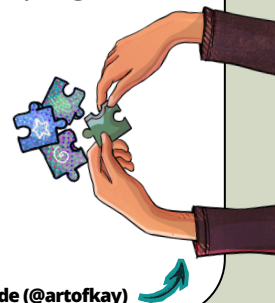


CREATING THE CORE COMPONENTS OF THE FAMILY NAVIGATION PROJECT

In the early stages of implementation, it is important to identify the “**core components**” of the program to be implemented to articulate the identity of a program, highlighting what makes it unique

Core Components: The indispensable, non-negotiable elements that, if removed, would fundamentally alter the program.

Coined by the **National Implementation Research Network**, core components provide the basis of consistent application and reliable outcomes, ensuring the program can be implemented anywhere regardless of context or setting.



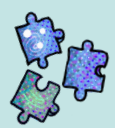
Artwork by Kayode Akande (@artofkay)

Using **co-design**, key Family Navigation Project (FNP) interest-holders (management, frontline, research, and operational staff, and youth and family advisory councils) identified and refined the core components through a structured, **five-step** process:



IDENTIFICATION & EXTRACTION OF PRELIMINARY COMPONENT SOURCES

- Review of literature and program artifacts (e.g., similar examples, strategic plans, etc.) to inform core component processes
- Consultation with frontline FNP staff



KNOWLEDGE GENERATION & INTEREST-HOLDER INPUT

In each key interest-holder group:

- Individual reflection: “What makes FNP, FNP?”, write ideas down on sticky notes
- Share ideas with a small group, and prioritize top five core components
- Share prioritized ideas with collective group, and have large discussion



CONCEPTUAL ANALYSIS & CORE COMPONENT IDENTIFICATION

- Collect sticky notes and place on Mapping Board
- Data clusters physically arranged according to similar ideas, recurring language, and overlapping concepts to create distinct core components
- Label core component with corresponding definition



MEMBER CHECKING

Re-engage each key interest-holder group to review and validate the core components:

- Share preliminary core component draft
- Provide feedback on document via annotations, individual reflections, and group dialogue (similar to ‘Knowledge Generation and Interest-Holder Input’)



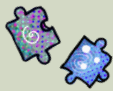
FINALIZATION

- Feedback integrated into final draft
- Share-back with interest-holders to communicate results and gather final thoughts

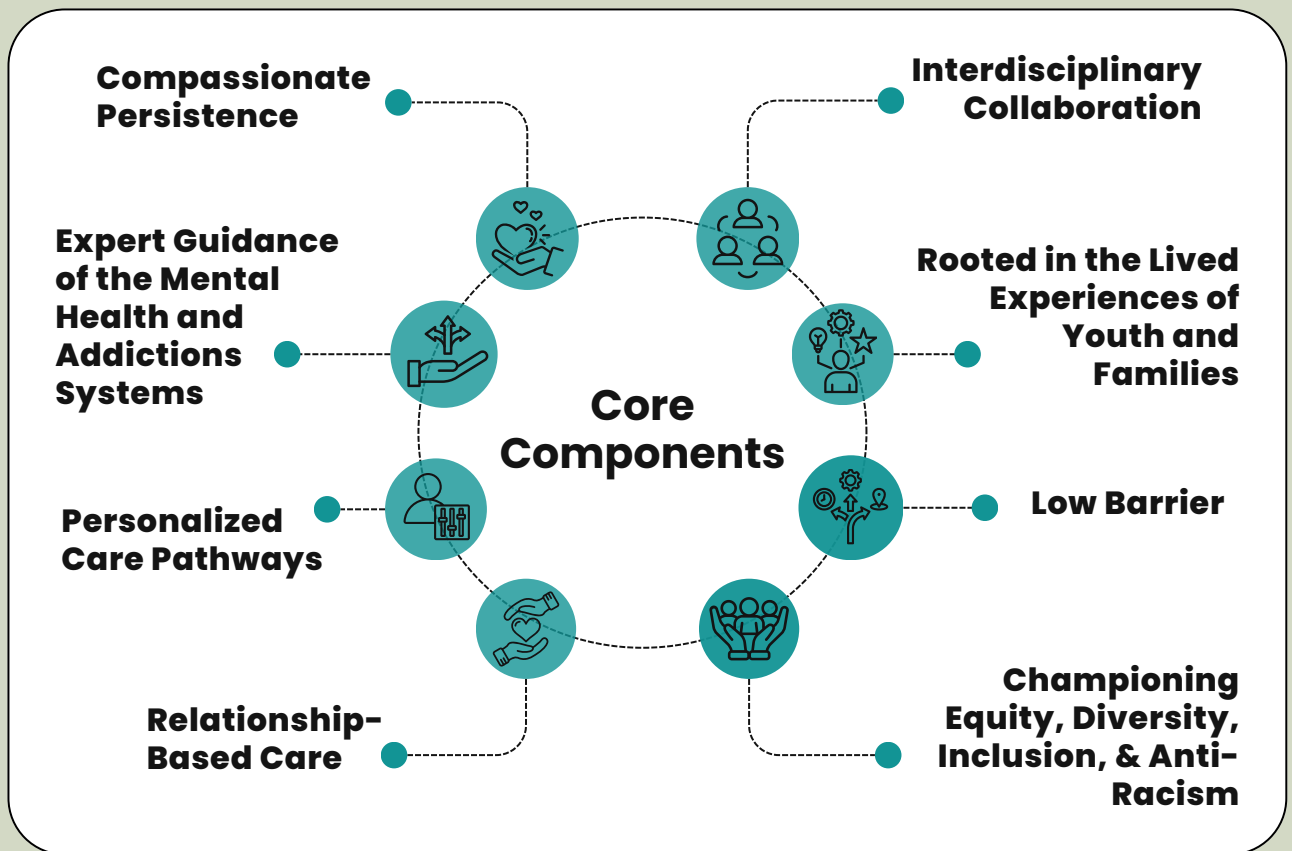
EXAMPLE OF MAPPING BOARD



The Mapping Board was created virtually using the **Canva Whiteboard** feature. Sticky notes were either transferred from physical copies to the virtual format (in-person meeting) or added in real time (virtual meeting). Sticky notes were **colour-coded** according to interest-holder group.



A total of **eight** core components were created and finalized by FNP interest-holders. A **corresponding definition** accompanied each core component to describe the essential functions of each one.



Identifying the core components of a program provides many benefits:



Ensures foundational integrity and fidelity of FNP for future scale and spread



Exemplifies an approach to be adapted by other programs



Emphasizes the importance of collaboration and community-based approaches



Canadian Institutes of Health Research
Instituts de recherche en santé du Canada

Family Navigation Project
at Sunnybrook

