



BEHAVIORAL HEALTH FRAMEWORK

Based on the Strengthening Families Protective Factors Framework, the NAZ ecosystem encompasses a series of positive interactions with parents and scholars that mitigate the toxic stress created by poverty. Communication, continuity, and alignment of the NAZ behavioral health framework—including key interactions that are prevention-focused and promote emotional health—are cultivated across the NAZ system. Key interactions include:

CORE MODALITIES

Empowerment

Fostering a participant's ability to make purposeful choices through self-awareness, self-regulation, self-motivation, and relationship management.

Motivational Interviewing

A goal-oriented engagement practice to elicit behavior change through techniques like reflective listening and recognizing change talk.

KEY INTERACTIONS

NAZ Engagement Team

Parent Focus

- Engaged Family Achievement Coach relationship
- Achievement planning process
- Family academy parent education and empowerment

Scholar focus

- Finding scholar "spark" and supporting "voice"
- Building and facilitating a scholar support team
- Engaged Family Achievement Coach relationship
- Scholar empowerment classes

Engagement Consultation Team

- Providing training and consultation to partner schools and agencies

Early Childhood

- High-quality early learning
- Screening to identify and respond to developmental needs
- Supporting parents with tools for effective parenting

Understanding Adverse Childhood Experiences (ACEs)

- Awareness of the link between toxic stress from childhood trauma and current challenges to a thriving lifestyle.

Trauma-informed Engagement

- Recognize signs and symptoms of trauma through a cultural lens and the paths for healing through positive relationships.

Expanded Learning

- Scholar coaching
- Coordinated approach

Anchor Schools

- Teacher/Paraprofessional consultations
- Opportunity for and recognition of NAZ parent leadership

Housing

- Preventing mobility
- Integrated model of education, empowerment and coaching
- Wraparound support

Career/Finance

- "Ready to be Ready" model from NAZ Family
- Academy Foundations empowerment training
- Financial Coaching
- Career Support

