



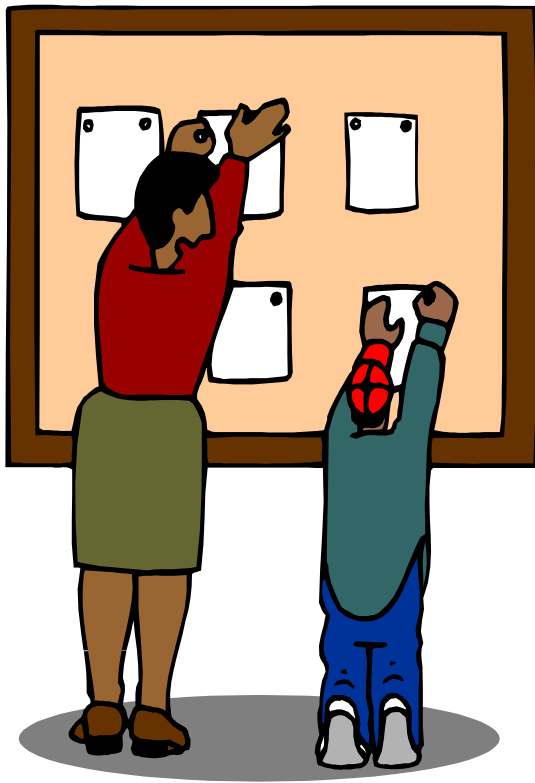
7 Strategies to Build Strong Communities



strong communities raise strong kids

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



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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 or www.cdc.gov
- National Scientific Council on the Developing Child at Harvard University
 - www.developingchild.net
- Academy of Pediatrics
 - 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





Strong Communities Raise Strong Kids



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