

Joining Forces for Children:

Collective Impact as a Model for Community Partnerships to Prevent & Address Trauma

Linking Systems of Care of Ohio Youth Project

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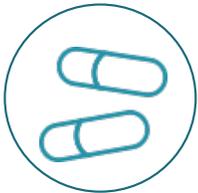
Aims

- Increase understanding of **collective impact** as an approach to public health issues.
- Learn about the model used in SW Ohio to **increase understanding** of ACEs and resilience
- Hear about **upstream interventions** that address ACEs and trauma

ACEs Overview

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Behavioral Health



Substance abuse



Alcohol abuse



Lack of physical activity



Smoking



Missed Work

Physical & Mental Health



Severe obesity



Depression



Heart Disease



Cancer



Diabetes



Suicide attempts



Broken bones



STDs



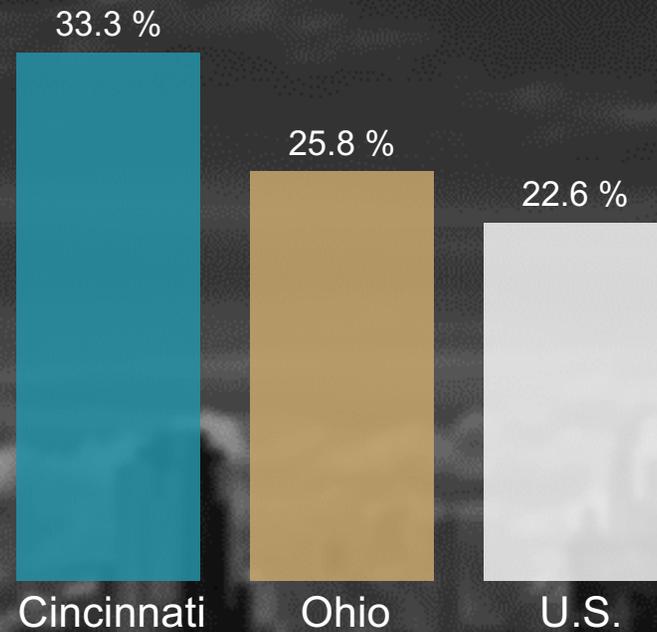
Chronic lung disease



Stroke

4+ ACEs

Children & youth with 2+ adverse childhood experiences



CDC Essentials For Childhood

Safe, Stable,
Nurturing
Relationships and
Environments



The Mayerson Center
for Safe & Healthy
Children

Addressing Adversity

Upstream thinking



Source: Public Health Sudbury & Districts

Essentials for Childhood:

Steps to Create Safe, Stable, Nurturing Relationships and Environments

1. Raise awareness
2. Use data to inform solutions
3. Create the Context for Healthy Children and Families Through Norms Change and Programs
4. Create the Context for Healthy Children and Families Through Policies



What is Collective Impact?

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Collective Impact

The founding members of Joining Forces for Children decided to organize around a collective impact framework.

Collective impact is an organizing framework that's primarily used to **tackle deeply entrenched and complex social problems.**

No single program, organization, or institution acting in isolation can bring about largescale social change on its own.

For change to occur there needs to be a concerted effort of the many different players around a common agenda.



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Collective Impact

Shared
Measurement

Common
Agenda

Mutually
Reinforcing
Activities

Backbone
Organization

Continuous
Communication

Joining Forces for Children Partners

- 4C for Children
- Beech Acres Parenting Center
- Child Focus, Inc.
- Children, Inc.
- Cincinnati Children's Hospital
- Cincinnati City Council
- Cincinnati Early Learning Center
- Cincinnati Federation of Teachers
- Children's Home of Northern Kentucky (CHNK)
- Cincinnati Public Schools
- Cincinnati Youth Collaborative
- Cincinnati-Hamilton County Community Action Agency
- Consortium for Resilient Young Children
- Every Child Succeeds
- Family Nurturing Center
- GLAD House
- Greater Cincinnati Foundation
- Hamilton County Job and Family Services
- HC Public Defender Guardian ad Litem
- Harmony Project
- Legal Aid Society of Greater Cincinnati
- Legal Aid Society of Southwest Ohio, LLC
- Lighthouse Youth Services
- MindPeace
- Northwest Local School District
- Princeton City Schools
- ProKids
- Santa Maria Community Services
- Solutions Community Counseling and Recovery Services
- St. Joseph Orphanage
- Success By Six / United Way
- The Children's Home of Cincinnati
- Tristate Trauma Network
- YWCA



How did we get here?

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2013 - 2015

2013: **Stakeholder Forum** for leaders of County organizations

2014: **Community Needs Assessment**

- Started **Joining Forces for Children** with a group of 12 key stakeholders

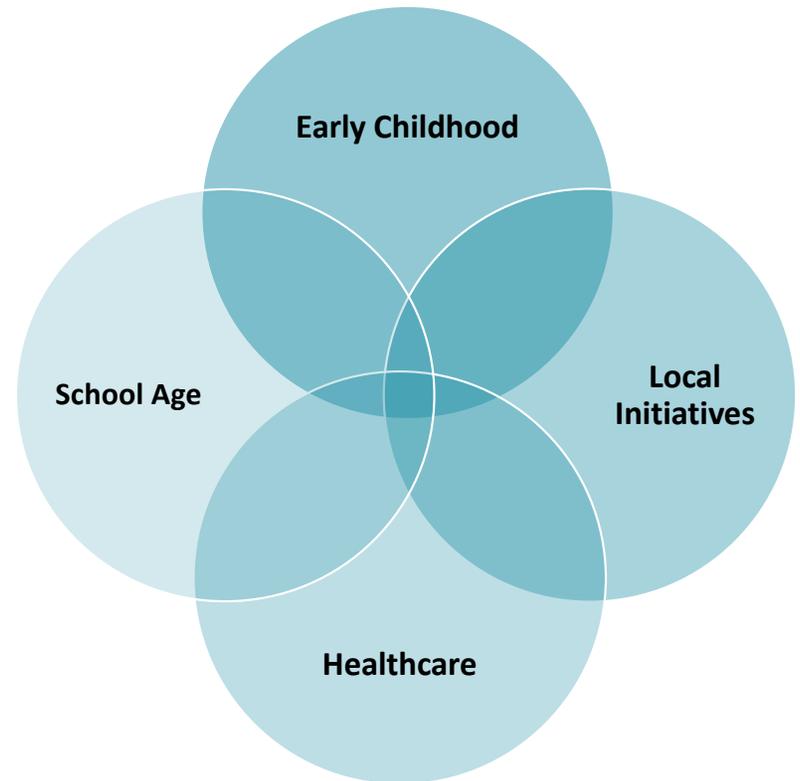
2015: **Strategic planning** with 42 community leaders

- Creation of the JFfC **Vision, Mission and Goals**
- Organized into Steering Committee, Executive Committee and Action Groups to implement the strategic plan

2016



4 Channels



Channel Goals

Inform and educate families, communities, and institutions about the effects of adverse childhood experiences.

Build capacity within our community and among parents to recognize and strategically improve childhood well-being by responding to childhood adversity.

Identify and implement best-practices and evidence informed interventions in services and supports that **build resiliency and reduce adversity.**

Facilitate **advocacy and policy change** that addresses child well-being and reduces the effects of toxic stress.

More Recent Work

Advocacy & Policy

- Partnership and TA from **Building Community Resilience**
- Using local data to drive need, urgency – CAHMI / BCR

Education & Awareness

- Continual messaging: Social media, channel products, community voice, JoiningForcesForChildren.org
- Speaker Series & training
- Community Champions

Activities & Programs

- Integrated interventions & TA for healthcare, early childhood, and schools
- Research and publications
- Commitment to Equity and Justice
- Evaluation of JfFC





Operations & Current Work

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**School Age
Channel**

**2 Lead School
Districts**

**Kevin Jamison,
Director of Student Services
Princeton City Schools**



**Darrell Yater, Assistant
Superintendent
Northwest Local School District**



Talking to Kids about Stressful Situations

One of the best things about the internet? *Resources at our fingertips.*
One of the worst things about the internet? *Resources at our fingertips.*

With so much information out there, how are we expected to really know what's going to help our kids? It helps to look for the common themes. For example, are you wondering how to talk to your kids about stressful situations, such as COVID-19?

Some common themes experts are recommending:

- 1 Remain calm and reassuring:** If you remain calm when they are not, they will eventually feel and mirror your calm.
- 2 Make yourself available to talk:** Disconnect from whatever task needs to be done and focus all your attention on your child. Respond with love and assure them you are here for them no matter what. You might say, for example, "You are scared right now, and that is ok. We will get through this together."
- 3 Avoid blaming:** Most of the time stressful situations are complicated. Blaming one person or group causes more anxiety for children. Instead, help your family focus on what they can control, like hand washing!
- 4 Limit access to social media and TV:** It's ok to turn off the news for a little while. Constant focus on the crisis at hand increases everyone's anxiety. Focus on making positive memories with your child while you take a break from social media and the news. Eventually, a conversation starter might be "what did you do during the COVID-19 crisis?" Provide them with some cool memories to talk about in the future!
- 5 Maintain a normal routine to the extent possible:** Keep a regular schedule. Structure promotes a feeling of safety.
- 6 Be honest and accurate:** If kids don't have the facts, they will often use their imagination to fill in the blanks. Avoid this by answering your child's questions honestly. Remember, it's ok not to have all the answers. Just reassure them that you love them, and you will get through this together.

Some helpful links:

NPR: Parenting Difficult Conversations: What to say when the news is scary:
<https://www.npr.org/2019/04/24/716704917/when-the-news-is-scary-what-to-say-to-kids>

Raising Kids Who Thrive:
<https://www.pbs.org/parents/thrive>

Being Strong Even When Stressed!



You are incredibly valuable. You are the most important person in your child's life. When you're strong, it makes it easier for them to be strong. Being strong doesn't mean you have to be perfect or a super hero all the time. Being strong looks like:

- 1 Recognizing your value.** We all have strengths, skills, and supports that we bring to our families. The way you support and lead your family may look different from the way other parents do. If you're not into doing arts and crafts with your kids like some parents are, that's okay. Use the strengths that you do have and have confidence that your presence and abilities matter.
- 2 Acknowledging your feelings.** We can experience a lot of emotions when going through tough times. We may feel anxious about our well-being or others. We may feel angry over other people's actions. We may feel helpless about the things we can't control. We may feel lonely, isolated, or trapped. We may feel guilty about feeling the way we do or about what we are or are not able to do. These feelings are normal. And it's okay to feel them. What's important is that we express and manage our feelings in healthy ways that don't harm others.
- 3 Being flexible.** It can be frustrating and difficult to make plans when we feel like things are constantly changing. Take a moment to give yourself grace, to remember what's most important, and to come up with a new plan that adjusts to the situation at hand.
- 4 Planning for what you CAN do.** Even when situations feel out of our control, there are often still things that we can control, like how we respond or how we support one another. When difficult decisions arise, brainstorm with others. They may come up with something we haven't thought of yet. Write out all the possible options and choose what would be best for you and your family. We're strongest when we follow through.
- 5 Being kind to yourself.** We must be reasonable with the expectations we set for ourselves and honest about our own limitations. There are times when we are not the best parent we want to be. Sometimes, it's best to simply apologize, forgive ourselves, and try again tomorrow.
- 6 Being willing to ask for help.** We all need help from time to time. It takes courage to put ourselves out there and ask for what we need. Give others the opportunity to help you. Helping each other gives us a sense of meaning and connection. Share what you are finding helpful right now with other parents you know.
- 7 Staying hopeful.** How we talk to ourselves matters. Pay attention to whether the words you are saying (either out loud or in your head) are more positive or more negative. Repeating phrases to ourselves like, "We will make it work," or "We can do this", can help us to stay positive.

What helps you feel strong?

Early
Childhood
Channel

3 Lead
Agencies



Tracey Rowe
Executive Vice President
Learning Grove

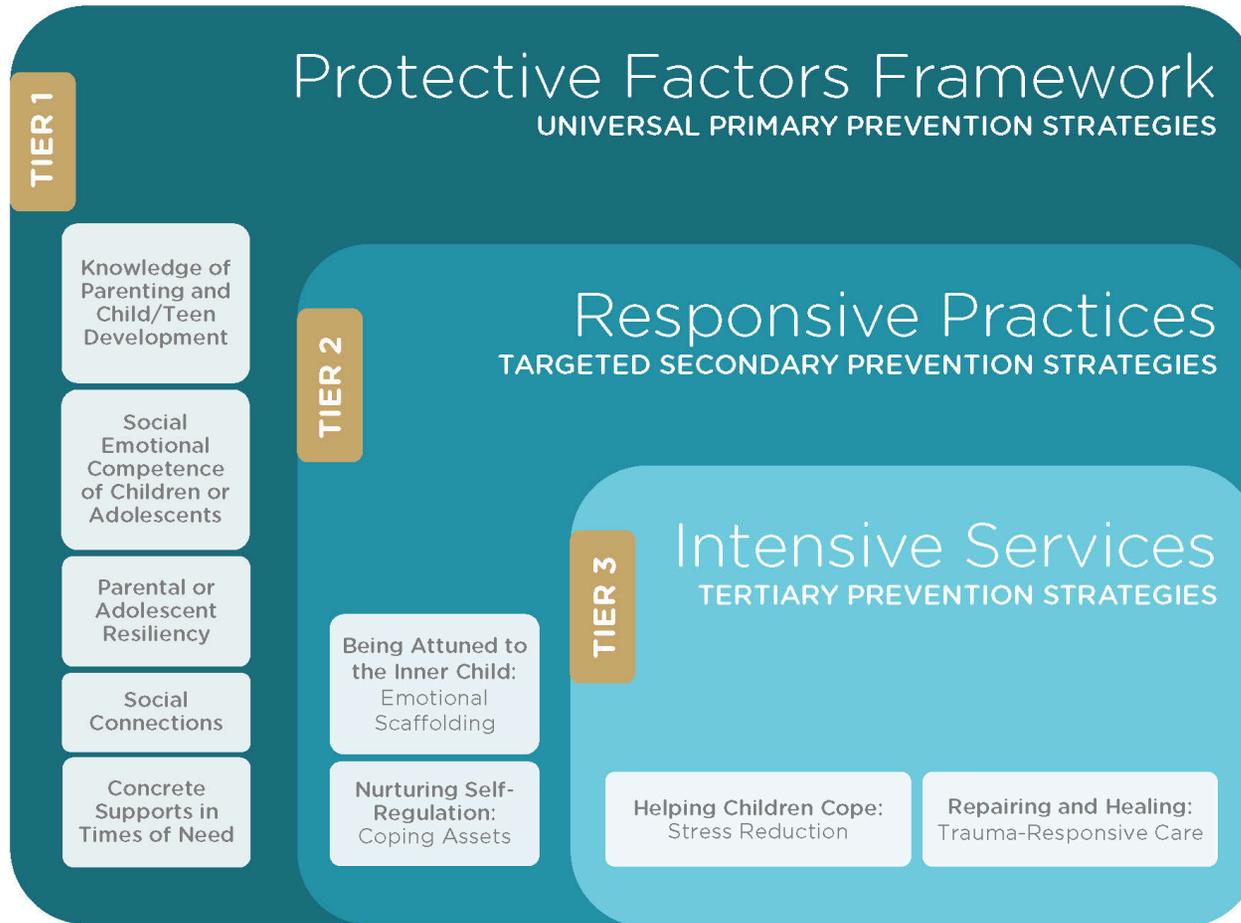


Carolyn Brinkmann
Director of Early Childhood & School Age
Children's Home of Cincinnati



Julie Herrmann
Director of Butler County
St. Joseph Orphanage

Framework for Cross-Sector Change



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5 Ways to Encourage my Child:

- 1 Be specific and point out effort, hard work, and individual progress. "You're figuring it out- you're working really hard on that puzzle!"
- 2 Enthusiastically acknowledge your child's effort and feelings- try saying "Wow, you worked really hard!" or "It feels good to do that all by yourself!"
- 3 Catch 'em in the act! Notice and point out the positive things your child does in the moment. Use words, high fives, fist bumps, anything to give attention to the good stuff!
- 4 Offer hopefulness with learning new skills: "You got this" or "you'll keep practicing and you'll figure it out."
- 5 Point out your child's individual strengths (e.g., tell them if they are smart, caring, kind, helpful, hardworking, etc).

The WHY:

When you encourage your child, it helps them feel capable and builds the "I can do it" attitude.

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5 Ways to Show my Child I Love Them:

- 1 Leave a love note for your child- this can be a doodle or a picture left in surprising places.
- 2 Create a special high five or handshake with your child- include a song or rhyme if you want!
- 3 Snuggle while watching TV and be sure to give hugs and kisses throughout the day.
- 4 Turn off screens, like your phone or the TV, and give your child some undivided attention.
- 5 Talk to your child about your favorite memory of them- it could be when you first met, the story of their birth, or any other special moment.

The WHY:

Showing love for your child helps build brain connections during crucial early years and helps build secure attachment, self-esteem, and confidence. Your relationship with your child becomes a model for what a trusting, healthy, appropriate relationship is.

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5 Ways to Help my Child Feel Safe:

- 1 Have a consistent routine so your child knows what to expect and feels safe and secure in your home.
- 2 Teach your child body safety from a young age, including safe vs unsafe touches and proper name for body parts. If your child feels uncomfortable around someone, believe them.
- 3 Keep young ears and eyes away from grown up things and make sure there are appropriate parental controls on your family's devices.
- 4 If your child gets hurt, give them attention and tend to their boo-boos.
- 5 Use basic child proofing to keep your home as safe as possible.

The WHY:

Keeping your child safe is your first most important role as a parent/caregiver. When a child feels safe, they are better able to explore their environment and learn.



Healthcare Channel

Parent Connex: Addressing Toxic Stress & Abuse
Risk Factors in Pediatric Primary Care

A collaboration between Beech Acres Parenting
Center and the Mayerson Center

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Community Champions

Outreach Strategy Development

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OUR GOALS

1. Develop and test key messages that educate caregivers about the effects of childhood trauma and adverse childhood experiences (ACES).

- Messages should be the things **we want parents** to **hear, remember, and repeat**.
- They'll help **inform JFFC talking points, campaigns, and marketing materials**.
- **Test** up to three key messages through different **delivery methods** and **platforms** (social media, peer-to-peer campaign, etc.)

2. Work collaboratively with a group “Community Champions” (community health partners, agencies, and community members) to co-design these key messages.

Community Champions worked in teams to develop an outreach prototype to test in their communities.

Next Steps:

- “Pivot or Proceed” workshop
- Broader roll-out
- Engaging the Channels
- Test, pivot, proceed

TODAY IMPACTS TOMORROW

1/3 of children in Cincinnati have had two or more adverse childhood experiences (ACEs).

ACEs include extreme poverty, family problems, violence, abuse, and discrimination. ACEs have a lifelong impact, but this can be reduced through resilience and positive relationships.

Acknowledge YOUR PAST.

What have the first chapters of life taught you?

Own THE PRESENT.

Who are the characters in your story now?

Embrace THE FUTURE.

How do you want them to remember you?



LEARN MORE ABOUT ACEs AND RESILIENCE BUILDING
www.joiningforcesforchildren.org/what-are-aces

SHARE YOUR STORY #TodayXTomorrow  



Overview of Focus Areas (Channels)



Early Childhood Channel

- Focus: children from birth to 8 years
- Project Example: screening parents for adversity (current / childhood) to help them develop protective factors and access resources / support within the community



School-Age Channel

- Focus: children 5 to 18 years
- Project Example: training all teachers, faculty and staff on ACEs & empowering them to implement these learnings into their lesson plans



Healthcare Channel

- Focus: child patients and their caregivers
- Project Example: screening parents for adversity and parenting challenges within pediatric primary care practices and connecting with parent specialists on-site at the practice



Community Connections Channel

- Focus: broader community initiatives impacting children
- Project Example: integration of trauma-informed practices & perspective into policy and work environment
- Develop community originated messaging



Together, we can build resilience
and fight childhood adversity.



Thank you



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