

Adverse childhood experiences (ACEs) are traumatic moments in an individual's childhood that are proven to have negative influences on health outcomes. Protective factors help to buffer against the impact of ACEs by building resiliency within families. Through our working relationship with Brighton Center in Newport, we have seen the impact that connecting families with resources can have on building resiliency within the community. Our group aims to continue its work in building resiliency by bridging the resource gap between families and organizations that already exist.

We researched many existing programs and policies to determine what is available and which has best encouraged protective factors. We found that the Consortium for Resilient Young Children (CRYC), an organization promoting the social and emotional development of young children in Southwest Ohio and Northern Kentucky, held a program that engaged families in education on resiliency. They reported that after this, 86% of families reported practices that promote resiliency, showing that education is a successful way of building familial resilience.

We surveyed two family resource fairs in Kentucky, the results of which showed that family support resources were the most common resources provided, followed by child activities, and medical resources. Each fair had about 100 attendees and the fairs were well received. One participant expressed that they wanted the event to expand to other areas in Northern Kentucky and be offered more than once a year.

Our research also showed that the state of Kentucky has limited policy options for families in need of parental support. The Kentucky Transitional Assistance Program (KTAP) offers limited monetary assistance to families for up to 60 months. The program also includes some childcare services, as well as transportation. Help Me Grow Kentucky offers support for families in navigating their child's development for the first 5 years of life. They provide screening tools for assessment and connect families with resources to address developmental delays and disabilities.

For further research outside of Kentucky, we investigated efforts from University Hospital in Cleveland, OH. The hospital funds a program known as Rainbow Connects that serves as a dedicated resource for families who are patients at the UH Ahuja Rainbow Center for Women & Children. The program helps families navigate financial and social support through state and local resources. Their annual resource fair allows families to access multiple support avenues simultaneously.

To better promote parental resilience, existing policies should be expanded to fund community-level family support fairs. The CRYC program and family resource fairs represent successful models for expansion to the Brighton Center, a trusted and

established nonprofit in early childhood and family resilience work. Strengthening these supports would help ensure that all Northern Kentucky families can raise resilient, healthy homes.

We propose a Health and Resource Family Fair, hosted by the Brighton Center and funded by the local government, that is free for Northern Kentucky families to foster connections with local non-profits, healthcare, and organizations supporting family well-being. Resources will include family support, child activities, medical, mental health, school, food, and childcare services.