



June 15, 2020

## Community Connections

### Supporting Families Across Scott County

Dear Together WE CAN Community,

Together WE Can understands that caring for our children, ourselves, our families, our neighbors, and our communities amidst two public health crisis, racism and COVID-19, can feel overwhelming. We cannot face these converging crisis alone.

Dr. Alvin Thomas, a clinical psychologist at the University of WI (Madison), rightly notes, “You’re living through two pandemics, especially if you’re black. However, if you start to feel like you just can’t cope anymore or that this is becoming too much for you, then I would urge people to not suffer in silence.”

“...to not suffer in silence.”

This e-source focuses on what we know works in preventing child abuse and neglect: the [Strengthening Families Approach](#). It is based on engaging families, programs, and communities in building **five key protective factors**. Below are some tips, tools, and resources you can use to build these protective factors in your home and community.

### 1. Parental resiliency

Managing stress and functioning well when faced with challenges, adversity and trauma.

- [Racialized Trauma Course](#): This course is designed to help people begin to confront this idea or these ideas revolving around racialized trauma, the impact of it, and how it begins to move through generations. (Resmaa Menakem)

### 2. Social connections

Positive relationships that provide emotional, informational, instrumental and spiritual support.

- [Your COVID-19 Summer Safety Guide](#): This article answers the question, “What’s the best way to enjoy a beautiful summer day while minimizing your risk of getting sick?” Two experts offer advice for the park, pool, playground, and more. (Every Day Health)

### 3. Knowledge of parenting and child development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

- [Raising Antiracist Kids](#): A virtual discussion about raising antiracist kids with author of the new book, *AntiRacist Baby*, Ibram X.Kendi in conversation with Derecka Purnell. Cost ranges from \$0-\$25.00. (Haymarket Books)

- [16 Ways to Help Children Become Thoughtful, Informed, and BRAVE About Race](#): As adults in the lives of children, we play a crucial role in shaping how and what they learn about race. Here are some starting points for raising children who can be the thoughtful, informed, and race-brave community members. (embracerace)

#### 4. Concrete support in times of need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

- [Make A Plan, Minnesota](#): *Make a Plan, Minnesota* helps guide families through a process to identify possible caregivers, gather vital family and child information, and share their plan with others. A fillable form is included to help families gather information that an alternate caregiver might need to know while caring for their children. (MN Department of Human Services)
- [Free Meals for Kids](#): A mobile App to help kids and families in need find and access free meals at hundreds of schools and other sites across Minnesota. (Hunger Impact Partners)

#### 5. Social and 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.

- [5 Ways to Stand Up Against Racism and Injustice](#): Every child, every young person, deserves to grow up with every chance for safety and every opportunity to succeed. Discrimination, violence and racism cause deep harm, unsettling communities and leaving lasting scars for children and families. (unicef USA)

\*Source: Center for the Study of Social Policy, *Strengthening Families: A Protective Factors Framework*, <https://cssp.org/our-work/project/strengthening-families/>

More ways to join the Together WE CAN movement:

- ✓ Follow us and join in the conversation on Facebook [@TogetherWECANScottCounty](#)
- ✓ Email [hwilson@co.scott.mn.us](mailto:hwilson@co.scott.mn.us) or call (952) 496-8893 to join a monthly workgroup
  - Parental Resiliency
  - Concrete Supports for Mental and Chemical Health
  - Whole Family Systems

We are in this together, and *Together WE CAN* end child abuse and neglect.

Be well,  
Heather



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*Delivering What Matters: Safe, Healthy & Livable Communities*

**Report suspected cases of child abuse and neglect to Scott County Health and Human Services Central Intake at 952-496-8959** (M-F, 8:00 AM - 4:30 PM). Reports made after 4:30 PM and on weekends can be made to local law enforcement or the after-hours response agency, Canvas Health: **952-496-8484**

Call [952-818-3702](tel:952-818-3702): Scott County Mobile Crisis Services for persons experiencing a mental health crisis

[National Suicide Prevention Lifeline](#): 800-273-TALK (8255) We can ALL help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

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