



BUILDING *together*

PREVENTION IN PARTNERSHIP



Learn how you can build healthy communities at
preventchildabuse.org/buildingtogether2023

Prevention Toolkit

**2023 National Theme:
Building Together.
Prevention in Partnership.**

**CAP Month April 2023
Prevention Events & Activities**

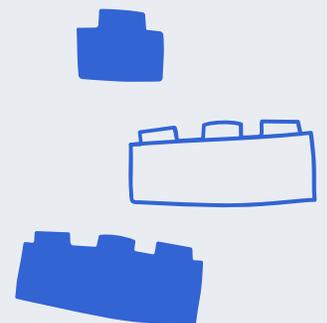
**Statewide RI Family Support
Resources**



**Parent Support Network of RI serves as the
RI Chapter of Prevent Child Abuse America**

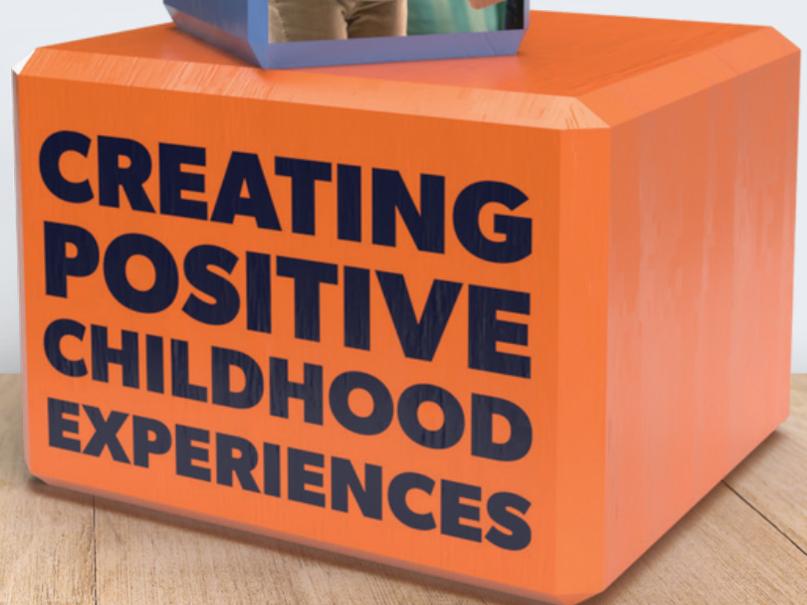
This virtual toolkit includes information about this year's CAP Month activities to bring awareness to prevention of child abuse and neglect.

psnri.org/prevention



- **EACH DAY IS AN OPPORTUNITY TO BUILD THE FOUNDATION FOR OUR FUTURE.** We all have a role to play as healthy partners in our communities.
- **BUILDING HEALTHY COMMUNITIES TAKES WORK.** We all have a role in ensuring children have positive experiences, and families have the resources they need, when they need them.
- **YOU CAN'T BUILD STRONG COMMUNITIES ON FAULTY FOUNDATIONS.** Everyone benefits when we focus on addressing underlying causes that lead to health and social inequities.
- Sometimes, **BUILDING FOR THE FUTURE MEANS DECONSTRUCTING THE PAST.** Proactively addressing inequity and injustice allows us to support safe, stable, and nurturing environments.

- **POLICIES AND PROGRAMS THAT PUT FAMILIES FIRST BUILD ALL OF US UP DURING UNCERTAIN, STRESSFUL TIMES.** Working in partnership can allow us to relieve some of the overload experienced by parents and caregivers.
- **POSITIVE CHILDHOOD EXPERIENCES BUILD HEALTHY FAMILIES AND STRONG COMMUNITIES.**



»» SAVE THE DATE

pg 5

Wear Blue Day - March 31st

Launches CAP Month! Prevention advocates unite!

pg 6

Community Building Block Party - April 15th

Family-friendly Main Event! Supplies available for partnership collaborations throughout the month.

pg 7

Digital Advocacy Day - April 19th

Virtual Policy Forum on local key policy and legislation impacting Rhode Island families. Let's be the change-makers!

pg 8

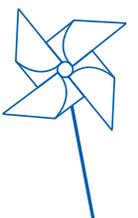
YMCA Healthy Kids Day - April 29th

PSN and Prevent Child Abuse RI annual tradition to participate at various locations.

pg 9

May is Mental Health Month

Prevention rolls over into Mental Health!
Partnering with Biomes for family fun event May 13th.





Prevention advocates around the country wear blue to spread awareness and launch Child Abuse Prevention Month.



Share on Social

Post a photo of yourself wearing blue on 3/31 using #WearBlueDay2023 hashtag

Share your CAP Month pics/videos hashtags #BuildingTogether #CAPMonth #PreventionInPartnership

Tag us! on facebook @psnri
twitter @psnril
instagram @psnril





Community Building Block Party

SATURDAY, APRIL 15TH, 10AM TO 12PM

535 CENTERVILLE RD, 2ND FLOOR, WARWICK, RI

- **Raise awareness for CAP month!** Bring your family - all ages - and help us build a community out of LEGO and other cool building blocks.
- Each family receives a bag of new unused LEGO or other age-appropriate building blocks to take home. Let's create a visualization of us **working together for Prevention in Partnership!**
- Prevention materials for families and the community to share much needed **family resources** to support and strengthen Rhode Island families.
- **We're looking for Prevention Partners!** Agencies and Providers, please contact us for support and supplies if you'd like to host your own CAP Month building block parties.

Prevent Child Abuse RI Coordinator:

Jessica Rosene de Brito

j.rosene@psnri.org





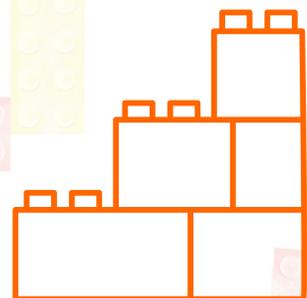
YMCA HEALTHY KIDS DAY SATURDAY, APRIL 29TH

Building Together. Prevention in Partnership.

A free community event to help parents begin thinking about ways to keep their kids both physically and intellectually active this summer. The Y believes that kids can achieve amazing things. When a child is healthy, happy, motivated, and excited...watch out...because something amazing is inevitably going to result. As that child grows and fulfills their true potential, they will truly make the world a better place for everyone.

Come visit and learn about community resources and great opportunities for your children. Visit ymca.org/hkd for information about a YMCA near you! Bring the whole family, have fun, and participate!

PSN will be at the following YMCA locations: East Bay, Kent County, Middletown, South County, and Woonsocket.





Starts April 26th

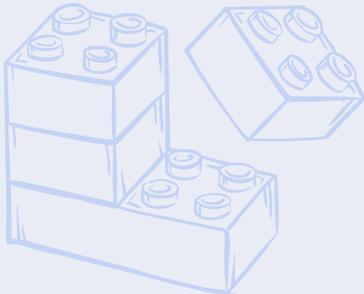
Register for free
8-session virtual course
namirhodeisland.org



Join us for a free, virtual 8-session educational program for family, significant others, and friends of people living with mental illness. Spring Course Starts April 26th. Registration required. Email beth@namirhodeisland.org

April 27th 2PM

May is Mental Health Month
Kick Off at the State House
May calendar of events will
be shared at mhari.org



Support & Recovery
NAMI Family-to-Family
National Alliance on Mental Illness

In May...

May 13th

Children's Mental Health
Awareness Day family event
creating positive experiences
for kids. Partnering with
Biomes. Stay tuned for more
info at psnri.org/biomes

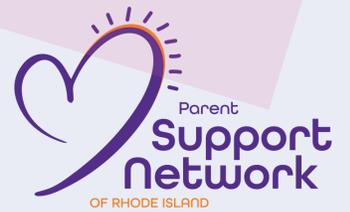




PARENTS CAN THRIVE WHEN IT'S NOT STRESS WEIGHING THEM DOWN.

Burdens like financial insecurity and racism can prevent parents from providing a nurturing environment for their children. That's why we need to support parents with programs and policies that help take the load off. Childhood adversity is a preventable, solvable, public issue. Learn more at buildingbetterchildhoods.org

**BUILDING
BETTER
CHILDHOODS**



CHILD & FAMILY SUPPORT

learn more at psnri.org/support or call warm line 401-467-6855



group for parents, caregivers, and grandparents to make connections and share support (children are welcome)

If you're pregnant and using, there are steps you can take now to protect yourself and your baby. Without judgement.



Peer Support

Parent Partners work with family members to support your child and family needs.

Parent Support Groups



RIFI group ranges from teen fathers to grandfathers all coming together to share experiences and learn from each other

RI Fatherhood Initiative
psnri.org/fatherhood

Healing Mother & Baby
psnri.org/help or psnri.org/ayuda

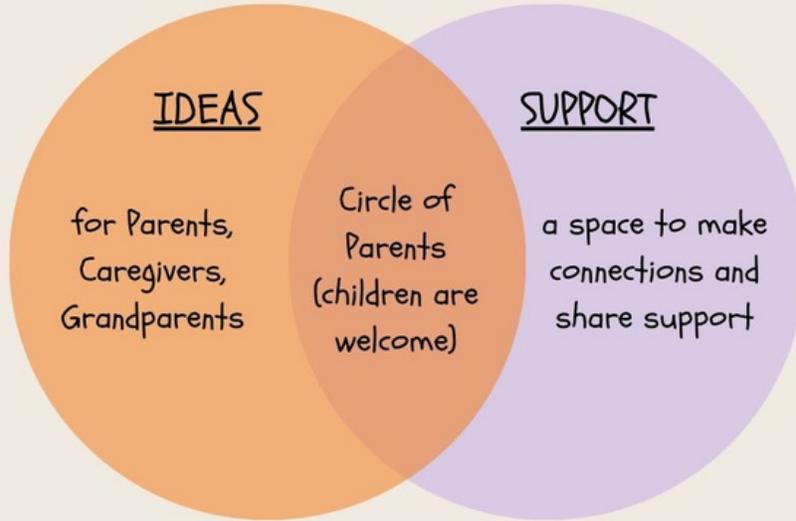
Nurturing Parenting
family-centered trauma-informed 12-week course designed to build nurturing parenting skills





CIRCLE OF PARENTS

Rhode Island peer-based group support



LEGO and building block goodie bags available at in-person groups during April for CAP Month!

IN-PERSON

Middletown Wednesdays 1pm-3pm
Hope Recovery Community Center, 294 Valley Rd #6

Scituate Saturdays 1pm-3pm
PSN Northwest Center, 1199 Chopmist Hill Rd

Warwick Tuesdays 10am-11am
PSN, 535 Centerville Rd, 2nd Floor

bi-weekly Westerly Wednesdays 6pm-7:30pm starting 12/13/22
Hope Recovery Community Center, 55 Beach St #4

VIRTUAL

Tuesdays 7-8:30pm
<https://us02web.zoom.us/j/88187250953>

PSN CONTACT: JADE BOUCHER

401-447-5880 OR J.BOUCHER@PSNRI.ORG

CHILD & FAMILY CONTACT: ALYSSA LOFFREDO, BS

401-471-8690 OR ALOFFREDO@CHILDANDFAMILYRI.ORG





FATHERHOOD GROUP

LEARN MORE AT
[PSNRI.ORG/FATHERHOOD](https://psnri.org/fatherhood)



WEDNESDAYS 5:30-7PM HYBRID ON ZOOM OR IN PERSON
535 CENTERVILLE RD, 3RD FLOOR, WARWICK, RI

About PSN's Fatherhood Program

- Parent Support Network of RI (PSN) is proud to host the RIFI Support Group for any father seeking support or able to provide it. Ranging from teen fathers to grandfathers, all come together to share experiences and learn from each other. This voluntary group is great for dads going through divorce/separation, involved with DCYF, first time fathers, and more; all identifying as fathers are welcome to attend.
- Parent Partners (parents with lived experience of overcoming similar struggles) assist fathers by working one-on-one with dads who want to be better parents and more involved in their children's lives.
- We work closely with the Rhode Island Department of Children, Youth & Families (DCYF) through referrals to help fathers complete their service goals on the path towards reunification. Community and self-referrals are also welcome.
- Fathers of all stages and backgrounds can benefit from our goal-oriented process and empathetic approach.

For free peer-based support please fill out the interest form at
psnri.org/fatherhood or call our warm line 401-467-6855.



DAD AND KID MAKER DAY

Join us for Dad and Kid Maker Day at the PPL Workshop! From Button making to using a vinyl cutter, you and your child will have the opportunity to use our makerspace tools to create your own custom projects. Children must be 5 years or older to participate. Registration required.

MONDAY, APRIL 10

3:30 - 5PM

**PROVIDENCE PUBLIC LIBRARY
150 EMPIRE ST, PROVIDENCE**



Register here



Father and Child Storytime at PPL



Join us for an interactive storytime for children ages 0-5 and their dads. We will share songs, rhymes, and stories as well as tips for reading with your child. You'll even go home with a free book to read together.



Register
here



Friday, April 14
11am - 12pm at
Providence Public Library
150 Empire St, Providence



Pregnant?
Using?

We can help.



If you're pregnant & using, we can help.

Call or text 401-318-9577

- free help
- peer coaches
- support for you and your baby



Si usted está embarazada y consumiendo, podemos ayudarla.

Llámenos o envíenos un mensaje de texto hoy 401-318-9577

- consejeros de recuperación de persona a persona
- apoyo gratis para usted y su bebé





RI DOULA BILL

Quick Fact Sheet

7/1/2022

RI Perinatal Act is in effect. Families with private insurance and Medicaid in Rhode Island can now receive doula services paid for by their insurance. For exclusions & FAQ visit www.RIDoulaBill.com

WHAT NOW?

Reach out to a doula, many have been preparing to bill for some time. If you already have a doula who would like to bill insurance and needs support, they can reach out to us below. Families can also contact us or their insurance company directly for a list of in network doulas.

Doula Care FAQ

- ✓ Support at any gestation, no referral or 'proof of pregnancy' needed
- ✓ Support during pregnancy, labor & delivery & postpartum
- ✓ Support during miscarriage, stillbirth & abortion
- ✓ Covered by all RI Medicaid plans
- ✓ Covered by RI private insurance plans*

*Some exclusions apply. Visit www.RIdoulabill.com or contact your insurance for more information.



WWW.RIDOULABILL.COM

Sign up for the newsletter for community updates and visit the FAQ for information about the Medicaid and private insurance coverage.

Prevent Child Abuse
America



Let's Make Some Noise

Help us get your voice heard! Share your testimony by word or video to spread the word about the truth and struggles of RI families.

BE BOLD. BE HEARD.

Prevent Child Abuse
Rhode Island



Family Advisory Board
Legislative Writing &
Testimony Preparation

PSN WARWICK
2ND THURSDAY MONTHLY
1-2:30PM AND/OR 6-7:30PM
IN-PERSON OR VIRTUAL

pizza and other snacks
fun activities for kids

Join us in person or online
for monthly advocacy meetings
every second Thursday at
535 Centerville Rd, 2nd Floor,
Warwick, RI

or zoom link:
PSNRI.ORG/FAB

Questions? Call 401-467-6855



**CHILDHOOD
ADVERSITY IS
~~INEVITABLE~~
PREVENTABLE.**

**DAD
NEIGHBORS
YOUTH GROUP
TEACHERS
MENTORS
ROLE MODELS
VOTERS**

**MOM
COMMUNITY
SOCIAL SERVICES
FRIENDS
SCHOOLS
FAITH GROUPS
FAMILY**

**RACISM
DISCRIMINATION
SEXISM
UNEMPLOYMENT
POVERTY
EXCLUSION
BIAS
MARGINALIZATION
FAMILY**

**RENT
CAR PAYMENT
CHILD CARE
DEBT
INSURANCE
UTILITIES
CLOTHING
FOOD
FAMILY**

**CHILD NEGLECT
IS A ~~PARENTING~~
ISSUE PUBLIC
ISSUE.**

**CHILDHOOD
ADVERSITY IS
~~UNSOLVABLE~~
SOLVABLE.**

Together, we can prevent child abuse, America...
Because childhood lasts a lifetime.

Support RI Families FY2024 State Budget Legislative Session



We are group of families and peers with behavioral health lived experience who provide family and peer support services. We educate and raise awareness about prevention, treatment, and recovery.

We are Health Equity Advocates!

401-467-6855 and info@psnri.org



1 Housing Shortage & Homelessness

RI Families and pregnant women are homeless and struggling to find affordable housing, rental assistance or relief. These numbers continue to grow weekly and there are an estimated 3,000 children homeless at this time. The Governor's FY2024 proposed budget has federal and state appropriated funds budgeted, though there is a need to voice the immediate need for family shelters, re-instate rental relief, and to have increased availability of affordable subsidized housing.

2 State Health Coverage Renewals

RI Families and who depend on the state health care coverage re-determination has been on freeze since COVID. Starting April 1st, families will be re-determined and may lose eligibility for 100% coverage starting April 1st. As this re-determination process starts, parents will need to start to pay cost share or access health care coverage through their employer. There is a need to voice the need for 100% continued coverage or increase family-income eligibility.

3 Workforce Shortage - CRISIS

There is a health and human service workforce shortage, and this is creating a crisis for families and individuals trying to access needed services to support healthy child development and parental capacity; mental health and substance use; services for our most vulnerable at risk for children and youth involved with child welfare. There is a need for increased wages, hiring incentives, and ongoing investment in workforce training and college funding. Rhode Island's *First Connections program* is designed to reach at least 60% of newborns but only reached 34% in 2021 due to a staffing crisis.

4 Child Care is Essential Act

Pass the RI Child Care is Essential Act (H-5672/S-378) to make the increased rates for the Child Care Assistance Program permanent, to promote children's access to high-quality programs, and help providers meet minimum wage requirements. Safe, healthy, and high-quality childcare options are essential for working parents and for children to learn and grow. Voice the need to family-income eligibility, lift need for proving paternity with office of child support to access childcare.

5 FMLA - Temporary Caregivers Act

Improve our state's paid family leave program (Temporary Caregivers Insurance, H-5789/S-436) to match national benchmarks by increasing wage replacement rates and extending the number of weeks. We need to improve Rhode Island's paid family leave policy so all parents, and especially lower-wage earning parents, can have adequate income to remain at home with newborns, adoptive, and foster children for at least 12 weeks.



PARENTS CAN PARENT BETTER WHEN THEY'RE SUPPORTED, TOO.

Preventing childhood adversity starts by addressing the stressors that can overload parents—like unemployment and racism. That's why it's important for the whole community to show support by initiating programs and policies that ease the burdens. Childhood adversity is a preventable, solvable, public issue. Learn more at buildingbetterchildhoods.org

**BUILDING
BETTER
CHILDHOODS**



BUILDING together

PREVENTION IN PARTNERSHIP

EACH DAY IS AN OPPORTUNITY TO

BUILD THE Foundation

FOR OUR COLLECTIVE FUTURE.

Research shows children who suffer from the repeated stress of abuse and neglect tend to struggle in their behavioral, physical, and cognitive abilities.¹ These early trauma effects often continue through generations.

This Child Abuse Prevention Month (and beyond), take action to help create positive childhood experiences that enable families and communities to build strong, healthy futures.

ACROSS THE UNITED STATES*¹

3,016,000 CHILDREN

received either a child protective services investigation or alternative response

588,229 CHILDREN

were victims of abuse or neglect

-  **3 out of 4 victims** were neglected
-  **1 out of 6 victims** were physically abused
-  **1 out of 10 victims** were either sexually abused or sex-trafficked
-  **1,750 children** died from abuse and neglect

*Data include the period of COVID-19

1. U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau. (2022). Child Maltreatment 2020. Available from <https://www.acf.hhs.gov/cb/data-research/child-maltreatment>

Early Childhood FREE Resource Links

-  **First Connections**
Pregnant people, families, and caregivers with children up to age 3.
-  **Healthy Families America**
Pregnant people and families with infants or young children up to age 4.
-  **Nurse-Family Partnership**
First-time pregnant people that are less than 28 weeks pregnant up until the child turns 2.
-  **Parents as Teachers**
Pregnant people and parents with children up to age 4 (some programs up to age 5).

Local Support Resources

TIDES

children's mobile crisis and community-based youth programs
401-615-9374
www.tidesfs.org
24/7 crisis support

Kids Link RI

Children's Behavioral Health Triage and Referral
1-855-543-5465

MLK Community Center

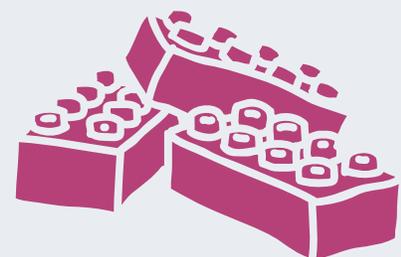
20 Dr. Marcus Wheatland Blvd, Newport
401-846-4828
www.mlkccenter.org

NAMI RI (National Alliance on Mental Illness)

154 Waterman St, Ste 5B, Providence
401-331-3060
www.namirhodeisland.org

The Providence Center

528 North Main St, Providence
401-276-4020
www.providencecenter.org



Local FCCPs

Family Care Community Partnerships

Child & Family

31 John Clarke Rd, Middletown
401-849-2300
www.childandfamilyri.com
24/7 Emergency Services

Communities for People

210 West Ave, Pawtucket
833-322-7123
www.communities-for-people.org
24/7 Emergency Services

Family Service of RI

134 Thurbers Ave, Providence
401-519-2280
www.familyserviceri.org

Tri-County Community Action Agency

1935 Kingstown Rd, Wakefield
401-789-3016
www.tricountyri.org

Community Care Alliance

800 Clinton St, 2nd Floor, Woonsocket
401-235-7252
www.communitycareri.org

Local Support Resources

Parent Support Network of RI

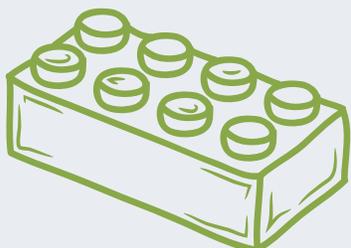
535 Centerville Rd, Ste 202, Warwick
401-467-6855 warm line
www.psnri.org

Progreso Latino

626 Broad St, Central Falls
401-728-5920
www.progresolatino.org

RI Parent Information Network

300 Jefferson Blvd, Ste 300, Warwick
401-270-0101
www.ripin.org



BUILDING together

PREVENTION IN PARTNERSHIP



Building STRONG FAMILIES¹



Positive Parenting Practices

- Increased parental confidence
- Increased positive parent-child interactions
- Increased home quality and safety



Child Maltreatment Outcomes

- Improves child safety
- Prevents maltreatment
- HFA parents use **more positive discipline** and less physical punishment and yelling
- Recurrence of maltreatment was **reduced by 1/3**



Economic Self- Sufficiency

- HFA moms were **5x more likely** to enroll and participate in school and training programs
- Teen HFA moms were **twice as likely** to complete at least one year of college compared to those not receiving HFA
- **27% fewer** families were homeless



Maternal Health

- HFA moms show **lowered parenting stress**
- Increased mothers' mental health
- Increased avoidance of risky behaviors



Child Health & Development

- **48% decrease** in low-birth-weight birth rates among moms who enrolled prenatally
- **26% fewer** children receive special education services



Family Violence

- **30% fewer** intimate partner violence incidents leading to injury

1. Healthy Families America. Evidence of Effectiveness. (2022). Available from <https://www.healthyfamiliesamerica.org/our-impact/evidence-of-effectiveness/>

APRIL IS
**National
 Child Abuse
 Prevention
 Month**

#ThrivingFamilies



Risk Factors

Substance misuse
 Parental stress
 Poverty

Protective Factors

Parental resilience Nurturing and attachment
 Knowledge of parenting and child development
 Concrete support in times of need Social connections
 Social-emotional competence of children



**Healthy Family America
 Rhode Island Sites**

BVCAP

Pawtucket
 401-723-4520
www.bvcap.org

Children's Friend

153 Summer Street, Providence
 1-800-286-2901
www.cfsri.org

Community Care Alliance

Woonsocket
 401-235-7000
www.communitycareri.org

CCAP

311 Doric Ave, Cranston
 401-467-9610
www.comcap.org

EBCAP

East Providence and Newport
 401-437-1000, ext 1535
www.ebcap.org

Family Service of RI

West Warwick and Providence
 401-519-2280
www.familyserviceri.org

Meeting Street

1000 Eddy St, Providence
 401-533-9100
www.meetingstreet.org

Healthy Families America is the signature home visiting program of Prevent Child Abuse America. Search for a site near you at healthyfamiliesamerica.org/sites

Connect with Resources preventchildabuse.findhelp.com



Culture is a protective factor.

Nurture cultural connections to heal, strengthen, and preserve communities.

ABRIL ES EL
**Mes Nacional
 de la Prevención
 del Abuso
 de Menores**

#ThrivingFamilies



Factores de riesgo

Uso indebido de sustancias
 Estrés de los padres
 Pobreza

Factores de protección

Resiliencia de los padres Crianza efectiva y apego
 Conocimientos sobre la crianza y el desarrollo de los niños
 Apoyo concreto en tiempos de necesidad Conexiones sociales
 Capacidad social y emocional de los niños



HELPFUL BABY TIPS FOR

SAFE SLEEP

ALWAYS PLACE YOUR BABY ON
BACK TO SLEEP

USE A FIRM SLEEP SURFACE,
COVERED BY A FITTED SHEET

DO NOT LET YOUR BABY SLEEP IN AN
ADULT BED, ON A COUCH, OR ON A CHAIR
ALONE, WITH YOU, OR WITH ANYONE ELSE

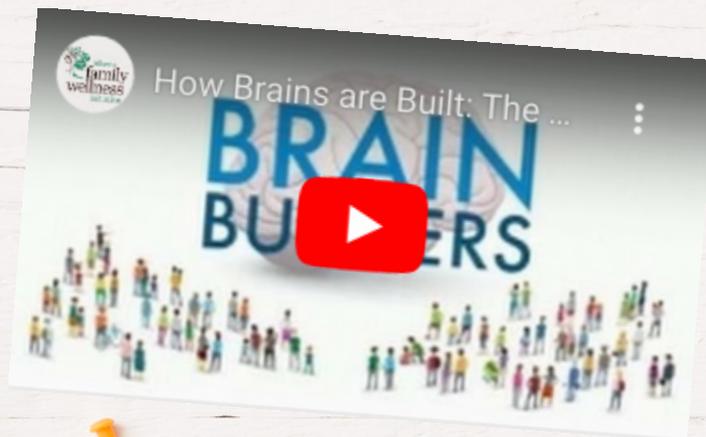
KEEP BABY'S SLEEP AREA IN THE
SAME ROOM WHERE YOU SLEEP

LEARN MORE AT WEBSITE:
[RIDOH SAFE SLEEP](http://RIDOH.SAFESLEEP.RI.GOV)



Learn About Brain Development

Scan QR code or click the video link above it to watch!



How Brains are Built:
The Core Story of
Brain Development



Brains: Journey to Resilience



PARENTS ARE MORE SUPPORTIVE WHEN THEY'RE SUPPORTED, TOO.

Preventing childhood adversity is a community effort. It's up to all of us to help ease the burdens on parents by lending a hand when needed and enacting policies that can address the financial and societal problems that prevent good parenting. Childhood adversity is a preventable, solvable, public issue. Learn more at buildingbetterchildhoods.org

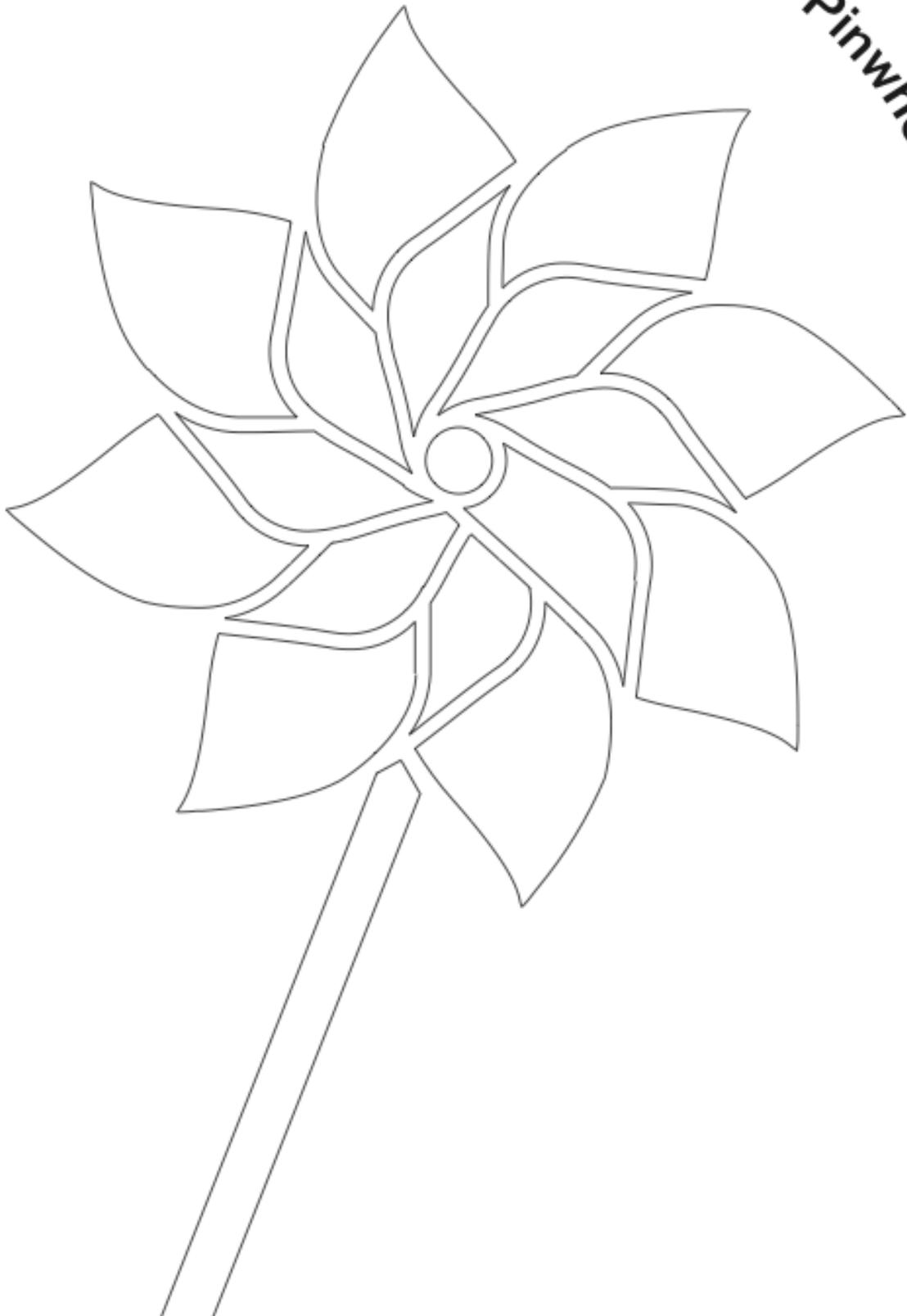
**BUILDING
BETTER
CHILDHOODS**





Prevent Child Abuse
America®

Design your own Pinwheel

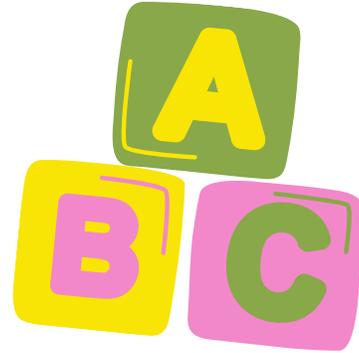


Name: _____ Date: _____

CAP MONTH WORD HUNT

Look for the following CAP Month words. Circle the words as you find them.

- build
- grow
- blocks
- pinwheel
- support (bonus: find it in Spanish too!)



g	r	o	w	t	h	w	i	b
r	s	u	p	p	o	r	t	u
o	a	p	o	y	o	e	d	i
w	p	i	n	w	h	e	e	l
b	l	o	c	k	s	t	l	d

Name _____

MY 5 SENSES



Please draw a line from the body part to the sense.

5-4-3-2-1 Anxiety Tip: Name 5 Things You See, 4 Things You Touch,
3 Things You Hear, 2 Things You Smell, 1 Slow Deep Breath

Eyes
Ears
Hands
Mouth
Nose

Taste
Hearing
Sight
Touch
Smell

MAKING YOUR OWN PINWHEEL

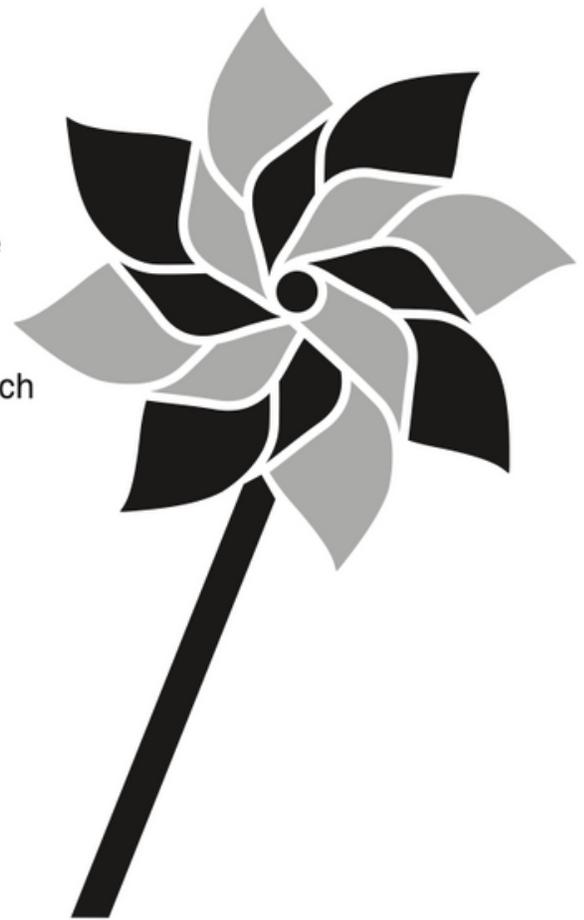
Here's a craft project that will allow children a chance to participate in your community's **Pinwheels for Prevention** activities. This activity can be used in schools, daycare centers, after-school programs, church groups, etc.

Materials

- a push pin
- a square piece of construction paper (about 8.5" x 8.5")
- a sharpened pencil with eraser
- scissors

Procedure

1. Lay the square paper flat on a table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the two lines cross and punch a small hole through it with the pencil tip.
3. Next, cut along each line stopping about an inch from the hole in the center of the square.
4. Take the pin and punch a hole in the top left corner of each of the four flaps. (No two holes should be next to each other.)
5. Pick-up a flap at a punched corner and carefully curve it over toward the center hole, securing it with the pin.
6. Repeat this for the other flaps.
7. When all four flaps are held by the pin, carefully lift the paper without letting the flaps unfurl.
8. Lay the pencil flat on a table and carefully push the point of the push pin into the side of the eraser.
9. Now your pinwheel is complete and ready to go. Pick-up the pinwheel near the pencil point and let it catch the wind.



Pinwheels for
PREVENTION[®]

Prevent Child Abuse
America[®]