



The Inherent Strengths in Kinship Families

Facilitator's Guide
Module: Legacy

DrCrumbley.com

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Introduction

The Inherent Strengths in Kinship Families is a training series developed by Dr. Joseph Crumbley for kinship caregivers. The series takes a strength-based perspective in outlining different topics that are unique to kinship families and providing strategies for caregivers. The training is designed for a small group setting with a facilitator.

Purpose of each Module's Tasks:

- To review the module's learning objectives by highlighting and summarizing key issues discussed in each video
- To allow caregivers to develop practical approaches for applying the videos content in the provision of permanency, protection well-being of the children in their care

The complete training toolkit consists of six modules. The entire training toolkit can be delivered in a series, or each module can be delivered individually as a stand-alone training. The available modules, recommended in the following order, are:

- Attachment
- Legacy
- Identity
- Healing
- Adaptability
- Co-parenting

Each module includes a facilitator's guide, module video, and caregiver worksheet.

The facilitator's guide includes:

- Module purpose and learning objectives
- Outline of the module
- Optional discussion questions during the video
- Scripts and discussion questions for worksheet activities following the video
- An appendix with the caregiver worksheet and warm-up activity ideas

The videos for each module are about 1 hour in length. To accommodate differing timeframes, each module is split into two 30-minute parts. Part 1 of the videos in each module addresses **why** the attribute being highlighted is a **strength**. Part 2 of the videos explains how the **strength** is used by caregivers in parenting and caring for their children. (The Legacy Module is the only single video that includes both part 1 and 2, and its length is approximately 30 minutes.)

On average, the time for discussion and the caregiver worksheet may match or exceed the length of the video. The facilitator should determine the best format, setting, and timing of the training, which could be delivered online or in-person. It should be noted that the caregiver worksheet is optional and the facilitator can use the questions in the facilitator's guide as a guided discussion. The worksheet can be completed by caregivers after the meeting or as "homework" as well.

The facilitator should adapt the guide to best meet the needs of the current group. There are different methods for viewing each module. For example:

- Watch the entire module and complete interactive activities and discussion after the video
- Pause the video and complete discussion and worksheet as different issues come up throughout the video
- Include discussion during the video and then complete the worksheet after the video

Tips

Module Content

- You can pause the clip and check-in with the group during the video to gauge caregivers' feelings about the content as well as questions. This also may also help to transition between topics and keep the groups' attention.
- Consider pausing the video and preview activities on the worksheet that goes along with the content introduced in the video

Group Discussion

- Decide the appropriate group discussion set-up. Some options include a discussion with the whole group, discussing in small group (3 – 6 people), or discussing in partners. This format may depend on the size of your group as well as the format (online or in-person).
- If discussing in small groups, it is suggested to reconvene as a big group to discuss responses and questions

Considerations for Online Format

- If the training is delivered online, it is recommended to mail printed module worksheets to participants for optimal participation and accessibility.
- Encourage participants to keep their camera's on to read nonverbal language of the group throughout the training
- Encourage participants to use headphones when around others and complete the discussion in a private space
- The chat is a great resource to use for comments and discussion, especially during the video.

Intended Audience

Kinship caregivers, or those caring for relatives or family-friends that are not their biological children, are the intended audience of the current modules. The training can also be referenced by professionals looking to learn more on topics related to kinship care.

Facilitator Qualifications

Facilitators should be knowledgeable about family dynamics and mental health, as well as familiar with different systems that affect kinship families. If the facilitator does not have specific knowledge on these topics, they should partner with a topic and/or local agencies who have worked with kinship families for support.

Additionally, the modules were created with an informational and therapeutic approach. Some content may bring up different emotions, memories, and experiences for caregivers, some of which may be painful or difficult to process. It is left to the discretion and expertise of the facilitator to proactively plan to support caregivers' mental health and wellbeing throughout the module. It may be helpful to have a list of community and mental health resources for further support available.

Acknowledgements

The facilitator's guide and caregiver worksheets were compiled with the expertise of Dr. Angela Tobin, a support group leader and researcher in the field of kinship care.

Module: Legacy

Description and Objectives

This module discusses how the sharing of legacies is a strength between caregivers and their children. This module also identifies strengths and strategies in how caregivers can create new family traditions, rites of passage, and goals that interrupt family cycles.

Since the videos for this module are shorter in length, the activities for part 1 and 2 are combined together in the guide below.

Learning Objectives:

- Describe why legacies are a strength in Kinship Families.
- Explain how to use legacies to strengthen family connections
- Develop methods for creating new legacies and disrupting cycles

A Note on the Facilitator's Guide:

This guide provides suggestions for integrating the module video into a group session to provide discussion and caregiver takeaways. It also includes scripts as a guide for introducing topics and questions. All the material is completely flexible. You are encouraged to review module content ahead of time to prepare and tailor them to specific needs of your group. A space for notes can be found in the Appendix. Time considerations should also be taken into account when planning materials and questions to include in the discussion.

See the caregiver worksheet as part of the Appendix to follow along with participants

Materials:

- Computer
- Projector & speakers (if in-person)
- Module Video
- Facilitator's guide

Module: Legacy (Part 1 +2)

Warm-Up Activity (Optional)

See Appendix for ideas

Introduce module topic and video

Script:

Today we will be talking about legacies, how they are formed, and how they are a strength within kinship families. Additionally, we will discuss strategies for how you can embrace, change, and shape your own family legacies as kinship caregivers.

The videos are about 30 minutes long total. Important points and notes are on the summary sheet at the end of the Module worksheet so you don't need to worry about writing everything down.

However, you can feel free to add additional notes there if you would like.

(Optional: We may pause the video for a short time for quick answers, but will then have a longer discussion for the activity at the end of the video).

Play module video

Optional Questions:

These are places where the video can be paused, and questions can be opened to the group (quick discussion or online chat) to the group for engagement. The facilitator can determine which questions (if any) should be used and length of time spent on questions to ensure there is time for follow-up activity after video.

Video Time	Discussion Questions following along with Dr. Crumbley
2:57 (Part 1)	<i>What do legacies do for you and give you?</i>
15:00 (Part 1)	<ul style="list-style-type: none">• <i>If you have a family meeting with other relatives and you are talking about serious situations.</i>• <i>What makes you feel like you have a right to be at the meetings and share your opinion?</i>

Discussion questions and activities

The worksheet for caregivers that goes along with the questions below is located in the Appendix that you can refer to as you lead the group. However, the worksheet is optional the questions below can be used solely to guide discussion as well.

Script:

We are going to transition to a group discussion about different aspects of legacy as presented by Dr. Crumbley in the video. You can think about one or two children in your care when answering these questions. Feel free to share with the group (or a partner). If it is helpful, you can also write ideas on your caregiver worksheet. There is no right or wrong answer to these questions, and if you don't have time to answer all of them, that is okay as well.

Discussion Questions:

Legacy Chart Activity

- *What are some legacies that you have in common with one or 2 children in your care?*
- *What are some legacies that would like to keep and/or create in your family as a kinship caregiver? With legacies you can think of rituals, traditions, shared family experiences, Rights of Passage, etc.*
- *What are legacies or cycles you would like to change or disrupt within your family as a kinship caregiver? Why?*

Scripts Chart Activity

- *Take time to review the scripts about creating new legacies or disrupting family cycles from the video. Do any of the scripts stand out to you? You can tailor a script to your own family and practice it to yourself or with a partner.*
- *Thinking back, have you had a discussion with any children in your care about the legacies you share? If you choose to, how might you approach this conversation in order to become more attached to the child in your care?*

Module summary

Script:

Today we talked about the importance of family legacy and your strength as a caregiver in embracing and shaping family stories and cycles. I appreciate everyone being open and sharing their ideas.

(As we close out, does anyone have major takeaways or “aha” moments from the session today that they would like to share? Does anyone have any questions?)

Appendix:

**Caregiver worksheet
Warm-up activities**

Caregiver “Take-Away” Sheet: Legacy

These questions are guides help connect different topics from the video to your own experience as a caregiver. There are no “right” or “wrong” answers and you do not need answer all of them. It can be a starting point for discussion with other caregivers and/or something to refer to after the sessions.

Looking at Family Legacies

1. Family legacies you share with the child in your care:

2. Family legacies you would like to keep:

3. Family legacies you would like to create:

4. Family cycles you would like to disrupt:

Review the following scripts and strategies you can use in conversations with the child in your care. You can tailor these to fit your family situation.

Approach	Scripts
Origins: Goals/Outcome and Challenges	<p><i>“This house is going to be drug free.”</i></p> <p><i>“I know this might be a surprise for everyone and even seem unfair.”</i></p> <p><i>“I know addiction is a hard disease to overcome but we will help find services and stick together as a family as we have in the past.”</i></p>
Refer to Family Identity	<p><i>“We come from a family of artists, businessmen, women and self-educated individuals. And we will continue that tradition regardless of the challenges.”</i></p>
Refer to Culture	<p><i>“In the past, determination and faith have always been a strength of this family. Those values will get us through and keep us together now.”</i></p>
Create new Rites of Passage, Rules, Roles and Family Expectations	<p><i>“I’m not going to expose my granddaughter to people who use drugs. She has seen enough of that. The new rule is that no one can use drugs in the house and that includes me, my family, and friends. To be part of my family or visit me, you can’t use drugs around me or my granddaughter in the future.”</i></p>
Write your own! How might you approach a conversation about a legacy you share with a child in your care?	

What is your main “takeaway” from this module?

What, if any, questions do you have?

Legacy Summary Sheet

Legacy describes traditions passed down or inherited from one generation to the next.

Quotes from module think about

Children need to know where they come from.

Your strength is your right to have input and influence in the family. It takes a village to change patterns and cycles.

Which legacies are you going to keep and which you are going to let go?

The Reasons Why Legacies Make Caregivers So Effective with Children and Youth in Kinship Families Are:

- The Shared History the caregivers and the child have in common with each other.
- The child's access through their caregiver to information about themselves, their parents and family from the past and in the present.
- Contact with the caregiver, who may be the living legacy or the visual representation of the family's legacies: Veteran, Share-cropper, Author, Activist
- Motivation or interest to live with, pursue or maintain a connection with the kinship family and caregiver

The Reasons Why Legacies Are A Strength and So Effective Is Because They Provide:

- History of Origin: Need to know where I come from
- History of Identity: Need to know who I am, who I'm like, what can I be?
- History of Culture: Need for Directions/ Lifestyles/ Values
- Rites of Passage: Need to Belong/how to join/be accepted/show loyalty

Legacies Can Be Used to Interrupt Cycles and Create New Patterns by:

- Using Origins as a guide to new destinations (goals/outcomes) and strategies for overcoming current challenges to reaching these destinations.
- Using Identity to highlight the talents and resources that can be utilized to reach constructive individual and family goals
- Using Culture to provide the values and beliefs that shape and re-frame lifestyles, attitudes and patterns of behavior.
- Using Rites of Passage to provide standards of behavior roles accomplishments and responsibilities that are required in order to be accepted and deserve the family's and community's loyalty.

Resources for Warm-Up Activities

Feelings “Check-in” with visual

- Caregivers can describe how they are feeling using a visual aid as guidance
- Simple feelings wheel (see next page)
- Emotion faces:
 - <https://www.therapistaid.com/therapy-worksheet/printable-emotion-faces>

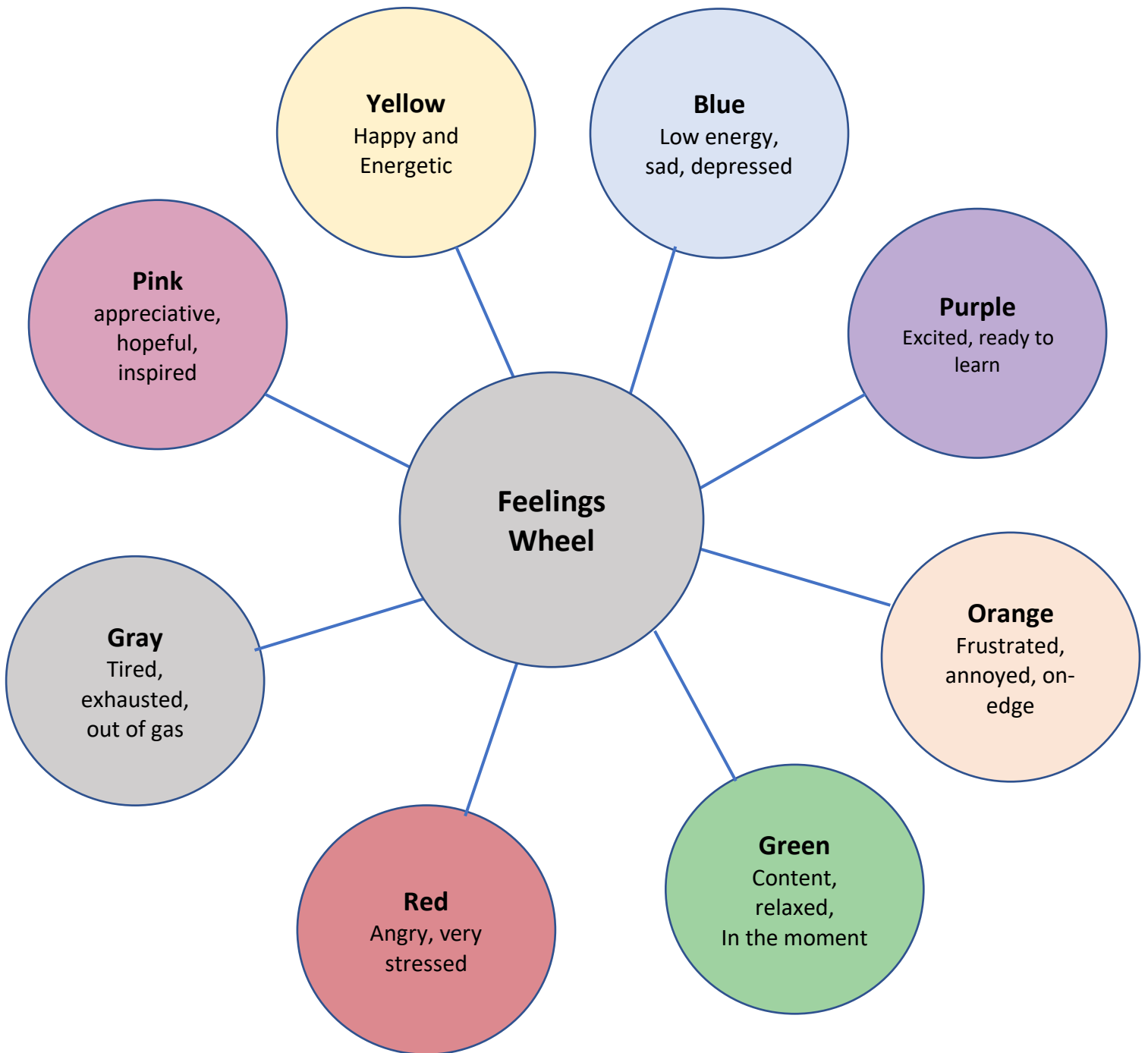
“Get to Know You” Introduction

- Have each caregiver share their name, how many children they are caring for, how the children are related to them, etc
- Include an “out of the box question” such as...
 - Favorite memory from childhood or adulthood
 - 3 words they would use to describe themselves
 - Favorite activity to do with the child in their care

Positive Affirmations

- Group leader can read and display multiple positive affirmation statements
- Ask caregivers to choose the affirmation they needed most this week and explain why
- Websites with printable positive affirmations:
 - <https://morganharnichols.com/blog/30-affirmations-free-phone-wallpapers>
 - <https://thewellnesssociety.org/wp-content/uploads/2020/03/Affirmation-Cards-Light-Green.pdf>
 - Many more for purchase online

Brainstorm others on your own!



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