



October 20, 2020

Community Connections

Supporting Families Across Scott County

Dear Together WE CAN Community,

The first full week of October was [Mental Health Awareness Week](#). According to a recent poll cited by the National Alliance on Mental Illness (NAMI), 8 in 10 Americans say that COVID-19 has impacted their mental health, with many being unable to get the help they need. If you are struggling with mental health challenges this season, you are not alone. Now more than ever, as we head into colder months and continued uncertainty, it is important to reach out and stay connected with each other and our community.

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.

- [What Makes Some People More Resilient Than Others](#): The very earliest days of our lives, and our closest relationships, can offer clues about how we cope with adversity. This article is part of a New York Times series on resilience in troubled times — what we can learn about it from history and personal experiences. Check it out for tips on building your resiliency toolbox. (The New York Times)

2. Social connections

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

- [At Home Library Events](#): Weekly 'Littlest Learners' videos featuring activities for you and your child to do together. New videos post Mondays. Download your copy of our [Fall Early Literacy booklet](#) (0-24months) [Fall Early Literacy booklet](#) (2-5years) with songs, rhymes, and activities. (Scott County Library)

3. Knowledge of parenting and child development

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

- [Magic of Everyday Moments: Brain Wonders](#): This short video discusses how a child's brain undergoes an amazing period of development from birth to three—producing more than a million neural connections each second, and offers tips for parents to support this development (ZERO to THREE)

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.

- [Looking for Work? Job Search Help](#): Scott County has partnered with career and job search consultant Cat Breet to offer six free webinars with tips and tricks for successfully navigating the job market and getting hired. Webinars will take place on Wednesday afternoons, registration is required. (Scott County Services)
- [The COVID-19 Housing Assistance Program](#): provides housing assistance payments to help prevent eviction, prevent homelessness, and maintain housing stability for eligible renters and homeowners. Local administrators will review applications from individuals and families requesting assistance, verify eligibility, and process payments for eligible expenses on behalf of households. See the attached flyers for more information- Spanish, Somali, Hmong translations available. (Minnesota Housing and Scott County)

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.

- [Gauge Your Emotional Temperature with a Feelings Thermometer](#): The Feelings Thermometer is a visual tool that helps you (kids and adults) measure how you are doing emotionally and what steps you can take to shift your mood when things are getting tough. Working as a family to identify feelings, reduce anxiety, and find balance will help everyone feel better. Click the link to download your own thermometer to print out and post on your refrigerator. Spanish version also available! (Wisconsin The Office of Children's Mental Health)

*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 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](tel: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](https://www.suicidepreventionlifeline.org/): 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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