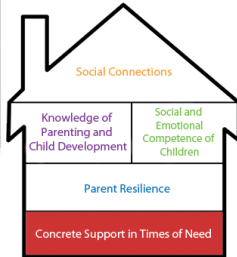


Concrete Support



Concrete Support in Times of Need

Sometimes we all need help finding and accessing support and services that meet our needs and reduce stress caused by challenges.



It's Tough to be a Good Parent During Tough Times

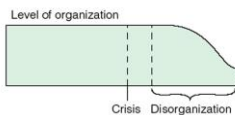
- EVERY family, at some point, needs help
 - ▣ Serious illness?
 - ▣ Job loss?
 - ▣ Move?
 - ▣ Birth of a child?
 - ▣ Loss of a family member?
 - ▣ Family member in prison?
 - ▣ Divorce/separation?
 - ▣ Short on money?
 - ▣ Car broken down?



Concrete Support = We have access to what we need to handle challenges and be successful

Concrete Support and Crises

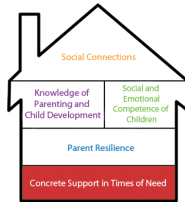
A crisis often leads to *disorganization*



What might affect the possible levels of disorganization?



Concrete Support in Times of Need



Mental Health Services	Transportation	Housing Assistance	Medical/Trauma Services
Substance Abuse Services	Educational Services	Healthy Food	Childcare

Three Essential Needs



Brain systems have two settings: **Responsive and Reactive**.
When each need is met, system defaults to *Responsive*

- **Safety – avoid harm** When I feel safe, responsive mode brings calm, peace.
- **Satisfaction – approach rewards** When I feel satisfied, responsive mode brings gratitude, pleasure, contentment, accomplishment.
- **Connection – attach to others** When I feel connected, responsive mode brings belonging, love, compassion, kindness, worth.

When **Concrete Support in Times of Need (Safety)** is not met, we **REACT** with fear, frustration, anxiety, and anger.

Getting Help



- We respond better to crises when we:
 - Recognize we need support
 - Know what services are available
 - Know how to access services
 - Have some financial security
 - Have basic needs met
 - Are resourceful with what we have
 - Are committed and persistent
 - Advocate effectively for one's self, child, and/or other family members to receive necessary help



~Start with one step at a time~

Locating Concrete Support



- When a family's basic needs are not met, how is family interaction affected?
- How are basic needs related to strong footings in a building or house?

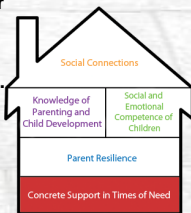


Concrete Support in Times of Need



Key Principles:

- When basic needs are met it is easier to focus on others and their needs.
- Know where to turn in times of crisis.
- Recognize our strengths.



Strong Parents, Stable Children: *Building Protective Factors to Strengthen Families*



Concrete Support in Times of Need

Reach Out When You Need Help

All families need help sometimes. Some have basic needs such as food, housing, and clothing; others need help finding child care and locating physical and mental health services. Parents may not always know about community services and resources that can help meet their basic needs or how to find essential services. Other times parents know about available resources but they are hesitant to seek help due to pride or stigma against getting help. Be respectful and caring to build a trusting relationship and to help foster resilience. Parents like learning from other parents about services they used in times of stress or crisis. Some parents just need contact information, but others might need help making that first contact or appointment. It is also important to remember that language barriers or cultural differences make it difficult for parents to know who to ask or where to turn for help. Help build self-confidence by encouraging parents to be active participants in getting the help they need.

Here are some ways you can help:

- Learn what steps the parents have already taken to deal with the problem and talk about how well the current plan is working.
- Identify from the family's perspective the most critical need, such as staying in their house, keeping a job, finding child care, getting the car fixed, or paying the electric bill.
- Talk about the family's current connections that might offer help or advice. For example, the friends or neighbors, pediatrician, child care or school, or the local faith-based community.
- Provide a list of local resources and services so parents may select what is best for their needs. Be familiar with the resources and services you recommend so you can tell parents what to expect at different agencies. Those who have a lot of needs may be overwhelmed with all the different paperwork and agency requirements. If they know about these requirements ahead of time, they will feel more comfortable using the resource.
- Explore the parents' ability to find ways to access services such as transportation, encouragement, phone calls, and other personal help.
- Link parents with culturally appropriate services where their language is spoken or their culture is observed.

Here are some specific questions you can ask:

- What is your biggest concern?
- What have you already done to deal with this? Did it work? Why or why not?
- Have you had to deal with this before? What worked that time? What didn't work?
- Have you thought about contacting _____? (child's school, pediatrician, local program, faith community, etc.)
- What kind of help do you need to make this contact or get to an appointment?
- I want to follow up with you to see how well this works. What is the best way to reach you? What time of day is best?

Strong Parents, Stable Children: *Building Protective Factors to Strengthen Families*



Connect to Support

A support system of family, friends, and trusted neighbors is very important. It is also important to know about community organizations, counselors, and other supports that are available when you need help or advice.

	Name:	Number:
Doctor:	_____	_____
Pediatrician:	_____	_____
Dentist:	_____	_____
Child care:	_____	_____
Tutor for child:	_____	_____
Counseling:		
Individual	_____	_____
Couples'	_____	_____
Child	_____	_____
AA or NA:	_____	_____
Mechanic:	_____	_____
Need a ride:	_____	_____
Home repairs:	_____	_____
Legal advice:	_____	_____
Housesitting:	_____	_____
Pet care:	_____	_____
Need to celebrate:	_____	_____
Need to laugh:	_____	_____
Feel discouraged:	_____	_____
Share hobbies:	_____	_____
I am so angry I could hurt someone:	_____	_____

Community agencies offering workshops on parenting and relationship education

A lot of tools and skills can be learned in these classes. Many local Extension offices, non-profit organizations, faith-based groups, and other community organizations offer parenting workshops and relationship and marriage education.

	Organization/Agency Name	Program Type	Address	Phone
1.				
2.				
3.				
4.				
5.				

Counselors and/or marriage and family therapists

Sometimes workshops are not enough. There are times when we need support from a licensed professional, such as a counselor or therapist.

	Name	Services Available	Address	Phone
1.				
2.				
3.				
4.				
5.				

Other helpful resources:

What are some possible obstacles to you seeking or receiving support?

What are some possible solutions?