

Youth and Families Thrive Nebraska

Youth and Families Thrive Nebraska is a multi-generation approach that integrates the Center for the Study of Social Policy's (CSSP) Strengthening Families™ and Youth Thrive™ frameworks focused on strengthening children, youth, family, and community promotive and protective factors so all children, youth and families can thrive.

Core Components

- Grounded in the Promotive and Protective Factors (full descriptions on the back)
- Holistic youth and family approach striving to help all people live a better life
- Evidence Informed Approach designed to integrate into current practices
- A common language that can be utilized across systems
- Family Systems, 2Gen/Multi-Generational, Developmental Science, Brain Development, Transformational Relationships, Healing Centered Engagement

Programmatic Impact by the numbers

Youth and Families Thrive Nebraska has worked to establish a robust network of educators and trainers who actively support programming across the state. Through their efforts, 132 people were trained in 2022-23 and in 2024, 181 participants were trained representing 31 Nebraska Counties. In retrospective surveys, Youth and Families Thrive training participants reported:

- an increase from 45% before the training to 98% after the training in terms of the Family Thrives premises and how to apply them to their work.
- an increase from 48% before the training to 97% after the training in terms of being knowledgeable about the family systems model.

Additionally, the program has received overwhelming positive praise through the comments and testimonials of past participants.

- "All in all, great training, and wonderful instructors."
- "The three facilitators are amazing and very inspirational for us that work with families and youth."
- "Reminder that the relationships we develop with each of our clients is essential."

A current Youth and Families Thrive trainer and Child and Family Services Specialist Supervisor gave this testimonial:

“It (Youth and Families Thrive) has enabled me to pass on the skills that I have learned to my staff and empower them to change their thinking regarding poverty and how they look and work with families.”



Promotive/Protective Factors

The promotive/protective factors support the development across the lifespan and helps children, youth and families thrive.

- **Knowledge of Parenting and Child and Adolescent Development**

The ability to support nurturing attachments and have realistic expectations in order to effectively promote development in children and youth

- **Social-Emotional Competence**

The ability to recognize and regulate one's emotions and behavior, the ability to recognize and respect the feelings and needs of others and the ability to balance and communicate about these matters in order to promote healthy relationships with family, friends, in the workplace and in your community

- **Resilience**

The ability to recover from difficult life experiences and often to be strengthened and even transformed by those experiences

- **Social Connections**

The ability and opportunity to develop positive relationships that lessen stress and isolation and become a supportive network

- **Concrete Supports**

The ability to access resources and services that help make children, youth and families stronger and more resourceful for themselves



nebraskachildren[™]
AND FAMILIES FOUNDATION

