





 NATIONAL CENTER ON  
Parent, Family and Community Engagement

# Head Start Heals Using the PFCE Framework to Promote Healing and Resilience in Head Start Programs

September 15, 2020

## ON24 Audience Console



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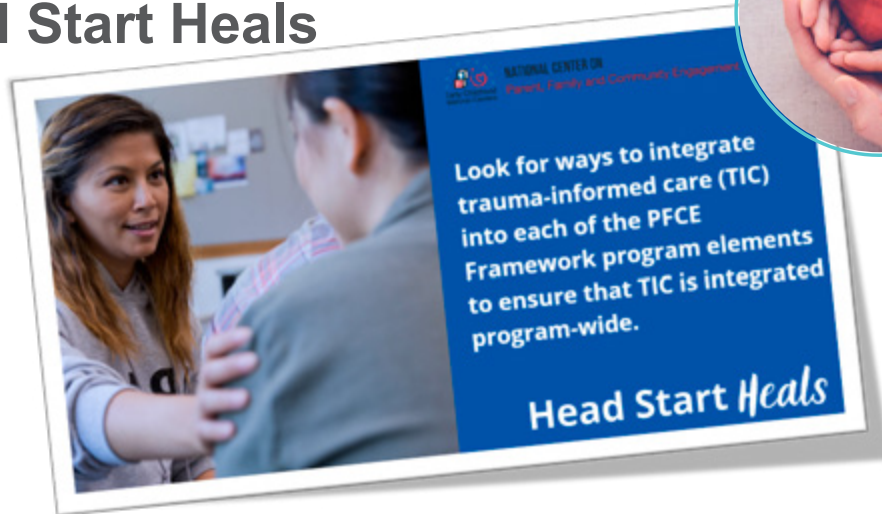
Media Player Slides Resource List

q&a Speaker Bio

Media Player Question & Answers Slides Resource List Speaker Bio Help

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## Office of Head Start: Head Start Heals



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## Welcome and Introductions



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## National Center on Parent, Family and Community Engagement Facilitators



**Dr. Joshua  
Sparrow**  
Co-Principal Investigator



**Dr. Catherine  
Knowles-O'Brien**  
Program Integration,  
Manager



**Brandi Black  
Thacker**  
Director of Training,  
Technical Assistance, and  
Collaboration

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## Learning Objectives

- Exploring how the PFCE Framework can be used to strengthen trauma-informed care in Head Start and Early Head Start programs
- Demonstrating how to promote healing in systems of care
- Examining resources that support trauma-informed care and healing

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## Key Messages

- Trauma-informed care (TIC) asks, “What happened to you?” instead of, “What’s wrong with you?”
- Leaders and staff can use the Head Start PFCE Framework to create a trauma-informed program and promote healing.
- To make TIC effective at every level, staff and programs can work together with community partners and service providers.



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## Starting From the Same Page...



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## What is Trauma-Informed Care?

According to the Substance Abuse and Mental Health Services Administration (2014), trauma-informed care:

- Realizes the widespread impact of trauma and understands potential paths for recovery;
- Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and
- Seeks to actively resist re-traumatization.



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## Resilience and Healing

**Resilience** can be thought of as the ability to “bounce back” from challenging events or experiences and “keep rolling.”

**Healing** can be thought of as a process. This process repairs disruptions in health and well-being.



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## Additional Resources on Trauma and Trauma-Informed Care

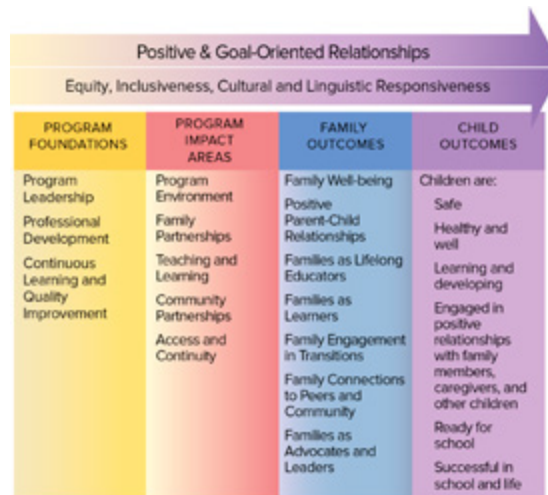
### Now Available on ECLKC!

- Promoting Empathy, Understanding Trauma
- Understanding Trauma-Informed Care to Build Parent Resilience
- Quality Funding for Head Start Programs and Supporting Children and Families Impacted by Trauma
- Head Start Heals: Frequently Asked Questions



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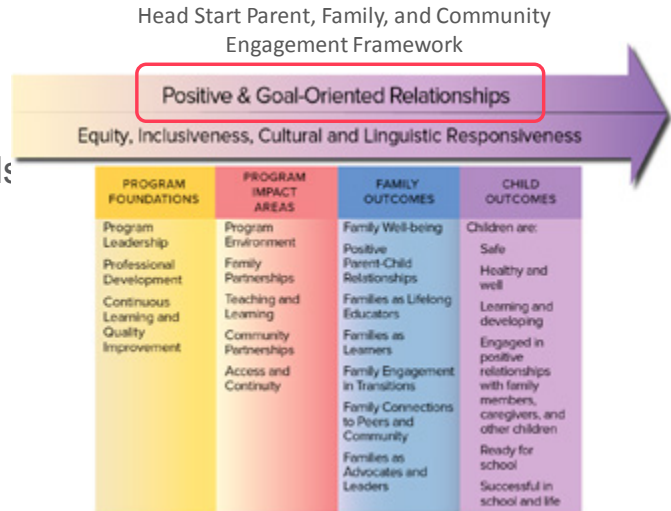
## Using the PFCE Framework to Strengthen Trauma-Informed Care



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# Relationships Matter

Positive, goal-oriented relationships are mutually respectful partnerships with families focused on families' goals. These relationships promote parent-child relationships and family well-being.



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# Program Foundations

- Program Leadership
- Continuous Quality Improvement
- Professional Development



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## Speaking of Professional Development...

Programs can offer training about key topics in TIC and healing.  
Examples include:

- Signs and symptoms of trauma
- Healing
  - What healing is
  - How the process of healing unfolds
  - What program staff can do to promote healing
- Self-regulation and coping with thoughts and feelings
- Conflict and repair in relationships
- Vicarious trauma
- Occasions when trauma around us triggers our trauma history

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## Professional Development Practice

Reflective practice means considering what we and others bring to an interaction before acting.

Reflective supervision is an ongoing conversation between a staff member and a supervisor who is trained in reflective supervision.



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## Poll



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## Program Impact Areas

- Program Environment
- Family Partnerships
- Teaching and Learning
- Community Partnerships
- Access and Continuity

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Engagement Framework



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## Promoting Healing in Systems of Care What is Head Start's role?



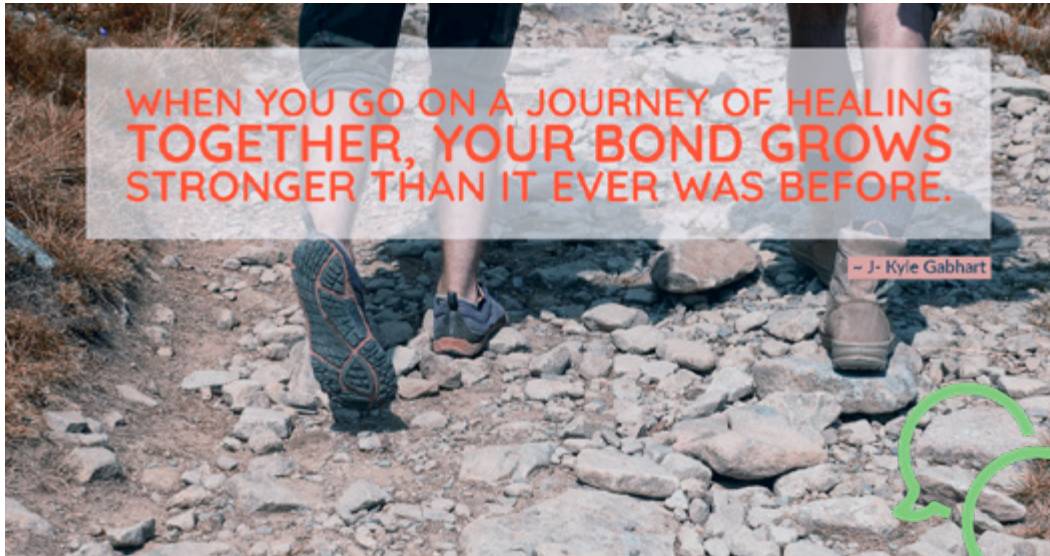
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## Trauma-Informed Organizational Practices that Promote Healing

- Promote flexible ways of communicating
- Offer supportive check-ins and debriefs
- Plan regular self-care and mindfulness training
- Use the mental health consultant's expertise to boost TIC across the program
- Create opportunities for staff and families to come together



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## Understanding Trauma and Healing in Adults Series

Now Available on ECLKC!

- Brief 1: Defining Trauma
- Brief 2: Caring for Ourselves as We Care for Others
- Brief 3: Coping and Healing
- Brief 4: Strengthening Trauma-Informed Program Practices
- Brief 5: Strengthening Trauma-Informed Staff Practices



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## Additional Resources on Trauma and Trauma-Informed Care

### Now Available on ECLKC!

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## MyPeers Communities

- Open communities including: **Mental Health, Opioid Misuse and Substance Use Disorders; Staff Wellness; PFCE Deepening Practice**
- Knowledge base: Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- Communication tools: Group Chat, Instant Message, and internal email
- Robust search engine
- Social Network style feeds

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## Want to Take Your Family Engagement Practice to the Next Level?

### Sign Up for Text4FamilyServices Today!

- This FREE text messaging service was designed for family services providers.
  - It is also available in Spanish (español).
- Just text **“PFCE”** to **22660** to sign up!



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## Evaluation Link, Wrap-Up, and Certificate



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## Have More Questions?

Stay and chat with us!

The speakers will stay on the line an additional 15 minutes to continue the dialogue.



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