

Think Spring!

Supporting Families, Fostering Healthy Development



Reducing Maternal Depression and Its Impact on Young Children

Maternal depression is a significant risk factor affecting the well-being and school readiness of young children. Low-income mothers of young children experience particularly high levels of depression, often in combination with other risk factors. This National Center for Children in Poverty policy brief examines why addressing maternal depression should be a key element of school readiness efforts. www.nccp.org

Promoting Healthy Families, Preventing Abuse

Order your free copies of Promoting Healthy Families in Your Community: 2008 Resource Packet today! Developed for service providers, the packet highlights strategies to strengthen families by promoting key protective factors that prevent child abuse and neglect. It also includes tip sheets in both English and Spanish to share with parents. The Resource Packet is produced annually by the Department of Health and Human Services' Children's Bureau, Office on Child Abuse and Neglect, Child Welfare Information Gateway, and the FRIENDS National Resource Center on Community-Based Child Abuse Prevention. The 2008 packet was developed with input from more than 30 national organizations that work to promote healthy families. http://www.childwelfare.gov/preventing/res_packet_2008

Cultural Competency in Child Welfare: A Bridge Worth Building

BRYCS - Bridging Refugee Youth & Children's Services - highlights this issue on its website for its Winter Spotlight. <http://www.brycs.org/>

Early Childhood Mental Health Consultation: An Evaluation Toolkit

This resource from the Georgetown University Center for Child and Human Development combines a brief review of the literature and current research addressing the effectiveness of early childhood mental health consultation with guidance for designing and implementing program evaluation. It will help states, communities, and programs increase their capacity for high-quality evaluation of early childhood mental health consultation in community-based settings. http://gucchd.georgetown.edu/files/products_publications/TACenter/ecmhc_toolkit.pdf

Investing in Prevention: Keeping Children Safe at Home

This report from the Kids are Waiting campaign examines the role that child welfare programs play in keeping children safe and helping families remain together whenever possible. <http://kidsarewaiting.org/tools/reports/files/0011.pdf>

Parent Engagement and Leadership

This fact sheet from the FRIENDS National Resource Center for Community-Based Child Abuse Prevention includes information about parent leadership, including shared leadership, and parent leadership training. <http://www.ounce.org/pdf/FRIENDSfactsheet13-ParentEngagementLeadership.pdf>

Families America: The Positive Results of Home Visiting

For 15 years, Healthy Families America (HFA) programs around the country have promoted positive parenting and the prevention of child maltreatment through home visits to new and expectant parents who may be at risk for child abuse. The HFA initiative has grown to include programs in more than 450 communities. While there is a great deal of flexibility in implementation, all HFA programs adhere to a series of critical elements involving service initiation, service content, and staff characteristics.

A recent article explored the effectiveness of HFA programs by reviewing 33 evaluations of HFA sites, including 15 studies with comparison groups. Despite the diversity of the sites and the variability in implementation, program quality, and family risk level, overall findings were positive for the impact of the home visiting program. HFA sites showed improvements in parenting attitudes, the home environment, birth outcomes, maternal depression, and in many cases, child maltreatment rates. Data from two large-scale programs illustrated the benefits of communitywide and statewide HFA programs.

"Healthy Families America Effectiveness: A Comprehensive Review of Outcomes," by Kathryn Harding, Joseph Galano, Joanne Martin, Lee Huntington, and Cynthia Schellenbach, was published in the *Journal of Prevention & Intervention in the Community*, Volume 34, and is available from Haworth Press:

<http://haworthpress.com/store/ArticleAbstract.asp?ID=105641>

Related Items:

For more information about Healthy Families America, including access to the new self-assessment tool, visit:

www.healthyfamiliesamerica.org/home/index.shtml

Children's Bureau Express wrote about the Healthy Families New York site, which was recognized by RAND as a "Promising Program That Works," in "Recognition for Healthy Families New York" (April 2006).

The Children's Bureau recently awarded 5-year grants to three agencies to provide nurse home visitation to low-income first-time mothers at risk for child abuse and neglect. The Yakima Valley Farm Workers Clinic in Toppenish, WA, the Nurses for Newborns Foundation in St. Louis, MO, and the Spokane Regional Health District in Spokane, WA, will implement nurse home visitation in combination with healthy marriage and responsible fatherhood curricula.

Autism and Genetics

Recently, research reports were released linking autism to genetics. New guidelines have also been recommended by the American Academy of Pediatrics to begin screening children as early as 12 months and to screen them often. ABC had some good information and short video clips. You might be interested since many of these children are involved in the child welfare system and caseworkers and home visitors will be asked to do developmental screenings.

<http://abcnews.go.com/Health/OnCall/story?id=4114447&page=1>

Trends

Parental Incarceration: How to Avoid a "Death Sentence" for Families

This article from the Clearinghouse REVIEW Journal of Poverty Law and Policy highlights a number of promising services and supports for incarcerated parents and recommends what attorneys representing or working with incarcerated parents and their children can do to minimize harm to children.

http://www.clasp.org/publications/parental_incarceration2007.pdf



New Medicaid Rules and Children in Foster Care

On December 4, the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services published interim final rules governing case management services provided by state Medicaid programs, to implement changes Congress made in the Deficit Reduction Act of 2005 (DRA). A paper from the Center on Budget and Policy Priorities at <http://www.cbpp.org/12-21-07health.htm> examines ways in which the rules will impact beneficiaries, including poor children in foster care.

Citizens Bank Offers Loans for Energy Projects

Citizens Bank is offering to assist low-to-moderate income homeowners who might not otherwise qualify for loans to make their homes more energy efficient. The bank's new energy efficiency loan program offers an unsecured loan of \$1,000 to \$3,000 at a rate of 1 percent for as long as 36 months. A 3 percent annual rate is available for loans of \$3,001 to \$10,000 for up to 84 months. The program is designed for homeowners with family incomes of less than 80 percent of the HUD median family income guidelines, according to the release. The income amount depends on the municipality where the residence is located. All loans are subject to credit approval. "By making these below market rate loans available, we hope to make it feasible for homeowners to add insulation, upgrade furnaces or home-heating and cooling systems, install storm windows and doors and more," said Daniel K. Fitzpatrick, Citizens Bank president and CEO for Eastern Pennsylvania and New Jersey. Further information is available at Citizens Bank branches or by calling 888-304-5400.

The Crimes Against Children Research Center

The CCRC aims to combat crimes against children by providing research and statistics to policymakers, law enforcement personnel, child welfare practitioners, and the general public. The CCRC website provides a variety of information and resources relating to the victimization of children, including survey instruments, survey results, and reports on topics ranging from the decline in sexual abuse cases to bullying, Internet crimes against juveniles, and juvenile prostitution. <http://www.unh.edu/ccrc>

Funding Opportunities and Sustainability

Cigna Foundation

The Cigna Foundation provides support to nonprofits for projects in five areas, including women, child and family health, obesity prevention and reduction of gender disparities in health care. Deadline: Rolling



Other Potential Funding Sources Worth Checking Out This Year:

- [The Finance Project](#)
- [The Foundation Center](#)
- [Network for Good](#)
- [National Service Learning Clearinghouse](#)
- [FundsNet](#)
- [Corporation for National and Community Service eGrants](#)
- [Health and Human Services GrantsNet](#)
- [National Child Care Information Center](#)
- [Youth Action Net](#) (for youth-led efforts)

Grant: [Assets for Independence Demonstration](#) – For services that enable low-income individuals and families to become economically self-sufficient. Funder: U.S. Administration for Children and Families. Eligibility: Nonprofits, government agencies, financial institutions and others. Deadline: Jan. 15 and March 25 annually. Amount: \$19 million for up to 65 awards. Contact: www.acf.hhs.gov/grants/open/HHS-2008-ACF-OCS-EI-0053.html

Center on the Social and Emotional Foundations for Early Learning

CSEFEL is intended to promote the social emotional outcomes and enhance the school readiness of low-income children birth to age 5, and to serve as a national resource center for disseminating research and evidence-based practices to Head Start and Child Care programs across the country. Online resources include training modules and "What Works" briefs.

<http://www.vanderbilt.edu/csefel/>

Workforce Planning Portal

This site from Cornerstones for Kids provides hands-on tools and resources for human services agencies looking for solutions to workforce challenges. It is a comprehensive model agencies can use to address these challenges. Cornerstone for Kids has developed the Workforce Planning Portal to provide hands-on tools and resources for human services agencies looking for solutions to workforce challenges. We introduce Workforce Planning (WFP) as a comprehensive model agencies can use to address these challenges. To access the planning portal, go

to: <http://portal.cornerstones4kids.org/>

Resources are organized according to their planning model:

Strategy - strategy assessment included tools for establishing leadership commitment and developing communication plans and work plans

Data Collection - includes tools and resources on doing environmental scans and analysis of current resources and needs

Data Analysis - provides tools and guidance on conducting a gap analysis

Implementation - outlines a series of tools and guidance on "gap-closing strategies," e.g., recruitment, retention, performance management, and professional development, and succession planning

Evaluation - includes guidance on crafting reviewing and assessment measures to gauge the effectiveness of workforce interventions

Caring for Kids after Trauma, Disaster and Death: A Guide for Parents and Professionals

The first edition of this Guide from the New York University Child Study Center prepared immediately after September 11, 2001, provided educational and practical guidance to help schools, parents and others who care for children understand and respond to children's reactions to traumatic events. Since that time the world has endured a number of natural and man-made disasters, and the Guide has been revised to include updated, expanded and new material. The articles represent a synthesis of knowledge based on the experiences of pre-9/11 disasters, such as the Oklahoma City bombing and Hurricane Andrew in Florida, as well subsequent disasters, such as the Indian Ocean tsunami and Hurricane Katrina. The principal aim of this updated Guide is to translate research findings into practical applications for parents and mental health/school professionals for use during and after a crisis, as well as in prevention efforts. The Guide is also intended to help identify ways to strengthen the factors that promote resilience in a climate sensitive to the cultural and social context of families.

http://www.aboutourkids.org/articles/aboutourkids_resources

Youth Development Journal Now Online

The latest issue of the Journal of Youth Development: Bridging Research and Practice, published by the National Association of Extension 4-H Agents, is now online.

Articles that may be of particular interest include:

[Rural After-School Programs: Meeting the Needs of At-Risk Youth and Their Families](#)

[Developmentally-Responsive Relationships During After School](#)

Addressing the Needs of Children of Offenders: The 4-H LIFE Model.

Resources: To access the current issue, visit <http://www.nae4ha.org/directory/jyd/index.html>.

Please note that while access is free, registration is required.

Resources – Outcomes Development, Monitoring and Evaluation

Parents as Teachers 2008 Conference (March 31-April 3)

This year's conference, Early Childhood Advocacy: Getting Involved, Providing Support, Passing the Word, will address: parent involvement, child mental health issues, school readiness, diverse populations, innovative interventions and service delivery strategies, and outcomes measurement and demonstration of impact for children and families. It will be held at the Renaissance Grand Hotel in St. Louis, MO.

FRIENDS Online Learning Center

This resource is designed to meet the demands of providing high quality, subject specific training in a cost effective manner for CBCAP State Lead Agencies and their grantees. The Online Learning Center is designed to offer accessible continuing education and professional development opportunities that are available 24 hours a day, 7 days a week. The FRIENDS Online Learning Center is available to the prevention community through a partnership with Essential Learning. <http://www.friendsnrc.org/resources/onlinelearn.htm>

OCYF Update

OCYF staff members, Holly and Dave, in particular, are busy reviewing grant and funding applications. They will be in contact with applicants soon.

University of Pittsburgh Sponsored-Training

Upcoming Training Topics of Note to Family Centers and Family Support Centers:

207: Introduction to Family Group Decision Making: Part 1

This one day overview introduces the foundations of the FGDM practice and prepares participants to begin planning for implementation and participate successfully in FGDM. It describes the process, the steps of an FGDM Conference, how to prepare participants for meetings, and how to establish FGDM in the community. It is important to stress that this one-day training alone is not sufficient to implement FGDM successfully. This practice emphasizes family empowerment. Families should be given the opportunity and responsibility to make decision for themselves. This workshop introduces participants to a new way of doing business that challenges the dominant practice, but results in lifetime benefits for the families with whom they work. Training Dates and Locations:

June 3, 2008

Meadville Training Room

Crawford County Development Corporation
Suite 302
18282 Technology Drive
Meadville, PA 16335
Trainer: Brad McGarry

June 5, 2008

Montgomery County Training Room

Montgomery County Human Services Center
1430 DeKalb Street
1st Floor
Norristown, PA 19404

Trainer: Patricia Hackman

June 20, 2008

Altoona Training Room

222 Lakemont Park Blvd
The Village at Lakemont
Altoona, PA 16602

Trainer: June Fisher

June 25, 2008

Williamsport Training Room

Park Place LLC, 1st Floor
800 West 4th Street
Williamsport, PA 17701

Trainer: Patricia Gadsden

400: Making the Case for Safety

Participants will develop an understanding of their vulnerability on the job, and will become more aware and skilled at ensuring their safety in clients' homes and at the office. Trainer: Jim Holler

Training Dates and Locations

April 7, 2008

Mayfield Training Room

1300 Old Plank Road
Mayfield, PA 1843

April 28, 2008

The Pennsylvania Child Welfare Training Program

3 403 East Winding Hill Road
Mechanicsburg, PA 17055

May 1, 2008

Montgomery County Training Room

Montgomery County Human Services Center
1430 DeKalb Street
1st Floor
Norristown, PA 19404

May 13, 2008

Monroeville Training Room

Expo Mart, Suite 203 W
105 Mall Blvd
Monroeville, PA 15146

Please register the following ways: (registration is due 3 weeks prior to the scheduled workshop)

Phone: 1-877-297-7488

Fax: 717-795-8013

Email: cwtpreg@pitt.edu

Please remember that Family Center staff members are welcome to attend any training offered by the University's Pennsylvania Child Welfare Training Program (CWTP.) If you have any questions about the workshops and training above or those that are listed in the six-month training directory, please contact your county's liaison listed below.

Family Centers Program Contact Information
Pennsylvania Child Welfare Training Program
403 East Winding Hill Road
Mechanicsburg, PA 17055
717.795.9048

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