

Creating a Supportive & Effective Learning Environment for Multi-Stressed Parents

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Agenda

- Introductions & Logistics
- Multi-Stressed Parents: A Picture
- Creating the Environment
- Your Mental Health is Important Too!
- Closing, Evaluations & Certificates



Introductions



Multi-Stressed Parents: A Picture




Characteristics of Multi-Stressed Parents

- Smorgasbord of Stresses/Challenges
- Culture of Poverty
- Mental Health




Characteristics of Multi-Stressed Parents, cont...

- Distrust of “The System”
- Possibility of Cognitive Delays
- Agency/Program Requirements



Smorgasbord of Stresses/Challenges

- Domestic Violence
- Substance Abuse
- High number of children



Smorgasbord of Stresses/ Challenges, cont...

- Child abuse and neglect
- Lack of education
- Unemployment or underemployment



Culture of Poverty

- Socio-Economic Classes
- Generational Poverty
- Hidden Rules



Culture of Poverty, cont...

- Family Patterns
- Language Registers
- Resources/Assets



Mental Health

- Anxiety
- Depression
- Social Phobias
- Trauma/PTSD
- Other...

Distrust of “The System”

- Current of past involvement with state agencies
- Criminal history
- Trouble in school
- Negative interactions with service providers




Possibility of Cognitive Delays

- Special education services in school
- Undiagnosed delays or disorders
- Combined with other stresses/challenges
- Ability to function in group setting
- Interactions with other parents



Agency/Program Requirements

- Attending school
- Service plans
- Daily check in or meetings
- Duplication or lack of services
- Communication between agencies/programs



Creating the Environment



Elements of the Environment

RESPECT

Relationship-Based

Awareness of the parents' stressors




Elements of the Environment, cont...

- Space
- Food
- Transportation
- Sharing your background, philosophy
- Group consistency



Elements of the Environment, cont...

- Community agreements
- Parent to parent interactions
- Check in & debrief
- Curriculum vs. In the moment parent need
- Accountability



**Your Mental
Health is
Important Too!**



Your Mental Health

- Boundaries
- Personal power
- Curricular support
- Team facilitating vs. facilitating alone
- Flexibility



Closing

Evaluations

Certificates

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