

Resilience Resources

- an Indiana project to identify what is most available and what works best in local communities

As a part of the Indiana project to embed LTSAE into Early Head Start and Head Start programs, a partnership with the First Steps Local Planning and Coordinating Councils collected examples of useful, accessible resources that support family and community resilience.

For the purpose of this endeavor, resilience was described by the Centers for Disease Control as “...promoting resources and activities that help to build the capacity of children, families, providers, and/or early childhood systems to withstand and/or recover from the strains and stress caused by the COVID-19 pandemic.”

LPCC’s were asked to survey their members during local meetings to solicit resources that were accessible, helpful, and that contributed to developing resilience. The compilation below includes highlights of resources that are available to anyone in any location. It should be noted that LPCC lists also included specific, local resources that communities found particularly useful in building and supporting children and families throughout the COVID-19 pandemic.

Online Resources

- ✓ www.bewellindiana.org – A collection of online resources to support Hoosiers’ well-being, especially during the pandemic.
- ✓ Strengthening Families Program by Dr. Karol Kumper available at: https://strengtheningfamiliesprogram.org/wp-content/uploads/2020/10/All-SFP_ENGLISH_Handouts_2020-10.pdf
- ✓ Child Mind Institute, New York, NY, available at <https://childmind.org/>
- ✓ National Institute for the Clinical Application of Behavioral Medicine (fee based online courses) available at: <https://www.nicabm.com/>
- ✓ Mylemarks - Free worksheets for kids available at: https://www.mylemarks.com/store/c36/FREE_DOWNLOADS.html
- ✓ Preventing Adverse Childhood Experiences (ACEs): Leveraging the Best Available Evidence Centers for Disease Control and Prevention, 2019 available at: <https://www.cdc.gov/violenceprevention/pdf/preventingACES.pdf>
- ✓ Stress Management as Social and Emotional Learning (Keynote Session) by Dr. Adam Saenz, Keep Indiana Learning, Sept 11, 2021 - <https://www.youtube.com/watch?v=UVFYB69NSjQ>. Part of the Indiana IEP Resource Center (IEPRC) services at <https://www.indianadisabilityresourcefinder.org/view/provider/274/indiana-iep-resource-center-ieprc>
- ✓ Purdue University: Families Tackling Tough Times Together – available at <https://www.purdue.edu/hhs/families-together/>. Background citation can be found at <https://jmvfh.utpjournals.press/doi/full/10.3138/jmvfh-CO19-0013>
- ✓ Resource Fact Sheets sponsored by Indiana Family to Family, Inc. available in English/Spanish at: <https://www.inf2f.org/fact-sheets.html>

Community-based activities/examples

- ✓ Early Head Start of Wayne County has started a Caregiver Support group that meets monthly. We discuss how to build resilience through the protective factors and offer examples. We have offered Yoga, Painting, cookie decorating and gratitude journaling. These events are open to all caregivers in the Wayne County and are held on the Last Tuesday of each month at our building.

- ✓ Collection of local, community resources that meets a variety of needs available. Some communities have a directory or guide that includes local agencies and contact information in a variety of formats (online, print, etc.). Resources include:
 - Food Assistance
 - Employment/Temp Employment Agencies
 - Library
 - Family Resource and Support Organizations
 - Parenting Classes
 - Children's Bureau
 - Early Care and Education, Child Care
 - Transportation
 - Housing and Utilities
 - Home Repair/Weatherization
 - Township Trustee
 - Legal
 - Self Help meetings
 - Meals on Wheels
 - Home Visiting (such as Healthy Families)
 - Clothing
 - Disability Services
 - Domestic Violence Services
 - Human Trafficking
 - Shelters
 - Education Services
 - Financial Assistance
 - Health Services
 - Mental Health/Counseling Services
 - Pet Assistance
 - Spiritual
 - Community Foundation



U.S. Department of Health
and Human Services

Centers for Disease
Control and Prevention

2020-2021 Act Early Response to COVID-19

Resilience Resource List

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