analyze
and interpret
results

4



Use your MI prep
tool to prepare
for your
Motivational
Interview with a
caregiver.



PART 4

Data Entry

Family Wellness Project



PART 5

Interpreting Data - Reading Reports

Family Wellness Project

Family Wellness Screen

Results Overview

Caregiver ACEs Score: **3** / 10 items

We've found that caregivers who report an ACEs score of 3 or more tend to have significantly less social support and protective factors than their counterparts who have 0-2 ACEs. Children don't live in a vacuum; caregivers' childhood ACEs can impact how they deal with their children's stressors. By applying a two-generational model of support, we can better understand caregivers' backgrounds and the environments in which their children are being raised. This information can be used to identify the best strategies for building a family's resilience.

Note: If this survey returns X/10 items this means the caregiver skipped the ACEs section

Strengths & Opportunities

How the Caregiver is Doing:

Recommended Check-In: Possibly susceptible to toxic stress

Caregiver's Life Satisfaction:

Recommended Check-In: Possibly susceptible to toxic stress

Caregiver's Relationship with the Child

Recommended Check-In: Possibly susceptible to toxic stress

PART 6

Creating Reports Using Looker Studio Family Wellness Project



PART 7

Planning for Motivational Interviewing

Family Wellness Project

Planning for Motivational Interviewing



A FEW POINTS TO CONSIDER:

- Strength-based lens
- Come alongside of families
- Stay grounded
- Propel healing, not "fixing"
- EARS skills
- YOUR wellbeing

A balance scale is constructed from smooth, light-colored stones against a clear blue sky. A large, flat stone serves as the fulcrum. On the left side, a single large, rounded stone is balanced. On the right side, a stack of five smaller, flat stones is balanced. The scale is perfectly level, symbolizing equilibrium.

**Protective
Factors**

Risks

stressful
conditions,
events or
circumstances

strengths that buffer risk
to help families succeed

A Balance of
Risk and
Protective
Factors

equals HOPE

UP NEXT

MODULE 3: Motivational Interviewing
LIVE Training Part 1 and 2

