



Strength for families. Support for parents and children.

Every parent hopes their children will be safe, happy and productive members of society. Sometimes, behavior or emotional problems, troubles in school or with the law, or family life in general make us wonder whether children will achieve the life envisioned for them.

The way we help kids in times like these is being transformed. Barriers to services are coming down, and families are being given a voice, a choice, and an opportunity to change the course of their children's lives.

We connect parents with community partners who will collaborate with them and their child to develop a personalized plan that meets the family's needs. We can help address any issues confronting a family – from basic needs, to health care and behavioral counseling, to educational and afterschool needs – and so much more. All supports provided are free of charge.

BEST OF ALL, THERE'S NO "RED TAPE" TO GETTING STARTED.
PARENTS CAN SIMPLY CALL **401-467-6855**.

FamilyStrongRI.com

WHAT TO EXPECT:

- **Help begins quickly** – Parents will be contacted within one business day and connected to someone in their community who can help with their needs.
- **Parents will have access to a confidential specialist** – They'll be connected to a professional who can help them plan next steps to getting their needs resolved.
- **A support team will be assembled** – The family will be surrounded with the right people to develop and oversee a personalized care plan if needed. Parents have the opportunity to connect with more than 100 agencies across the state who want to help.
- **Parents will have ongoing support** – The counselor and/or team who assembled the care plan will meet regularly with the family. They will help monitor progress and adjust the plan if needed.
- **Services are available to parents for a few weeks or up to a year** – Services are designed to meet each family's needs. Our goal is to help families reach their goals and help them feel confident in their ability to succeed.

Remember, those who feel stressed from the everyday challenges of being a parent are not alone. All they have to do is ask – we want to help!

WE ARE
FAMILYSTRONG RI.

Know someone who could benefit from the help of FamilyStrong RI?

It's important to understand that our resources are designed to help parents who are overwhelmed and need assistance. So, even when you have the best of intentions this can be a very delicate subject to address — no matter how well you know someone.

Here are some key considerations to keep in mind when raising the subject with parents.

Identify the appropriate person to talk to the parents. This should be someone fairly close to the family, like a child's pediatrician, teacher, childcare provider, or a close family friend. In certain cases, it can be helpful to have more than one of these individuals present when talking to the parents. But keep in mind that too many people present may make the parent feel overwhelmed or ambushed.

Be honest and direct. It's possible that parents will feel anxious or worried. Make sure you calmly explain to them that you simply want to tell them about resources they might find helpful.

Explain what FamilyStrong RI does: Through this campaign, families are connected to a state-wide network of community-based organizations and services that help with:



**FAMILY SUPPORT
AND SERVICES**



**EARLY DEVELOPMENT
SCREENING OF CHILDREN**



**HOUSING
ASSISTANCE**



CHILD CARE



FAMILY COUNSELING



AND MORE

Remind parents that they are not alone. Many parents face challenges and sometimes feel overwhelmed. FamilyStrong RI is available to help and all supports are at no cost.

In some instances, a parent might express fear that asking for help could lead to their child being taken away from them. If this happens, reassure the parent that this is not the case. It may help to inform parents that all community partners they could be connected with have no authority or desire to remove children from their families. The goal of FamilyStrong RI is to *help families grow stronger together*.

Be open minded, and don't blame or judge. Situations may not be what you think. You might see a family that is overly stressed, when in reality they're just facing the normal challenges all families face. Remember, you're reaching out to someone to discuss resources they might find helpful. Don't assign blame, don't judge anyone's actions, and don't draw conclusions about their situation.

Do not react with anger, shock, or disgust. It is essential that you remain calm and neutral. You want parents to be open to accepting the resources you can provide and not see them as a threat. Keep your personal thoughts and feelings out of the discussion.

Assure parents of your support. Make sure they know you're there to support them and that you care about the family. This is a time when the parents could potentially open up to you and seek help.

With the right balance of care, information, and neutrality, you can help families discover the resources they need to grow stronger and share a brighter future.