



YOUR THEORY OF CHANGE

To get started with your Theory of Change, articulate why you think your program will work, supported by the evidence base.

EXAMPLE I

A. State your theory of change.

I think my program will work because . . .

. . . parents who experienced childhood trauma can learn to recognize their triggers and become more intentional and nurturing, and less reactive as caregivers to their children. Our program promotes this restorative process is building trust by building trust, teaching parents about trauma and child development, modeling supportive parenting and attending to material needs. We developed our approach by listening to parents about what they need to succeed.

B. Our theory of change is based on the following evidence:

Center on the Developing Child at Harvard University. 2016. *Applying the Science of Child Development in Child Welfare Systems*. <<http://www.developingchild.harvard.edu>>.

The report recommends:

- Addressing immediate stressors by helping families with immediate needs, such as housing and food.
- Acknowledging childhood and ongoing trauma that explain “what happened” to parents.
- Building relationships with clients to build trust, create hope, and model supportive parenting.
- Helping parents learn by doing, by encouraging and facilitating positive parent-child interactions.
- Helping parents recognize their triggers and learn to pause and consider before they react.



EXAMPLE II

A. State your theory of change.

I think my program will work because . . .

. . . children who witnessed domestic violence can learn to identify their emotions, recognize their strengths, and choose effective ways to meet their needs through the Nurtured Heart Approach.

B. Our theory of change is based on the following evidence

Clinical practice - Although there is no RCT for the Nurtured Heart Approach, it is clinically informed by the work staff are doing on a daily basis. Enlace clinicians have found dramatic improvements in children's behavior after using the Nurtured Heart Approach. Clinicians report that children in the groups where Nurtured Heart has been used have higher self-worth and inner wealth in comparison to when they come into Enlace services. For example, the children can identify positive words to describe themselves, and they can identify their emotions and communicate them more clearly.



YOUR TURN

A. State your theory of change.

I think my program will work because . . .

B. Our theory of change is based on the following evidence