



SEEK
Safe Environment for Every Kid

The SEEK Newsletter

Summer 2020

SEEK's Mission

Strengthen families, support parents and parenting, promote children's health, development and safety, and prevent child maltreatment

www.SEEKwellbeing.org

For COVID-19 resources and helpful information, find the [SEEK Resources for Families document on our website!](#)

Strengths and Protective Factors are Important

Primary care professionals (PCPs) typically approach patient care from the biomedical model, focused on identifying, treating or preventing pathology, with less attention to strengths and protective factors. What are strengths and protective factors? These involve individuals', families' and communities' positive attributes and resources that help people cope with problems and may counter the impact of risk factors. These may be 'internal' or 'external' to a patient and family. Examples of internal protective factors include a parent's wish for their child to be healthy, or a child with asthma who wants to play soccer. External ones include for example therapy for a depressed father, a food pantry for a family struggling to afford daily meals, and a PCP offering help.

Identifying and incorporating protective factors can strengthen a PCP's relationship with a family and help develop a more effective plan. Changing one's practices is seldom straightforward. This requires a deliberate effort to move beyond a "deficit model" and to recognize the value of incorporating strengths and protective factors in addressing problems.

How can PCPs identify protective factors? The SEEK training videos and Algorithms materials show how these can be identified and used. Observation often offers clues, such as noting a parent's commitment to a child's health or interest in being a good parent. Directly asking "who or what helps you?" may reveal valuable relationships with extended family members or a religious institution. And, asking parents "what else can you try?" can be empowering, building upon their own interests and capabilities. In addition, PCPs need to be aware of community resources to help meet families' needs. Beyond the identification of protective factors, PCPs can help develop them, such as inviting a father to attend a well child visit and nurturing his involvement in the lives of his children and family, or, offering a follow-up visit for a parent having a tough time regarding discipline.

The SEEK model helps identify prioritized and prevalent risk factors, and helps PCPs address these effectively. Deliberate attention to protective factors provides a more comprehensive understanding of families and enables PCPs to better serve them.

Partnership with the Help Me Grow (HMG) National Center

SEEK is pleased to announce a partnership with the HMG National Center. The Center leads a national network of agencies that develop community networks promoting children's development, early detection of problems and linkage to services. Our partnership will help disseminate information about SEEK and the National SEEK Study.

Pediatric and family medicine practices implementing SEEK should check whether there's an HMG affiliate in their community. And, primary care practices serving children affiliated with a Help Me Grow agency are particularly well-positioned to implement the SEEK model. For more info, visit www.helpmegrownational.org or contact Stacey Newton, MSSA, LMSW (snewton@som.umaryland.edu).

SEEK is on Twitter!

Please follow us on Twitter for updates and other useful info. Also, please help others learn about SEEK and the National SEEK Study by retweeting us. Follow SEEK on Twitter at: @SafeEnv4EvryKid

The National SEEK Study Seeks Primary Care Practices

The National SEEK Study will recruit practices through 2020. If you know of practices that may be interested in participating, please connect them with the SEEK Study team: Rose Belanger, PhD (rbelanger@som.umaryland.edu) or Ugo Nwosu, MBChB, MS (unwosu@som.umaryland.edu).

Updated SEEK Parent Handouts and Algorithms

Please visit www.SEEKwellbeing.org to view our recently new and improved SEEK Parent Handouts - in English and Spanish. Updated SEEK Algorithms are coming soon!

SEEKonline and Carescribr

Carescribr is a charting platform built by clinicians for clinicians. The SEEK team is working with Carescribr to offer the SEEK PQ-R electronically to practices, with flexibility to adapt to different EHRs and workflows. We're in the final stages of testing and are seeking practices to assist with piloting SEEKonline. Participation is free and would qualify the practice for preferred pricing after the pilot. If you're interested, please contact Ugo Nwosu at unwosu@som.umaryland.edu.

Please share this Newsletter with anyone who may be interested. Also, let us know if we should add them to our list to receive this (unwosu@som.umaryland.edu).