

FRP-BC: What are Family Resource Program Foundational Basics? For Programs

Dec 17, 2018

1. FRP-BC member
2. Co-locate to serve families best
3. Quality Assurance:
 - a. FRP-BC Provincial Standards of Practice 5-year cycle; COA or CARF *if* the Family Resource Program was accredited
 - b. Annual, or more frequent, program participation evaluation: recommend Families Canada e-Valuation or SX6/MCFD Parent Survey. The CAPC/CPNP one can be relevant.
 - c. Logic model, Annual stats kept and story told: #of unique adults, children; # of visits adults, children; # of volunteers; # of volunteer hours; type and value of in-kind goods/hours; # of stakeholders and value-added outcomes
4. Must have minimum 1 Family Support practitioner and 1 ECE family-centred practitioner deliver every session
5. Must have qualified volunteers: this gives life to the Family Resource model and shows the contributions are welcome
6. Must have a Drop-in component: critical and central to all other programs delivered
 - a. Open 1-5 times week for 2-3 hours
7. Must be strength-based and empowering in all ways:
 - a. Languageing is critical: those who attend are referred to as participants not clients or consumers
 - b. Space is intentionally held for contribution on a variety of levels: from participants, from stakeholders, from community business, etc
8. Develop Statement of Reconciliation: FRP-BC shares our Statement with everyone
 - a. Demonstrate reconciliation practices in curriculum and relationships
9. Deliver evidence-based parenting programs for healthy regulation: * *Circle of Security*
 - a. Deliver registered parent, child and family development workshops: FRP-BC ie *The People, The Land*; Program-written ie *STEM topics or Yoga*; National programs ie *Nobody's Perfect*
 - b. All curriculum designed to draw parent closer to child and build parent confidence
10. Information and Referral: develop and maintain relationships with
 - a. Child Care Resource and Referral
 - b. Child Development Centres
 - c. Dads Central BC/Canada
 - d. Family Violence Prevention contacts
 - e. Food Security in the community: Gardens, Community Kitchens
 - f. Nature and Outdoors
 - g. Housing Supports
 - h. Employment and Income Security
 - i. Adult Mental Wellness ie marital, budgeting
 - j. Infant Mental Health ie A/IDP, AHS, SCC,
 - k. Connections for Art and Craft: child and parent; parent only
 - l. Connections for Clothing swap or giveaway
 - m. Health Unit: Immunizations, PHN, Dental Hygienist
 - n. Lactation and Doula Consultation



For Staff

1. Quality Assurance:
 - a. FRP-BC Family Resource Practitioner Advanced Certificate hosted by Northern Lights College <https://www.nlc.bc.ca/frp>
 - b. Recommend subsidy for Family Resource Practitioners to take Certificate
 - c. Education minimums from a variety of faculties: Social work; Nursing; ECE diploma with family-centred training; Child and Youth; Community Development
2. Recommendations for onboarding of new and existing staff: *FRP-BC Family Drop-In 101*
 - a. FRP-BC 2-day Family Resource Practitioners Essentials Training
 - b. View 6 FRP-BC Best Practices videos on
<https://www.youtube.com/watch?v=qG0oWW7m7pg>
https://www.youtube.com/watch?v=HCQecc_xFaI&t=16s
<https://www.youtube.com/watch?v=Ldx2Z7kMKR0>
 - c. Read and study FRP-BC “Working to Make a Difference: Guidelines for Adopting Provincial Standards in a Family Resource Program”
[http://www.frpbc.ca/media/uploads/files/Working to Make a Difference Guidelines for Adopting Provincial Standards in Family Resource Programs.pdf](http://www.frpbc.ca/media/uploads/files/Working_to_Make_a_Difference_Guidelines_for_Adopting_Provincial_Standards_in_Family_Resource_Programs.pdf)
 - d. Read 7 FRP-BC Research Papers 2013-2018 <http://www.frpbc.ca/resources/>
 - e. Read Federation Family Resource Practitioner 2013 Research
<https://fcssbc.ca/programs/applied-promising-practices/>
 - f. Read the FRP-BC Statement of Reconciliation and Backgrounder
 - g. Practice FRP-BC “Write Twice”
 - h. Study the 5 Protective Factors of Strengthening Families Network
<https://cssp.org/our-work/projects/protective-factors-framework/>
 - i. Read about Adverse Childhood Experiences (ACEs) <http://trauma-informed.ca/adverse-childhood-events-study/> and <https://acestoohigh.com/> regarding effects of developmental trauma
 - j. The Brain Story Certification: Alberta Family Wellness Institute free 30-hour training
<https://www.albertafamilywellness.org/>
 - k. Trauma Informed Practice: free 3-hour training <https://makingsenseoftrauma.com/>
3. Ongoing annual education hours: recommend 10 hours and FRP-BC hold the list
4. Cultural Humility Education – on going and develop relationships with local Indigenous programs and stakeholders
5. Staff use iterative Reflective Practice weekly: recommend FRP-BC Write Twice method

The work of Family Resource Programs:

- There must be engagement first, then trust built for parents to open up to learning
- Family Resource Practitioners want parents to fall in love with their children
- What parents say about their Family Drop-In
 - o “We are all in the same boat”
 - o “Family Place saved my life”
 - o <https://www.youtube.com/watch?v=ODdcNObhfqQ&t=3s>
- This is supportive, empowering *daily* work
- Families are daily, living in everyday events: **Family Drop-In is a practice place** and Family Resource Practitioners are equipped to support and offer parents the tools when they can hold them

