7 Strategies to Build Strong Communities
Provide Information

Raise public awareness

Display Strong Communities Raise Strong Kids posters

Hand out Strong Communities Raise Strong Kids brochures
Enhance Knowledge & Skill

• Help educate colleagues about ACEs
• Educate parents about how to build resilience in children from birth
• Teach child care providers, home visitors, physicians and others to build resilience in families
Teach skills to youth
Be a caring adult

Spend quality as well as quantity time with a child; read a book, share a meal.
Talk with Family, Friends and Neighbors

- Share and discuss the ACE questionnaire with your family
- Ask about ACEs, acknowledge your own
- De-stigmatize ACEs can be therapeutic
- Volunteer
Contribute to Community Programs
Enhance Access
Reduce Barriers

• Seek support for needed resources (grant proposals, local collaborations, etc)
• Offer concrete supports (food, shelter, seek professional help if needed)
• Link families to effective community resources (faith based activities, after-school programs, recreation, parenting classes, counseling, domestic violence shelters/education)
When communities make family mental health services available, they bolster kids’ ability to handle stress and prevent damage to the developing brain.
Change the Physical Environment

• Lead a school clean up effort
• Initiate a change making your school/community safer
• Volunteer
• Support your local Child Abuse Prevention Council
Change Consequences (Incentives & Disincentives)

• Thank someone for their hard work
• Publicly recognize a community group that strengthens families
• Publish an article in a newspaper highlighting someone in the community
• Give rewards to individuals or businesses for helping in the community
Support Family-Friendly Public Policies
Modify/Change Policy

• Talk to legislators and philanthropists about supporting effective programs
• Contribute to child abuse prevention programs via a tax check off
• Support positive parenting programs, domestic violence and mental health education and services
If our **society is to prosper in the future**, we will need to make sure that **all** children have the opportunity to develop intellectually, socially and emotionally.
Information & Resources

• ACE Study findings and information
  - [www.acestudy.org](http://www.acestudy.org) or [www.cdc.gov](http://www.cdc.gov)

• National Scientific Council on the Developing Child at Harvard University
  - [www.developingchild.net](http://www.developingchild.net)

• Academy of Pediatrics
  - [www.brightfutures.aap.org](http://www.brightfutures.aap.org)
More Information & Resources

• National Center for Trauma-Informed Care – www.mentalhealth.samhsa.gov/nctic

• National Child Traumatic Stress Network – www.nctsnet.org

• Center for the Study of Social Policy -Information on Strengthening Families and Protective Factors – www.cssp.org

• Center for Injury Prevention and Control – www.cdc.gov/violenceprevention
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