



**BUILDING A HOPEFUL**

*Future Together*

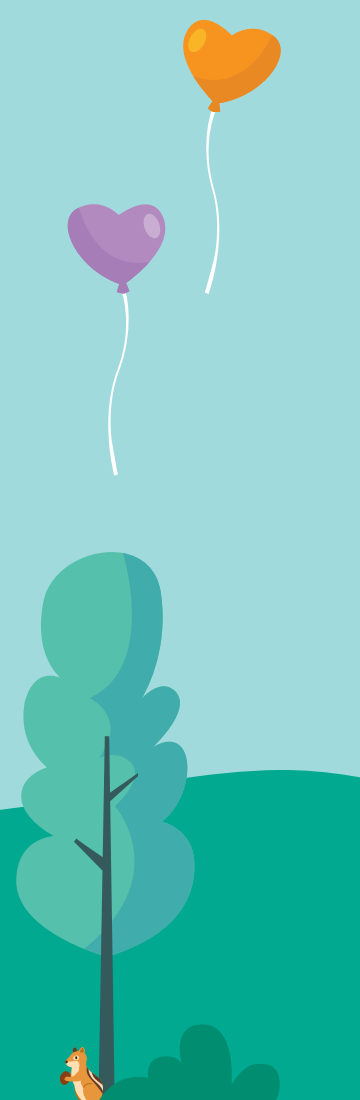




# Table of Contents

- 03 Message from the Executive Director
- 04 Primary Prevention: A New Hampshire Ecosystem
- 06 Aspire Together
- 08 NH's Ecosystem of Primary Prevention
- 10 Q & A with Jennifer Jones
- 12 Become an Ambassador
- 13 Wear Blue Day Poster
- 14 10 Loving Gifts for Families
- 15 My Family Checklist
- 16 Family Activity Calendar
- 17 Businesses That Build Family
- 18 Resources
- 20 #UNselfie Template

**Prevention is possible.** And we get there in partnership, by building supportive communities and strong families together.



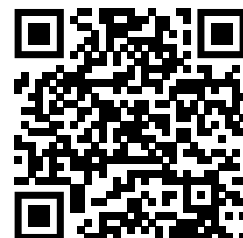
“

When we support our families, we are supporting our communities. And when we support our communities, we're supporting our state. And when we support that, everybody is going to benefit whether you have children or not.”

**Margaret Nelson**  
*Executive Director, The River Center*



**Exclusive Content!**  
Scan to hear from more Family Resource Center (FRC) leaders!



*a message from*

# The Executive Director

Every April, as the weather warms and sounds of spring fill the air, we have another chance to consider the role community plays in the success of New Hampshire families. How, for example, access to early supports and services like home visiting and developmental screening can help children grow at their own pace. We recognize the systems and sectors we navigate daily, from health care to housing, are not only inter-related but foundational to family strength.



Because when we walk beside parents and caregivers on their journey, we uncover upstream solutions to everyday obstacles and identify ways to increase the protective factors that research show strengthen the family unit.

It's what **PRIMARY PREVENTION** is all about—making sure parents and caregivers have what they need, before problems arise, so the children in their care can thrive. And if we do that, we can create real and lasting change for generations to come.

How we get to generational change is by seeing ourselves, our organizations and sectors, as part of a broader ecosystem of support. Whether it's child care, education, or end of life care, **these junctures on a family's path present opportunities to put prevention in action.**

Please join **New Hampshire Children's Trust** in changing the narrative around primary prevention so, together, we can expand access to family support, center families in decision-making, and promote prevention strategies, policies, and practices that support the well-being of all Granite Staters.

On this, the research is crystal clear: **FAMILY IS NEW HAMPSHIRE'S BEST INVESTMENT.**

**Cliff Simmonds**  
Executive Director, New Hampshire Children's Trust

we are

# Primary Prevention: A New Hampshire Ecosystem

Adapted from PCA America's **THEORY** of Change

Imagine a New Hampshire where all children have what they need to thrive and prosper, and all parents have the resources and supports they need to care for their children adequately. In partnership with Prevent Child Abuse America®, New Hampshire Children's Trust is embarking on a comprehensive process to set a vision for the creation of an aligned family support ecosystem that nurtures the well-being of Granite State children and families. It is an effort that requires shared values, beliefs, and approaches, so together we can employ strategies that build prevention structures and resources. Because when parents have what they need, when they need it, all of New Hampshire prospers.

## VALUES, BELIEFS AND APPROACHES

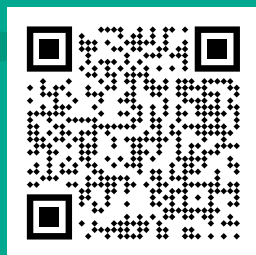
- Equity
- Integrity
- Evidence
- Family-centered
- Transformation

## STRATEGIES

- Transform the narrative
- Center Families
- Build evidence and advocate
- Activate adaptive action
- Grow human and financial capacity

## Aspirations for Children and Families

- Loving and secure family relationships supported by foundational life skills
- Access to formal and informal family supports
- Financial stability and economic mobility
- Mental and physical health and wellbeing across the lifespan



Read about!  
PCA America's  
*Theory of Change* by  
scanning the QR Code

## ALIGNED AND COMPREHENSIVE PRIMARY PREVENTION ECOSYSTEM

### Shared Value For Prevention

- Mindsets
- Formal Goals

### Prevention Structures

- Decision-making
- Policies and practices
- Connections

### Prevention Resources

- Leaders and staff
- Family supports, opportunities and environments



2024

## Unsung Hero Profile:

Celebrating extraordinary NH  
parents and caregivers



## Casandra Mercer

Despite a history of trauma and personal adversity, Casandra demonstrates that creating nurturing environments for her children is not only possible but the result of interconnected supports and services that are accessible, family-centered, and free from stigma.

Through a combination of personal resilience, recovery resources, and family programming, Casandra has regained custody of her oldest child, while raising two more with the knowledge of parenting and child development she's gained along the way. Casandra is a beacon of hope for others caregivers in her community.

Supporting Granite State children means recognizing diverse family structures, partnering closely with children and caregivers, challenging traditional beliefs about family services, and advocating for policy reforms to create fairer and more effective systems.

**Families like Casandra's are  
New Hampshire's best investment.**

For more information and a list about the  
**2024 Unsung Heroes**, visit  
[nhchildrenstrust.org/unsung-hero-awards](https://nhchildrenstrust.org/unsung-hero-awards)



# Aspire Together for Children and Families

Creating a Granite State where children and their caregivers can thrive requires that, together, we aspire to meet key aspects of health and well-being:

## ACCESS

Ensuring easy access to supports, such as resource navigation or parenting classes, helps families confidently navigate difficult times and develop resiliency.

## SUPPORT

Parental supports that nurture foundational life skills, like problem-solving, empathy, and emotional regulation, can foster healthy and secure relationships.

## STABILITY

When parents achieve financial stability, they alleviate stressors and create opportunities for economic mobility, allowing them to focus on the needs of their family.

## WELLBEING

Positive physical & mental health and wellbeing lay the groundwork for a resilient and thriving family unit, while also paving the way for positive contributions that extend to the wider community.



# Support NH Families

*considerations*

**Children do best** when they grow with their families and remain safely connected to their family & community. Prevention strategies that reduce risk factors and build protective factors are VITAL to help families thrive and prevent child neglect and family separation.

**Access to concrete supports** is 1 of the 5 protective factors that every NH community can help provide to families. The Family Support Data System (FSDS) tells us that **NH families top 4 concrete support needs are:**



## What are concrete supports?

Concrete supports are the basic necessities that all families need, like:

- Housing
- Food
- Clothing
- Transportation
- Child care
- Heat & electricity
- Internet access
- Health care

Visit page 18 of this guide for a list of prevention resources and references. Additional resources are available at [nhchildrenstrust.org/prevention-in-partnership](https://nhchildrenstrust.org/prevention-in-partnership).

## Did you know? NH GrandFamilies & Kinship



Decades of research confirm that children **thrive when raised by grandparents, relatives, and trusted adults** when they cannot remain with their parents.

According to Generations United, for every 1 child in a formal kinship arrangement, an estimated 19 children are being raised by relatives outside the foster care system.

There are over **6,680 households** in NH where a **grandparent** is the **primary caregiver** for their grandchildren.

## Do you know someone raising a child that is not their own?

If you do, talk with them about the **NH Kinship Navigation Program** - a **free, voluntary, and confidential** program that connects kinship caregivers with state benefits, community resources, information and referrals, and offers supports such as food assistance, gas to get to appointments, school supplies, legal aid, additional financial assistance, and much more.

Available at Family Resource Centers statewide. Learn more at [nhchildrenstrust.org/kinship](https://nhchildrenstrust.org/kinship)



we are

# NH's Ecosystem of Primary Prevention



Adapted from PCA America's THEORY of Change

An ecosystem is typically described as “healthy” when the organisms living in it are diverse, many, and stable, and the system as a whole is able to withstand and adapt to shocks or changes over time. Creating a healthy ecosystem for New Hampshire families requires specific strategies to build prevention structures into the services and systems Granite Staters use every day. We must, for example, ensure caregivers are involved in decision-making, policies, and practices that address family needs, while also fostering connections to additional supports and broad social networks.

# Because Family is NH's Best Investment

## We are Prevention!



“ For me it’s about belonging. And it’s about being seen, being valued. Feeling like you have a role that you can play and something to offer something to give to those around you and vice-versa. ”

**Jacqueline Roland**  
Director of Teen Programs, The Grapevine

### Strategies:



TRANSFORMING THE NARRATIVE



PLACING FAMILIES AT THE CENTER



BUILDING EVIDENCE AND EDUCATIONAL MATERIALS



GROWING HUMAN AND FINANCIAL CAPACITY

### Prevention Structures:



DECISION-MAKING



POLICIES & PRACTICE



CONNECTIONS

## Your Local Family Resource Center



### EDUCATION KIT

Did you know that throughout New Hampshire there is a network of Family Resources Centers (FRCs)?

FRCs provide services that are strengths-based, multi-generational, and designed to help children and families thrive. Although some specific programs may have eligibility requirements, any family can be referred to an FRC and staff will work with the families to identify what supports and/or programs may be the right fit.

FRC services are free, voluntary, and family-centered.

The **FRC Education Kit** offers information about family strengthening programs and services, and the role FRCs play in building Granite State community resilience.

To request your FRC Education Kit, send an email to [programs@nhchildrenstrust.org](mailto:programs@nhchildrenstrust.org)



“ If you have a child birth to 18 and you come in to the Family Resource Center, we have a way of supporting you. We have a lot of families that keep coming back for more because it’s the support-system that they need to be resilient. And that’s what we’re looking for, resilience.

**Erin Pettengill**

Director of Family Resource Center, Lakes Region Community Services



# Question & Answer

a guided



with **JENNIFER JONES**

PCA America® Theory of Change Co-Author and Chief Strategy Officer, Prevent Child Abuse America



Jennifer Jones is Prevent Child Abuse America's Chief Strategy Officer and has served as director of many child and family serving organizations and initiatives including but not limited to the Change in Mind Institute, Safety and Resilience and Child Safety Forward for the Alliance for Strong Families and Communities, and as Associate and Interim Executive Director for the Wisconsin Children's Trust Fund (CTF). Jones is an affiliate of the Institute for Child and Family Well-Being, a member of the National HOPE Advisory Board, and Vice President of the Board of Directors of the Hunger Task Force.

## Why did it become necessary to envision primary prevention efforts as existing in a larger ecosystem that serves individuals and families?

While research tells us that the early years of life, especially the infancy period, are critical for establishing building blocks for happy, healthy, and productive members of society, many factors exist that place children at risk for negative outcomes which follow them into adulthood. Factors like structural racism, economic exclusion, lack of resources to meet basic needs, and more, causing excessive caregiver stress that, in turn, increase the likelihood of child maltreatment.

By addressing the root causes of child abuse and neglect, including the social determinants of health, not only can we prevent child abuse and neglect and reduce the number of children and families coming to the attention of the child welfare system, but we can also ensure that all children and families are living a purposeful and happy life with hope for the future.

Research shows that the seven leverage points identified in the PCA America Theory of Change are essential if we want to make meaningful, systemic change and achieve our aspirational outcomes. Across the country, these components exist, but they are neither aligned nor comprehensive. We believe if we build a comprehensive primary prevention ecosystem, we can substantially reduce child abuse and neglect. And what better time to realize that future than right now.

## Why is centering families important to a healthy ecosystem of Primary Prevention?

The family unit is our first and most intimate social environment. It is a place where we begin the vital processes of socializing our children and teaching them how to survive and thrive in the world. But families do not exist in isolation. They live, learn, and grow through positive interactions with others in the community, as well by accessing services and systems that provide formal and informal supports, financial stability and economic mobility, and contribute to overall wellbeing throughout the life span.

Placing family at the center of our ecosystem, then, is a constant reminder that every service, program, practice and policy, system or institution—no matter where they are or what they do—have but one function: to make sure the family unit and its members are stronger and more resilient. It is our collective responsibility to ensure that children and families are healthy, happy and well.

Prevention is possible. When we design communities that help parents access what they need, when they need it, the children in their care thrive. And when children and families are doing well, our neighborhoods and communities thrive.

## How should family supporting agencies approach understanding and implementing this document?

Throughout the process of developing the Theory of Change, it became clear that its value was not just in PCA America's strategic efforts, but that if we created a "Plug and Play" primary prevention framework, organizations both inside and outside our network could insert their strategies and values, forming an aligned and comprehensive primary prevention ecosystem capable of achieving shared outcomes for children and families.

Individuals, organizations, policymakers, researchers, and families across the primary prevention ecosystem can use the PCA America Theory of Change as a guide to:

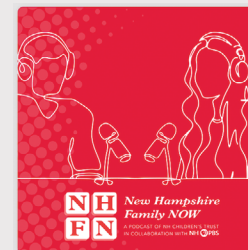
- Identify new ways in which programs, initiatives, and advocacy efforts can help to build an aligned and comprehensive primary prevention ecosystem that advances positive childhoods for all children.
- Align current programs, initiatives, advocacy efforts, policies, practices, decision-making processes, and budgets with the tenets of a comprehensive primary prevention ecosystem.
- Scale proven prevention strategies across sectors and communities.
- Shift the narrative around what is needed to advance equity in primary prevention.
- Build needed evidence to develop, implement, and evolve primary prevention efforts.

## If I would like to learn more about PCA America's Theory of Change model, where can I go?

To explore the PCA America Theory of Change for Primary Prevention in the United States, visit [preventchildabuse.org/theory-of-change](https://preventchildabuse.org/theory-of-change).

You can also email me directly at [jjones@preventchildabuse.org](mailto:jjones@preventchildabuse.org)

For a full list of **THEORY of Change** References & Citations, click [HERE](#)



**Catch up on more great conversations on the New Hampshire Family NOW Podcast:**

[nhchildrenstrust.org/NHFN](https://nhchildrenstrust.org/NHFN)



get involved

# Become an Ambassador

**PRIMARY PREVENTION** is a community effort. When parents and caregivers have access to resources, children thrive, families are stronger and more resilient, and New Hampshire prospers.

**TOGETHER, WE CAN:**  
Make Family New Hampshire's Best Investment



## Ways to Celebrate Prevention Month!



### FOLLOW US

Follow our Facebook, Instagram, LinkedIn and YouTube pages—like and share our posts!



### CONNECT WITH FAMILIES

Send an email to your contact list about what Prevention means to you and how we can all get involved!



### DOWNLOAD OUR GUIDE

Download the 2024 Prevention Month Resource Guide. Explore all the resources!



### PARTNER WITH US

Contact us to see what opportunities are available to improve individual, family, and community health and well-being.



### WEAR BLUE

Friday April 5 is Wear Blue Day! Wear BLUE for Prevention. Take a picture to help raise awareness of Primary Prevention!



### REVIEW OUR RESOURCES

Download our social media calendar and assets and share them on your feeds!



### LISTEN TO OUR PODCAST

Tune into our podcast, NH Family Now and share it with your friends!



### DONATE

Make a gift to NHCT at [nhchildrenstrust.org/donate](https://nhchildrenstrust.org/donate)

Download our social media assets, Resource Guide, Parent Activity Calendar, #UNselfie template and more at [nhchildrenstrust.org/prevention](https://nhchildrenstrust.org/prevention)

### HAVE QUESTIONS?

Contact us at [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org)

Friday, April 5th

# Wear Blue Day!



## RAISE AWARENESS!

Share a photo of yourself on **April 5th** using the hashtag **#WearBlueDay2024**

Share it with us at [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org) or tag us [@nhchildrenstrust](https://twitter.com/nhchildrenstrust)

things to share

# 10 Loving Gifts for Families

- 1 TIME.** Have the neighbor's kids over for a few hours to give parents time to reconnect and recharge.
- 2 HANDS.** Lending a helping hand can come in many forms—a home-cooked meal, offering care, or providing transportation. Get creative with the ways you can help out!
- 3 GROCERIES.** No one should ever have to worry about how they are going to feed their family. The gift of groceries means parents can have a little extra cash to put into their savings.
- 4 DIAPERS.** It's amazing how many diapers an infant can go through in a week. A case of diapers keeps babies clean and parents less stressed.
- 5 CONNECTION.** Everyone needs a listening ear or a shoulder to lean on sometimes. Check in with friends and family—texts, emails, or phone calls all help.

- 6 COMMUNITY.** Individuals aren't always aware of what resources are available to them in their own communities. Introduce them to parenting support groups, play groups, and the wealth of information a Family Resource Center has to offer.
- 7 SUPPORT.** Every family deserves to have their basic needs met. Donate food or clothing or offer transportation or a full tank of gas to a family who needs it.
- 8 FUN.** Give parents and caregivers some time to themselves by arranging a play date. Go to the park, visit a museum, or just hang out!
- 9 VOICE.** Be an advocate for those in your community. Share what you learn about the needs of those around you and tell people what you are doing to make a difference.
- 10 ENCOURAGEMENT.** Parenting is exhausting, confusing and frustrating at times. Being in a caregiver's corner makes all the difference!

# My Family Checklist

- ✓ My family has access to basic needs. *Concrete support in times of need.*
- ✓ I will continue to have courage during stress or after a crisis. *Parental Resilience.*
- ✓ I know my child's needs as they grow and develop. *Knowledge of Parenting & Child Development*
- ✓ I have friendships with people who support me and my parenting. *Social Connections*
- ✓ My child feels loved, has a sense of belonging, and can get along with others. *Social & Emotional Competence of Children*

Draw a picture of your home or family below. What makes it strong and successful?



## Pinwheels for Prevention

Planting a Pinwheel Garden during April's Child Abuse Prevention Month provides a unique opportunity for individuals and organizations to take action. Pinwheels represent childlike whimsy, lightheartedness and our vision for a world where all children grow up happy, healthy, and prepared to succeed in supportive families and communities.

Show your support for strong families and safe children this Prevention Month by planting a Pinwheel Garden. Contact [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org) for details.



A program of NH Children's Trust

Strengthening Granite State families through a coordinated approach to caregiver support and education, advocacy, and child & youth programming so all NH children can thrive.

Learn more and contact your local Family Resource Center at [www.fsnh.org](http://www.fsnh.org)





# Family Activity Calendar

join us

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> CAP MONTH KICK-OFF! Download the 2024 Prevention Resource Guide <a href="#">HERE</a> and share the content with friends, family, and colleagues!</p>	<p><b>2</b> Make a list of all 10 things your family values. Can you design an activity around one of the entries on your list?</p>	<p><b>3</b> Family Morning Out – 9:30 to 11 am in Portsmouth! Bring your children ages birth to six for a free program. <a href="https://tinyurl.com/yfjrsthm">https://tinyurl.com/yfjrsthm</a></p>	<p><b>4</b> Decision-Making— Kids Choice: Tonight your kids get to pick a family fun activity. A family walk? Building a fort? Maybe a game of uno?</p>	<p><b>5</b> WEAR BLUE DAY! Send a picture of you or your family to <a href="mailto:communications@nhchildrenstrust.org">communications@nhchildrenstrust.org</a></p>	<p><b>6</b> Join NH for Little Readers Free Family Program! Learn about NH history through classic stories and fun games and activities! <a href="https://tinyurl.com/mu8jrmw29">https://tinyurl.com/mu8jrmw29</a></p>	
<p><b>7</b> It's the WEEK of the YOUNG CHILD! Visit <a href="http://naeyc.org">naeyc.org</a> to learn more about NAEYC's initiatives.</p>	<p><b>8</b> It's TIME TO BAKE! Gather up some simple supplies and try a baking session that teaches math conversations and calculations!</p>	<p><b>9</b> Read a picture book with your child, paying special attention to expressions. Talk about what they mean and why they might be happening.</p>	<p><b>10</b> TUNE IN to today's episode of the NH Family NOW podcast, a conversation about strong families across NH! <a href="http://nhchildrenstrust.org/nhfn">nhchildrenstrust.org/nhfn</a></p>	<p><b>11</b> ARTSY THURSDAY! is HERE: grab your scissors, some glue and paper, and plenty of creativity! Art projects are a great way to encourage development!</p>	<p><b>12</b> Changing the Narrative— Movie Night: Encantol Note the ways Mirabel writes her own story! How does your family do the same? <a href="https://tinyurl.com/At-Home-Tips">tinyurl.com/At-Home-Tips</a></p>	<p><b>13</b> HELP US celebrate the Week of the Young Child with Brain Building Basics from VROOM! <a href="https://tinyurl.com/At-Home-Tips">tinyurl.com/At-Home-Tips</a></p>
<p><b>14</b> Does your child like to pretend? Pretend a flower is growing on their nose. Describe what it looks like. Then pretend to grab it! Now have your child try!</p>	<p><b>15</b> STORY TIME! Start a story with the first thing you see. Begin with "Once upon a time, there was a ..." Ask your child to continue the story. And the sillier the better!</p>	<p><b>16</b> LIFT UP a parent today! As simple as it may seem, encouraging words build resilience. Tell the next parent you see that they are doing a great job!</p>	<p><b>17</b> SOCK PUPPETS! Encourage your child to find a pair of old socks you can turn into puppets. Use the puppets to have a conversation about what you might like to do today!</p>	<p><b>18</b> Go sightseeing in your home! Walk with your child and point out objects. Describe an item let them touch it. Ask, "Do you feel the lamp shade? It is rough. Is it smooth?"</p>	<p><b>19</b> Familiarize yourself with the resources in your community. Find your local Family Resource Center (FRC) at <a href="http://fslh.org">fslh.org</a>.</p>	<p><b>20</b> Join staff and volunteers at NH Audubon's Massabesic Center for a day full of a variety of family-friendly activities, while also learning how to conserve wildlife and natural resources. <a href="http://nhaudubon.org/center-and-events/saarth-day/">nhaudubon.org/center-and-events/saarth-day/</a></p>
<p><b>21</b> Arrange a PLAYDATE! Invite the kids (and caregivers) over to play or make plans to go for an outing together.</p>	<p><b>22</b> IT'S EARTH DAY! Join the staff and volunteers at NH Audubon's Massabesic Center for a day full of a variety of family-friendly activities, while also learning how to conserve wildlife and natural resources.</p>	<p><b>23</b> Show a small act of kindness to a friend, colleague, or neighbor, like buying them coffee or helping unload groceries!</p>	<p><b>24</b> TUNE IN to today's episode of the NH Family NOW podcast, a conversation about strengthening families across NH! <a href="http://nhchildrenstrust.org/nhfn">nhchildrenstrust.org/nhfn</a></p>	<p><b>25</b> It's STORY TIME at the Maxfield Public Library in Loudon NH! From 10:30 to 11:15, there will be songs, rhymes, reading, and more! It's a great way to learn, have fun, and meet other families!</p>	<p><b>26</b> Find organizations involved in anti-racism efforts, preferably led by people of color, and help uplift their voices and ideas.</p>	<p><b>27</b> VROOM can also help parents and caregivers with CHALLENGING MOMENTS! Find strategies that build foundational skills: <a href="https://tinyurl.com/0-to-5-Challenging-Moments">tinyurl.com/0-to-5-Challenging-Moments</a></p>
<p><b>28</b> Watch the Moments of Joy video on our social feeds featuring Granite State families! Share it with your network. <a href="https://tinyurl.com/NHCTJoy">https://tinyurl.com/NHCTJoy</a></p>	<p><b>29</b> Call or write an email to someone in your life who is especially resilient. Let them know it's a quality you.</p>	<p><b>30</b> IT'S SELF CARE TUESDAY! Take a moment at some point to day to remind yourself that you're doing a fantastic job. Find a mirror and say it aloud!</p>	<p><b>Stay engaged with us online as we continue to build together!</b></p>			

## Businesses That Build Family

### Why businesses should prioritize children and families:



Investing in family-friendly policies helps improve workforce productivity and a company's ability to attract, motivate and retain employees. Family-friendly policies benefit employers, families and communities. Investing in families will have a powerful impact on our community's future success and prosperity.

### What can New Hampshire businesses do to help build strong families?



Support **your own employees** through family friendly policies



Donate **goods** and **services** to community non-profits



Advocate for **policy change** at the local, state, and national level



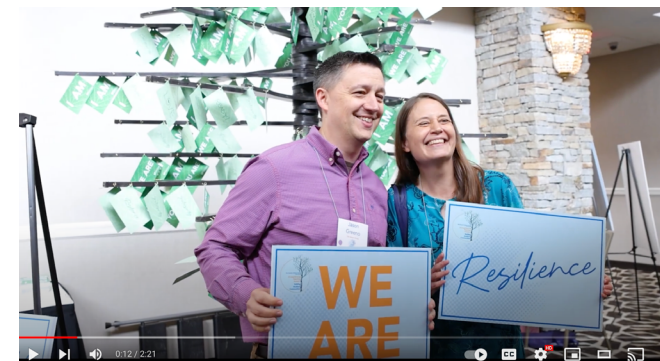
Educate **your customers** on importance of **family connections**



Amplify our shared vision for building strong NH families through the **media**



Contribute **time, resources, and volunteers** to local organizations



### Are you a Business that Builds Family Resilience?

- **HOST** the Community Resilience Tree!
- **WATCH** this short film: [bit.ly/ResilienceTree](https://bit.ly/ResilienceTree)
- **CONTACT** us at [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org).

# Primary Prevention Resources

## Strengthening Families

Strengthening Families: Increasing positive outcomes for children and families. Center for the Study of Social Policy. <https://cssp.org/our-work/project/strengthening-families/>.

Balancing Adverse Childhood Experiences (ACEs) With HOPE: New insights into the role of positive experience on child and family development. (2017). Casey Family Programs.

## Economic and Concrete Supports

Transforming Child Welfare Systems: How Do Economic Supports Benefit Families and Communities? (2022). Casey Family Programs.

An Evidence-based Service for Child Welfare Prevention-Implications for Family First and Systems Change. (2023). Chapin Hall at the University of Chicago.

Policy Inventory: State Levers to Impact Family Economic Security. (2022). Alliance for Early Success.

System Transformation to Support Child Family Well-Being: The Central Role of Economic and Concrete Supports. (2021). Chapin Hall at the University of Chicago.

## Kinship & Grandfamilies

Strong Families: What supports can benefit kinship caregivers in families affected by substance use disorder. (2024). Casey Family Programs.

Building Resilience: Supporting Grandfamilies Mental Health & Wellness (2023). Generations United.

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Generations United. (2021). Reinforcing a strong foundation: Equitable supports for basic needs of grandfamilies. [https://www.gu.org/app/uploads/2022/02/2021-Grandfamilies-Report\\_V14.pdf](https://www.gu.org/app/uploads/2022/02/2021-Grandfamilies-Report_V14.pdf).

Generations United. (2018). Raising the Children of the Opioid Epidemic: Solutions and Support for GrandFamilies. <https://www.gu.org/app/uploads/2018/09/grandfamilies-report-sogf-updated.pdf>.

Monadnock United Way. Impact Monadnock. <https://www.muw.org/impact/resources>.

Sege, R., Bethell, C., Linkenbach, J., Jones, J., Klika, B. & Pecora, P.J. (2017). Balancing adverse childhood experiences with HOPE: New insights into the role of positive experience on child and family development. The Medical Foundation. <https://cssp.org/resource/balancing-aces-with-hope-final/>.

Weiner, D.A., Anderson, C., & Thomas, K. (2021). System transformation to support child and family well-being: The central role of economic and concrete supports. Chapin Hall at the University of Chicago.

Full list of references cited is available at [www.nhchildrenstrust.org/prevention-in-partnership](http://www.nhchildrenstrust.org/prevention-in-partnership)

# Community Resources to Support Families



## NH GOVERNMENT RESOURCES

- NH Department of Education - [education.nh.gov](http://education.nh.gov)
- NH Department of Health & Human Services  
[dhhs.nh.gov](http://dhhs.nh.gov)
- NH Division for Children, Youth & Families  
[dhhs.nh.gov/dcyf](http://dhhs.nh.gov/dcyf)
- NH Office of the Child Advocate  
[childadvocate.nh.gov](http://childadvocate.nh.gov)
- NH Easy - [NHeasy.nh.gov](http://NHeasy.nh.gov)
- NH Department of Energy - [energy.nh.gov](http://energy.nh.gov)

## ECONOMIC & CONCRETE SUPPORTS

- Community Action Partnership of NH - [capnh.org](http://capnh.org)
- Service Link - [servicelink.nh.gov](http://servicelink.nh.gov)
- New Hampshire Food Bank - [nhfoodbank.org](http://nhfoodbank.org)
- Families in Transition - [fitnh.org](http://fitnh.org)
- NH Care Path - [nhcarepath.dhhs.nh.gov](http://nhcarepath.dhhs.nh.gov)

## HOUSING RESOURCES

- NH 211 - [nh211.org](http://nh211.org)
- CATCH Housing - [catchhousing.org](http://catchhousing.org)
- New Hampshire Housing - [nhhfa.org](http://nhhfa.org)

## PARENTING RESOURCES

- Family Support NH - [fshn.org](http://fshn.org)
- Parent Information Center - [picnh.org](http://picnh.org)
- NH Family Voices - [nhfv.org](http://nhfv.org)
- NH Connections - [nh-connections.org](http://nh-connections.org)
- Disability Rights Center NH - [drcnh.org](http://drcnh.org)

## GRANDFAMILY SPECIFIC RESOURCES

- NH Kinship Navigator Program  
[nhchildrenstrust.org/kinship](http://nhchildrenstrust.org/kinship)
- Generations United - [gu.org](http://gu.org)
- GrandFamilies.org - [grandfamilies.org](http://grandfamilies.org)
- Step Up Parents - [stepupparents.net](http://stepupparents.net)

## NEW AMERICAN RESOURCES

- Building Community in NH - [bcinnh.org](http://bcinnh.org)
- Overcomers Refugee Services  
[overcomersnh.org](http://overcomersnh.org)
- Ascentria Care Alliance - [ascentria.org](http://ascentria.org)
- The Language Bank - [thelanguagebank.org](http://thelanguagebank.org)

## FAMILY FRIENDLY WORKPLACE RESOURCES

- NH Women's Foundation - [nhwomensfoundation.org](http://nhwomensfoundation.org)
- NH Breastfeeding Task Force - [nhbreastfeedingtaskforce.org](http://nhbreastfeedingtaskforce.org)
- The Best Place for Working Parents  
[bestplace4workingparents.com/new-hampshire](http://bestplace4workingparents.com/new-hampshire)



**Thank You to our Champions of Prevention!**





# #UNSELFIE

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