

The Spectrum of Illuminate Colorado

A guide to Illuminate Colorado programs, coalitions, networks, trainings, campaigns, and advocacy efforts.



illuminate
Building Brighter Childhoods

Updated: February, 2024



Our Vision

A Colorado where all children and families thrive.



Our Mission

Illuminate Colorado strengthens families, organizations and communities to prevent child maltreatment.



Illuminate Colorado is a statewide nonprofit dedicated to strengthening families, organizations, and communities to prevent child maltreatment.

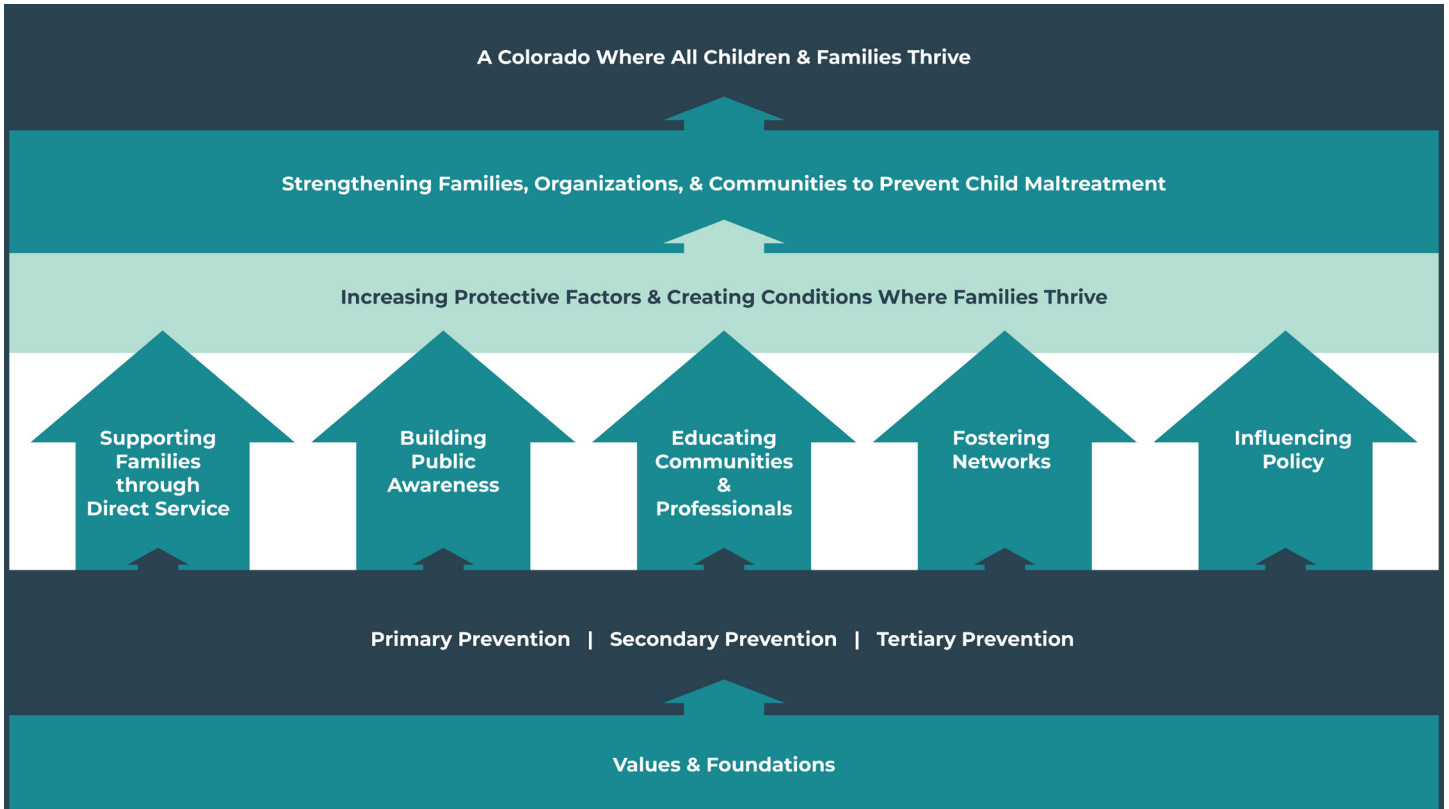
We believe that every family possesses unique strengths, and with the right support, they can create safe, nurturing environments for their children. Through our innovative programs and collaborative partnerships, we focus on offering resources, providing education, and advancing policies that support families where and when they need it most.

Using a research-based approach to address the issue at multiple levels of society, our goal is to prevent child maltreatment before it ever occurs. This multifaceted approach is at the heart of Illuminate Colorado's mission. **We're not just preventing child maltreatment, we're empowering families to thrive.**

A Colorado Where All Children Thrive

Imagine a Colorado where every child has what they need to thrive, and where parents and caregivers have the resources and supports they need to care for their children adequately.

This vision fuels Illuminate Colorado's belief that a brighter future is not only possible, but attainable. In response, we've developed a **Theory of Change**, a strategic roadmap that articulates our vision for enhancing the well-being of children and families across the state.



Key Components of Our Theory of Change

Values & Foundations: Our journey begins with our unwavering Values & Foundations, shaping the principles that underpin our work. These core beliefs guide our decisions, actions, and strategies.

Prevention Continuum: We strategically apply our principles across the Prevention Continuum, addressing child maltreatment at multiple stages. This ensures a holistic approach that spans from primary prevention to intervention.

Spectrum of Prevention: Our organizational strategies are informed by the Spectrum of Prevention, a framework that guides us in operating at different levels to create broad and lasting impact.

Protective Factors & Conditions Where Families Thrive: Focusing on enhancing Protective Factors within Colorado families – while also creating conditions where families thrive – is central to our Theory of Change. By reinforcing strengths, resilience, and support networks, we actively contribute to preventing child maltreatment.

Mission & Vision: Our Theory of Change is designed to fulfill our mission of strengthening families, organizations, and communities to prevent child maltreatment, with the ultimate vision of a Colorado where all children thrive. Each element seamlessly connects, creating a dynamic and purposeful pathway toward creating lasting positive change.

Data-Driven Frameworks

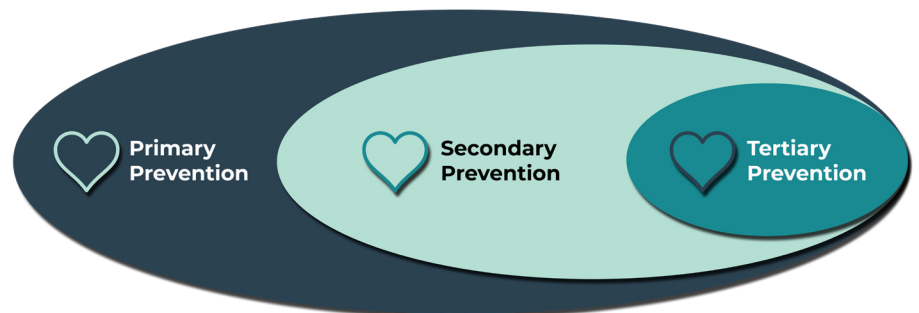
One of the crucial pillars in accomplishing our mission lies in our commitment to using data-driven frameworks. By harnessing the power of data, we gain valuable insights into the specific needs and challenges facing families and communities. This information allows us to tailor our approach, ensuring that resources and support are directed where they are most needed. It also enables us to measure the impact of our work and make informed adjustments, ultimately leading to more effective and sustainable outcomes.

By incorporating these frameworks into our work, we acknowledge that child well-being is a multi-faceted issue that demands a multi-dimensional response.



The Prevention Continuum

By utilizing the Prevention Continuum, Illuminate Colorado ensures that our efforts are both targeted and comprehensive. This approach allows us to meet families where they are in their journey, providing the right level of support at the right time.



Primary Prevention: At the primary prevention level, we focus on stopping child maltreatment before it occurs. This involves implementing universal interventions that benefit the entire community and strengthen all families. By reaching a broad audience, we aim to create a safer environment for all children.

Secondary Prevention: At the secondary prevention level, we identify and provide support to families who may be at a higher risk of experiencing child maltreatment. Through early intervention and tailored support, we work to prevent issues from escalating.

Tertiary Prevention: At the tertiary prevention level, we concentrate on minimizing the negative impacts of child maltreatment and preventing its recurrence. This involves offering specialized interventions to families who have already experienced abuse or neglect, with the goal of supporting healing, recovery, and preventing further harm.

The Spectrum of Prevention

Used nationally to address complex public issues, the Spectrum of Prevention outlines a range of prevention strategies across different levels of influence within a community or society.

Illuminate's programs and initiatives strategically span the Spectrum of Prevention, ensuring a holistic and lasting approach to building brighter childhoods. By adapting and employing the Spectrum of Prevention, we can target prevention efforts at various levels, from building individual knowledge and skills to influencing policies and legislation.



The Five Protective Factors

At Illuminate Colorado, we believe that strong families are the key to preventing child maltreatment. We incorporate five guiding principles, known as Protective Factors, into all the work that we do. Developed by the Center for the Study of Social Policy, these factors are like shields that help lessen the harm caused by risks. They either reduce the impact of the risk or change how a person reacts to it. By boosting these protective factors, we can increase the likelihood of positive outcomes.

Research has shown that families who demonstrate the Five Protective Factors are better able to navigate difficult situations, resulting in stronger families and brighter childhoods



Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.



Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.



Knowledge of Parenting & Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains.



Concrete Supports in Times of Need

Access to supports and services that reduce stress and help to make families stronger.



Social & Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions, and establish and maintain relationships.



Supporting Families through Direct Service

This level focuses on providing information, education, and skills-building opportunities to individuals. By offering targeted services, we empower parents and caregivers with the tools and resources they need to create safe, nurturing environments for their children.

Bloom Yoga Practice

Research continues to show that yoga, breath awareness, and mindfulness activities are beneficial for well-being and mental health. Bloom Yoga offers trauma-informed yoga classes and mindfulness practices, promoting self-awareness and self-management skills for adults, families, and children alike.

Learn more at illuminatecolorado.org/bloom-yoga.

Circle of Parents®

Circle of Parents® is a national program dedicated to empowering parents and caregivers with knowledge, skills and support to raise resilient, happy children. It's a place where anyone in a parenting role can openly discuss the successes and challenges of raising children. It's a place to find and share support among peers. As the Colorado chapter of Circle of Parents®, Illuminate Colorado works to bring peer-to-peer parent support groups to local communities across the state.

Illuminate also created Children's Circle, an integrated program for the children of Circle of Parents® participants. Children's Circle sessions are offered concurrent with Circle of Parents® sessions to provide a holistic approach to family support and strengthening.

Learn more at CircleOfParentsCO.org.

illuminating Child Care

illuminating Child Care provides an innovative systemic-approach to increasing access to child care for parents and caregivers navigating complex life situations, like mental health concerns, substance use disorders, or employment challenges, as they seek to strengthen their families. The program provides both community navigation support that connects families to resources, as well as mobile child care classrooms that offer child care to caregivers on-site where they're getting the support they need.

Learn more at illuminatecolorado.org/illuminating-child-care.

Family Connects Colorado

Illuminate Colorado is partnering with Family Connects International® to bring home visiting to all families with newborns in Colorado, at no cost to parents! Family Connects is an evidence-based model and successfully demonstrated program that connects parents of newborns to the community resources they need through postpartum nurse home visits.

Learn more at FamilyConnectsColorado.org.

FASD Navigation

The Fetal Alcohol Spectrum Disorders (FASD) Navigation program offers support and guidance to individuals, families, and professionals navigating the complexities of FASD. Through specialized guidance and collaborative community engagement, we contribute to positive outcomes for those impacted by FASD.

Learn more at IlluminateColorado.org/FASDSupport.

Healthy Families America

As the state office for Healthy Families America (HFA), Prevent Child Abuse America's signature home visiting program and one of the leading family support and evidence-based home visiting programs in the United States, we coordinate with HFA sites within the state while advocating for a continuum of home visiting services in Colorado.

Learn more at IlluminateColorado.org/homevisiting.

Safe Babies

Safe Babies™ is a bottom-up approach to system and policy shifts that address the unique needs of infants, toddlers, and their caregivers who are entering or at risk of entering the child welfare system. The effort is rooted in honoring the experience of the individual family, respecting community culture, and using data to inform statewide efforts that globally support the well-being of all babies and their families.

Safe Babies™ consists of two components: Safe Babies Court Teams, an evidence-based intervention for families entering Child Welfare with at least one child under three; and Best for Babies, an innovative approach to preventing newborns from entering Child Welfare.

More information coming soon!



Building Public Awareness

This level focuses on raising awareness and educating the public about the issues that impact our mission. By increasing public awareness, the aim is to stimulate conversations, change attitudes, and create a foundation for further action.

Colorado Connected

Connected communities are the core of a vibrant Colorado where children and families thrive. COConnected is building connections that surround families with supportive networks, so parents do not feel alone when faced with challenges. Doing so creates a safe, stable environment for children to grow up in, producing positive childhood experiences and outcomes.

View the campaign website at CoConnected.org.

Pinwheels for Prevention

The Pinwheels for Prevention® campaign provides a unique opportunity for all of us, individuals and organizations alike, to take action by learning more about prevention, supporting child and family friendly policies and services, and volunteering at the local, state, and national levels.

View the campaign website at CoPinwheelsForPrevention.org.

Smart Choices, Safe Kids

Illuminate Colorado created this educational resource for families, friends, and neighbors to get more information to guide us all through the choices we have to make at every age and stage of life to keep kids safe.

View the campaign website at SmartChoicesSafeKids.org.

Tip Colorado

In order to prevent child sexual abuse, adults need to take greater responsibility to educate themselves on how to create safer communities where everyone is actively thinking about how to prevent children from experiencing sexual abuse. Illuminate Colorado created this initiative to empower adults to protect children in every community in Colorado from experiencing child sexual abuse.

View the campaign website and sign up for trainings at TipColorado.org.

Time-Targeted Campaigns

These campaigns are time-bound and typically align with specific awareness months or program initiatives. There are two different categories of Time-Targeted Campaigns:

Awareness Month Campaigns – These campaigns are designed to capture attention during designated periods, emphasizing the importance of the issue at specific times of the year. By aligning with relevant awareness months, we can leverage existing momentum and engage a broader audience in discussions about the issue.

Program-Driven Campaigns – Paired with awareness messaging, yet going beyond general awareness, these campaigns entail promoting Illuminate's specific programs, initiatives, and services.

Mission-Centered Communication

This type of communications work involves crafting messages that directly align with our organization's mission and objectives. It emphasizes the purpose behind our work and the key messages related to achieving our mission.

Follow Illuminate Colorado's communications channels to help us spread awareness of our mission!



Educating Communities & Professionals

This level focuses on training and educating communities and professionals who work with children and families. By sharing knowledge and best practices, we're equipping communities and professionals with the skills to safeguard children.

Bloom Yoga Training

These trainings, which combine education and yoga practice, show the benefits of stress management, self regulation, connection building, and coping skills. Learn about these skills for yourself, and gain tips and tricks to share with the children or families in your life.

Learn more at illuminatecolorado.org/bloom-yoga.

Child Abuse and Neglect Expert Staffing (CANES)

The Child Abuse and Neglect Expert Staffing (CANES) consultation consists of a multidisciplinary team of experts engaging in critical thinking surrounding the dynamics and concerns at play in complex and challenging child abuse and/or neglect cases. The CANES Consultation team, including the invited subject matter experts and attendees, utilizes the Consultation and Information Sharing Framework to organize and analyze facts of the case and develop Considerations and Recommendations.

Learn more at illuminatecolorado.com/canes.

Child Sexual Abuse Prevention Trainings

In order to prevent child sexual abuse, adults need to take greater responsibility to educate themselves on how to create safer communities where everyone is actively thinking about how to prevent children from experiencing sexual abuse.

Illuminate Colorado staff and local facilitators offer evidence-informed trainings and ongoing support to increase Colorado's capacity to create safe spaces where children can thrive.

Learn more and register for trainings at [TipColorado.org](https://tipcolorado.org).

Child Welfare Training System Trainings

In partnership with the Kempe Center for the Prevention and Treatment of Children and the Colorado Department of Human Services, Illuminate Colorado offers a variety of courses for caseworkers and supervisors on child welfare practice and family engagement through the Colorado Welfare Training System (CWTS).

Learn more at [IlluminateColorado.org/trainings](https://illuminatecolorado.org/trainings).

Conversation Guide for Professionals on Substance Use, Children, and Families Trainings

The Conversation Guide for Professionals on Substance Use, Children, & Families is a tool that provides ideas and resources to help family services professionals to use strengths-based conversations when working with families. It focuses on helping professionals to address substance use, safe storage of substances, safe and engaged caregiving, and Protective Factors that promote child and family well-being.

Learn more at [IlluminateColorado.org/Conversation-Guide](https://illuminatecolorado.org/Conversation-Guide).

FASD Trainings

Illuminate Colorado's FASD Trainings go beyond traditional support by offering comprehensive trainings for individuals, family members, and professionals. Our specialized educational initiatives empower individuals and families with the knowledge and skills needed to navigate the complexities of FASD. Simultaneously, we provide professionals across various fields with targeted training sessions, fostering a collaborative community committed to enhancing expertise and contributing to positive outcomes for individuals and families affected by FASD.

Learn more at [IlluminateColorado.org/FASDSupport](https://illuminatecolorado.org/FASDSupport).

Protective Factor Trainings

Discover our transformative trainings designed to cultivate Protective Factors and strengthen families, like "HOPE" and "Bringing the Protective Factors to Life In Your Work". Join us in strengthening families and fostering resilience.

Learn more at [IlluminateColorado.org/trainings](https://illuminatecolorado.org/trainings).

Youth Thrive

Built on the five protective factors, Youth Thrive offers trainings for both youth and community agencies. The Youth Thrive for Youth training gives youth the tools to build the protective factors in their lives and among their peers, while the agency training teaches organizations how to strengthen the presence of the protective factors in the lives of the youth they work with.

Learn more at [IlluminateColorado.org/trainings](https://illuminatecolorado.org/trainings).



Fostering Networks

This level emphasizes the importance of collaboration and networking among different organizations and community stakeholders. By working together, we amplify our impact. We're able to pool resources, share expertise, and coordinate efforts across the state to prevent child maltreatment.

CHoSEN Collaborative

Since 2017, the Colorado Hospital Substance Exposed Newborns Collaborative or “CHoSEN” Collaborative has led the effort to increase consistency in implementation of best practice approaches in the identification of and response to newborns prenatally exposed to substances in the Rocky Mountain region.

Learn more at ChosenCollaborative.org.

Colorado Child Sexual Abuse Prevention Coalition

The Colorado Child Sexual Abuse Prevention Coalition exists to promote effective and comprehensive education, advocacy, and communication to prevent child sexual abuse and protect children.

Get involved at IlluminateColorado.org/project/colorado-child-sexual-abuse-prevention-coalition/.

Colorado Early Childhood Comprehensive Systems Project

The Colorado Early Childhood Comprehensive Systems: Health Integration Prenatal-to-three Project is advancing the infrastructure, capacity, equity and sustainability of Colorado's maternal and child and early childhood systems of care to achieve the vision that “All children are valued, healthy and thriving and have equal access to services, supports and resources” in Colorado.

Learn more about the project at IlluminateColorado.org/ECCS.

Colorado Infant Safe Sleep Partnership

The Colorado Infant Safe Sleep Partnership mission is to support families, providers, organizations, and policymakers to increase infant safe sleep practices and address related barriers and disparities, through education, practice change, and systems improvement.

Learn more at IlluminateColorado.org/project/ISSP.

Colorado Partnership for Thriving Families

The Colorado Partnership for Thriving Families (the Partnership) works collaboratively across the State of Colorado to create the conditions for strong families and communities where children are healthy, valued, and thriving.

As the backbone support team, Illuminate Colorado plays a crucial role in maintaining the structure and cohesion of the Partnership.

Learn more about the Colorado Partnership for Thriving Families at COPartnershipForThrivingFamilies.org.

Colorado Strengthening Families Network

Strengthening Families™ is a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs, and communities in building five key protective factors.

Learn more at illuminatecolorado.org/project/colorado-strengthening-families-network/.

San Luis Valley - Neonatal Abstinence Syndrome Consortium

Illuminate Colorado, in partnership with the San Luis Valley Neonatal Task Force, convenes this consortium to lead and implement a grant from HRSA's Federal Office of Rural Health Policy through the Rural Communities Opioid Response Program-Neonatal Abstinence Syndrome. The grant focuses on multiple strategies to advance community-based solutions to support families impacted by substance use disorders.

To learn more, contact Kelli Sutton at ksutton@illuminatecolorado.org.

SuPPoRT Colorado

Supporting Perinatal Substance Use Prevention, Recovery, and Treatment (SuPPoRT) Colorado envisions a Colorado that equitably serves all families through prevention and reduction of substance use during pregnancy, and provides multigenerational support for families to thrive.

Learn more at illuminatecolorado.org/supportcolorado.



Influencing Policy

This highest level of the Spectrum of Prevention involves advocating for changes in laws, regulations, and policies at the local, state, or national level. By advocating for policies that support families and prioritize child well-being, we ensure that our laws and regulations create an environment where our children can thrive.

State & Federal Policy Education & Advocacy

For Colorado to remain one of the healthiest economies in the country, we need to work together to build brighter childhoods. Our future workforce, innovators, leaders, and community members can only reach their full potential through thoughtful development and investment in services and policies that strengthen families and protect children. It's essential for elected officials and policy makers to understand how to prevent child maltreatment and listen to parents in every community.

Every legislative session, Illuminate crafts a policy agenda highlighting policy priorities that build one or more protective factors known to prevent child maltreatment to ensure Colorado's policies build brighter childhoods.

Learn more at illuminatecolorado.org/policy-work.

Support Our Work

At Illuminate Colorado, we believe in the power of strong, thriving families. Your support plays a pivotal role in creating a Colorado where children thrive. By supporting Illuminate Colorado, you're not only preventing child maltreatment, but you're also strengthening the very fabric of our communities.

Donate today at [IlluminateColorado.org/donate/](https://illuminatecolorado.org/donate/).

Partner With Us

Illuminate Colorado welcomes partnerships with individuals, companies, and organizations that share our vision of preventing child maltreatment and strengthening families.

Learn more at [IlluminateColorado.org/partner/](https://illuminatecolorado.org/partner/).



illuminate
Building Brighter Childhoods

IlluminateColorado.org
303-413-3460



Illuminate Colorado is a 501(c)3 nonprofit organization.