Strong Roots Program logic model

**SR Pillars/Core Components**

- Attachment – based parenting psychoeducation
- Supported parent-child interactions
- Enhanced social support
- Connection to culturally relevant resources
- Self-Care

**SR Activities**

- Using video-review, didactics, group discussions and role play in group to learn about attachment-based parenting concepts
- Guided parent-child separations and reunions with in vivo-coaching
- Child Team and circle time activities
- Group format to promote peer support
- Facilitated topics during shared meal times
- Weekly offering and tracking referrals/resources provided during/after group
- Individual sessions to inquire and address unique needs and provide referrals
- Weekly teaching and practicing one self-care/mindfulness skill

**Short-term Outcomes**

- Parents feeling more bonded to children
- Parents enhanced sense of parenting competence
- Parents reduction in parenting stress
- Parents reporting more joy in parenting
- Improved child development
- Reduces isolation and enhances community connections
- Referrals to meet tangible needs and culturally relevant community resources
- Referrals to behavioral health (parent) and developmental or behavioral health (child)
- Improved caregiver mental health and enhance coping skills

**Long-term Outcomes**

- Enhanced Protective Factors for families with young children
- Increased Knowledge of Parenting and Child Development
- Strengthened Child Social-Emotional Competence
- Increased Social Connections
- Improved Access to Concrete Support in Times of Need
- Strengthened Parent and Family Resiliency