



2018 - 2019

Rooted in Relationships

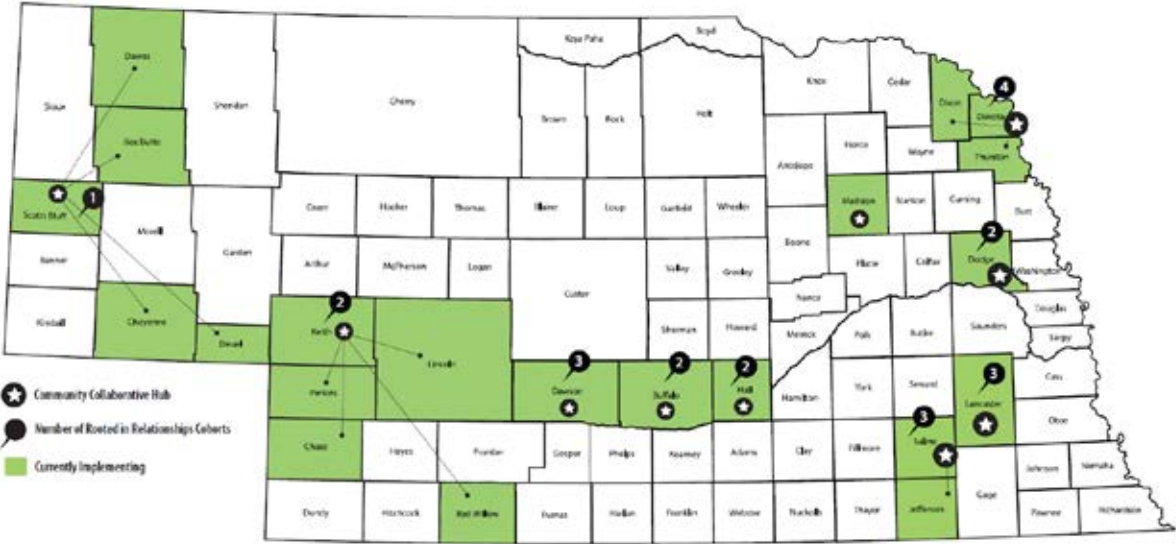
Executive Summary

Nebraska Children and Families Foundation

Rooted in Relationships

The Rooted in Relationships (RiR) initiative partners with communities to implement evidence-based practices that enhance the social-emotional development of children, birth through age 8. Each community has a multi-disciplinary stakeholder team that implements a long-range plan to **enhance the early childhood systems of care** in the community. The initiative also supports communities as they **implement the Pyramid Model**, a framework that promotes the social-emotional competence of young children, in selected family child care homes and child care centers. RiR also strives to **strengthen the system of care at the state level** through cross-system collaboration to build state infrastructure and capacity.

Rooted in Relationships Growth Map (Current)



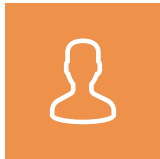
RiR supports 10 collaborative hubs: Buffalo, Dakota (Dixon and Thurston), Dawson, Dodge, Hall, Keith (Chase, Lincoln, Perkins, and Red Willow), Lancaster, Madison and Saline (Jefferson) Counties as well as the Panhandle (Box Butte, Cheyenne, Dawes, Deuel, and Scottsbluff).

Evaluation

Quantitative and qualitative evaluation data is collected to monitor progress and measure outcomes on the Pyramid Model implementation and community-based systems work. RiR staff use the evaluation to continuously update processes to improve outcomes, reduce burden, and support communities.

Supporting Community Early Childhood Systems of Care

RiR Stakeholder Teams completed systems level planning and have initiated community specific strategies that may include:



Parent engagement activities



Public awareness activities about children's social-emotional needs

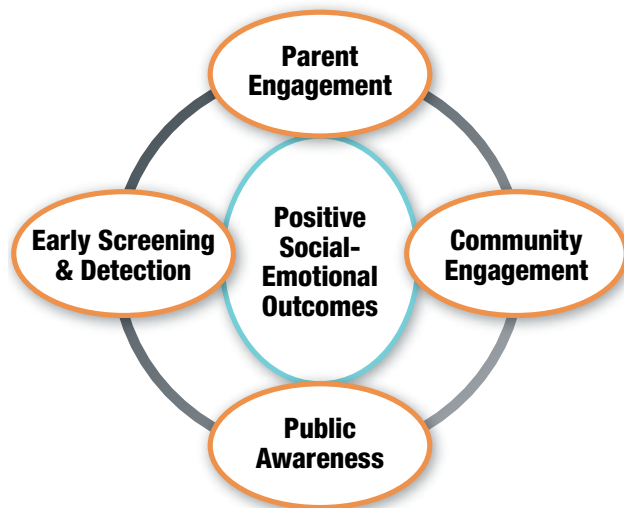


Promoting awareness of high-quality childcare



Parent education activities

Common Priority Areas across RiR Community Stakeholder Teams



Sample Activities:

- 🌿 Radio ads launched a community's "all Child Care is High-Quality" awareness campaign
- 🌿 A library provided social-emotional toys, activities, and books for check out
- 🌿 A weeklong summer school session focused on supporting social-emotional skills (e.g., identifying feelings, caring for others)
- 🌿 Primary care office was supported in using a new social-emotional screening tool
- 🌿 Pediatricians promoted reading to children by writing prescriptions for parents to read to their child as part of well child checks and a book was provided

2,348
families served directly

3,873
children served directly

Participant Outcomes for Cross-Community Strategies

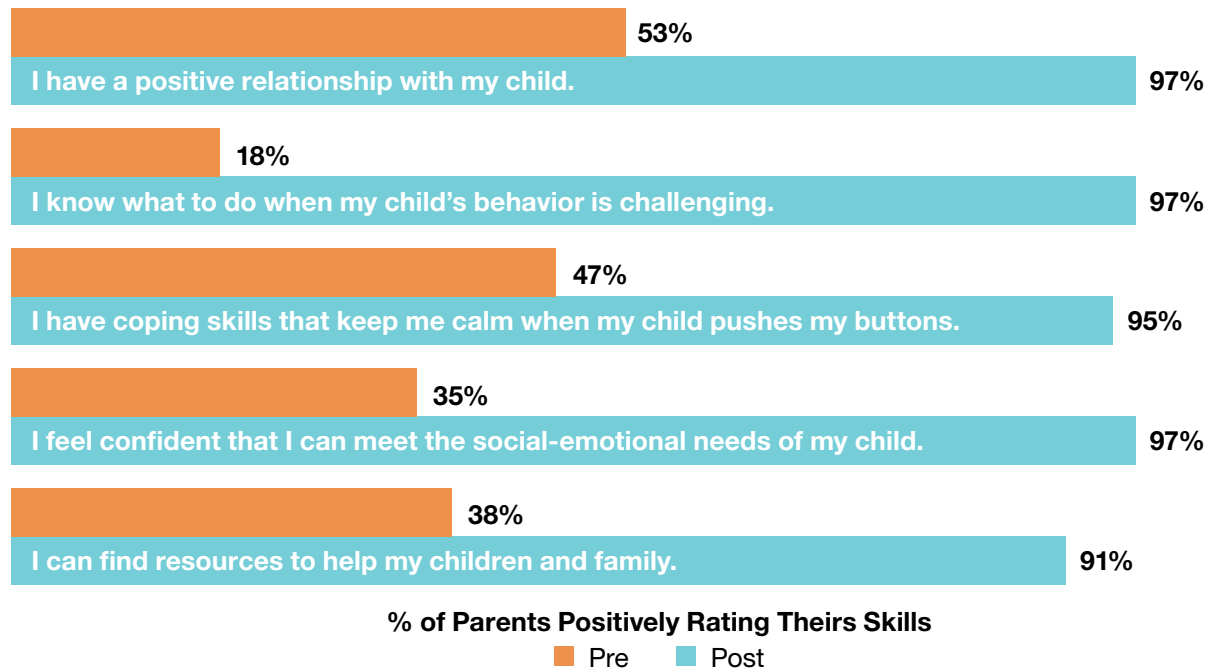
Circle of Security Parenting (COSP™) was offered in eight communities.

- 🌿 A diverse group of parents participated
- 🌿 Providers who attended learned how to support parents more effectively
- 🌿 Parents reported improved relationships and interactions with their children and reduced parenting stress

Parent Pyramid Module Training (Positive Solutions for Families) was offered in four communities.

Parents made positive gains across all parenting areas.

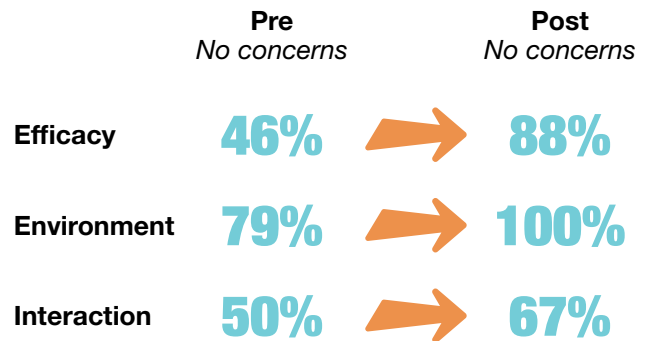
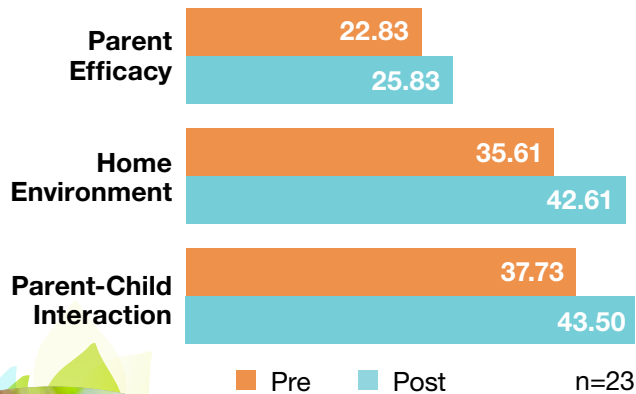
The most gains were made in addressing their child’s challenging behaviors



Parents Interacting with Infants (PIWI), a nine-week facilitated parent-child play group was offered in two communities.

Parents made significant and meaningful changes across all areas of parenting skills.

More parents had “No Concerns” about their parenting by the end of the PIWI sessions.



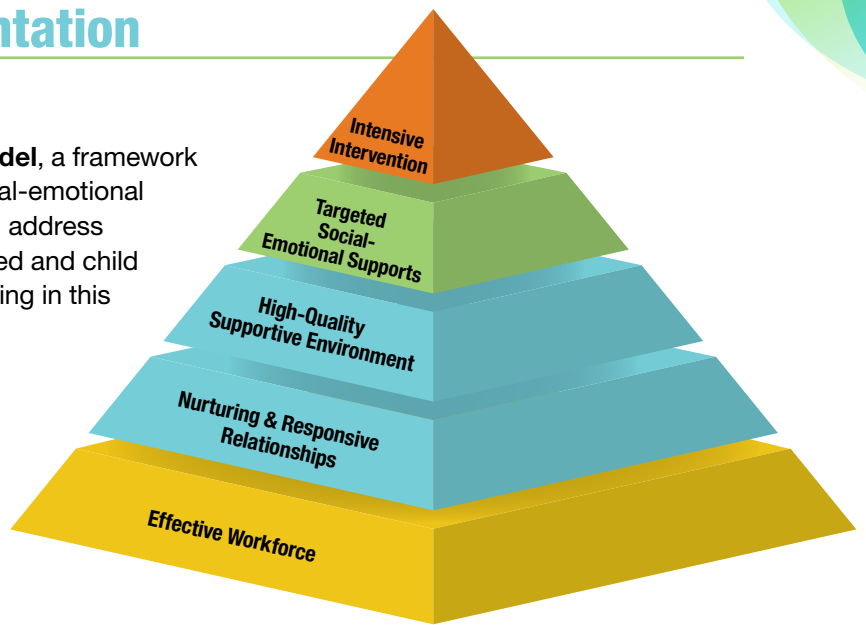
“It was a great experience! I learned a lot. It was a lot of good information but was given in a short amount of time.”

A parent reflects on Positive Solutions for Families

Pyramid Model Implementation

All RiR communities support **The Pyramid Model**, a framework of evidence-based practices that promote social-emotional competence in young children and prevent and address challenging behaviors. Participating home-based and child care centers receive training and regular coaching in this three year implementation.

In 2019 **40 coaches** supported **253 center and home-based providers** in **119 programs** impacting over **2,650 children**

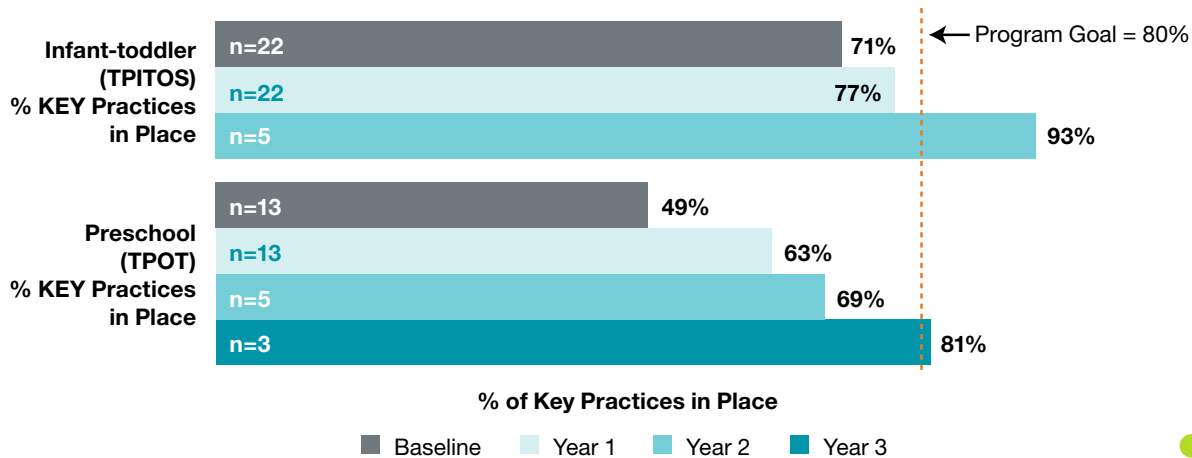


Pyramid Model Outcomes

Classroom observations measured teacher practices in using the Pyramid Model.

On average, infant-toddler classrooms met the program goal after two years in RiR. Preschool rooms met the goal by Year 3

Classrooms improved each year.



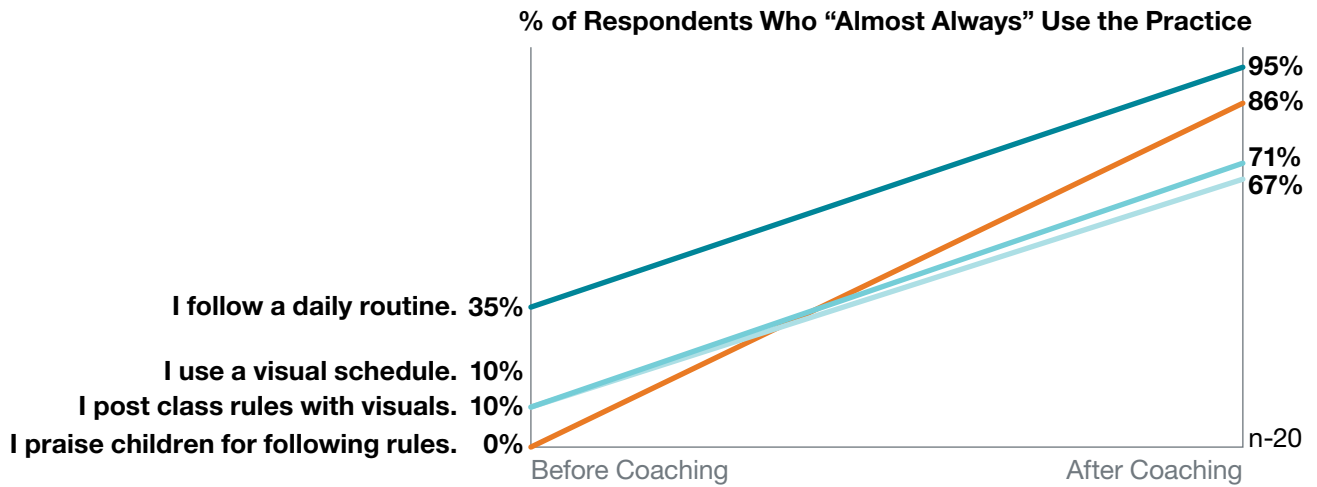
“Pyramid coaching has enabled me to use specific skills to help my students with behavior challenges. Instead of getting frustrated, I know I have resources to use.”

A provider reflects on coaching



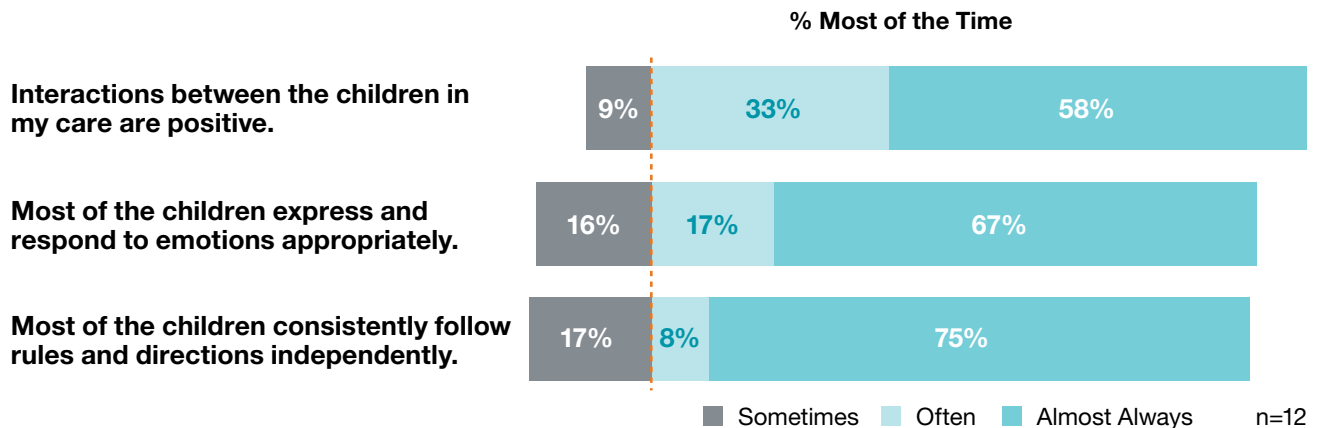
Providers in Year 2 of RiR rated their Pyramid Model skills over time.

Praising children for following the rules increased the most with coaching. 86% of respondents state they almost always use this strategy after RiR coaching.



After 3 years in RiR providers rated their children's social-emotional skills.

Nearly all providers feel that the children in their care interact positively with each other most of the time.



Home based providers completed the Benchmarks of Quality to rate their use of Pyramid Model practices.

- At baseline, **none** met the program goal for fidelity of the implementation.
- After one year in RiR, **44% met the goal.**
- After two years, **100% met the goal.**



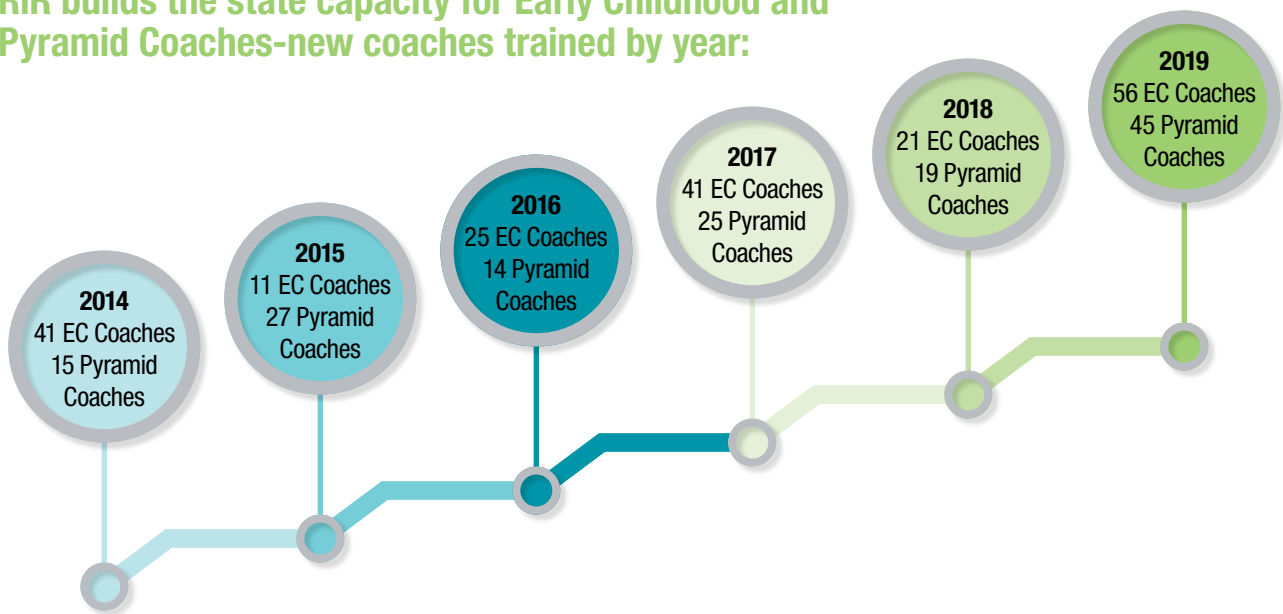
“I have noticed a huge improvement in not only my children in care, but also myself. It’s made doing daycare more fun and less stressful.”

A provider reflects on her growth

Building Statewide Capacity to Support Early Childhood Systems of Care

- RiR, through cross-agency collaboration, has helped to align activities across statewide initiatives.
- RiR and partners continue to standardize processes for coach training and support and have a plan for enhancement of the current coaching infrastructure that will enable greater access regionally.
- Coaches from RiR and Step Up to Quality are in the process of getting trained in Reflective Practice, thus supporting workforce development.
- RiR has supported the development of the Nebraska Center on Reflective Practice.
- RiR collaborates to build a system to enhance the capacity of mental health providers to deliver Child Parent Psychotherapy (CPP) and Parent-Child Interaction Therapy (PCIT) and are supporting the continuation of a Community of Practice for all early childhood mental health providers.
- RiR has developed infrastructure supports, reflective consultation, marketing materials, and evaluation to support statewide implementation of Circle of Security Parenting.

RiR builds the state capacity for Early Childhood and Pyramid Coaches-new coaches trained by year:



RiR strengthens the system of care at the state level through cross-system collaboration and partnerships to ensure alignment across initiatives and build state infrastructure and capacity. Key areas addressed this year:

- Establishment of common coaching processes
- Improvement in the quality of early childhood settings
- Increased awareness and access to quality early childhood mental health services
- Strengthening of early childhood policy
- Collaboration among initiatives with new focus among partners regarding regional systems of support for Pyramid
- Addressing implicit bias and its effects on coaching and early childhood suspensions and expulsions

RiR collaboration with statewide partners has resulted in **common processes** across initiatives and has **promoted alignment** of cross-agency activities.



“I have learned many new ways to teach children social-emotional skills. Descriptive positive praise is something that comes natural to me now.”

A provider reflects on changing practices



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