



## Promoting the Safety and Well-Being of Children & Families

### A Note from the Director

Greetings,

I'm often asked what we mean by "healthy" relationships. Healthy relationships are mutually satisfying relationships that are beneficial to both partners and also children. Individuals in healthy relationships are committed to ongoing growth utilizing the skills of effective communication and conflict management. Families often face a variety of everyday life challenges, such as making ends meet, physical and mental health issues, trauma, relationship conflict, and occasional crises. These kinds of stressors can be overwhelming for families who lack coping skills or adequate conflict management skills. To ensure that prevention and intervention of domestic violence and child maltreatment are a consideration in our efforts to promote relationship education, the Resource Center is supported by a [Family Violence Prevention Advisory Panel](#). Our panel members provide expertise serving diverse populations across a broad spectrum of family violence issues as well as innovative prevention and intervention strategies. I hope the tips and resources highlighted below will be helpful to you and the families you serve as we all work to strengthen families and communities.

Best Regards,

## Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

In addition to supporting couple relationships, service providers can help parents and caregivers be resilient during hard times, promote family well-being, and prevent child maltreatment by following these tips from the [Child Welfare Information Gateway](#):

- **Teach parents concrete skills** to prevent stress, such as planning and goal setting, anticipating difficulties, problem-solving, communication, and self-care.
- **Partner with resources in the community** that help families manage stress and deal with crises, including programs that offer family-to-family help for personalized, sustained support as well as services such as mental health counseling, substance use treatment, domestic violence programs, and self-help support groups.
- **Train staff to observe and assess children for early signs** of child or family distress and respond to children and their families with encouragement and support.

You can find more tips like these in the [2018 Prevention Resource Guide](#) located in our virtual library.

## Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Family Violence Prevention: A Toolkit for Stakeholders**  
This toolkit provides information and resources to assist stakeholders in incorporating domestic violence and child maltreatment awareness into service provision, including information that will increase service provider's understanding of these issues and will also help them identify other beneficial resources or referrals in the community that may support their efforts to institute healthy relationship policies and practices. The toolkit is also available as a [free online course in our Virtual Training Center](#).
- **Children Exposed to Intimate Partner Violence**  
This research brief addresses the impact of intimate partner violence (IPV) on

children, approaches to serving children exposed to IPV, and symptoms of exposure to IPV. It explains the dynamics of IPV and explores factors that can influence the level of impact a child experiences. Implications for providers, including "red flags" and resources, are also included.

## Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **36th Annual Protecting Our Children National American Indian Conference on Child Abuse and Neglect, April 15-18, 2018**

Each year, the National Indian Child Welfare Association (NICWA) hosts the largest national gathering on American Indian and Alaska Native (AI/AN) child advocacy issues. With over 1,100 attendees-and growing every year-this four-day conference has become the premiere national event addressing tribal child welfare and well-being. Keynote speakers range from federal officials at the highest level of government to youth with lived experience in child welfare systems. NICWA provides meaningful programming to conference attendees, creating a space where participants can learn about the latest developments and best practices from experts in the field and from one another. Participants represent a cross-section of fields and interests including child welfare, mental health, and juvenile justice service providers; legal professionals; students; advocates for children; and tribal, state, and federal leaders.

Plan on attending? Be sure to attend our presentation and visit the Resource Center's exhibit table!

- **National Conference on Coaching in Human Services, April 24-25, 2018**

Hosted by UC Davis Extension's Northern California Training Academy, this conference provides a wonderful opportunity to connect with colleagues across the country who are passionate about helping people achieve success through coaching. Conference attendees will learn from each other's successes and challenges as coaching programs continue to be developed to benefit human services professionals and clients.

- **2018 Child Welfare League of America (CWLA) National Conference, April 26-29, 2018**

This conference will highlight the resiliency in organizations, families, and communities in response to changing times, and will feature evidence-informed/evidence-based programs and practices and related policies and tools that lead to the successful implementation of practices, services, and programs which result in improved outcomes for children, youth, and families. The

conference will be held on April 26-29, 2018 at the Hyatt Regency Capitol Hill, Washington, DC.

Plan on attending? Be sure to attend our presentation and visit the Resource Center's exhibit table!

## Feedback and Technical Assistance

To learn more about the Resource Center, visit us at [http://www.healthymarriageandfamilies.org/?utm\\_source=Copy+of+Draft+April+2018+Enews+for+508&utm\\_campaign=April+2018+e-news&utm\\_medium=email](http://www.healthymarriageandfamilies.org/?utm_source=Copy+of+Draft+April+2018+Enews+for+508&utm_campaign=April+2018+e-news&utm_medium=email).

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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