



## *Keeping Children Safe and Families Strong: A Look at Our Families, Our Programs, and Our Impact*

NHCTF works in partnership with all grantee agencies to support evidence-based family support programs through a commitment to evaluation. NHCTF grantees utilize the Family Support Program Outcome Survey, a survey designed to gather information on demographic data, participant satisfaction and perceived change over time.

Participants who completed the surveys ( from 24 family support programs in all 10 counties) answered qualitative open-ended questions and quantitative questions, scoring themselves on 7 protective factors, using a Likert scale and answering each question twice; once “before” programming and next as “today” having participated in a program. Filtering the data to look only at the participants who scored themselves as low upon entering the programs, the data reveals that the following participants reported themselves as moving to high, upon completion of the programs.

- 83% showed an increase in supportive relationships
- 84% reported an increase in knowledge of community resources
- 93% showed an increase in parental confidence
- 84% reported an increase in people to talk to when they were worried about their child
- 70% showed an increase in meeting family needs
- 84% increased their ability to stand up for family needs
- 79% reported an increase in choices that reduce family stress

Research has shown that families are less likely to experience child maltreatment if they possess certain protective factors, such as the ones measured by the Outcome Survey. These new data bring us one step beyond anecdotal evidence of success from families and staff. The data now support the stories of success.

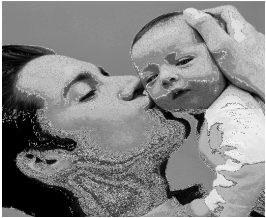
NHCTF uses this information to promote the positive impacts of primary prevention, advocate for increased family support, and improve program practice..

	<b>2008 Outcome Survey N= 861*</b>	<b>2007 NH Population**</b>
<b>Gender</b>	<b>79% Female</b>	<b>51% Female</b>
<b>Ethnicity</b>	<b>83% White (non- Hispanic)</b>	<b>96%</b>
<b>Marital Status</b>	<b>54% Married</b>	<b>56%</b>
<b>Housing</b>	<b>40% Home Ownership</b>	<b>74% Home Ownership</b>
<b>Median Family Income</b>	<b>Between \$20,001—\$30,000</b>	<b>\$71,176 (2007 inflation-adjusted)</b>
<b>12 or more years of education</b>	<b>81%</b>	<b>90%</b>

\* Data gathered from the 2008 Family Support Program Outcome Survey administration to 532 participants and 329 participants using the Retrospective Protective Factors Survey as part of a national field test of this tool.

\*\* New Hampshire population statistics taken from 2007 *American Community Survey* report, U.S. Census Bureau

# Reducing Risks and Building Protective Factors to Keep Children Safe and Families Strong



All families face challenges and obstacles that have the potential to threaten their ability to provide a safe, nurturing home for their children. Family support programs help families build upon their unique skills and strengths to develop protective factors that will act as a buffer against the daily stress and challenges of parenting. By examining the factors that put families at risk and the factors that protect them, we will understand the role that everyone can play in keeping children safe and families strong.

## Risk Factors Associated with Child Maltreatment

### Social Factors

- Social Isolation/Lack of Social Support
- Poor Family Relationships
- Poverty
- Lack of Access to Medical Care or Social Services
- Community Violence and Societal Norm of Violence

### Parental Factors

- Inaccurate Knowledge of Child Development
- Lack of Parental Confidence
- Single or Adolescent Parenthood
- Inability to Advocate for Family Needs
- Childhood History of Abuse
- Low Educational Levels
- Substance Abuse
- Parental Unemployment

### Child Risk Factors

- Temperament: difficult or slow to warm up
- Disability, chronic or serious illness
- Child aggression, behavior problems, attention deficits

## Protective Factors Associated with Family Strength

### Social Factors

- Access to Health Care and Social Services
- Good Schools
- Supportive Adults Outside of Family to Serve as Mentors and Role Models

### Parental/Family Factors

- Knowledge of Parenting and Child Development
- High Parental Education
- Positive and Warm Parent-Child Relationships
- Social Connections and Social Support
- Respectful and Trusting Communication
- Child Participation in Extracurricular Activities
- Parental Monitoring, Supervision, and Involvement

### Child Protective Factors

- Good health, adequate development
- Above-average intelligence
- Easy temperament, positive disposition