



Family Strengthening Initiative

Process for Ramping Up & Lessons Learned

Florida Center for Survivors of Torture, a program of Gulf Coast JFCS

Process

FOA- Family Stabilization Initiatives

Researched various models

Previous success with whole families in MHPSS groups

Hired contractor with decades of family mediation experience

Curriculum sourced from best models (BRYCS, Attachment Vitamins, Theresa S.Betancourt)

Process continued

8 topics from Introductions to Celebration of Culture

Determined best mode of delivery (groups of families, or whole families)

Recognized cultural differences

Individual whole families

Created a teams channel for resources, referrals and communications

Meet weekly with facilitator

MODULES	THEMES	DESCRIPTION OF CONTENTS	AIMS
INTRODUCTION	Welcome	Introduction to the Learning and Sharing Series of The Family Strengthening Initiative Opportunity for participants to share their desire for future sessions	Using Imagination to determine individual future Create a news headline of what they will be doing in five years and share with group.
	Introduction	Participants will have the chance to envision what their future will be like.	
STRESS OF COMING TO A NEW COUNTRY	Family Connections	Participants will be encouraged to share their refugee experience and what led them to this new location and feelings that emerged as a result of the location change.	Learning ways to stay connected during difficult and changing circumstances Family Conversation Jar
		Connection Builder for participants to introduce to their family.	
MAKING MY FAMILY STRONGER	Maintaining family unity in good times and bad times Identifying family strengths	Participants will be given a list of qualities and strengths Participants will make their own family tree and using the strengths offered and write those that apply to their family members	Suggest and focus on ways in which families can help build unity
FAMILY WELLBEING and MINDFULNESS	Impact of the family dynamic an emotional well-being	What is Mindfulness Benefits of Mindfulness	Encourage practices to enhance self-care. Family/social connection and bonding.
	Brain Exercises to increase focus, reduce stress, and improve relationships	Why Mindfulness Works	
STRESS & TRAUMA	The impact of Stress, Trauma or crisis on our bodies and minds	Practicing Coping Techniques to Manage Stress	Learning to define and explain the meaning of trauma and learn how that is expressed
		Body Map Identify and label where one feels pain, sadness, and other emotions	
HOW FEELINGS EFFECT DAILY LIVING	common reactions to stressful situations	Mindfulness Breathing Exercise	Make goals to manage emotions. Use pretend situations and to practice positive responses
FAMILY TRADITIONS	Family traditions is a way to feel a sense of belonging and identity	Fun Family Traditions	Family Values and how they relate to Family Traditions
		Discuss a common meal related to a family tradition	
SOCIAL AND COMMUNITY SUPPORTS	Strategies to Increase Social Support and Connection	Examples of what people do in your community when they have difficulty	Social Supports and resources available
		Referral Role Play Activity	
CELEBRATION OF CULTURE	Honoring strengths, culture and beliefs and the effort of each participant present	Sharing items they were asked to bring that represent their culture	Discussing ways to stay connected through your culture

Lessons learned

Barriers –

Low interest

Stigma

Insufficient clinical hours for interns

Considerations –

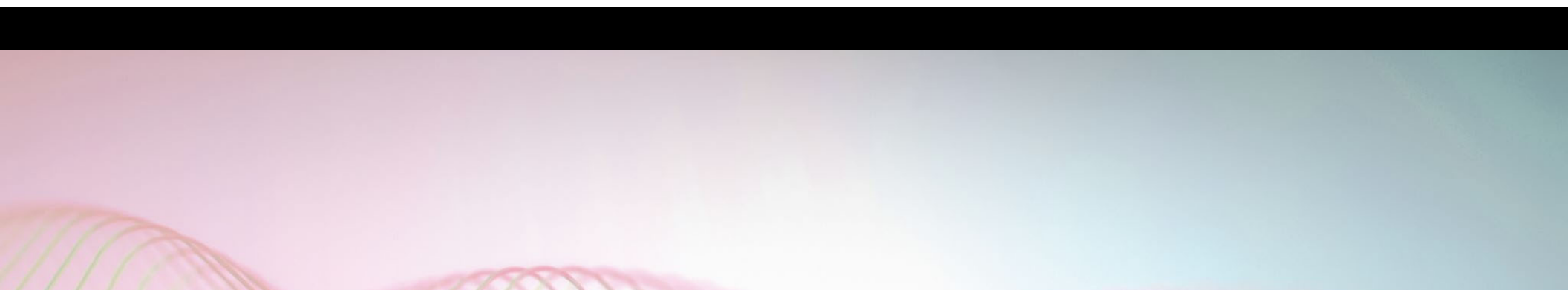
Incentivize attendance

In person vs. remote



Questions?

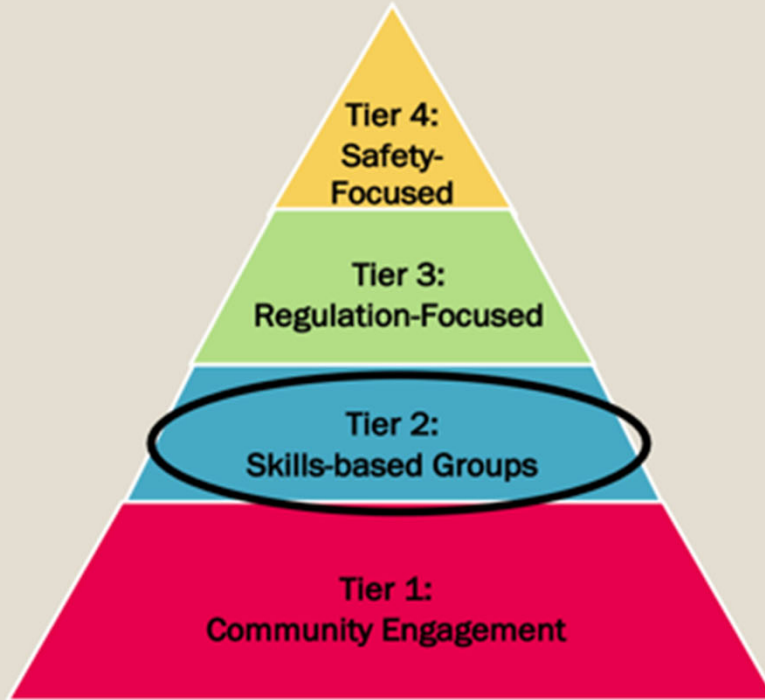
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Trauma Systems Therapy for Refugee Youth and Families TST-R

Karen M Fondacaro, Ph.D. Connecting Cultures/New England Survivors of Torture and Trauma (NESTT)

Cultural Brokering



TST-R

Tier 1 Community Engagement and Outreach

- **Community engagement and outreach** develops trust between refugee communities and providers **before** a specific mental health need is identified. It reduces stigma and informs community members about the project, while inviting questions and discussion, and understanding community concerns.
 - School and Community Engagement
 - Parent Education Groups
 - Ethnic Partners and Clinicians



Refugee Parents
Education

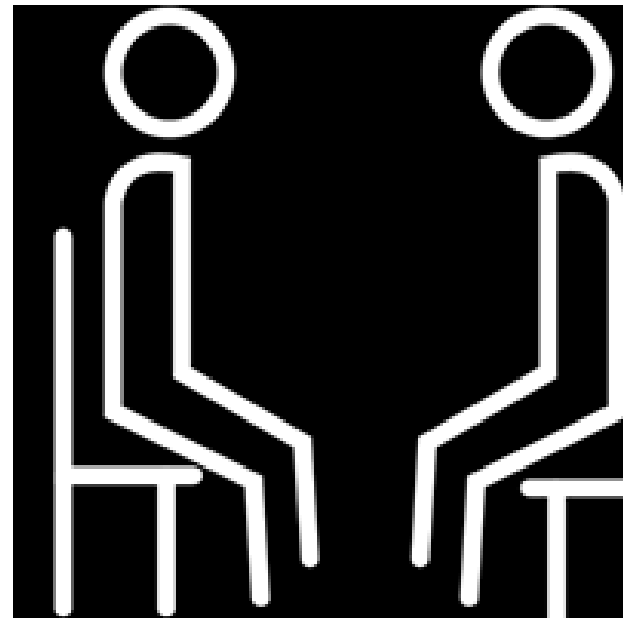
Tier 2 Skills-Based School Groups

- **Skills-Based School Groups** are focused on decreasing acculturative stress and increasing social support and belongingness.
- Groups assist rapport building with families by providing non-stigmatizing, supportive services for youth in school
- Identification of youth who may need a higher level of care.
- **There are 4 main principles when running the groups:**
 - Keep it Fun
 - Keep it Simple
 - Keep it Clear
 - Keep it About the Group Members - Ensure Group Ownership



Tier 3 Clinical Service Delivery: Regulation-Focused

- **Tiers 3 — Regulation-Focused** is focused on youth who demonstrate a greater need for support. Tier 3 one to one services are provided for youth **in-school and community settings**.



Tier 4 Clinical Services: Safety-Focused

- **Tier 4 Safety-Focused services** are provided **in-home**. Cultural brokers help enhance engagement, acceptance, and adherence to treatment. Services may include case management to help families access needed resources, advocacy, and support as families struggle with structural barriers that impede care.



Four critical elements for the implementation of a TST-R program include:



- All TST-R programs must partner with the community of interest



- All TST-R teams must include a cultural provider or a cultural broker

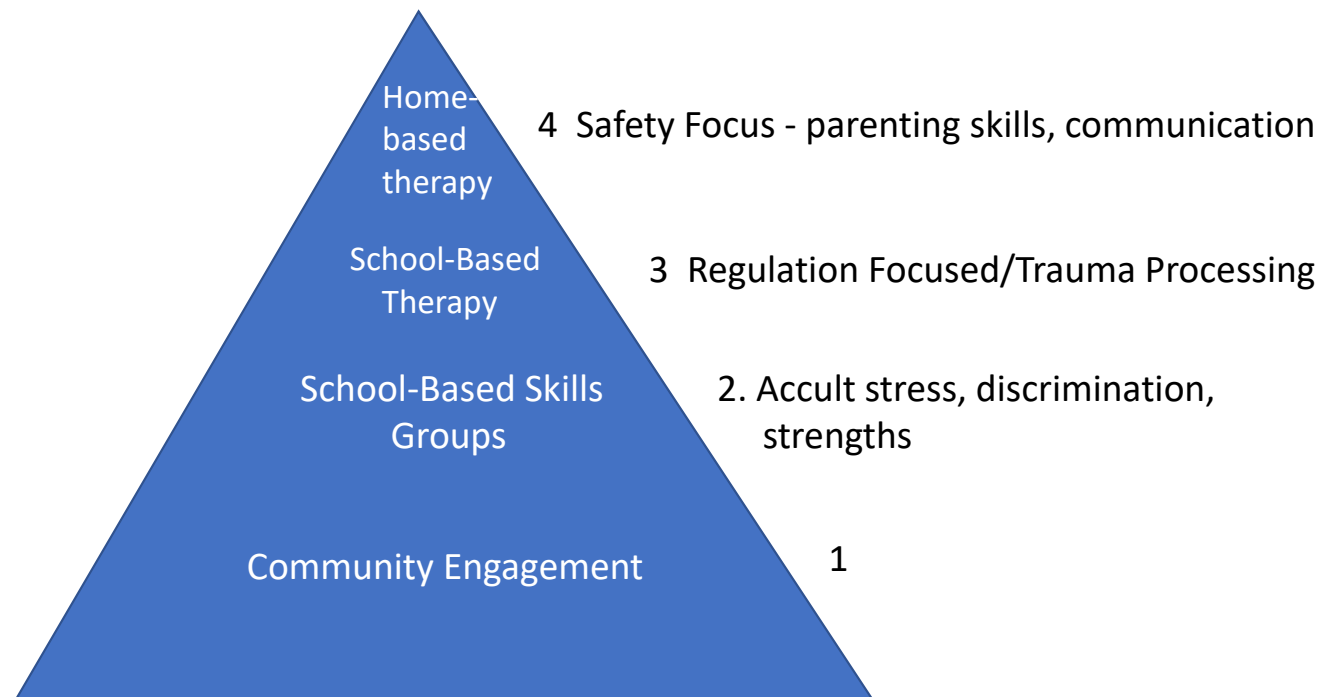


- TST-R teams must include a combination of home-based clinicians, an outpatient clinician, school-based clinicians, a clinical supervisor, and organizational support persons; and



- The capacity for the delivery of services to occur in home, school, or community settings

Trauma System Therapy – Refugees 4 Tiers



SAMSHA Grant – Connecting Cultures (Dr. Lauren Dewey) Collaborate with AALV, Boston Children’s Hospital, Dr. Saida Abdi –University of Minnesota, AALV & Cultural Brokers

Tier 3- Regulation Focused

Trauma Processing

- Building Safe Caring Relationships
- Understanding Behavior in the Context of Trauma
- Cultural Responsiveness
- Teaching Emotion Regulation (Affect, Actions, Awareness)
- Moment-by-Moment Assessment

Moment-by-Moment Assessment

Regulating (Being in Control)	Revving (Getting Upset)	Reexperiencing (Losing Control)	Reconstituting
<p><i>What was Happening right before you got upset?</i></p> <p>Things you can do to continue to feel ok and in control (e.g., hang out with friends, play favorite sport)</p>	<p><i>What was happening when you started to get upset?</i></p> <p>Things you can do when you start to become upset (e.g., talk to someone, take deep breaths)</p>	<p><i>What was happening when the problem got worse (out of control)?</i></p> <p>Things you can do to stay safe and keep yourself from losing control (e.g., Name objects in the room, continue deep breathing)</p>	<p><i>How did things calm down?</i></p> <p>Things you can do to calm down and deal with problems that happened when you lost control (e.g., write in journal, talk to a friend, exercise)</p>
Awareness,	Affect,	and	Action