

Child Abuse Prevention Month Resources

#GREATCHILDHOODS #CAPMonth #PCAND #PinwheelsForPrevention

Self-Care & Coping (For All of Us)

Modify your daily activities to meet the current reality of the situation and focus on what you can accomplish.

Shift expectations and priorities to focus more on what gives you meaning, purpose, or fulfillment.

Give yourself small breaks from the stress of the situation.

Attempt to control self-defeating statements and replace them with more helpful thoughts.

Here's a helpful checklist for identifying unhealthy thoughts and coping with them:

<https://arfamiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf>

Resources

- ❖ Prevent Child Abuse America <https://preventchildabuse.org/coronavirus-resources/>
- ❖ CDC: Child Abuse & Neglect Prevention
<https://www.cdc.gov/violenceprevention/childabuseandneglect/prevention.html>
- ❖ Checklist of Cognitive Distortions: <https://arfamiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf>
- ❖ The National Child Traumatic Stress Network:
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- ❖ ACES In Education: Education resources, including mental health, for kids, families during coronavirus pandemic <https://www.acesconnection.com/g/aces-in-education/blog/education-resources-including-mental-health-for-kids-families-during-coronavirus-pandemic>
- ❖ America's Promise Alliance COVID-19 Resources:
<https://docs.google.com/document/d/1Rom9Sz1LN2iNfFI7GHCN3erzdUCzuHjUI5q6kmZ4cmE/edit>

- ❖ Calendar of Virtual Field Trips for Families (March/April 2020)
https://docs.google.com/document/d/1gpFAQz_QJt0ZTVTixAyuGRjsKGYI23CjlaO9eLBkThE/mobilebasic?fbclid=IwAR0GgSzBzbSfLnYTjuMVABCCkBd4GF4nQsgPI6-fGYAQAKNIV3NaYLBELkg
- ❖ ARCH: Identifying resources for respite and family caregiver organizations
<https://protect2.fireeye.com/url?k=8a8cfafe-d6d9f3ed-8a8ccbc1-0cc47adb5650-03a0a6a78885ec0b&u=https://archrespite.org/Covid-19-Respite-Resources>
- ❖ The Child Mind Institute: Suggestions on talking with children about COVID-19
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- ❖ Bruce Perry Resources: <https://www.neurosequential.com/covid-19-resources>
- ❖ Neurosequential Network Stress and Resilience COVID 2/23/2020 Dr. Bruce Perry (1)
https://www.youtube.com/watch?v=orwln02h6V4&fbclid=IwAR0_Z9ehIZo2GGwA_J8P8nkoCSF_CrYRin0vwDn_kG9-9Y7VM60900u5Ypl
- ❖ Neurosequential Network State Dependence Dr. Bruce Perry (2)
<https://www.youtube.com/watch?v=PZg1dlskBLA&fbclid=IwAR3csfRLILe97GSuja7lO4cQ7qzpDPvBQABNmjo3Ub-X3MHEUcn1BTDrzyM>
- ❖ CWLA: Tips for preparing information and creating partnerships
<https://protect2.fireeye.com/url?k=327d626f-6e286b7c-327d5350-0cc47adb5650-3eea98ea0a5999cc&u=https://www.cwla.org/wp-content/uploads/2020/03/CWLA-COVID-19-Tip-Guide.pdf>
- ❖ Child Trends: Utilizing telehealth during the COVID-19 pandemic to help connect home visiting services to families: <https://protect2.fireeye.com/url?k=d78eaf4b-8bdba658-d78e9e74-0cc47adb5650-383a745ed31ef4a6&u=https://mailchi.mp/999356a38426/during-the-covid-19-pandemic-telehealth-can-help-connect-home-visiting-services-to-families?e=c46bbf3bac>
- ❖ SAMHSA: Guidance on talking with children about infectious disease (English and Spanish) https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006?referer=from_search_result

- ❖ Zero to Three: resources offer tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing. <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- ❖ Be Strong Families: Resources to stay strong and positive based on each of the protective factors. <https://protect2.fireeye.com/url?k=97bd5706-cbe85e15-97bd6639-0cc47adb5650-a1b8c90fd3b1bba4&u=https://www.beststrongfamilies.org/covid-19-support>
- ❖ CDC Guidelines and resources: (in English and Spanish)
<https://www.cdc.gov/coronavirus/2019-ncov/>
https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf
- ❖ WEBINARS: Living the Protective Factors during COVID-19, Fast Track Workshops, and Parent Cafés online using Zoom. This site contains both upcoming as well as recently archived events. <https://protect2.fireeye.com/url?k=a7c69f7d-fb93966e-a7c6ae42-0cc47adb5650-520c4f4363b293dd&u=https://www.beststrongfamilies.org/events>
- ❖ BLOGS: Advancing the language of HOPE during COVID-19
- ❖ Dr. Bob Sege’s blog series about Love in the Time of Coronavirus based on the Health Outcomes of Positive Experiences (HOPE) initiative.

Articles

- ❖ Read the “*Parents have a right to be stressed. But don’t take it out on your kids*” article written by Melissa Merrick PhD and Bob Sege MD, PhD [here](#).
- ❖ New York Times Editorial on “*The coronavirus pandemic may have reminded Americans that they are all in it together. But it has also shown them how dangerously far they are apart.*” Read the editorial [here](#).

Virtual Town Hall with Dr. Melissa Merrick next Friday, April 17, 2020 from 1-2 p.m.

Prevent Child Abuse America President & CEO Dr. Melissa Merrick will discuss the importance of supporting children and families socially and emotionally (albeit remotely) during this extraordinary Child Abuse Prevention Month—and throughout the year—and answer your questions via Facebook Live: <https://www.facebook.com/events/839094226573294/>

Free lessons or video-based activities for student to use at home for stress reduction, self-regulation, and social emotional health:

- ❖ **Move This World** remote video-based activities and learning resources for supporting students (elementary, middle, and high), staff, and caregivers through uncertainty (including self-regulation and stress reduction videos): [Move This World's video exercises to complete outside of school](#). (Note: use password “togetherwecan”)
- ❖ [Pure Edge Online Videos, Materials, and Resources \(including A Peek Inside the Amazing Brain, Brain Breaks, and K-5 Resources\)](#) by Pure Edge
- ❖ Digital Lessons from EVERFI K-12 Learning to support teachers: <http://get.everfi.com/teacher-remote-learning-clever/>
- ❖ Digital Lessons from EVERFI K-12 Learning to support parents and families: <http://get.everfi.com/parent-remote-learning/>
- ❖ [Free Downloadable Focus 5 Activity Cards](#) by SERP, Incorporated (including Breathe Deep, Let it Go, Mind in Motion, Anchor of Air, Train of Thought, Tight and Loose, and Gratitude)

Free, high quality training modules about brain development, trauma-informed school practices, and mindfulness:

- ❖ [FREE online Trauma-Sensitive Resilient Schools course](#) by STARR Commonwealth - usually \$199 but now free for an education professional during this time of social distancing
- ❖ [FREE Online Trauma-Sensitive Schools training modules](#) from Wisconsin DPI
- ❖ [Free 2-hr Course on Teaching Mindfulness to Teens](#) by the Center for Adolescent Studies
- ❖ [Free 8-Week Mindfulness-Based Stress Reduction Course](#) by Palouse Mindfulness
- ❖ [Free Brain Story 19-Module Certification Course about Brain Architecture](#) by Alberta Family Wellness Initiative
- ❖ [Free Video Tutorials about How to Facilitate Teen Wellness Circles](#) by the Samaritan Family Wellness Foundation

Information Briefs, Articles, Videos, and Resources for Educators, Students, and Parents/Caregivers:

- ❖ [Coronavirus Sanity Guide](#) – FREE videos, guided meditations, and podcast by Ten Percent Happier
- ❖ [Resources to Teach Your Child Mindfulness](#) by Make it Stick Parenting
- ❖ [Trauma-Sensitive Schools: Responding to COVID-19 Webinar](#) by Riane Eisler, Mary Crnbori, and Khayree Bey for The Center for Partnership Studies
- ❖ [Helping Children Cope with Stress during the 2019-nCoV Outbreak](#) by the World Health Organization
- ❖ [Coping With Stress During Infectious Disease Outbreaks and Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) by SAMHSA
- ❖ [Mental Health and COVID-19 – Information and Resources](#) by Mental Health America
- ❖ [Parent/Caregiver Guide \(Fact Sheet\) for Helping Families Deal with the Coronavirus Disease](#) by the National Child Traumatic Stress Network
- ❖ [How School Closures Can Strengthen Your Family](#) by Christine Cater for Greater Good
- ❖ [Healing in Place: Game on to Flip the COVID-19 Threat into a Positive experience for Our Children](#) by Dr. Christina Bethell for ACEsConnection
- ❖ [Resilience is Not a Luxury: It is Critical to Our Survival](#) by Fleet Maull for Mindful Leader
- ❖ [Talking to Kids About the Coronavirus](#) by Rachel Ehmke for Child Mind Institute
- ❖ [Talking to Your Kids about Coronavirus and Social Distancing](#) by Tara Haelle for Forbes
- ❖ [Sesame Street in Communities Videos and Resources for Helping Young Children Cope with Traumatic Experiences](#)
- ❖ [Just For Kids: A Comic Exploring The New Coronavirus](#) by NPR
- ❖ [Video about Talking to Children about Coronavirus](#) by Humanity Crew
- ❖ [10 Ways to Ease Your Coronavirus Anxiety by Simran Sethi for The New York Times](#)
- ❖ [How to Avoid Passing Your Anxiety on to Your Kids](#) by Brigit Katz for Child Mind Institute
- ❖ [Teaching through a Pandemic: A Mindset for this Moment](#) by Stephen Merrill for Edutopia
- ❖ [Speaking Up About Racism Around the New Corona Virus](#) by Coshandra Dillard for Teaching Tolerance
- ❖ [How to Support Home Learning in Elementary Grades](#) by John S. Thomas for Edutopia
 - ❖ [What teachers in China Have Learned in the past Month](#) by Laurel Schwartz for Edutopia

Helpful Hotlines and Services

- ❖ **If the crisis is life threatening, dial 911**
- ❖ **FirstLink** is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help, and crisis intervention. FirstLink answers the 211 helpline, the National Suicide Prevention Lifeline, and communicates via the text line 898-211. FirstLink provides these services across the entire state of North Dakota and parts of Minnesota. Dial 2-1-1 or text your zip code to 898-211 from anywhere in our service area for confidential help and support.
- ❖ MPHD COVID-19 Information HOTLINE 615 862-7777. It is available from 7 AM to 7 PM 7 days a week.
- ❖ If you, or someone you know, are experiencing thoughts of suicide, please know that you are not alone and contact the Suicide Prevention Hotline at 1-800-273-TALK (8255).
- ❖ Disaster Helpline: The SAMHSA-sponsored Helpline offers counseling to those affected by human-caused and natural disasters. If you or someone you know has been affected by a disaster and needs immediate assistance, please call this toll-free number for information, support, and counseling. You will be connected to the nearest crisis center.
 - 800-985-5990 or Text **TN** or **TalkWithUs** to 66746
 - TTY for Deaf/Hearing Impaired: 800-846-8517

The North Dakota Department of Human Services reminds individuals that if they suspect a child is being abused or neglected, they should call their local human service zone office, formerly known as county social services office. Contact information can be found at www.nd.gov/dhs/locations/countysocialserv. If a child is in immediate danger, contact law enforcement.

North Dakota Parent Education Network <https://www.ag.ndsu.edu/pen>

In need of some parenting support, resource or education contact your nearest Parent and Family Resource Center for these:

- Lending Library of books, bulletins, curriculum, pamphlets, children's books and DVD's
- Parent education
- Parenting resources
- Parenting support
- Connect to regional Facebook live events

West Dakota Parent and Family Resource Center (Dickinson)

<http://www.dickinson.k12.nd.us/westdakota/>

Parent and Family Resource Center (Fargo)

<https://www.ag.ndsu.edu/casscountyextension/home-and-family>

Parent and Family Resource Center (Grand Forks)

https://www.ag.ndsu.edu/grandforkscountyextension/parent_and_family-resource-center

Parent and Family Resource Center (Mandan)

<https://www.ag.ndsu.edu/pen/region-7>

Dakota Central Parent and Family Resource Center (Minot)

<https://www.ag.ndsu.edu/wardcountyextension/parent-resource-center>

Parent and Family Resource Center (Valley City)

<https://www.ag.ndsu.edu/stutsmancountyextension/home-and-family>