

# The Resilient Families Project @ Hotel Louisville: Training, Program Development & Evaluation Efforts for Child Enrichment Programs Designed for Those Experiencing Homelessness ©



Lora Haynes, Ph.D.<sup>①</sup>, Whittney Tillman, B.A.<sup>①</sup>, Morgan Blair, B.A. <sup>①</sup> & Barbara Burns, Ph.D.<sup>①</sup> ✱

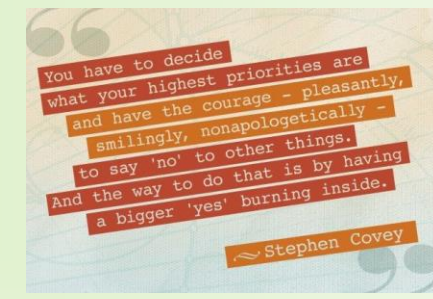
①University of Louisville ✱Santa Clara University



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<sup>①</sup> and Dr. Barbara Burns<sup>✱</sup>
- ☼ 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**



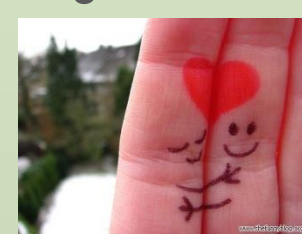
## Family Program

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

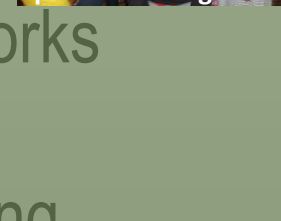
Serves 50+ parents  
7:00-8:30pm in the 2<sup>nd</sup> Floor Ballroom

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

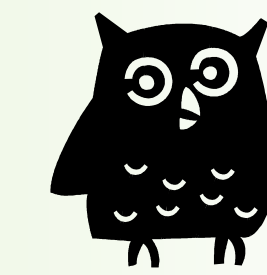
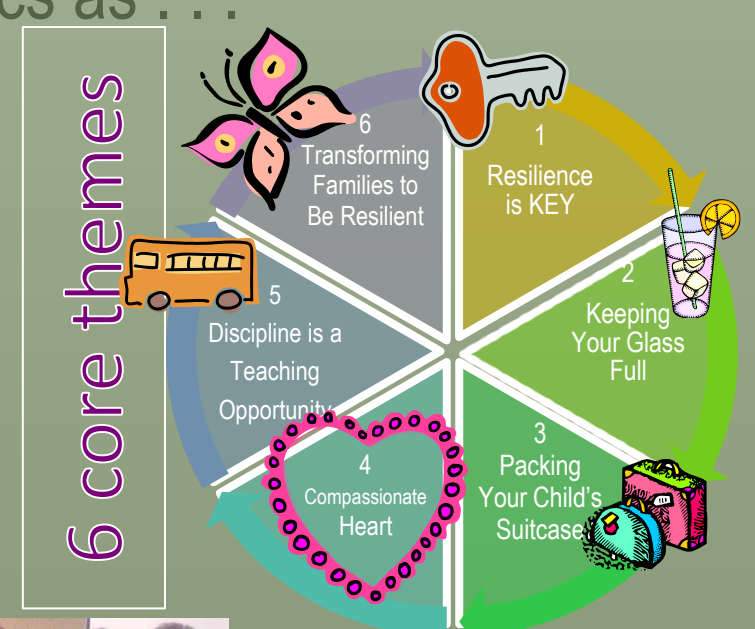
Didactic material, discussion and reflection are enhanced by games and crafts that underscore **parenting strengths to promote strong and healthy parent-child relationships, child health and wellness**

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



## What has RFP Already Accomplished ?

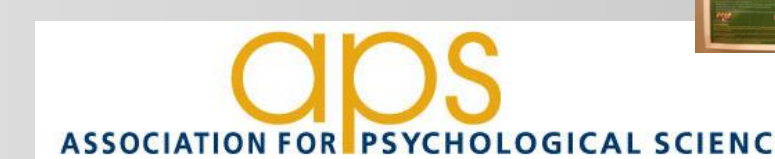
**Development of RFP Children's Program Materials** –Curriculum for children and youth, theme-based art, crafts and activities

**Secured Guest Speakers from Key Non-Profits in Louisville** – Children and families learn history, mission, programs & how to give back

**Development of RFP Children's Program 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), UofL's Undergrad Research Symposium

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

**Media Coverage** – Interviews on TV ***Great Day Live!*** with Rachel Platt & Terry Minor radio ***WAKY***, for ***UofL Magazine***, July 2013, ***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**, **Compassionate Louisville Trackers** Society for the Prevention of Aggressiveness and Violence among Adolescents



## What is RFP Currently Doing ?

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

This initiative has lead to improvements for our team, our collaborators and those we serve in our programs at Hotel Louisville

We are working to continue to evaluate and increase the . . .

- ✓ quality, positive impact, and sustainability of our program
- ✓ training and quality of our internship/service-learning experiences
- ✓ number of peer mentors and community connections/resources

During spring/summer '13, key RFP team leaders launched our **Train-the-Trainers Initiative**, engaging in specialized training in age-specific, evidence-based programming:

**(1) PEACH Program** - pre-K leader

**(2) Peace Education Cooperative Games** - school-age and teen leaders

**(3) Ripple Effects Program** - middle school and teen leaders

Leaders then facilitate training modules for our full RFP team of incoming interns, service-learning students, and community volunteers

Evaluation s 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 ?

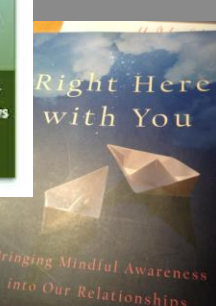
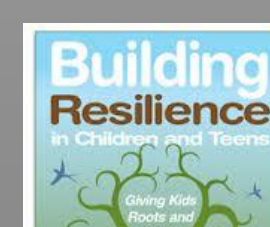
Continued **professional development** for students and staff in evidence based practices

Including training and literature on. . .

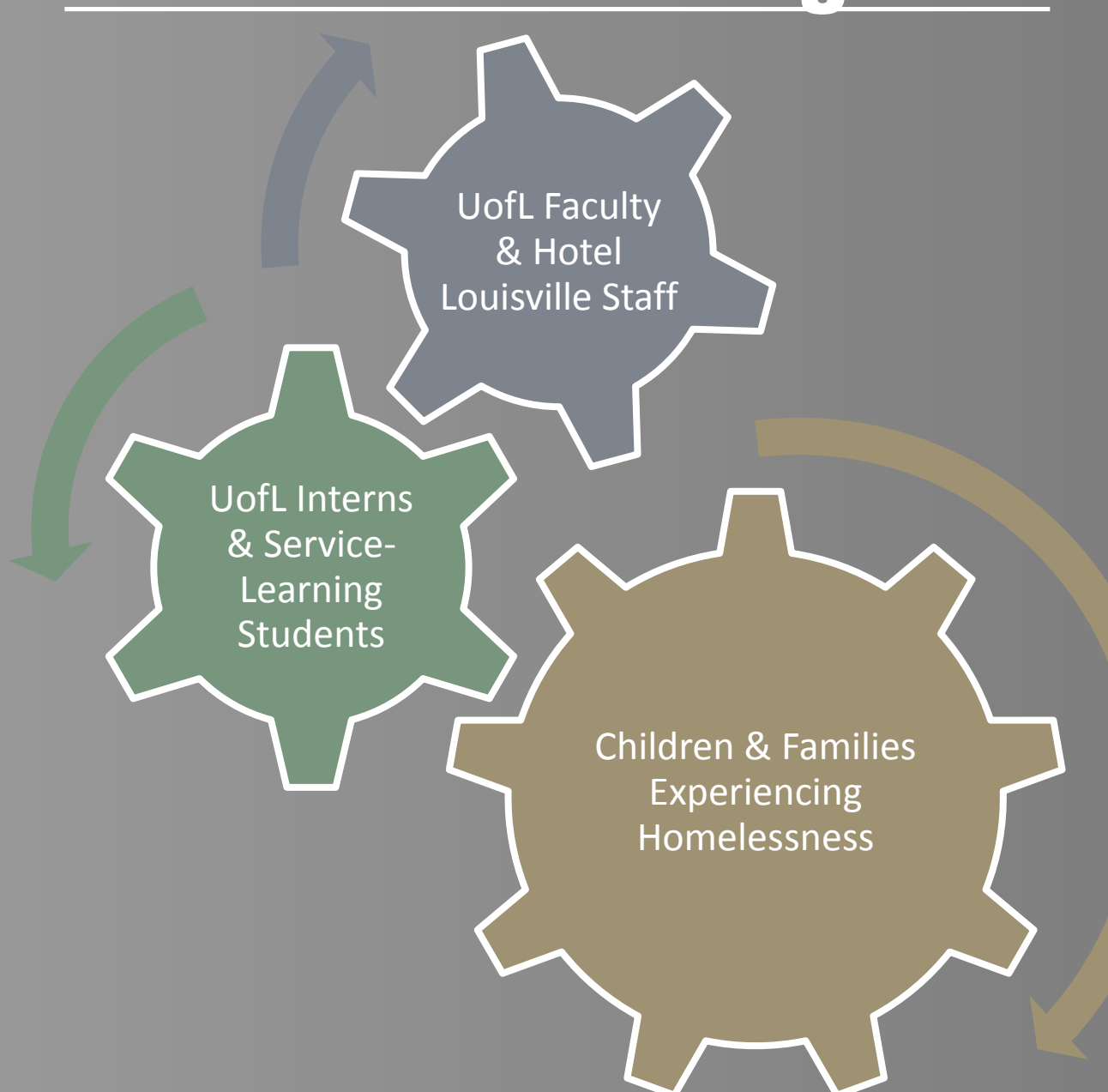
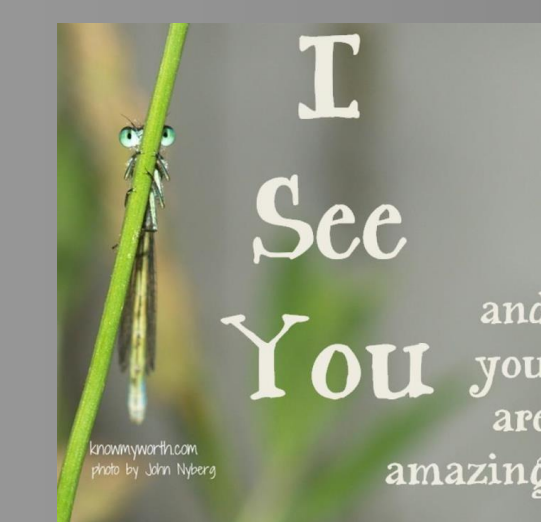
- nutrition and fitness ↔ physical and mental health in children and teens
- conflict management for children and youth
- trauma and PTSD in children and teens
- resilience and mindfulness based stress reduction
- effects of children's exposure to violence

Continued efforts for partnerships in the community

**\$ \$ Identifying and securing grants** and additional **sources of support**



The Wayside Christian Mission and Hotel Louisville Staff  
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**

## RFP Would Like to Thank . . .



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