Promoting Positive Development of Parents - 6Cs

ACRC 2017
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Agenda

- Background of Positive Youth Development
- What are the 6Cs?
- Why does a focus on the 6Cs make sense for parents of youth with special needs?
- Strategies for strengthening parent competencies
- Ideas for measuring progress
Development of PYD

1950’s
Focus on addressing problem behaviors

1970’s
What “protected” young people from problem behaviors

1980-90’s
All people have strengths.
People thrive when their environment offers them opportunities to promote their natural abilities.
Developmental Success

Thriving

Reduction of High Risk Behaviors
Why PYD for Parents?

- Parents as a “developmental asset” or “social nutrient”
- Parenting as a developmental phenomenon
- Family Systems Model
- Intergenerational Trauma & Patterns of Behavior
- Plasticity in human development
Parents as a “developmental asset” or “social nutrient”

Strengthening adult-youth relationships most important for promotion of thriving

- Parental warmth
- Parental monitoring
- School involvement

Strength-based: parents aren’t a problem to solve— they’re an asset to develop
Family Systems

“Living under the same emotional skin” — Kerr, 2000
Caregivers’ Response to Children’s Diagnosis

- Negative emotional response
- Negative physical response
- Isolate/ Withdraw

(Heiman, 2002)
Day-to-Day Life of Parents with Special Needs Children

- Lack of freedom
- Feelings of never ending struggle
- Uncertainty about the appropriate educational and psychological help
- Constant need for advocacy
  - Finding services
  - Following up with providers to ensure services
- Financial burdens
  - Therapies/doctors/adapted equipment and tech
- Physical exhaustion
The Extended Family System

- Increased risk for marital problems (Hartley, Barker, Floyd, Greenberg, Orsmont, & Bolt, 2010).
- Impact on siblings
- Managing expectations of extended family members
Intergenerational Trauma & Patterns of Behavior

• Ongoing stress related to membership in a disenfranchised group
• Parenting styles/ Discipline
• Impact of trauma on parenting behaviors
  ▫ Physiological Impact of Trauma
  ▫ Attachment
Plasticity- The Potential for Change Across the Lifespan

*Potential for plasticity is a fundamental strength of ALL human development*
Defining the Six Cs
Confidence

An internal sense of overall positive self-worth & self-efficacy

• Able to successfully navigate their contexts
• Believing in own skills, abilities, experience
• Belief they can overcome obstacles & have meaningful impact on their family & the world around them
Connection

Positive bonds with people & institutions that are reflected in exchanges between the individual & his/her peers, family, workplace, & community in which both parties contribute to the relationship

- Friendships
- Parent-child & other family relationships
- Social groups
- Institutions, agencies
Caring/ Compassion

A sense of sympathy and empathy for others

- Desire to meet child’s needs & comfort distress
- Self-compassion
  Avoid self-blame
Competence

Positive view of one’s actions in specific areas

- Social competence: interpersonal skills
- Cognitive competence: sufficient thinking skills
- Employment competence: able to attend work and fulfill job obligations
Character

Respect for societal and cultural norms, possession of standards for correct behaviors, a sense of right and wrong (morality) and integrity.
Contribution

*Contributions to one’s self, family, or larger community*

**Self**
- Self-Care
- Self-Validation

**Family**
- Lending a hand
- Advocacy

**Community**
- Community Service
- Community Leader
Putting PD into Practice for Parents

EXTERNAL ASSETS
- Support
- Empowerment
- Constructive Use of Time

INTERNAL ASSETS
- Commitment to Learning
- Social/Competencies
- Positive Identity

Competence
Confidence
Connection
Character
Compassion
Contribution
### Asset Development Initiatives: EXTERNAL

<table>
<thead>
<tr>
<th>Support</th>
<th>Family therapy</th>
<th>Parent Training</th>
<th>Parent mentors</th>
<th>Special events</th>
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<tbody>
<tr>
<td>Family Weekends</td>
<td>Sibling group</td>
<td>Facebook page</td>
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<tr>
<th>Empowerment</th>
<th>Parent Association</th>
<th>Treatment team member</th>
<th>Committee member</th>
<th>Invite to child events</th>
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<tr>
<td>Special Events</td>
<td>Volunteer</td>
<td>Board member</td>
<td>Fundraising</td>
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<tr>
<th>Constructive Use of Time</th>
<th>Parent Training---Self Care, mindfulness</th>
<th>Social events—Parents Night Out</th>
<th>Connect to community resources</th>
<th>Setting goals</th>
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<td>Asset Development Initiatives: INTERNAL</td>
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<td><strong>Commitment to Learning</strong></td>
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<td>• Annual Parent Retreat</td>
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<td>• Family therapy</td>
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<td>• Parent Training/Family therapy-conflict resolution, interpersonal effectiveness</td>
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<td><strong>Positive Identity</strong></td>
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<td>• Family Centered Care practices</td>
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<td>• Parent Training “Grads”</td>
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<td>• Mentoring</td>
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## Benefits of 6Cs

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<th>Thriving</th>
<th>Reduction of High-Risk Behaviors</th>
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<tr>
<td>• Improve parents’ &amp; children’s ability to cope with challenges/frustrations</td>
<td>• Reduce parent stress</td>
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<td>▪ Improve parenting &amp; parent-child relationship</td>
<td>• Reduce isolation &amp; loneliness for parents</td>
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<td>• Empowering parents---Foster belief that you can have a meaningful impact on your family &amp; world around you</td>
<td>• Reduce depression</td>
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<td>• Increase the likelihood of lasting change</td>
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Friendly Measures

- Parent Stress Index- Fourth Edition (PSI-4)
- Family Environment Scale (FES)
- Parental Self-Efficacy Scale
  - School performance
  - Influence over peer relationships
  - Control over high-risk behaviors
  - Influence on school and community systems
  - Ability to control ruminations
- TOPSE (Bloomfield & Kendall, 2007)
- Mindful Attention Awareness Scale (MAAS)
- Informal feedback forms
Future Growth

- Accessibility
- Increasing use of technology (Skype, Video, Live Docs)
- Mobilizing community resources---Regional Associates
- Increasing inclusion of parents into recreational programs
  - Nature-based programs
  - Arts
- Building long-term connections—Alumni
References


References


