


This document provides sample strategies that might be useful for families for each FROG scale domain where there are risk factors and/or areas for support. It is **not** meant to be prescriptive or exhaustive. Its purpose is to help generate ideas and serve as a reference for describing strategies.



HFA Service Plan Sample Strategies

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FROG Scale Domain	Plan <small>(Reflective Strategies, screenings, referrals, HV activities, parent-child observation, family goals, curriculum, etc.)</small>
 <p>1: Family Environment</p>	<ul style="list-style-type: none"> ✓ Discuss stresses of parenting ✓ Discuss stress reductive and self-care strategies with caregiver(s) ✓ Provide referral for parent support group ✓ Explore how parent wants a “different” experience for their child than what they experienced ✓ Foster connections to social support systems ✓ Explore referrals to formal support services, as applicable ✓ Develop trusting relationship with family ✓ Share Healthy Outcomes from Positive Experiences (HOPE)/resiliency tools with family ✓ Foster attachment through use of Reflective Strategies and other tools ✓ Complete Childhood Experiences Worksheet (ChEW) with caregiver(s) to explore past ACEs that may be impacting the family and which positive supports are present for the infant ✓ Discuss Adverse Childhood Experiences (ACEs) and Positive Childhood Experiences (PCEs) <ul style="list-style-type: none"> - Educate on prevalence and awareness of impact on health and parenting - Discuss ACEs in current environment for infant/other children in the home and role of positive childhood experiences and protective factors - Refer to appropriate mental health treatment provider, infant mental health service provider or community resource for support ✓ Review and discuss <i>Understanding ACEs and Parenting to Prevent and Heal ACEs</i> handouts with caregiver(s) ✓ Review and discuss <i>4 Building Blocks of HOPE</i> with caregiver ✓ Discuss how to recognize protective factors in order to reduce ACE impact for children utilizing one or more of the tools in the Preventing Adverse Childhood Experiences Home Visiting (PACE HV) Companion Guide


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2: Perception of the Child

- ✓ Discuss stresses of parenting
- ✓ Utilize Reflective Strategies
- ✓ Use parent-child interaction curriculum
- ✓ Provide education regarding infant/child behavior and development
- ✓ Explore perceptions of baby
- ✓ Refer to infant mental health services
- ✓ Use video taping of parent/child interaction
- ✓ Use CHEERS Check-in to support parent
- ✓ Use CHEERS to support parent
- ✓ Role model positive interactions with child(ren)
- ✓ Provide breastfeeding support
- ✓ Complete Childhood Experiences Worksheet (ChEW) with caregiver(s) to explore past ACEs that may be impacting the family and which positive supports are present for the infant.
- ✓ Discuss Adverse Childhood Experiences and Positive Childhood Experiences
 - Educate on prevalence and awareness of impact on health and parenting
 - Discuss ACEs in current environment for infant/other children in the home and role of positive childhood experiences and protective factors
 - Refer to appropriate mental health treatment provider, infant mental health service provider or community resource for support
- ✓ Review and discuss *Understanding ACEs and Parenting to Prevent and Heal ACEs* handouts with caregiver(s).
- ✓ Review and discuss *4 Building Blocks of HOPE* with caregiver.
- ✓ Discuss how to recognize protective factors in order to reduce ACE impact for children utilizing one or more of the tools in the PACE HV Companion Guide.


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	<ul style="list-style-type: none"> ✓ Discuss stress reductive and self-care strategies with caregiver(s).
 <p>3: Infant and Child Development</p>	<ul style="list-style-type: none"> ✓ Provide education on developmental milestones ✓ View and discuss videos regarding parenting and child development with parent(s) ✓ Use video taping of parent/ child interaction ✓ Use CHEERS Check-in to support parent ✓ Use CHEERS to support parent ✓ Administer ASQs ✓ Share CDC milestones ✓ Support/collaborate Early Intervention Services ✓ Facilitate child development activities (coloring, tummy time, etc.)

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FROG Scale Domain	Plan <small>(Reflective Strategies, screenings, referrals, HV activities, parent-child observation, family goals, curriculum, etc.)</small>
 <p>4: Plans for Discipline</p>	<ul style="list-style-type: none"> ✓ Utilize Reflective Strategies ✓ Teach appropriate discipline techniques ✓ Provide education regarding infant/child behavior and development ✓ Build on parent's strengths ✓ Use video taping of parent/ child interaction ✓ Use CHEERS Check-in to support parent ✓ Use CHEERS to support parent ✓ Complete Childhood Experiences Worksheet (ChEW) with caregiver(s) to explore past ACEs that may be impacting the family and which positive supports are present for the infant. ✓ Discuss Adverse Childhood Experiences and Positive Childhood Experiences <ul style="list-style-type: none"> - Educate on prevalence and awareness of impact on health and parenting - Discuss ACEs in current environment for infant/other children in the home and role of positive childhood experiences and protective factors - Refer to appropriate mental health treatment provider, infant mental health service provider or community resource for support ✓ Review and discuss <i>Understanding ACEs and Parenting to Prevent and Heal ACEs</i> handouts with caregiver(s). ✓ Review and discuss <i>4 Building Blocks of HOPE</i> with caregiver. ✓ Discuss how to recognize protective factors in order to reduce ACE impact for children utilizing one or more of the tools in the PACE HV Companion Guide. ✓ Discuss stress reductive and self-care strategies with caregiver(s).

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 <p>5: Child Protective Services</p>	<ul style="list-style-type: none">✓ Utilize Reflective Strategies✓ Provide education regarding positive parenting practices and the impact on children✓ Provide support to parent(s) regarding stresses of parenting✓ Discuss effects of inappropriate discipline and negative relationships on child's self-esteem and development✓ Identify and build on parent strengths✓ Establish collaborative working relationship with CPS/Prevention worker (if applicable)✓ Support family's CPS/Prevention case goals✓ Complete Childhood Experiences Worksheet (ChEW) with caregiver(s) to explore past ACEs that may be impacting the family and which positive supports are present for the infant.✓ Discuss Adverse Childhood Experiences and Positive Childhood Experiences<ul style="list-style-type: none">- Educate on prevalence and awareness of impact on health and parenting- Discuss ACEs in current environment for infant/other children in the home and role of positive childhood experiences and protective factors- Refer to appropriate mental health treatment provider, infant mental health service provider or community resource for support✓ Review and discuss <i>Understanding ACEs and Parenting to Prevent and Heal ACEs</i> handouts with caregiver(s).✓ Review and discuss <i>4 Building Blocks of HOPE</i> with caregiver.✓ Discuss how to recognize protective factors in order to reduce ACE impact for children utilizing one or more of the tools in the PACE HV Companion Guide.✓ Discuss stress reductive and self-care strategies with caregiver(s).✓ Discuss impact of substance misuse in the context of infant/child ACEs in the home; refer to local resources.✓ Discuss impact of mental health in the context of infant/child ACEs in the home; refer to local resources.✓ Discuss impact of interpersonal violence (physical, sexual, psychological/emotional, coercion) in the context of infant/child ACEs in the home; refer to local resources.
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<u>FROG Scale Domain</u>	<u>Plan</u> <small>(Reflective Strategies, screenings, referrals, HV activities, parent-child observation, family goals, curriculum, etc.)</small>
	<ul style="list-style-type: none"> ✓ Discuss additional ACE factors: family member incarcerated; refugee or immigrant experience; history of physical or emotional neglect; environmental substance exposures; racism and/or historical trauma; death, divorce, or separation of caregivers; living with a family member with a mental illness; mass impact events (e.g., COVID, experience with war, natural disaster). ✓ Refer caregiver(s) to applicable community resources and supports.


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6 and 7:
Positive and
Stressful
Childhood
Experiences

- ✓ Explore role of parent in family of origin
- ✓ Explore culture of family of origin
- ✓ Provide education regarding ACEs
- ✓ Provide education regarding cycle of violence
- ✓ Referral to counseling as needed/appropriate
- ✓ Monitor for abandonment and trust issues
- ✓ Discuss differences between how parent(s) was raised and how parent(s) wants to parent
- ✓ Discuss alternatives to corporal punishment
- ✓ Complete Childhood Experiences Worksheet (ChEW) with caregiver(s) to explore past ACEs that may be impacting the family and which positive supports are present for the infant.
- ✓ Discuss Adverse Childhood Experiences and Positive Childhood Experiences
 - Educate on prevalence and awareness of impact on health and parenting
 - Discuss ACEs in current environment for infant/other children in the home and role of positive childhood experiences and protective factors
 - Refer to appropriate mental health treatment provider, infant mental health service provider or community resource for support
- ✓ Review and discuss *Understanding ACEs and Parenting to Prevent and Heal ACEs* handouts with caregiver(s).
- ✓ Review and discuss *4 Building Blocks of HOPE* with caregiver.
- ✓ Discuss how to recognize protective factors in order to reduce ACE impact for children utilizing one or more of the tools in the PACE Companion Guide.
- ✓ Discuss stress reductive and self-care strategies with caregiver(s).
- ✓ Discuss impact of substance misuse in the context of infant/child ACEs in the home; refer to local resources.
- ✓ Discuss impact of mental health in the context of infant/child ACEs in the home; refer to local resources.
- ✓ Discuss impact of interpersonal violence (physical, sexual, psychological/emotional, coercion) in the context of infant/child ACEs in the home; refer to local resources.

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	<ul style="list-style-type: none"> ✓ Discuss additional ACE factors: family member incarcerated; refugee or immigrant experience; history of physical or emotional neglect; environmental substance exposures; racism and/or historical trauma; death, divorce, or separation of caregivers; living with a family member with a mental illness; mass impact events (e.g., COVID, experience with war, natural disaster). ✓ Refer caregiver(s) to applicable community resources and supports.
 <p>8: Behavioral Health</p>	<ul style="list-style-type: none"> ✓ Utilize Reflective Strategies ✓ Administer substance use screening tool (UNCOPE and/or 5-P's) ✓ Refer as appropriate ✓ Discuss effects of parental substance abuse/ mental illness on children ✓ Support to attend treatment ✓ Provide educational materials regarding substance abuse, psychiatric conditions ✓ Explore relapse triggers ✓ Collaborate with other service providers ✓ Use Motivational Interviewing to assess readiness for change ✓ Help with goal setting ✓ Discuss impact of substance misuse in the context of infant/child ACEs in the home; refer to local resources.


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 <p>9: Mental Health</p>	<ul style="list-style-type: none"> ✓ Administer PHQ-9 ✓ Teach mindfulness techniques ✓ Collaborate with other service providers ✓ Refer to/support follow through of receiving counseling as needed ✓ Educate about depression, its courses and ways to alleviate it ✓ Discuss impact of mental health in the context of infant/child ACEs in the home; refer to local resources.
 <p>10: General Stressors</p>	<ul style="list-style-type: none"> ✓ Teach relaxation/ stress management techniques ✓ Provide emotional support ✓ Refer to counseling and other services as needed ✓ Discuss stresses of parenting
 <p>11: Social Connections</p>	<ul style="list-style-type: none"> ✓ Encourage parent(s) to go out of home more frequently ✓ Encourage parent(s) to take classes/join group ✓ Provide assistance with transportation as needed

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FROG Scale Domain	Plan <small>(Reflective Strategies, screenings, referrals, HV activities, parent-child observation, family goals, curriculum, etc.)</small>
 <p>12 and 13: Intimate Partner Support and Conflict</p>	<ul style="list-style-type: none"> ✓ Administer IPV screening and refer as appropriate ✓ Explore current or past relationships to identify patterns and/or red flags ✓ Teach family healthy relationships skills (such as Futures without Violence resources) ✓ Teach relaxation/ stress management techniques ✓ Teach parent how to protect herself and baby from violence of others ✓ Provide assistance obtaining temporary restraining order as needed ✓ Develop a safety plan with the parent ✓ Encourage parent to go to shelter as needed ✓ Provide education about the cycle of violence ✓ Provide referral to legal services ✓ Teach recognition of feelings of anger/frustration ✓ Use Motivational Interviewing to assess readiness for change ✓ Discuss impact of interpersonal violence (physical, sexual, psychological/emotional, coercion) in the context of infant/child ACEs in the home; refer to local resources.

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FROG Scale Domain	Plan <small>(Reflective Strategies, screenings, referrals, HV activities, parent-child observation, family goals, curriculum, etc.)</small>
 <p>14: Concrete Support Services</p>	<ul style="list-style-type: none"> ✓ Provide referral/ assistance with applications for GED, English classes, literacy program, and other resources ✓ Teach parent(s) to use available public transportation ✓ Refer for transportation ✓ Encourage parent(s) to obtain driver's license ✓ Provide gas cards/bus tickets (if available) ✓ Support family with budget/financial management ✓ Provide vouchers for concrete resources (if available)

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Additional Source	Plan <small>(Reflective Strategies, screenings, referrals, HV activities, parent-child observation, family goals, curriculum, etc.)</small>
<p>Optional Addition: Preventing ACEs</p> <p><i>Note: These strategies are incorporated into the FROG domains. They can also be used as a standalone section.</i></p> <ul style="list-style-type: none"> - Infant/child is currently exposed to/at risk of adverse childhood experiences (ACEs) - Trauma history or more recent experience revealed during course of services 	<ul style="list-style-type: none"> ✓ Complete Childhood Experiences Worksheet (ChEW) with caregiver(s) to explore past ACEs that may be impacting the family and which positive supports are present for the infant. ✓ Discuss Adverse Childhood Experiences and Positive Childhood Experiences <ul style="list-style-type: none"> - Educate on prevalence and awareness of impact on health and parenting - Discuss ACEs in current environment for infant/other children in the home and role of positive childhood experiences and protective factors - Refer to appropriate mental health treatment provider, infant mental health service provider or community resource for support ✓ Review and discuss <i>Understanding ACEs and Parenting to Prevent and Heal ACEs</i> handouts with caregiver(s). ✓ Review and discuss <i>4 Building Blocks of HOPE</i> with caregiver. ✓ Discuss how to recognize protective factors in order to reduce ACE impact for children utilizing one or more of the tools in the PACE Companion Guide. ✓ Discuss stress reductive and self-care strategies with caregiver(s). ✓ Discuss impact of substance misuse in the context of infant/child ACEs in the home; refer to local resources. ✓ Discuss impact of mental health in the context of infant/child ACEs in the home; refer to local resources. ✓ Discuss impact of interpersonal violence (physical, sexual, psychological/emotional, coercion) in the context of infant/child ACEs in the home; refer to local resources. ✓ Discuss additional ACE factors: family member incarcerated; refugee or immigrant experience; history of physical or emotional neglect; environmental substance exposures; racism and/or historical trauma; death, divorce, or separation of caregivers; living with a family member with a mental illness; mass impact events (e.g., COVID, experience with war, natural disaster). ✓ Refer caregiver(s) to applicable community resources and supports.