

The Resilient Families Project @ Hotel Louisville: Training, Program Development & Evaluation Efforts for Parenting Programs Designed for Those Experiencing Homelessness[©]

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The Resilient Families Project (RFP) provides programs to strengthen families and promote resilience in parents and children experiencing homelessness. This project serves residents of **Wayside Christian Mission's** transitional housing facility (**Hotel Louisville**) as well as their emergency shelter.

The Resilient Families Project Programs

- ☼ were developed and implemented by Dr. Lora Haynes^① and Dr. Barbara Burns^①
- ☼ have developed into an important and long-standing **partnership between Wayside Christian Mission and UofL**
- ☼ are **assisted by UofL students** in internship and service-learning roles, and by volunteers who play an important role in the Louisville community
- ☼ take place on **Thursdays from 6:00-8:45pm**



Family Program

Serves 100+ family members
6:00-7:00 pm in the Chapel

Interactive reading, learning activities, and community-building
This community hour routinely involves songs, conversation, and dance

Children's storybooks serve as platform for...

- promoting literacy and motivation for (shared) reading
- sensitive, healthy interactions / positive attachment between caregivers & children
- strong sense of *Family Matters!* and community caring
- messages of resilience, mindfulness and compassion



Our goal is to improve **school readiness** -- and **readiness for the world** -- in children and families

15+ UofL students, 4 Hotel Louisville staff, and 5+ community volunteers assist in the program

Children's Program

Serves 50+ children ages 0-17
7:00-8:30 pm in the Chapel

Age-appropriate learning and enrichment activities
These include storybook-related arts and crafts, journaling and reflection, cooperative games, music and dance, reading, homework help, and tutoring

Our goal is to promote **school-readiness** with an emphasis on . . .

- social skills and getting along with others
- self-regulation and emotional awareness
- development of identity/self and self-efficacy
- community building and friendship
- helping and the importance of good citizenship
- conflict management and peacemaking, incl. anti-bullying
- healthy caregiver-child relations



30+ UofL students, 2 Hotel Louisville staff, and 5+ community volunteers assist with this program

Parents' Program

Serves 50+ parents
7:00-8:30pm in the 2nd Floor Ballroom

An empirically-validated strengths-based program focused on **resilience and compassion**, communication skills and child management skills

Didactic material, discussion and reflection are enhanced by games and crafts that underscore **parenting strengths to promote strong and healthy parent-child relationships, child health and wellness**

Interactive discussions on such topics as . . .

- self-care and handling stress
- discipline
- self-esteem
- building support networks
- child development
- compassionate listening
- communicating effectively



5+ UofL students, 2 Hotel Louisville staff, and 3+ community volunteers assist with this program

The Resilient Families Project seeks to provide a stable, consistent environment for families experiencing homelessness to learn and practice the skills of **positive parenting, communication and community interaction**.



What has RFP Already Accomplished ?

Development of RFP Program Materials – Parenting Curriculum, Theme-Based Arts and Crafts and Parenting Activities

Development of RFP Training Materials – For Core RFP Team Training, Service-Learning Student Trainings, and Team-Building Efforts

Weekly Lab Meetings – 3:30-5:30 pm each Wednesday for 54+ weeks

Professional Presentations @ Local and National Conferences



(May 2012, Chicago)



(September 2012, Louisville)

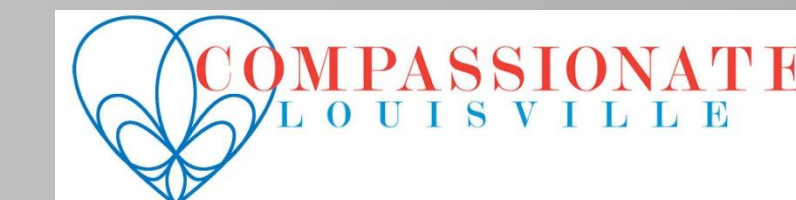
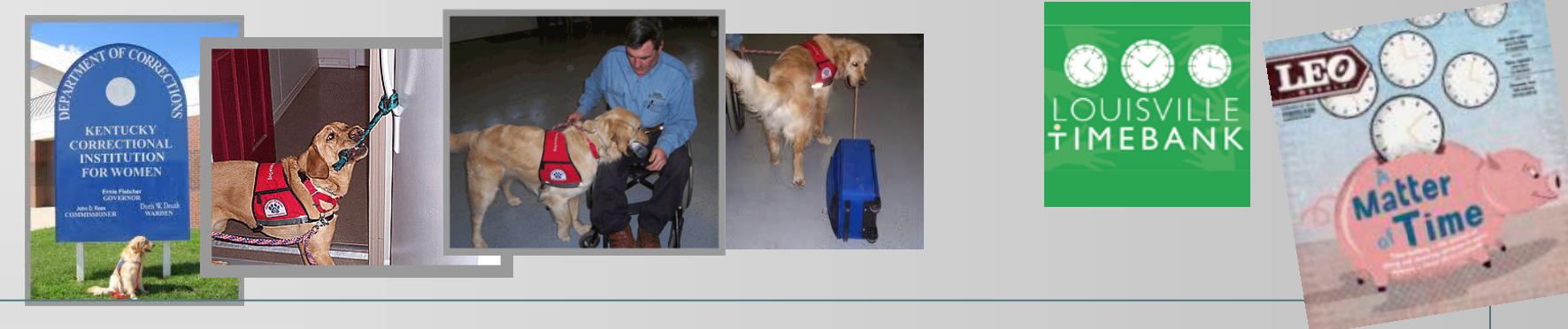
International Conference on Conflict Resolution Education, etc.

Basic Assessments of Program Effectiveness – From the perspective of residents, staff, core RFP Team, and service-learning students, including routine goals assessments, written reflections, video interviews, surveys

Media Coverage – Interviews on TV (*Great Day Live!* with Rachel Platt and Terry Minor), radio (*WAKY*), for magazine (*UofL Magazine*, July 2013), and *UofL's i2a* video interview w/Dr. Ross and Delphi staff

Secured Grant Funding and Additional Sources of Support – *i2a Ideas to Action SUN Grant* for supporting undergraduate innovation 2011, departmental funding, in-kind resources and donations (books, materials)

Development of Important Partnerships for Sustainability – Paws with Purpose, The Louisville TimeBank, Compassionate Louisville, Choose Well Louisville



What is RFP Currently Doing ?

Programs for summer and fall 2013: 8 summer programs, 14 fall programs

Steady interaction and collaboration with Wayside's staff : CEO + COO, case worker, director of work therapy programs, chaplain, and hotel general managers

RFP continues to rely on a core team of at least 3 interns, 8 student and community volunteers, 14 service-learning students, and 1-2 faculty directors

The dynamic nature of our RFP Team means that **recruiting, training, program development, assessment** and **program evaluation** are always ongoing

We continue to expand our surveys of key RFP team members, Hotel Louisville/Wayside staff and residents regarding:

- (1) their evaluations of our programs/materials
- (2) the fit of our programs with the current and changing climate of both the emergency and transitional housing facilities
- (3) opportunities for additional assessments of residents and UofL student team members for evidence of effects of programs, community engagement

These evaluations and feedback continue to inform current and upcoming **recruitment** and **training** efforts as well as **program development** and **materials**

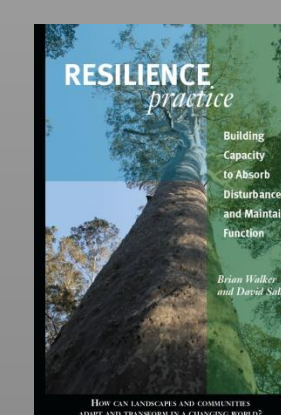


What are RFP's Current Plans and Needs ?

Continued **professional development** for students and staff in evidence based practices

Including training and literature on . . .

- conflict management
- trauma and PTSD in parents and children
- resilience and mindfulness based stress reduction
- effects of children's exposure to violence



RFP Would Like to Thank . . .



The Wayside Christian Mission and Hotel Louisville Staff
The Parents and Children at Wayside Christian Mission and Hotel Louisville
The UofL RFP Core Team, Service-Learning Students and Volunteers
i2a Ideas to Action Initiative @UofL for their support through our 2011 *SUN Grant*
UofL's Department of Psychological and Brain Sciences for our lab space and support staff



3 RFP Components – All are Important to Assessment of Effects of RFP Programs

