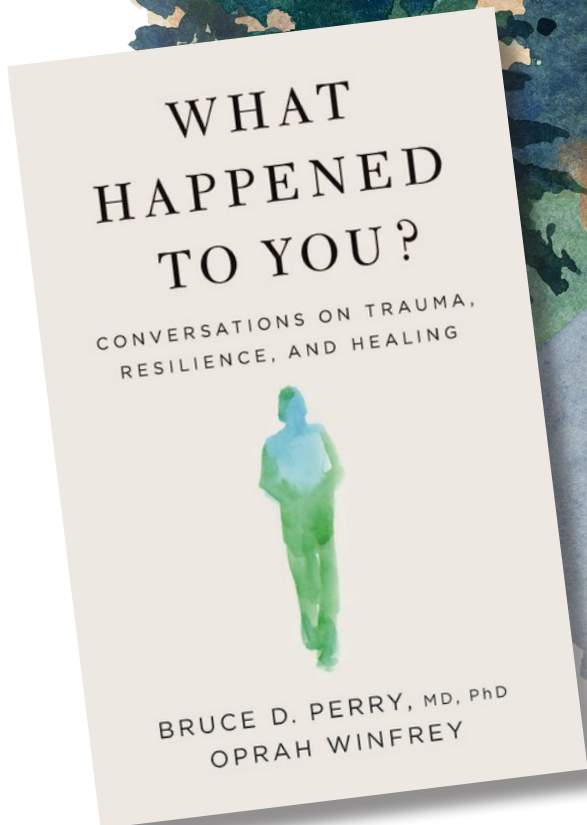


A MAP FOR LEADING A

Journey to Resilience: From Trauma to Healing

A facilitator's travel guide that will help you plan and lead a book study
of *What Happened to You?* by Dr. Bruce Perry and Oprah Winfrey.





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“This book club grants people permission to come as they are, where they are. It doesn’t tell you that you will be fixed or cured by the end of the book but it does tell you that community is important and that healing is a very personal process and journey.”

~ Kara Georgi, Alliance Parent Partnership Associate who co-created and co-facilitated the Georgia Parent Advisory Council’s book club

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ACKNOWLEDGEMENTS

On behalf of the Children’s Trust Fund Alliance, we want to thank you and let you know we are proud of you. Taking the time to go through this process is not easy. We thank you for taking the time to better your community in the forms of healing and connection. Thank you for knowing every individual’s story matters and being willing to go on your own growth journey. You are making a difference.



“Unpacking isn’t something we may look forward to after a trip, but once we do it we feel relief and re-energized. It’s the same with unpacking trauma. It will be difficult and suck, but once we do it we will feel refreshed.”

~ Colleen Puckett,
Georgia Parent Advisory Council
Member



WELCOME TO THE BOOK CLUB JOURNEY!

While facilitating a book club on *What Happened to You?* may seem like a large task or feel intimidating as you think about talking about trauma and growth, we want to assure you that this roadmap will help you navigate your own growth journey as a facilitator. We recognize everyone will come with a variety of experiences regarding facilitating and so we are here to be your travel companions.

As you embark on this journey, we will help you pack the needed essentials, think about the extras you might throw in for fun and, most importantly, think about the path that is just right for where you want to start and end. Our dream is that as you embark on this journey, you will feel prepared and use the tools from our book club study guide – “Journey to Resilience: From Trauma to Healing” – to capture the highlights, growth and learning that you and your community experience. While some start journeys alone or in small groups, we know we will meet many along the way that leave lasting impressions and create moments to last a lifetime. Enjoy where you begin and how your journey unfolds. The best part is you can always venture out again as many times as you wish bringing new friends and family along with you.

Let’s get this journey started with a great map, packing list and tools from our “Journey to Resilience: From Trauma to Healing” book study guide.

INTRODUCTION TO THE BOOK CLUB CONCEPT

What Happened to You? by Dr. Bruce Perry and Oprah Winfrey is a reflective book for readers on their own and also a concrete tool readers can explore together. The book club concept outlined in “Journey to Resilience: From Trauma to Healing” allows parents to come together to talk about their life experiences and how it relates to their everyday parenting.

This book club concept is intended to create a space for parents to bond, share and connect. It allows for a judgement-free space where parents can check in with one another and learn from each other. It is also a space where parents can reflect and think about and process some of their thoughts or emotions while reading *What Happened to You?*.

While developmentally we constructed this study guide in sequence with the book chapters, a single section can be used as a stand alone or additional conversation. The conversations range from 45 minutes to an hour depending on the ability and willingness to engage. Each chapter section includes:

- A short summary of the chapter
- Leveled questions
 - Introduction/icebreaker
 - Diving deeper
 - Reflection
- Wrap-up/inspirational quotes
- Moving to action
- Links to resources
- Coloring sheets
- Sample reflection journal pages (additional journal pages are available to download at ctfalliance.org/partnering-with-parents/book-club)

In addition, you may want to chunk or group a series of chapters. You can use all the provided information, options and resources to navigate the path that is right for you and your community.



It helps when you can ask surface-level or general questions to begin and then dive in deeper as the conversation progresses. In addition, the parents we worked with shared the desire to see the hope and action they could take each week. To address this need, we added reflection or wrap-up style questions and inspirational quotes. Our hope is that we set everyone up to leave the book club path and return to their everyday lives inspired or hopeful.

Overall, the dream is that by asking “what happened to you?”, parents can make positive strengths-based choices and decisions for themselves and their families. We come from a place of *What Happened to You?* doesn’t define you but can be understood to inspire you for the future.

OBJECTIVES

Please use the “Journey to Resilience: From Trauma to Healing” study guide alongside *What Happened to You?* to:

- Create a space free of judgement where families can ask questions about the needs they and their communities have
- Develop additional connections amongst members of the community
- Implement prevention tools and resources to help families feel strengthened
- Spread awareness of protective factors and work of the Children’s Trust Fund Alliance





TIPS

- Pick a quote each week that relates to the chapter and your community.
- Identify local, state or national resources that can be paired with those already shared.
- Create a flexible schedule in partnership with the families with whom you are doing book club.
- Consider meeting at non-traditional times

“This book club and discussion has provided necessary reflection personally, as well as provided me with the pillars needed to help me stand firm in the advocacy work that I do in the community. When true transparency takes place, amazing change is contagious.”

~ Georgia Parent Advisory Council Member

APPLICATION

While this project started with one parent advisory council, we hope to share this tool with other parent councils, organizations and communities.

This toolkit can be used in multiple ways:

- Individually
- Small groups
- Large groups
- Conference Settings

For individuals:

- Read a chapter that resonates and then respond to the discussion questions using the reflection journal prompts.
- Color the inspirational coloring sheet and place it somewhere to remind yourself of the hope you have.
- Ask family, friends, work colleagues or others in your community how they might respond to the questions in the journal.

For use in small groups (6 or less people):

- Invite members of your group to join a book club discussion.
- They can read one chapter at a time and participate as they are able.
- Check in on how people are doing.
- Summarize each chapter at the beginning.
- Ask introductory question; facilitate dialogue.
- Ask diving deeper question; facilitate dialogue.
- Ask reflection question.
- Respond out loud, in the chat, or on a post-it note.
- Share closing quote and resources.
- Share follow-up email to the whole group.
- Plan with facilitation team for the following week.

For use in large groups (more than 6 people):

- Share book club plan and materials.
- Host a mini book club experience.
- Plan how to use the tools in their work/community.
- Report how and where you are using the book club materials.

For use in conference settings:

- Share materials.
- Report on impact of hosting book club.
- Host a mini version of the book club.

What to pack?



Let us know that you are leading a book study of *What Happened to You?* by completing this [Google form](#). You can find the form and download our FREE book study guide – “Journey to Resilience: From Trauma to Healing” – on the Children’s Trust Fund Alliance’s website at ctfalliance.org/partnering-with-parents/book-club.

POSSIBLE ROLES FOR FACILITATORS AND PARTICIPANTS DURING THE MEETING

- **Greeter:** Welcomes people as they enter the room or space
- **Timekeeper:** Watches and monitors time
- **Clarifier:** Asks questions to gain clarity or better understanding
- **Listener:** Participates by listening and sharing the collective space with others
- **Messenger:** Shares the resources or connections as needed
- **Recorder:** Captures input, insights, ideas and decisions during the session

10 THINGS TO CONSIDER When Planning a Book Study of *What Happened to You?*

The following questions can help you plan your book study journey:

- 1 Who would you like to join your group?
- 2 Is there someone you would like to partner with as a co-leader (e.g., counselor, religious leader, community leader, coach, teacher or friend)?
- 3 How would you like to meet (e.g., online or in person) and where would you like to meet (e.g., virtually or in-person at a public library, church, local Y or a restaurant or coffee shop)?
- 4 What times would you like to meet (e.g., weekday evenings or weekends, this will largely depend on the job/childcare schedules of your members)?
- 5 How do you keep in touch (e.g., send out meeting reminders by email and consider distributing a list of phone numbers and addresses to the group)?
- 6 How many meetings would you like to have?
- 7 Which book study guide do you plan to use?
 - Children’s Trust Fund Alliance: *Journey to Resilience: From Trauma to Healing* book study guide
 - Georgia Reads : *Discussion and Resource Guide*
- 8 How do you plan to access the book? Some potential options include the following:
 - Purchase the book or audiobook
 - Read or listen to the book with a friend
 - Check out the book from your local library
 - Encourage your library to purchase the book
 - Work with non-profit organizations, schools or family resource centers to seek grant funding to purchase the book
- 9 How will you prepare for the book study (e.g., participate in a book study leader training and use this facilitator guide as a reference)?
- 10 How can you keep memories (e.g., record the virtual session or use the journaling pages at [Children’s Trust Fund Alliance’s book club page](#) to record the group’s discussions)?



TRIP PLANNER

for a Book Study of *What Happened to You?*

Who to Invite:

My Partner(s):

Meeting Details:

☐

Virtual

Where: _____

When/Day: _____

☐

In person

Time: _____

How Many Meetings: _____

Contact Information:

Top 3 Favorite Moments:



BOOK CLUB OUTCOMES

The outcomes book club hopes to achieve are:

- Understanding how trauma affects how we show up and respond in our parenting and everyday life.
- Appreciating the strengths we have as parents and community members.
- Learning more about the protective factors and how they can help our families thrive.
- Acknowledging the importance of relationships and belonging.

NAVIGATING THE LEVELED QUESTIONS

To achieve these outcomes we have intentionally crafted three types of discussion questions that go from icebreaker questions to questions that require more thought and ending with reflection or wrap-up types of questions. By navigating the participants through this series of questions, they are able to shift into a safe space to share, learn and grow together.

Introduction/Icebreakers Questions

Use the icebreaker questions to help open the space, set connections and build relationships. They provide an opportunity to check audio or volume of each person speaking if meeting virtually and they acknowledge that everyone is being heard if meeting in-person. It also lets each person know they are seen and are valued as part of the book club community.

Diving Deeper Questions

In our book study guide, “Journey to Resilience: From Trauma to Healing,” we offer more questions than you need. The diving deeper questions tend to be more personal. It is important to take your group into consideration and allow people to pass on a question when and if needed. It is also okay to completely skip a question. There are no must dos in this book. Feel free to adjust wording or combine questions to fit your group and community. There is no right or wrong with the questions. We recommend having an extra couple of questions ready if time allows, and also a plan on how you will shift things if the conversation is really strong for the first one or two questions.

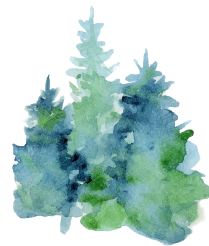
Reflection Questions

These questions help to give a sense of closure to the space. They help transition from talking about emotional things to going back into everyday life with your family and work.

DON'T GET LOST!

Follow Where the Questions Lead

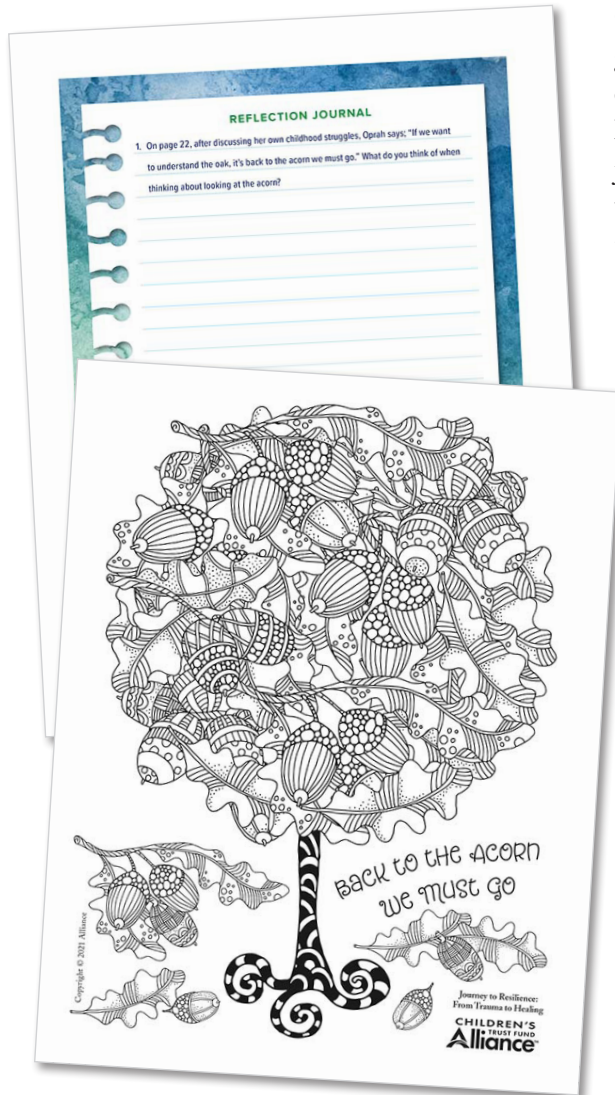
While the icebreakers and reflection questions take time, it is important to help participants transition in and out of the safe space to share and reflect together. Discussing the content is important, and it is also important to nourish the relationships being formed during and beyond book club.



Look for Hope and the Protective Factors

This is a heavy book and it is important that families do not feel discouraged in their parenting. They are doing the best they can, and we should support them and recognize the intentional ways they are showing up for their children. The protective factors are the core elements families can look to when they experience challenges, desire change or just need a space to breathe.

TRACK YOUR JOURNEY WITH JOURNALING AND COLORING PAGES



Coloring and writing are healing. They are tools for practicing good mental health. People need multiple outlets and opportunities to process their own healing and also what they have experienced as individuals. It is all growth. The reflection journal and coloring pages are tools that can be used to help them look back at how they have grown, changed or developed an understanding they might not have had before.

- Encourage participants to use the journal pages to jot down thoughts and key passages as they read *What Happened to You?*.
- Take time to review the journal pages from a previous session or review all of the notes at the conclusion of book club.
- Build in time for participants to write down ideas that are meaningful to them based on what they have heard and learned.
- Use a journal page to record the group's sessions and the participants' healing journey.
- Ask participants to share their coloring pages at each session. Discuss the ways they like to color – crayons, colored pencils, ink or digitally. How does coloring make them feel?
- Ask if you can share their colored images with the community on social media, in messaging or promoting events and activities for families.
- Leave coloring sheets throughout the community to build interest in what is book club.



7 BENEFITS OF JOURNALING

1. Improves mental health
2. Reduces stress
3. Improves immune function
4. Keeps memory sharp
5. Boosts mood
6. Strengthens emotional functions
7. Inspires creativity

7 BENEFITS OF COLORING

1. Relaxes your brain and improves brain function
2. Induces meditative state
3. Improves motor skills
4. Improves sleep
5. Improves focus
6. Reduces anxiety
7. Relieves stress

MAKE A TRIP PLAYLIST

Music therapy can help decrease pain, anxiety, fatigue and depression. Consider having your book club make a "playlist" together. Play the music as you wait for people to arrive or when they leave.

The *What Happened to You?* playlist can become an emotional time capsule that triggers memories of book club and the connections formed long after the journey to resilience is over.



ALLIANCE CARING CONVERSATIONS GROUP AGREEMENT

Through the Children's Trust Fund Alliance Resiliency Project we learned that we can call into action the protective factors we have been building.

The Resiliency Project began during the COVID pandemic to help families of the Birth Parent National Network (BPNN) and the Birth and Foster Parent Partnership (BFPP) stay connected. The Alliance is still offering weekly Caring Conversations to provide emotional support to BPNN and BFPP families. The participants created the following group agreement:

Ensure All Voices Are Heard and Can Share

- Own your voice
- Use various strategies for sharing

Provide Grace and Space

- Freedom of expression without others trying to "fix" things
- Listen
- Respect others' opinions
- Validate and embrace
- Be open minded

Be Mindful of Impact vs. Intent

- Practice cultural humility
- Be mindful of assumptions
- Be mindful of word selection and use

Building Upon Each Other's Strengths as a TEAM

- Focus on what is "STRONG"

GROUP AGREEMENT FOR YOUR JOURNEY TOGETHER

Know that people will have different reactions to some of the conversations you'll be facilitating. Being uncomfortable isn't always a bad thing, especially if you're used to feeling comfortable. Your goal as facilitator should be to create a space in which individuals can express and listen to each other's lived experiences and where both their experience and someone else's are incorporated into a larger communal narrative.

Consider creating a group agreement to provide a roadmap for negotiating conversations and creating a safe space for those conversations.

What Is a Group Agreement?

A group agreement is a clear set of guidelines on how your group will handle discussions, meetings and sensitive information raised in the group setting. A group agreement is an important foundation that acknowledges each individual member's right to respectful treatment. Some points you may consider including in your group agreement are:

- **Sharing responsibility:** Everyone contributes to the running of the group
- **Confidentiality:** What is shared in the group remains in the group
- **Listening:** Actively listening to each member
- **Sharing:** Allowing each member the opportunity to contribute
- **Respect:** We respect everyone in the group has different opinions, experiences and backgrounds

How to Create a Group Agreement

Let the members of your book study create their own group agreement for how to work together effectively and respectfully. Allow about 30 minutes at the first session to reflect on what they need, to provide input and to share if a proposed "rule" doesn't work for them. This allows for community building, planning your journey together and also a way to encourage others to bring a friend or two next time.

There are many different conversation models with different ground rules or group agreements. Borrow from them or mix and match to find what works best for your group:

- **Conversation Café:** The Complete Hosting Manual at conversationcafe.org/the-complete-hosting-manual
- **Programming Librarian (American Library Association):** Ground Rules: How to Set Successful Guidelines for Your Conversation Program at programminglibrarian.org/articles/ground-rules-how-set-successful-guidelines-your-conversation-programs
- **Living Room Conversations:** Host Tool Kit at livingroomconversations.org/host-toolkit

FACILITATOR PREPARATION TIPS

- Take time to prepare and reset as your journey continues
- Have a partner if possible
 - Allows you to have someone to bounce ideas off and to debrief and decompress with after each book club session
 - Can help record or take notes during the book club session
 - Serves as a back-up if you are unable to attend
- Make time for yourself
- Be vulnerable
 - Be willing to share your own lived experiences
 - Allow for new and longer connections
 - Builds the trust and relationship of the facilitator and participants
- Know that you are more than just a facilitator
 - Be prepared for when your own stuff unexpectedly comes up (don't want you to be caught off guard)
 - Know emotion is a part of this for yourself and also as you are facilitating
 - Consider mapping your own "growth journey"
- Don't be afraid of the pause – of the quiet
- Have a journal or use a "reflection journal" page to note things as you are facilitating
- Allow for time after book club to just reflect and decompress

FACILITATOR TIPS FOR FOLLOWING-UP AFTER EACH SESSION

As facilitator, you may want to connect afterwards with those who missed the session. Be respectful of your participants' busy schedules. Just because someone couldn't make a book study session, doesn't mean he or she wasn't interested.

- Share resources
 - Use the resources to support listed in "Journey to Resilience: From Trauma to Healing"
 - Include your own local and personal resources
- Use email, text or call and ask to leave the materials somewhere for the person to pick up
- Post quotes in common areas for the families to see
- Be available in between book club sessions if someone wants to check in or get caught up
- Offer a individualized session or start with a catch up at the following book study session



"As Dr. Perry says, 'Healing happens in community.' A lot of healing happened in the 11 weeks of our book club. Not just for the parents on the Georgia Parent Advisory Council, but for myself as well."

~ Chloe Corrion, Alliance Administrative Assistant who created the Alliance's book club guide "Journey To Resilience: From Trauma to Healing" for her Master's Capstone project



LISTENING TO THE BOOK

The audiobook provides a different experience from reading the book. Dr. Bruce Perry, who co-authored *What Happened to You?* with Oprah Winfrey, said they "wrote" the book through conversations that were then transcribed. So, the audible version is like listening to them talk.

Literacy or disabilities can be an issue with access to the book's content, so it's important to share that an audiobook is available. Participants who prefer the audible version can listen to the same sections or chapters and be prepared to discuss. Some book club participants have done both: Read the book and listened to the audiobook.

FACILITATOR TIPS FOR DISCUSSING WHAT HAPPENED TO YOU?

HEALING TAKES TIME

We all have different life experiences, and how those experiences impact us varies from person to person even if those experiences are similar. Remember, each of us will travel at our own pace on our journey to resilience.



“If you look at my my childhood, there was nothing but ACES...I was constantly exposed to drug use and to seeing, you know, physical abuse. That was my normal. I had to work really hard to break that cycle. I recognize that I had trauma and I needed to work on it...I don’t want to pass this on to my daughter, so I have work to do.”

~ Eddie Torres, Birth Father,
Birth and Foster Parent
Partnership (BFPP)

Hearing Traumatic Events from Others

- Give yourself space and time to process anything going on in your own life before each book club session.
- Know that it is okay to stop and cry or just sit in a space with others for a moment to allow emotion to be felt or expressed.
- Give yourself additional time and space to process what you heard in the book study session. Try not to go right into a meeting or to a family thing.
- Allow yourself time and space – even a few days later – to think or reflect about something that was shared during book club. Ask yourself what you learned from that individual’s sharing and how it might change or cause you to pause as you go into your future work with others in your community.
- Seek outside support and resources for yourself or participants if needed. Taking care of our mental health is important.
- Know and recommend solid supports that are available in the community. Let those partners know about the work you are doing with a *What Happened to You?* book club.
- Work to ensure a sense of privacy for the group. When individuals share they are in control of how much or little they share. Do not assume that they shared everything that happened to them.

Addressing Rewiring the Brain

Acknowledge that no one is perfect, and it is how we learn from our mistakes that is important. It is possible to change our ways with more learning and support from others. Unlearning is a process and does not happen overnight. It is also not your fault that the way you were taught may not always be the “right” way.

Talking about ACEs

The Centers for Disease Control (CDC) – Kaiser Permanente Adverse Childhood Experiences Study (ACEs study) is one of the largest investigations of childhood abuse and neglect and household challenges and later-life health and well being. If you’d like to take the ACE study, it can be found on page 106 of *What Happened to You?*. Please know:

- Finding out your ACEs score can be intimidating.
- Your ACEs score does not define you. Just because you may have a high score, does not mean you will develop problems later in life.
- Don’t be afraid to ask someone in the community to help you better understand this research.

For more information about ACEs visit:

- pacesconnection.com/blog/got-y
- acesaware.org

WHAT TO DO WHEN AND IF YOU HIT ANY ROAD BUMPS

- Know that life is happening while you are in your book study. By allowing time for a brief check-in with pictures, a jamboard or some other method can help to give participants space to share life experiences before they enter the book study conversation.
- Remind people to think of who their pit crew members are. Who might you share a book highlight with? Who might like to know about a resource you learned about? Who might be available to listen to you as you sort out where on your journey map you are?
- Use the book as the springboard and also as the place to redirect attention, points or to remind participants of the growth that happens. This can be helpful if topics go off task or if you need to reset after someone shares something very personal.
- Use language that is appropriate and right for your community. Reframe things, modify or adjust as needed for the work you are doing.
- Note energy changes and if you need to take a moment to move, stretch or shift to a new question because one might have fallen flat with responses. Also, note when you need that energy to start to wind down as time closes out.



VALIDATION OF EXPERIENCES

As a facilitator, you may validate someone's feelings by recognizing the emotions that he or she is experiencing and accepting their legitimacy in various situations. It is not your job to "fix" someone's problems. It's about showing you really **hear** and empathetically **understand** what they are going or have gone through.



Before you start, think of who is that special someone you would like to share a laugh or favorite part of the book with. That someone who you could call anytime just to connect and share a moment together.

At the first book club session, encourage participants to do this, too.

"Georgia PAC member here. This book club has been LIFE CHANGING! The bonds and the connection that the space provides is priceless."

HELPFUL DETOURS OR CONNECTIONS TO KEEP YOU MOVING

- When you want to clarify or be sure you are understanding, you could start off with and always remind participants that they are free to share as much or as little as they would like during each session: *"I wonder..."*
- When someone shares a very personal experience, you might conclude by saying: *"Wow, thank you for sharing that with us."*
- When someone might be dominating the space, you might politely interrupt and say: *"Excuse me (name of individual), you have shared so much tonight and we really appreciate that. Does anyone else have similar experiences or other things they would like to share?"*
- If you think a question may have a lot to unpack and before opening the space, you can encourage the group by saying: *"Let's pause for a moment and just think."*
- When you feel like things are heavy, hard and big to celebrate, don't be afraid to name it. Sometimes naming things takes the fear or discomfort out of the space or opens an opportunity for a great conversation.
- Remember, you are not there to "fix" things. Practice and use your reflective listening skills: *"I hear..."*



RESOURCE LIST

Jot down local resources and their contact information (website, email address, phone number, etc.) who can provide information and support related to trauma. Because some of the information shared during book club is emotional, you may want to include therapists.

WHAT HAPPENED TO YOU? IS JUST THE BEGINNING

What if your book study group wants to continue meeting? Or perhaps they would like to continue their growth journey individually? Here are some other books that we recommend:

- *Maid* by Stephanie Land
- *The Body Keeps the Score* by Bessel Van der Kolk
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* by Dr. Nadine Harris
- *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn
- *The TurnAround Mom: How an Abuse and Addiction Survivor Stopped the Toxic Cycle for Her Family – and How You Can, Too!* by Carey Sipp

Add your favorite reads and other recommendations:

THE PROTECTIVE FACTORS IN *WHAT HAPPENED TO YOU?*

The Children's Trust Fund Alliance is a national leader in promoting and educating others on implementing the Strengthening Families Protective Factors Framework with the goals of strengthening families, promoting optimal development and reducing the likelihood of child abuse and neglect. The framework is a research-informed, strengths-based approach that prevents child abuse and neglect by focusing on the well-being of all families and helping families identify and build on their own protective factors.

The Alliance National Parent Partnership Council (ANPPC) applies this framework to everyday parenting moments and engages parents from across the country to share how they are building protective factors every day. The ANPPC created a suite of infographics that celebrate parenting and highlight the small ways to help make a strong family at ctfalliance.org/partnering-with-parents/anppc.

There is no such thing as a perfect parent. Parents are doing the best they can for their children. Oftentimes

when stress, challenges or other barriers arise, parents need to activate a protective factor to be strong.

- Parenting is hard and there can be challenging days that stretch parents in ways they never imagined. They need to have opportunities to recognize and see their strength in how they went through those moments and came out strengthened and possibly even transformed later on. (Parental Resilience)
- Families need positive social connections with friends, community members, teachers, family and others. These positive relationships can help celebrate the successes and good days and be a support for the hard days. (Social Connections)
- It's parents remembering they will forever be their child's first teacher and that it is okay to not have all the answers or solutions. (Knowledge of Parenting and Child Development)
- Families need support – support that is ready, available and can respond as needs arise. Asking for and using the resources available through individuals and the community is a strength to build strong families. (Concrete Support in Times of Need)
- When parents recognize their children's emotions and can help them express themselves and help them interact with the world around them. (Social and Emotional Competence of Children)

As you read *What Happened to You?*, take time to notice these five protective factors. Even in some of the moments where it appeared there was no strength, the five protective factors were at play in different ways. Note how small acts could have led to big differences if the protective factors had been built up and supported.

Parenting is not a journey you are to take alone. Each individual in a community has a role they can play either directly or indirectly. Join the ANPPC in celebrating and honoring each parent's strengths and lived experiences by learning more about the Strengthening Families™ Protective Factors Framework at ctfalliance.org/protective-factors.





Children's Trust Fund Alliance is a national membership organization that provides support to state children's trust funds (CTFs) and strengthens their efforts to prevent child maltreatment. State CTFs are the entities created by legislation in almost all states in the United States to lead and support efforts to strengthen families, promote the well-being of children and prevent child abuse and neglect. Since 1979, the Alliance and its CTF members have worked with communities and multiple systems to strengthen all families. Our network invests more than \$260 million each year in prevention strategies for families.

The Alliance's mission is to ensure that all states have a strong and effective children's trust or prevention fund capable of leading and investing in strategies, policies, and best practices to prevent child maltreatment before it occurs. The Alliance also works with national partners, state organizations, parents, federal agencies and others to impact policies, practices, systems changes and trainings. We are committed to looking at all our work through a lens of anti-racism and to join with our members, parent partners and others who are doing this work to more completely live up to our own ideals

The Alliance strengthens families and prevent child abuse and neglect by implementing the following strategies:

Bringing the Protective Factors Framework to Life in Your Work. The Alliance has an online training to support implementation of the Strengthening Families™ Protective Factors Framework. This curriculum is available to users at no charge and includes materials on partnering with parents and strategies to strengthen families. In addition, the Alliance offers in-person and virtual trainings for individuals who would like to train, present and facilitate gatherings to build protective factors that make families strong, promote optimal child development and reduce the likelihood of child abuse and neglect. Upon completion of the training, graduates are recognized as Alliance Certified Trainers and receive post-training support as members of a national training network.

Preventing Child Neglect – It's More than a Family Matter. All children benefit from strong families and safe communities where their needs are met. Most children are growing up with these supports. Unfortunately, many are

not. Even loving, nurturing parents may have difficulties meeting their children's needs. Some communities face challenges in providing an environment that promotes positive outcomes for their children. When children's needs are neglected, their growth and development can be affected, with life-long costs to them and to all of us. The Alliance is engaging in multiple strategies to prevent child neglect such as providing training and disseminating materials available on our website at ctfalliance.org.

Building the Capacity of State Children's Trust and Prevention Funds. To help state CTFs and their many partners build capacity, the Alliance provides national, teleconference and on-site trainings, technical assistance, opportunities for peer consulting and monthly webinars with state leaders focusing on strengthening families and promoting strategies that help families and communities build protective factors.

Ensuring a Strong Parent Voice. To ensure a strong voice representing the perspective of parents, the Alliance works closely with its Alliance National Parent Partnership Council (ANPPC). Members of the ANPPC serve as partners with the Alliance professional team in almost all aspects of the Alliance's work. Their partnership provides the Alliance with important access to diverse perspectives of parents and enriches the work of the Alliance and its key organizational partners. The Alliance also partners with Casey Family Programs to support the Birth Parent National Network and the Birth Parent Advisory Committee to promote the voices of birth parents in child welfare system reform, particularly the refinancing of child welfare to support more preventative services for families.

Building the Capacity of the Prevention, Early Childhood Family Strengthening and Child Welfare Field. To share our expertise and knowledge, the Alliance hosts a website at ctfalliance.org with numerous resources that have been produced by the Alliance and its members. With a diverse set of publications and original videos, the Alliance web resources are available at no charge to help support quality practice, expand the thinking and perspectives of those engaged in this field of work and document important work taking place through its national network.