

Strategies Everyone Can Implement to Strengthen Families in Maine

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Objectives:

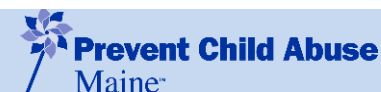
- Learn briefly about the Child Safety and Family Well-Being Plan.
- Identify multiple strategies and everyday actions that everyone can do to work together to strengthen families in Maine.
- Engage in conversation with other participants to learn about resources, tools, and opportunities for collaboration and coordination.

Reminder:

Due to this being recorded and the volume of participants, feel free to keep your cameras off and mute your microphone unless you are speaking.

Please use the chat to submit any questions to the presenters.

The slides and webinar recording will be available after the webinar along with an opportunity to receive a certificate of attendance.



Our Collaboration

Maine Children's Trust was originally created by Statute in 1985 as a part of State Government. In 1994, legislation was enacted that transformed the Trust into a 501(c)3 non-profit governed by a Board of Directors. The Trust provides leadership and coordination of efforts throughout Maine to prevent child abuse and neglect before it occurs. The Trust provides funding and supports for prevention programming, as well as coordinates statewide collaborative initiatives to strengthen families. The Trust is also the state chapter for Prevent Child Abuse America.

The Department of Health and Human Services, Office of Child and Family Services contracts with Maine Children's Trust to coordinate the Prevention Councils located in each county in Maine.

The Foundation

Our webinar series has laid the foundation for the discussion today....

1. We all have a role in keeping children in Maine safe, stable, happy, and healthy.
2. There are multiple strategies for strengthening families to prevent child abuse/neglect, mental health and substance use disorder.
3. We have an opportunity to leverage prevention efforts across multiple domains to strengthen our approach to prevent child abuse and neglect in Maine.
4. There are things that all of us can do in our own personal and professional lives to help strengthen families in Maine.

Child Safety and Family Well-Being Plan



Maine Child Safety and Family Well-Being Plan

Version 1.0 - May 9, 2023

Prepared by the Maine Department of Health and Human Services
in Partnership with the Maine Child Welfare Action Network



Keeping Children Safe by Keeping Families Strong

Vision: Maine is a place where all children, youth, and families live in supportive communities where they can get the help they need, when they need it.

Goal: A Child and Family Well-Being System where there is a shared responsibility for strengthening families.

[Maine Child Safety and Family Well-Being Plan - Version 1.0 \(May 2023\)](#)

Protective Factors

The **Strengthening Families Protective Factors Framework** guides this Plan:

- **Reduce the known risk factors** for child maltreatment: poverty, untreated substance use disorder, unmet mental health needs, and exposure to violence.
- **Build the protective factors** that can serve as a buffer to life's stressors:
 - nurturing and attachment,
 - parental resilience, positive social connections,
 - knowledge of parenting and child development,
 - concrete supports and services,
 - social-emotional competence of children.

Keep Children Safe by Keeping Families Strong

A **Child Safety and Family Well-Being System** of shared responsibility that recognizes the **role that we all play** in keeping families strong.

Policies:

- United States Congress
- Maine State Legislature
- Maine State Agencies

Family:

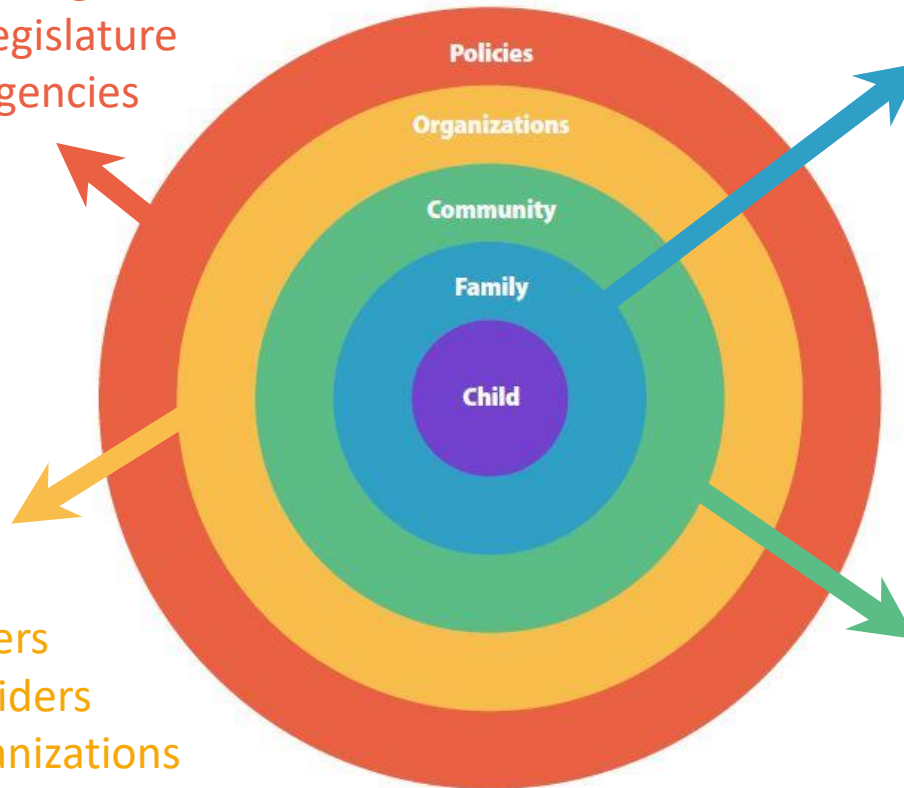
- Parents
- Grandparents
- Caregivers

Organizations

- Schools
- Municipalities
- Medical Providers
- Child Care Providers
- Non-Profit Organizations
- Behavioral Health Providers
- State Administered Programs

Community:

- Friends
- Neighbors
- Extended Family
- Faith Groups
- Libraries
- Recreation Centers





Strategies

Education and Information Sharing

Opportunities/Action Steps: Education & Information Sharing

- We all can share messages and education to support safe and healthy families:
 - Our shared role and responsibility in:
 - Strengthening families,
 - Keeping children in Maine safe,
 - Promoting Mental Wellness and how and where to find help,
 - Receiving and share education on Mental Health & Substance Use Disorder:
 - Myths related to Mental Health, Understanding Substance Use Disorders, etc
 - [Infant Safe Sleep](#), [Period of Purple Crying](#), [Protective Factors](#), [Safe Storage and Disposal](#),
 - Importance of [parent and caregiver modeling and monitoring behaviors](#).

Opportunities/Action Steps: Education & Information Sharing

- Order materials from the [Maine Prevention Store](#) for:
 - Office spaces or public places.
 - Disseminating when meeting with individuals and community members (substance use, mental wellness, tobacco use, safe sleep, locating resources, etc..)

EYES OPEN
OVER HALF WHO MISUSED PRESCRIPTION DRUGS GOT THEM FROM A FRIEND OR FAMILY MEMBER FOR FREE
24/7
SAFE SLEEP

PLAN AHEAD
Learn about the risks of alcohol and substance use while pregnant

DOES VAPING HAVE YOU ON THE SIDELINE?
Text "Start My Quit" to 36072 or call 855-891-9988. Free, confidential help to quit vaping, smoking or chewing. Just for teens.
MY LIFE MY CHOICE

Marijuana Is it safe to use while pregnant?
When you are pregnant and use marijuana, so does your baby. Marijuana passes through the placenta into a baby's bloodstream. Studies suggest marijuana use during pregnancy can harm a growing baby.
It may cause your baby to be born before his or her body and brain are ready. This can mean health problems at birth and throughout life.
It could change how your baby's brain develops, causing life-long problems with:
• Paying attention and following rules
• Learning and memory
• Doing well in school
Make the safest choice for you and your baby. Do not use marijuana when pregnant or breastfeeding.

KNOW THE ABCs OF SAFE SLEEP
A ALONE IN THEIR CRIB
B ON THEIR BACK
C CLEAN, CLEAR CRIB
D DRUG-FREE HOME
SafeSleepForME.org
SAFESLEEP - MAINE

Keep your child safe.
Put your medicines up & away
Learn how.

Discussion

What are some of the ways you have shared family strengthening education or information to others including those in your community?



Strategies

Community and State Engagement in Strengthening Individuals/Families

Opportunities/Action Steps: Community Engagement

- Community Engagement in Strengthening Families:
 - Substance & Tobacco Use Prevention ([Maine Prevention Network](#)) and other Community Coalitions can join with [Prevention Councils](#) to discuss and coordinate shared strategies/activities.
 - Encourage Mental Health and Substance Use Disorder providers in your community to join coalitions and councils.
 - Create safe community public spaces for relaxation, recreation, meditation, socializing.
 - Assess if your community has a Community Collaborative that you can participate in.
- Encourage community trainings of [The Front Porch Project of Maine](#) and [Protective Factors](#) both provided by the Prevention Councils.

Opportunities/Action Steps: State Engagement

- Utilize opportunities for changes in:
 - State and Local Laws/Policies
- Assess social and community norms related to mental health and substance use and promote help seeking.
- Become involved in the development and implementation of [Maine's Child Safety and Family Well-Being Plan](#).

Discussion

What are some of the ways you have engaged in efforts to strengthen families in your community?

Discussion

What are some of the ways you are involved in State and Community Prevention efforts?



Strategies

Strengthening Individuals and Families

Opportunities/Action Steps: Strengthening Individuals and Families

- Strengthen Connections and Protective Factors for individuals and families through:
 - Common protective factor education, connecting people within your community.
- The role of relationships:
 - Showing genuine care and concern for ones well being,
 - Lending a helping hand,
 - Offering up resources of support.

Opportunities/Action Steps: Strengthening Individuals and Families

- Create youth supportive environments by providing opportunities to:
 - matter,
 - belong,
 - make a difference.
- Support organizations/systems to develop and help implement good policies and practices related to supporting positive mental health and social emotional learning.

Opportunities/Action Steps: Strengthening Individuals and Families

- Community scans of [Mental Health and Wellness Messaging](#) and promoting these messages within communities and with individuals.
 - Do you see messages in your community supporting positive mental health and caring for ourselves and others?
 - Are there places without messages that you think would be ideal for people to see these messages?
 - Suggest the sharing of messages where/when appropriate.
- Encourage everyone (coworkers, staff, friends, family) to participate in [Mental Health First Aid](#) trainings.

Opportunities/Action Steps: Strengthening Individuals and Families

- Help individuals identify problems early on through screening, self reflection, counseling:
 - Connecting to resources early so that we are working to prevent a problem from surfacing or getting worse.
- Connect people to resources to meet their needs and/or encourage them to connect to resources using:
 - [Access Maine](#) and [211Maine](#)
 - Treatment Locator Tools
- A shared approach in normalizing:
“Getting Help is a Sign of Strength.”

Discussion

What are some ideas
you have for
strengthening families
in Maine?



Strategies

Inclusion of Youth and Adults

Opportunities/Action Steps: Inclusion

- Outreach to the [Maine Youth Action Network](#) and the [Youth Leadership Advisory Team](#) and other youth empowerment groups to involve youth in program planning and development.
“Nothing about us, without us”
- Engage youth and parent voice in community assessments, program planning, and implementation of programs.
 - Add parents and youth to boards, coalitions, decision making groups.
- Understand disparities in communities and include ALL populations in prevention efforts.

Discussion

How do you include adults and youth in decision making and program planning?



Strategies

Connecting Individuals to Resources and Supports

Opportunities/Action Steps: Connecting

- We can all connect individuals and families to resources that can support their basic needs and physical/mental health needs.
- Understand the resources that strengthen families in your communities:
 - Connect people to resources and encourage them to use:
 - [Access Maine](#) and [211Maine](#)
 - Help us promote the use of these tools on your websites, in newsletters, listserv messages.



Discussion

What are strategies you use to connect individuals and families to resources/services?

Discussion

What is one strategy
you plan to start
doing after hearing
about these strategies
today?

Resources

- [Prevention Councils](#)
- [Maine Prevention Network](#)
- [NAMI/Mental Health Resources](#)
 - [Mental Health First Aid Trainings](#)
 - [Strengthen Me](#)
- Locating Services and Supports
 - [988](#),
 - [2-1-1 Maine](#),
 - [Access Maine](#)
- [You are Prevention](#) (Web)
- [Prevention for Me](#) (Web)

Thank you!



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