



August 31, 2020

## Community Connections

Supporting Families Across Scott County

Dear Together WE CAN Community,

How do we support our children during an ongoing pandemic? As we/they see images of violence and anti-Black racism across our nation? As our daily routines of work and school turn out to be “not so routine”?

...We do our best. We share our love, compassion, and honesty, and try to give a little grace under the chronic pressures and stressors that we face. We do this for our children, our families, our friends, our neighbors, and perfect strangers. During these challenging times we must all be a little more willing to give and receive help and support.

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.

- [Your ‘Surge Capacity’ Is Depleted — It’s Why You Feel Awful](#): This article discusses both why many people are struggling through the pandemic and provides tips for how to pull yourself out of despair and live your life offered by experts from the University of MN. (*Elemental*, Medium)

### 2. Social connections

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

- [Connections Matter Booklet](#): Every day, we have new opportunities to make positive, supportive connections with people around us. Reaching out to family, friends and our community, we can build a healthier future for everyone. (Connections Matter)

### 3. Knowledge of parenting and child development

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

- [How to Handle Separation Anxiety Meltdowns in Kids](#): The pandemic has made some children even more worried about leaving the sides of parents and caregivers. Research shows that there is a right and a wrong way to handle separation anxiety episodes, and there are distinct signs that indicate when parents should seek medical help. (The New York Times)

### 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.

- [Free COVID Testing Events](#): Scott County Public Health is administering COVID-19 testing throughout the county, make an appointment for the location and time that works for you. (Scott County Public Health)
- [Public Health Clinics and Services](#): Check out some of the mobile health and clinic resources Scott County Public Health has to offer, including Doorstep Mobile: a new mobile dental clinic that provides oral care to people ages 3-20. The clinic accepts private medical insurance, as well as all Medical Assistance programs. (Scott County Public Health)

## 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.

- [Jacob Blake and the Violence Against Children](#): From the moment Black children are brought into this world, their lives are subject to constant violence and conflict, and we must change that. (Children’s Defense Fund)
- [Young Adults’ Pandemic Mental Health Risks](#): The pandemic, school closures, and social isolation are all taking a serious toll on the lives of high school and college students. Parents — or friends or family members — who are worried about young adults or adolescents should check in on them, ask how they’re doing, and should not worry that by asking about depression, mental health or suicide they are creating or exacerbating the problem. (The New York Times)

\*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**: 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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