

The 7th Annual Family Engagement
LEADERSHIP SUMMIT

welcome!

we will begin
shortly...

**Ohio Statewide
Family Engagement Center**

For Every Child, Every Family, Every School

Creating Protective Factors in Children Through Positive Home-School Practices

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About Me



Patrick Cunningham
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Background

- Former school counselor
- Worked as a GRA for the OhSFEC from 2020-2023

Current Role

- Assistant Professor and Field Experience Coordinator

Focus Areas

- Family Engagement and Social Justice Focus
- School-based Suicide Prevention Work

Publications & Impact

- Published 9 peer-reviewed articles
- 3 book chapters
- Over 50 presentations and workshops

Who are you?

Share in the chat!

- 1 Name
- 2 Where you're from
- 3 Role
- 4 **Complete the Statement**
"The biggest challenge I see related to student mental health is _____."

Resources



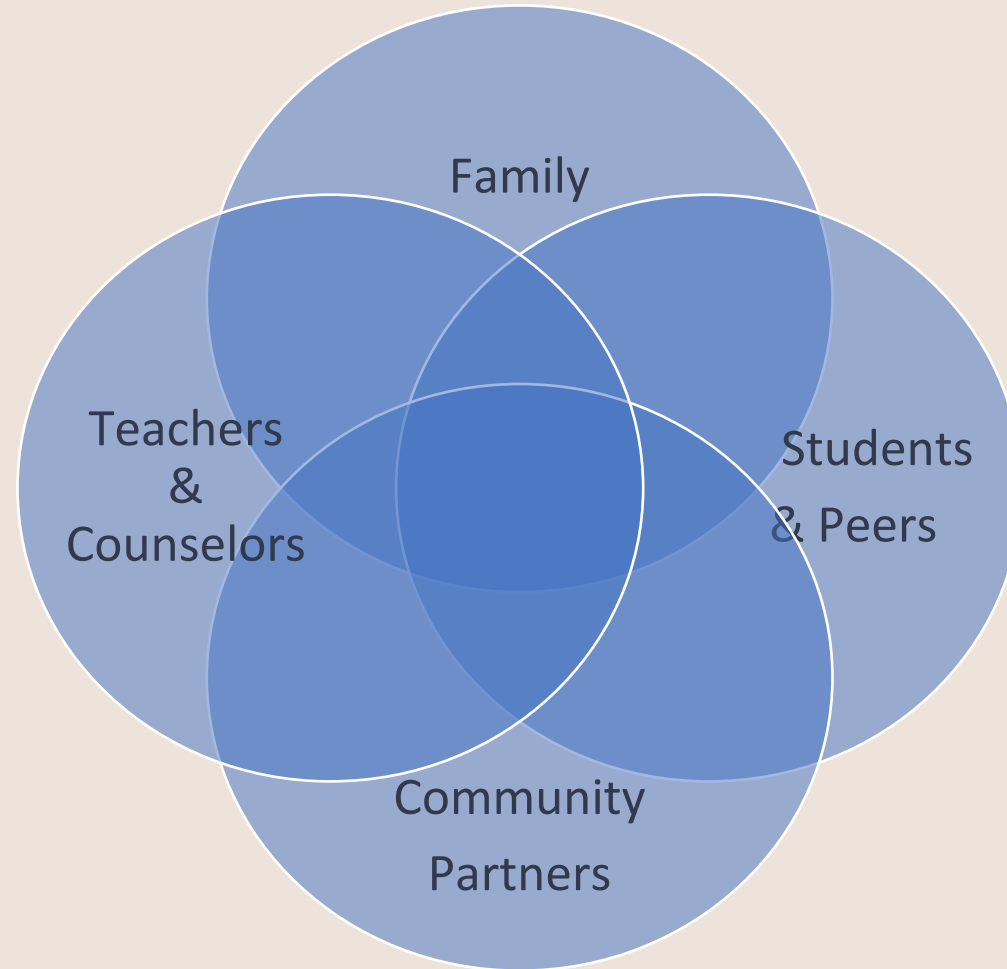
Reviewed the research on partnerships between schools and families to support students' mental health

Developed a 'research brief' to summarize findings

Created resources for families and schools

Published a textbook chapter

We all have a role



3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

How the ACES Work

Adverse Childhood Experiences

- Abuse and Neglect (e.g., psychological, physical, sexual)
- Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)



Impact on Child Development

- Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
- Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
- Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)



Long-Term Consequences

Disease and Disability

- Major Depression, Suicide, PTSD
- Drug and Alcohol Abuse
- Heart Disease
- Cancer
- Chronic Lung Disease
- Sexually Transmitted Diseases
- Intergenerational transmission of abuse

Social Problems

- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems
- High utilization of health and social services
- Shortened Lifespan

Buffering Adverse Childhood Experiences and Trauma

Positive Childhood Experiences / Protective Factors

Individual & Support Factors

- **Adult provided support** Presence of a stable, supportive adult in their life.
- **Feeling safe at school** Perceived physical and emotional safety.
- **Liking/Enjoying school** Positive engagement with school environment.
- **Liking/Comfortable with self** Healthy self-concept and internal confidence.
- **Non-Parent adult relationship** Connections with mentors, coaches, or relatives.

Social & Relational Factors

- **Peer relationships** Positive interactions and friendships with peers.
- **Sense of belonging at school** Feeling accepted, valued, and integrated.
- **Supported by friends** Reliable emotional backing from friend groups.
- **Teacher-student relationship** Strong bonds based on mutual trust and respect.

Source: (Bethell et al., 2019; Masten, 2018; Masten & Barnes, 2018)

Summary

- Protective factors are critical to student success
- If schools and families come alongside one another to build these protective factors at home and at school, all students will benefit
- With mental health, there are dozens of research-based strategies. We focus on 5 high-impact strategies.

4 High-Impact Strategies for Building Partnership-based Protective Factors

1. Family relationships
2. Teacher-student relationships
3. Routines and rituals
4. Sense of school belonging

Strategy #1

Encourage supportive relationships at home



OPPORTUNITIES FOR SCHOOLS:

- Celebrate the role that families play in a child's social/emotional well-being.
- Take inventory of the contact points with families in your school. Are these building or eroding relationships?
- Provide time and a process for teachers to learn about the families of their students.
- Share resources with families about how to help promote their children's self-esteem and self-efficacy.
- Build school- or community-based parent networks.

Key Takeaways

01

Educators can examine current practices and reframe family engagement

02

Educators can provide mental health resources to families in strategic ways to enhance relationships at home

03

Educators can connect families to one another to build social capital

Share in the chat

What strategy would you want to see implemented in your school?

Strategy #2

Engage families in nurturing teacher-student relationships



OPPORTUNITIES FOR SCHOOLS:

- School-wide professional development focused on strategies for building positive relationships with students and their families.
- Provide staff with ideas for getting to know students and families more personally.
- Implement restorative practices in your school.
- Audit staff/supports in place to support student mental health.
- Foster two-way communication.

Key Takeaways

01

Educators can learn about students and families (cultural values, beliefs, customs, careers, and preferred communication styles)

02

Schools can recognize and celebrate families

03

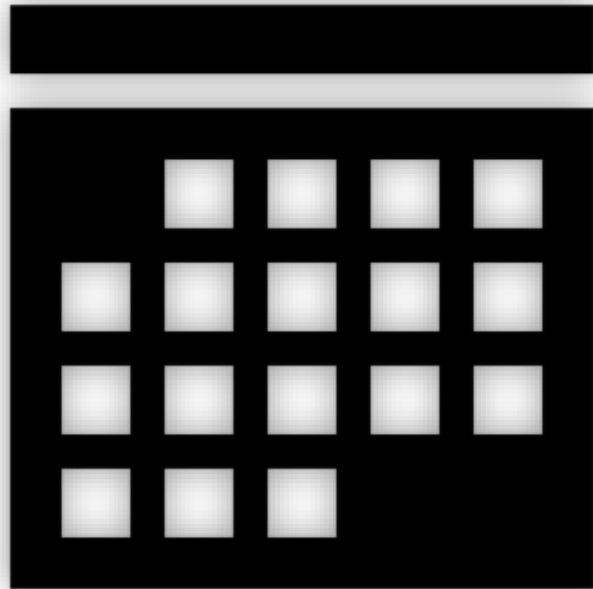
Families can cultivate a positive attitude toward school and education in their homes

Share in the chat

What is one way your school helps staff get to know students beyond academics?

Strategy #3

Ensure that home and school routines and rituals support students' stability and sense of identity



OPPORTUNITIES FOR SCHOOLS:

- Encourage school-wide and classroom-wide routines and procedures, such as those encouraged in a positive behavior interventions and supports (PBIS) framework.
- If you have a schoolwide PBIS framework in place: Check out OhSFEC's PBIS Family Engagement Rubrics.
- Support traditions celebrated by students and families including spiritual/religious traditions, family traditions, and holiday traditions.
- Consider forming new rituals, routines, and traditions in your school.

Key Takeaways

01

Schools and families can work together to establish routines and rituals that provide children with stability

02

Educators can learn about and celebrate cultural traditions within their school community

03

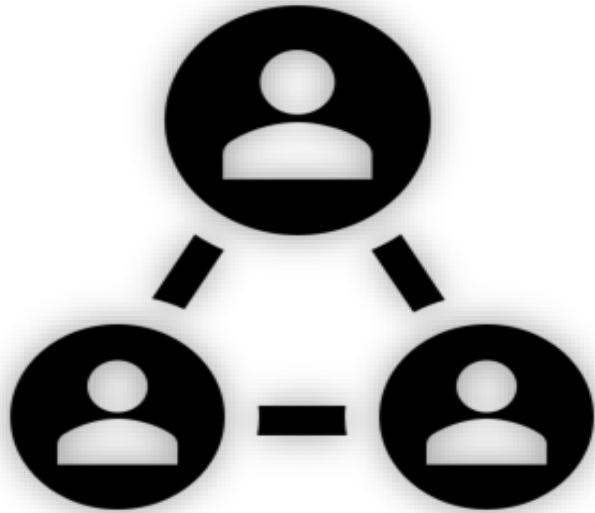
Schools can partner with families to create family-centered traditions that occur throughout the year

Share in the chat

What does this look like in your community?

Strategy #4

Cultivate a sense of belonging for students and families within the school community



OPPORTUNITIES FOR SCHOOLS:

- Use two-way communication channels with families.
- Consider implementing a school-based program that promotes school belonging.
- Support students through scaffolded learning and praise for their behavior and academic work.
- Promote engagement in extracurricular activities.
- Provide opportunities for students and their families to provide feedback on the quality and inclusivity of the school environment.

Share in the chat

Think about a place where you felt you belonged. What made that possible?

Key Takeaways

01

Work to build trust through two-way communication

02

This can allow for better collaboration when working to support each student's sense of belonging

03

This factor is also strongly related to the quality of teacher-student relationships

Planning Document for Your Team



Strategy 1: Encourage supportive relationships at home

<i>Opportunities for Schools:</i>	<i>Not started</i>	<i>In progress</i>	<i>Completed</i>	<i>Next steps</i>	<i>Person responsible</i>
Adopt a strengths-based approach to family engagement by finding ways to celebrate the role that families play in a child's development and social/emotional well-being. In communications home with families, thank them for the important role they play in their child's well-being. Find opportunities within classroom conversation to help students see and value the many ways their family supports their education and well-being.					
Take inventory of the contact points with families in your school and evaluate whether these interactions are building or eroding relationships. For example, consider a practice of making regular, positive phone calls home as opposed to only calling home when there are concerns.					

1 Page of Tips for Families

Early Childhood/Elementary

5 EASY WAYS TO

Support Your Child's Mental Health

- 1 Help your child know they belong in the school community.**
 - Talk about school often at home! Ask about schoolwork, other kids in class, and about their teacher. Celebrate what they are learning.
 - Support your child's participation in extracurricular activities (like sports or afterschool programs). Talk with them about what they want to try.
- 2 Support your child's relationship with their teacher.**
 - Ask your child which teachers or other adults at school they know.
 - Make sure the teacher or school counselor knows if your child feels lonely or unwelcome at school.
- 3 Experience family and school routines and traditions together.**
 - Use household routines that promote structure, responsibility, and fun (Example: Singing a silly song while you take out the trash together).
 - Celebrate school traditions with your child (Example: Attending school concerts).
- 4 Support behaviors that build success and well-being.**
 - Talk about healthy sleeping habits, like setting a regular bedtime.
 - Encourage activities that build focus and self-control, such as playing board games and following a daily schedule.
- 5 Continue to build good relationships at home.**
 - Have fun together as a family by playing games, making food together, having a family movie night, etc.
 - Have simple, daily conversations with your child about school, friends, and more.

Can you believe all of these new things you are learning?

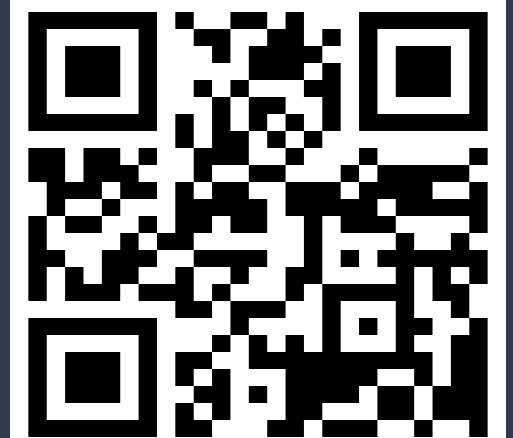
Who is the adult at school that is most special to you?

Let's make this a fun, family tradition.

Let's set ourselves up for a good day.

How are you feeling about _____?

- English
- Arabic
- Dari
- Nepali
- Somali
- Spanish
- Swahili
- Ukranian



Mental Health Resources

1 pager for families of middle and high school aged students



CINCO MANERAS FÁCILES DE *apoyar la salud mental*

- 1 Ayude a su hijo adolescente a saber que...**
 - Hablen sobre la escuela a menudo en casa para que esté aprendiendo y logrando.
 - Fomente la participación de su hijo adolescente en actividades escolares.
- 2 Apoye la relación de su hijo adolescente con sus maestros.**
 - Pregúntele a su hijo adolescente qué maestros le gustan y que lo apoyan.
 - Asegúrese de que el maestro o consejero sabe que su hijo se siente solo o si no se siente bienvenido.
- 3 Experimenten juntos las tradiciones familiares.**
 - Anime a su hijo adolescente a compartir sus tradiciones culturales o familiares que son importantes.
 - Participe en las tradiciones escolares con su hijo (ejemplo: los conciertos escolares).
- 4 Fomente los comportamientos que generan bienestar.**
 - Hable sobre los hábitos de sueño saludables y la importancia de irse a dormir temprano todos los días).
 - Promueva actividades que coincidan con los intereses de su hijo y desarrollen sus habilidades de resolución de problemas (ejemplo: música, teatro).
- 5 Continúe construyendo relaciones en casa.**
 - Diviértanse juntos en familia jugando, leyendo o haciendo actividades.
 - Todos los días tenga conversaciones serenas con su hijo sobre sus amigos y más.

5 EASY WAYS TO

Support Your Adolescent's Mental Health

- 1 Help your teen know they belong in the school community.**
 - Talk about school often at home. Tell your teen what you see them learning and achieving.
 - Support your teen's participation in extracurricular activities.
- 2 Support your teen's relationship with their teachers.**
 - Ask your teen which teachers or other adults at school they feel supported by.
 - Make sure the teacher or school counselor knows if your teen feels lonely or unwelcome at school.
- 3 Experience family and school traditions together.**
 - Encourage your teen to share with their friends and teachers about cultural or family traditions that are important to your family or community.
 - Participate in school traditions with your teen (Example: Attending school concerts).
- 4 Support behaviors that build success and well-being.**
 - Talk about and model healthy sleeping habits (Example: Early, regular bedtime).
 - Promote activities that align with your teen's interests and that build problem solving skills (Examples: Sports, yoga, music, theater).
- 5 Continue to build nurturing relationships at home.**
 - Have fun together as a family by playing games, making food together, etc.
 - Have simple, daily conversations with your teen about school, friends, and more.

I know your classes are more challenging this year, but I'm proud of how you've _____

Who can you talk to if things are tough at school?

Let's celebrate together! Remember last year when...

What do you need to do today to meet your goal? Do you need any help from me?

How are you feeling about _____?

Time to Reflect

Because of today's session, one thing I will start doing differently is _____.

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