

Education and Training	
Protective Factors	Receive a free Protective Factors training by contacting your local Prevention Council . Child abuse and neglect are preventable by increasing Protective Factors for caregivers, families, and communities. This evidence-based approach, developed by the Center for the Study of Social Policy, to strengthen families by increasing Protective Factors : parental resilience (building inner strength), concrete supports (knowing how to find help), social connections (connecting with others), knowledge of child development (parenting as children grow), and social-emotional competency of children (helping kids understand emotions). When families have protective factors in their lives, abuse is less likely to occur.
Prevention Webinar Series 2022	Bi-Monthly Webinars will be held on Prevention Topics. Become a member of the Office of Child and Family Services or Maine Children's Trust Listservs to get notifications of planned webinars.
Resources	
Prevention Councils in Maine	To learn how to support communities, strengthen families, and local Child Abuse Prevention activities happening near you, reach out to a local Prevention Council, located in every county, by visiting here .
Maine Children's Trust: Partner in Prevention	Supportive Communities & Strong Families Prevent Child Abuse & Neglect. We all have a role to play. Join the Maine Children's Trust along with other statewide organizations and businesses, as a unified voice in April as a Partner in Prevention .
Maine Prevention Services	Maine Prevention Services (MPS) is a collaborative effort of the Maine Center for Disease Control and Prevention and community partners that works across the state to prevent obesity, tobacco, and other substance use. MPS is comprised of five domains: Substance Use Prevention, Tobacco Use and Exposure Prevention, Youth Engagement, Mass-Reach Health Communications and Obesity Prevention.
Maine Prevention Store	The Maine Prevention Store is an online resource to order free print materials and digital downloads designed to improve health and help to prevent tobacco use, substance use, and suicide in Maine.
Access Maine	Access Maine : Family Services Resource Guide <ul style="list-style-type: none"> • Connects individuals to information on state and public programs to support families in Maine. • Audience: Families, OCFS Staff, Service Providers, State Agency Partners
211 Maine	211 Maine : <ul style="list-style-type: none"> • A free, confidential statewide program that provides information and local health and human services to people of all ages. • Dial 211(or 1-877-463-6207) • Text your zip code to 898-211 • Email info@211maine.org • Visit www.211Maine.org to search their online directory
Help Me Grow	Help Me Grow : <ul style="list-style-type: none"> • Free Services available for children up to eight years of age and their families. • Connects families/providers to information and services about child development and community resources

Strengthening Families Protective Factor Framework	
Handouts	Learn more About Strengthening Families and the Protective Factor Framework
	Core Meaning of the Strengthening Families Protective Factors
	See how programs and organizations are implementing Strengthening Families in Various Sectors
	Protective Factor Action Sheets provide an overview of each of the 5 Protective Factors and everyday actions to help build the protective factors.
	Youth Thrive – Protective Factor Action Sheets provide an overview of the 5 Protective Factors and everyday actions to help build protective factors for youth.
Protective Factors for Self-Care	The Strengthening Families Protective Factor Framework applies to everyone, including providers. Resources are available to support the application of protective factors to self-care.
	Self-Care for Child Welfare Workers
	Self-Care for Kinship Providers
	Self-Care for Foster Parents
	Self-Care for Home Visitors
	Self-Care for Early Care and Education Providers
Research	As a researched-informed approach, Strengthening Families Protective Factor Framework is the product of both foundational and ongoing research and knowledge development.
Strengthening Families Program (Self-Assessments)	Programs can use the Strengthening Families program self-assessment tools to assess how their program is supporting families to build protective factors.
Year-Round Prevention Strategies	
National Resources	Visit the National Child Abuse Prevention Month website to find year-round support on educating your community about how strengthening families puts prevention into practice
Protective Factors	Child Welfare Information Gateway Protective Factors Toolkit : Tip Sheets, Resource Guides, Activity Calendars.
Strategies everyone can do!	<ul style="list-style-type: none"> • Educate yourself on Protective Factors and learn how help individuals and families build them. To attend a free local Protective Factors training contact a local Prevention Council. • Connect families with local services and supports such as Maine Families or the Prevention Councils. • Support a parent(s) in Recovery. • Message and understand that Parenting is Hard Work: Self-care and support for others is important. Getting help is a sign of strength. • Stay connected with your family and share this message with others. • Join together to prevent maltreatment: Understand and spread the message that we all have a role (family, friends, medical providers, grocery store clerks, postmen, delivery persons, neighbors, service providers) in preventing child abuse and neglect. • Become familiar with Mandated Reporting and take advantage of Mandated Reporting training opportunities. • Milestones Matter: Help individuals and families ensure that important milestones are met for young children and youth. • Stand up to Bullying: Learn and exercise Bullying Prevention strategies. • Connect with other parents for advice or support. Join other parents in your area.

	<ul style="list-style-type: none"> • Be a child’s hero. Mattering is an important aspect of resilience. Take the time to be a role model or a caring adult in a child’s life. • Be an informed parent. Know what is happening with your child, monitor their behavior, model positive behavior, and be attentive to their needs. • Everyone can be a champion of safety for our children. • Engage with and form a web of support around families. Who are family, friends, neighbors and other close connections that can support a family so when they are in need, the support is there. • Review the latest bulletins for child welfare professionals, factsheets for families, and issue briefs that cover research and evidence-based or evidence-informed practices for preventing maltreatment. • Understand the Continuum of Child Abuse Prevention by reviewing and examining the 2021/2022 Prevention Resource Guide • Learn more about how to Support Families in Maine.
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Prevention All Year Long!	Don’t stop spreading the word—use the Prevention messages and resources throughout the year! Download a copy of the Prevention Resource Guide and use this to become informed about Prevention!
	Commit to learning more about Prevention and what you can do to support families and youth as early in their lives as possible to prevent any risk of abuse or neglect.
	Educate yourself on Protective Factors and learn how help individuals and families build them. To attend a free local Protective Factors training contact a local Prevention Council .
	Connect families with local services and supports such as Maine Families or the Prevention Councils .

Adapted from: [Childwelfare.gov Outreach Toolkit](#)

Shared Strategies, Action Steps and Resources: Child Abuse Prevention, Mental Health Promotion, Suicide and Substance Use Prevention	
Education	Information Sharing and Education: We all can share messages and education to support safe and healthy families. <ul style="list-style-type: none"> • Our shared role in keeping children in Maine safe, • Promoting Mental Wellness and how and where to find help, • Education on Mental Health, • Safe Sleep, Protective Factors, Safe Storage and Disposal, • Importance of parent and caregiver modeling and monitoring behaviors.
	Order materials from the Maine Prevention Store for: <ul style="list-style-type: none"> • Office spaces or public places. • Disseminating when meeting with individuals and community members (substance use, mental wellness, tobacco use, safe sleep, etc..)
Community	Community Engagement in Prevention: <ul style="list-style-type: none"> • Substance/Tobacco Use Prevention and other Community Coalitions meet with the Child Abuse Prevention Councils to discuss shared strategies and activities. • Encourage Mental Health and Substance Use providers in your community to join coalitions and councils. • Create safe community public spaces for relaxation, recreation, meditation, socializing.

	Encourage community trainings of the Front Porch Project and Protective Factors both provided by Child Abuse Prevention Councils.
	Community scans of Mental Health and Wellness messaging and promoting these messages within communities and with individuals.
	Encourage everyone (coworkers, staff, friends, family) to participate in Mental Health First Aid trainings .
Strength	Strengthen Connections and Protective Factors for individuals and families through: <ul style="list-style-type: none"> • Common protective factor education, strategies, resources, and social emotional learning.
	Help individuals identify problems early on through screening, self-reflection, counseling: <ul style="list-style-type: none"> • Connect people to resources early so that we are working to prevent a problem from surfacing or getting worse.
	Promote messaging: “Getting Help is a Sign of Strength.”
Inclusion	Outreach to the Maine Youth Action Network and the Youth Leadership Advisory Team and other youth empowerment groups to involve youth in program planning and development. “Nothing about us, without us”
	Engage youth and parent voice in community assessments, program planning, and implementation of programs. <ul style="list-style-type: none"> • Add parents and youth to boards, coalitions, decision making groups.
	Understand disparities in communities and include ALL populations in prevention efforts.
Get Involved	Join your local community coalition or prevention council.
	Create youth supportive environments by providing opportunities to: <ul style="list-style-type: none"> • matter, • belong, • make a difference.
	Support organizations/systems to develop and help implement good policies and practices related to supporting positive mental health and social emotional learning.
	Utilize opportunities for changes in: <ul style="list-style-type: none"> • Laws/policies • Assess social and community norms related to mental health and substance use.
Connecting	We can all connect individuals and families to resources that can support their basic needs and physical/mental health needs. Also, understand the resources that address social determinants of health in your communities: <ul style="list-style-type: none"> • Connect people to resources and encourage them to use Access Maine and 211Maine • Help us promote the use of these tools on your websites, in newsletters, listserv messages.
Resources for MH/SUD Prevention and Treatment	Substance Use Prevention: <ul style="list-style-type: none"> • Student Intervention and Reintegration Program • State Epidemiological Outcomes Workgroup Data • New England Prevention Technology Training Center • Co-Occurring Collaborative Serving Maine and AdCare Educational Institute • You are Prevention and Prevention for Me
	Mental Health Promotion/Suicide Prevention: <ul style="list-style-type: none"> • Suicide Prevention Training • Mental Health First Aid trainings. • Strengthen Me • 988 Suicide and Crisis Lifeline