



Family Thrive Training: Proven Strategies for Building Stronger Families and Youth

The Family Thrive training is part of the Kentucky Strengthening Families Initiative, which is a statewide program to improve healthy development and well-being of children, youth and families in their communities. This research-informed approach increases family strengths, enhances child development, reduces the likelihood of child abuse/neglect and improve one's ability to cope with stress. It is based on engaging families, programs and communities in building six Protective Factors and is implemented in a variety of programs, agencies, systems, communities and states. The overarching goal of the Family Thrive training is to help others achieve positive outcomes by mitigating risk and enhancing healthy development and well-being.

Families and young people are best supported by professionals who understand and recognize the importance of a set of key values called Guiding Premises in their own professional practice. Guiding Premises are the foundation of the Kentucky Strengthening Families Initiative and can be described as best practices when developing connections with others. The six Guiding Premises are: Self-Awareness; Strength-Based; Relationships; Race, Privilege and Power; Trauma-Informed and Culturally Responsive.

In addition to the Guiding Premises, the Kentucky Strengthening Families Initiative uses the latest science to help professionals build Protective Factors to promote well-being in individuals across the lifespan. The six Protective Factors are: Parental and Youth Resilience; Social Connection; Knowledge of Child and Adolescent Development; Concrete Support in Times of Need; Cognitive and Social-Emotional Competence of Children; and Nurturing and Attachment.

The components of the Family Thrive training will enhance the work you are already doing with families and children. The training utilizes a strength-based, family-driven approach to teach individuals how to incorporate Protective Factors daily.

