

How to Build Resilience in Children: Empowering Parents through Family Hui Groups



What are the Trauma Informed Networks?

- The networks bring together providers and organizations from critical sectors i.e., education, healthcare, child welfare, criminal justice, business and the community
- The networks coordinate and improve trauma-informed and resilience-building strategies and promote the adoption and expansion of TIC across sectors and services
- The networks are led by a steering committee made up of local leaders
- The goal of the networks is to increase resilience and wellbeing of children and families

ACEs and the Impact of Trauma

- Adverse Childhood Experiences (ACEs) are linked to chronic health problems
- The higher the person's ACE score, the higher their risk of health and social problems
- People with an ACE score of 4 or higher are at higher risk for serious outcomes
- Higher ACE scores are more likely reported by populations who identify as black, multiracial, lower income or with less than a high school education

Family Hui History and Philosophy

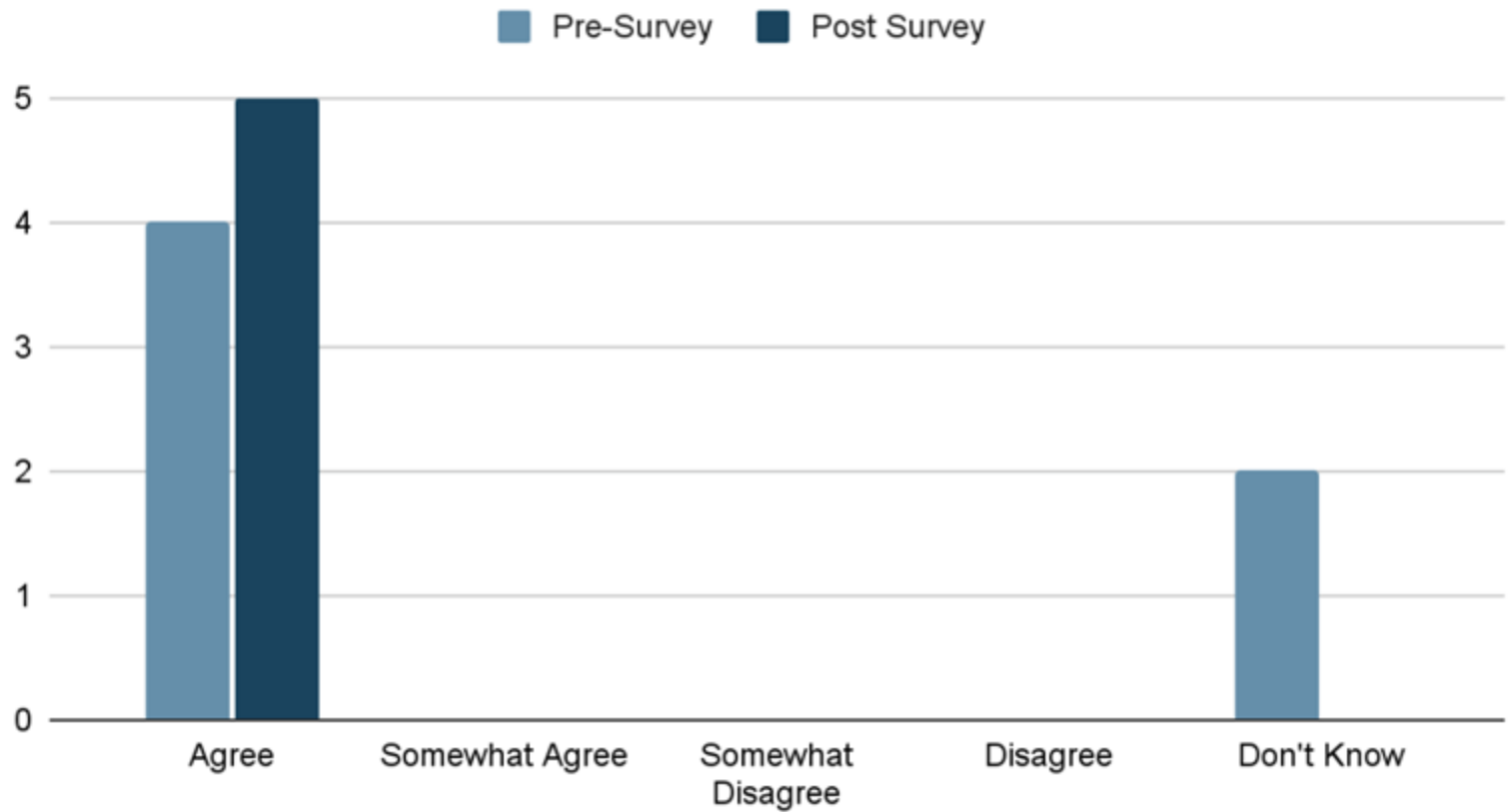
- Started in 1980's in Hawaii as Baby Hui
- Acquired by L4T in 2011- introduced in California in 2014, Oregon 2023
- Families with children prenatal to five years old - when 85+% of brain development occurs
- Focus on empathy and resilience - addresses PACEs
- Built on the Strengthening Families 5 Protective Factors:
 - Parental Resilience
 - Social Connections
 - Knowledge of Child Development
 - Social and Emotional Competence
 - Concrete Supports

Family Hui Principles and Approach

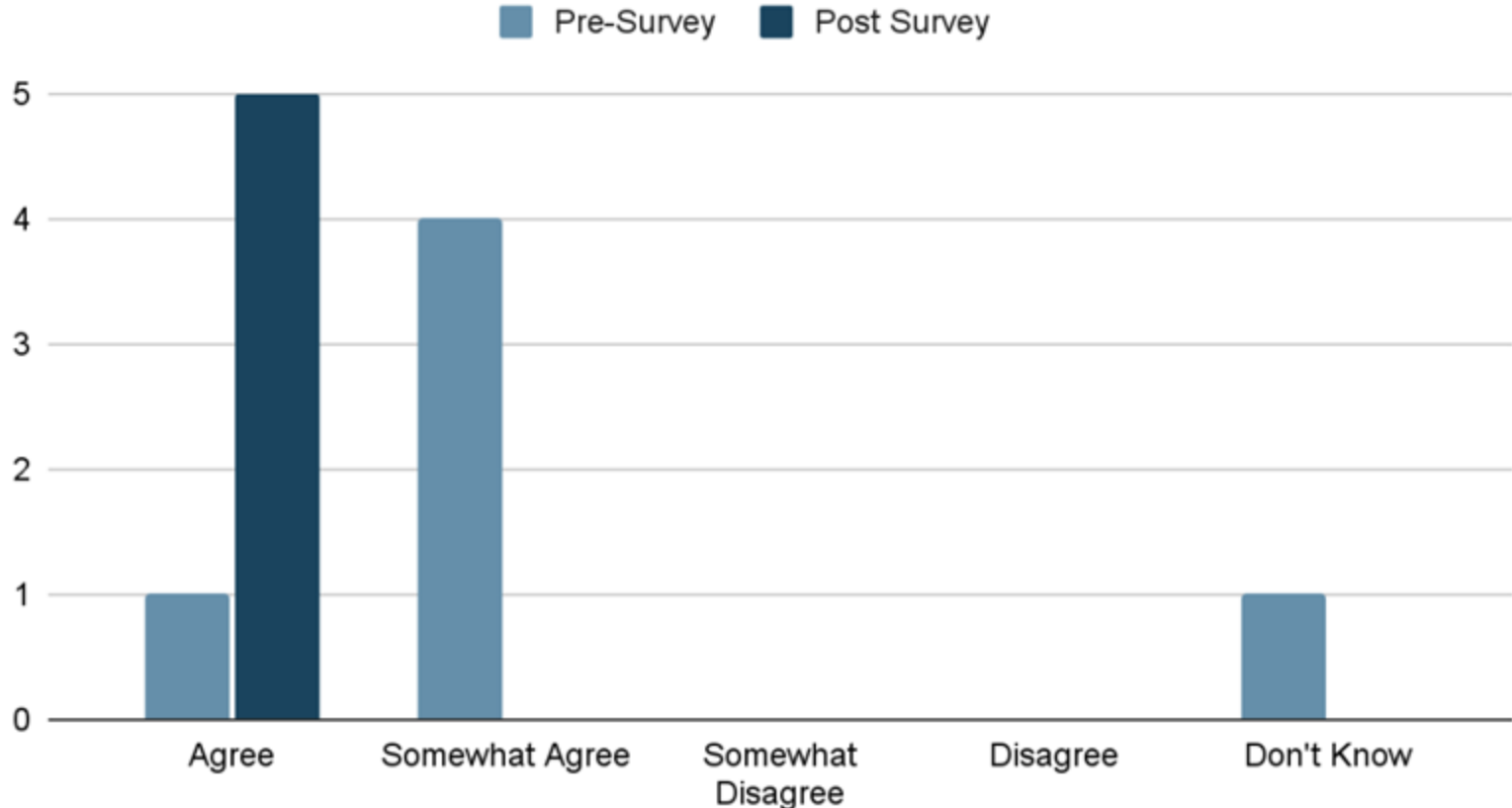
- Family Hui's peer-led positive parenting program involves 8-10 families per hui with a 12-week curriculum covering major trauma-informed child development principles
- L4T trains the peer-leaders and assigns a Program Coordinator to work with the peer-leaders throughout the duration of the hui, collecting both pre- and post-participants surveys
- A major goal of each hui is to build lasting relationships and a community of support, beyond the initial 12-weeks of the program.
- This provides an antidote to loneliness, isolation and parent stress, with connections to local family services.

Clatsop County Hui Data

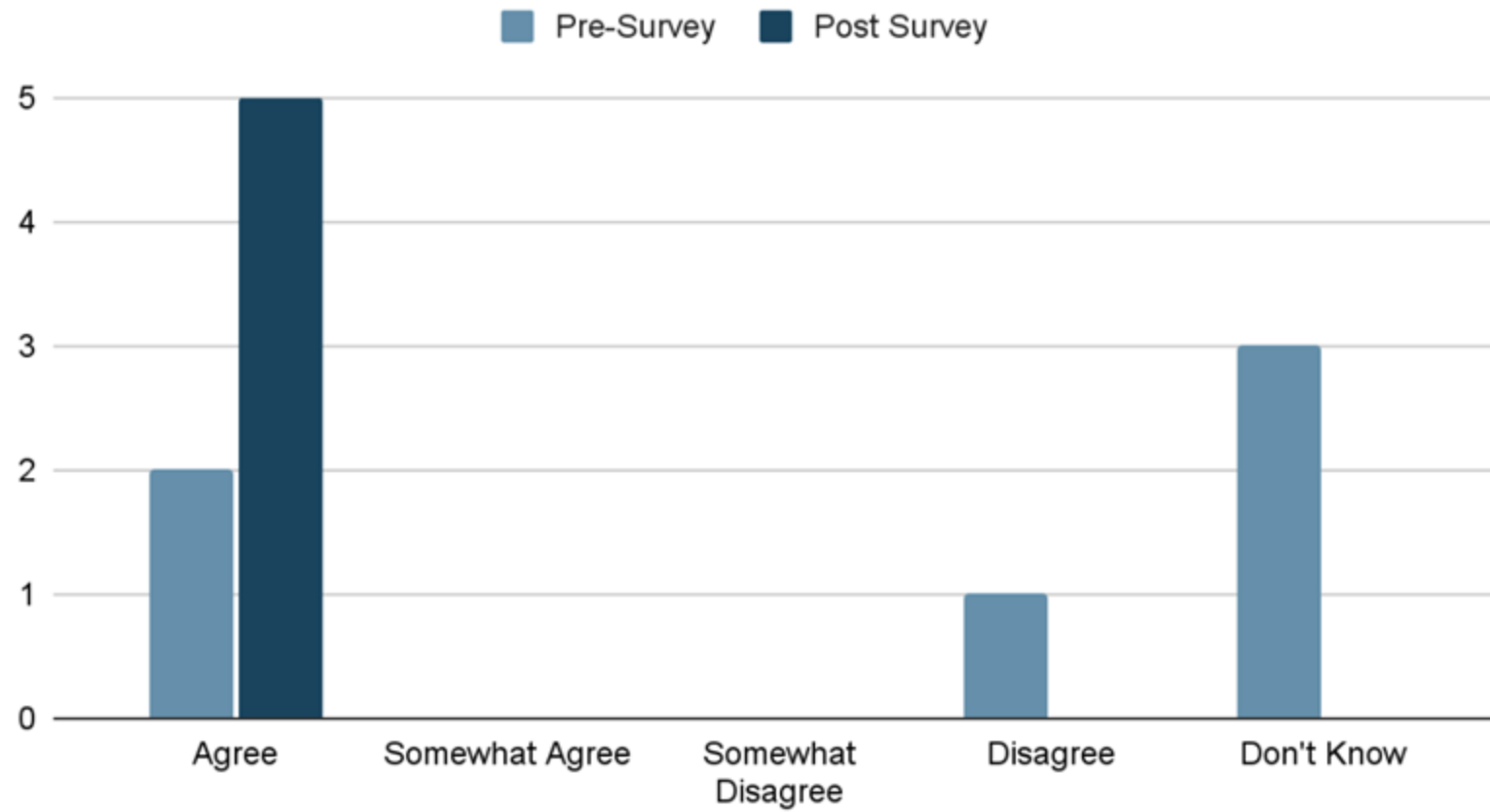
I can manage the stresses of raising a child.



I am confident as a parent.



I feel connected with other families.



Personal Experience/Success Story



Questions or Comments?

Thank you!

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