

Children, Youth & Family Consortium

CYFC Monthly

CYFC Monthly — February 2016

'Incarcerated and Pregnant' Video Is Newest Resource on Parental Incarceration



"My biggest fear about being a parent is that I'm gonna be no better to my baby, [than] my momma was to me."

CYFC's new video, created in partnership with the [Center for Leadership Education in Maternal and Child Public Health \(MCH\)](#), shares the research and stories on the effects of prison and jail environments on pregnant women, as well as the innovative efforts supporting the health of women and their babies.

[Incarcerated and Pregnant: Promoting the Health of Mothers and Babies](#) is a 7-minute video showcasing clips from previous MCH and CYFC events on supporting the health and wellbeing of mothers and babies affected by incarceration. We encourage you to watch, use, and share this video — the first in an ongoing series about families and children affected by incarceration. Be sure to [subscribe to our YouTube channel](#) for future videos.

CYFC extends a special thanks to the partners and funders of the "Incarcerated and Pregnant" video:

- [Center for Leadership Education in Maternal & Child Public Health](#)
- [Clinical and Translational Sciences Institute](#)
- [Minnesota Prison Doula Project](#)

Want more information and resources on parental incarceration? **Check out these resources:**

- [Children's Mental Health eReview, June 2013](#): This issue of CYFC's eReview, titled "Children with Incarcerated Parents — Considering Children's Outcomes in the Context of Complex Family Experiences," examines research and offers suggestions for professionals working on the issues faced by children and families affected by incarceration.
- [Children's Book Review — Parental Incarceration](#): CYFC compiled this list of children's books relevant to children whose parents are incarcerated.
- [Incarceration and Public Health](#): Our partners at MCH devoted its Winter 2015 issue of Healthy Generations to topics related to incarceration and public health, including research on parental

incarceration. Note: An article in this issue references Isis Rising — A Prison Doula Project, which has since been changed to the Minnesota Prison Doula Project (see link above).

Consortium News

Visit to Karner Blue Education Center Inspires Future Work at Bruce Vento Elementary

Staff from the Children, Youth & Family Consortium recently visited the Karner Blue Education Center in Anoka County to inform their work with building a nature-inspired environment at Bruce Vento Elementary. Read about their visit on the [Healthy Bodies. Healthy Minds. Healthy Learners blog](#).

CYFC Video Gains Momentum

In spring 2015, the Children, Youth & Family Consortium (CYFC) released a video titled “Mental Health: Yours, Mine and Ours.” The video outlines a public health approach to mental health and introduces theories and practices that support promoting optimal mental health for everyone, not just those with diagnoses. CYFC has also posted related research articles and action steps other professional groups have used to change their practices and policies based on this type of approach, along with discussion materials that help these groups start conversations about their own definitions of mental health.

With nearly 2,000 views, the “Yours, Mine and Ours” video and the approach it describes have gained momentum in Minnesota and beyond. The video is featured on national, state, and local websites as an example of the messages community members and professionals need to hear. It is being used by cities, non-profit agencies, and others to train staff members and re-structure their services to reflect prevention and promotion activities. Together with community partners, CYFC staff members are exploring the best ways to re-create the video in other languages that reflect different cultures and their understanding of mental health.

The video and research it incorporates asks us all to consider “mental health” separate from “mental illness.” How might this approach change the services we provide to children and families? How might it help reduce stigma? [Watch the video](#), and contact [Cari Michaels](#) at [CYFC](#) to discuss the best ways to use this video and start conversations in your organization or community about children’s mental health.

Center for Family Development Announcements

Webinar Offers Resources for Parents Living with PTSD

Sponsor: University of Minnesota Extension Center for Youth Development and Military Families Learning Network

Date: February 17

Cost: Free

Location: Online

[Michelle D. Sherman, Ph.D.](#), will share tools and resources to help parents living with post-traumatic stress disorder (PTSD) during this webinar. Participants will gain understanding of the impact of parental PTSD on youth, learn ways providers can support parents who are military veterans, and learn how these parents can talk with their children about their feelings and experiences. Learn more and register on the [eXtension Learn website](#).

Workshop to Address Educational Disparities

Sponsor: University of Minnesota Extension Center for Development and Minnesota Department of Education

Date: April 12

Cost: \$65 for individual registration, \$220 for team registration

Location: North Mankato

Participants will learn from facilitators and each other about successful family engagement activities to address Minnesota's educational disparities. There will also be a focus on building relationships to engage staff, families, and their communities through such as activities as home visits, family forums, Latino PTO, and addressing staff development needs. Facilitators include our own [Kathleen Olson](#) and [Silvia Alvarez Davila](#), as well as Debra Landvik, Educational Specialist, Parent Involvement, Minnesota Department of Education. Learn more and register on the [South Central Cooperative website](#) — scroll down to Effective Family and Community Engagement.

Factsheet Released on Uniform Deployed Parents Custody and Visitation Act

Sponsor: University of Minnesota Extension Center for Family Development

Michael P. Boulette, Esq., and Extension Educators [Ellie McCann](#) and [Sara Croymans](#) recently published a factsheet to help make Minnesota Statute 518E, the Uniform Deployed Parents Custody and Visitation Act, easier to understand. Read the factsheet on the [Center for Family Development website](#).

University & Community Announcements

Conference to Focus on Promoting Health Equity

Sponsor: University of Minnesota and other partners

Dates: May 5–7

Cost: \$40–150

Location: Minneapolis, MN

This conference aims to build and showcase partnerships, research, programs, and policies to promote health equity. Participants will learn how partnerships across communities can develop ways to address pressing health priorities, identify strategies to increase health equity, and create ways to take actions to address health inequities through programs, advocacy, and policies. Learn more and register here. [link no longer active]

Workshop to Address Strategies for Supporting Young Children Impacted by Trauma

Sponsor: Minnesota Association for Children's Mental Health (MACMH)

Date: March 2

Cost: \$89

Location: St. Paul, MN

Credits: Three continuing education hours

[Michele Fallon, LICSW, IMH-E®\(IV\)](#) will conduct a workshop for multidisciplinary practitioners on how to support parents and caregivers of children affected by trauma. Learn how to talk about trauma and use a "trauma lens" to understand and respond to behavior influenced by trauma. [Learn more and register on the MACMH website](#). (Choose Workshop 7 — "The Effects of Trauma on Young Children: Strategies for Support.")

Hope for Healing: One-Day Intermediate Attachment Training Offered

Sponsor: Association for Training on Trauma and Attachment in Children (ATTACH)

Date: February 23

Cost: \$50–80, plus \$25 for continuing education units

Location: Minneapolis, MN

Credits: 6 continuing education units

ATTACH Executive Director [Mary M. McGowan](#) will present information on attachment and attachment theory across generations. Learn about developmental trauma, behavioral outcomes of trauma, neglect and early separation, and the impact of attachment-focused parenting. [Get more information and register on the ATTACH website.](#)

Symposium Offers Opportunity to Learn About New Practices in Social Emotional Learning

Sponsor: Minnesota 4-H Foundation's Howland Family Endowment for Youth Leadership Development

Date: April 6

Cost: Free

Location: Minneapolis, MN and online

This symposium features the work of representatives of the [Social and Emotional Learning Challenge](#); they will present a subset of social emotional learning (SEL) skills and a field guide designed to showcase best practices and expertise in providing youth with the social emotional skills they need for success. Participate in an activity to assess SEL practices and hear ways to incorporate SEL skill building into your own program. Learn more on the [Center for Youth Development website.](#)

Job Opportunities

[Graduate Research Assistant — University of Minnesota Extension Center for Family Development](#)

Follow CYFC



UNIVERSITY OF MINNESOTA
EXTENSION

© 2017 Regents of the University of Minnesota. All rights reserved.

The University of Minnesota is an equal opportunity educator and employer.