

# Intensive Parent Education for High-Risk Families



**Grow Safe and Secure (GSS)** is an evidence- and trauma-informed secondary prevention program designed to help families, who have school-age children, reduce their risks for child maltreatment. GSS is delivered in a one-on-one format by trained facilitators to parents and caregivers of children from ages 5 to 10 years old.



## Structured Decision-Making Model and Goal-Focused Documentation

- An initial assessment of each parent's strengths and needs.
- Introductory information that can guide early conversations and build rapport.
- Guidance for providers to match content to each family's profile in order to reduce identified risks for maltreatment.



## GSS Manual

The GSS Manual provides key theoretical and practical foundations for implementing this curriculum with parents who are deemed to be at an elevated risk for child maltreatment. The manual explains the following information:

- Operationalizes key terms and provides metaphors and examples that are used throughout the curriculum and its resources,
- Outlines important facilitation skills that are needed to implement GSS effectively, and
- Describes the process of working with parents from intake to closure.




## Modules

GSS modules provide a range of reflective and skill-building activities for use in sessions and at home. These resources can help parents identify and clarify their values and beliefs about family roles, rules, and processes and uncover assumptions about behaviors and intentions of themselves and their children. Reflective activities can also uncover challenges in parent mentalization—the ability of parents to see and respect their children as unique individuals and separate from the parent.


### Parental Master Skills

**Module 1**



Emotional Awareness and Mentalization


**Module 2**



Self-Regulation, Self-Care, and Coregulation


### Targeted Parenting Skills

**Module 3**




Nurturing Guidance and Discipline

**Module 4**



Safety, Supervision, and Monitoring

**Module 5**



Healthy Communication Practices



**GSS facilitator training** is provided via a live, virtual training by a team of GSS trainers. Access to the GSS Online Repository is granted only to those who have completed GSS training.

*Grow Safe and Secure is in preparation to be beta tested across the Department of Defense enterprise in 2026.*