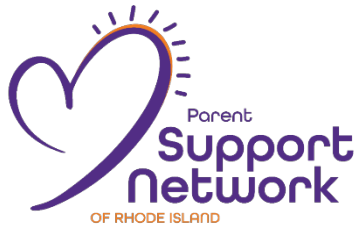


September 2021



SPANISH [r20.rs6.net]

Parent Partnership in Education Newsletter

The start of school is an exciting and stressful time for parents, students, teachers, and administrators! Especially while we continue to navigate the aftermaths of the pandemic but together, we can create a successful start to the school year! That's why Parent Support Network of RI dedicates this Quarterly Newsletter to provide our community with the most updated resources to better help you understand and navigate different obstacles for yourself, your family and your community.

Parent Support Network continues open providing in person and virtual supports for parents, educators, community agencies, and advocates. We offer families peer mentor and educational specialists support, to assist caregivers and parents with their children's behavioral health and school related needs and up to date resources, virtual parent support groups and workshops. Our virtual workshops provide great resources and knowledge for parents, educators, and other professionals, to better support children who are at risk or who have a serious emotional, behavioral and/or mental health challenge. Check out our website often for updates.

Scroll down E-Newsletter for more detailed information about PSN's Peer Mentors, Support Groups, Workshops and more. Don't hesitate to call our Helpline to learn more about PSN supports and services.

Are you wondering why your child is struggling?



The signs of learning and thinking differences aren't always clear. Families may not know how to make sense of what they're seeing. They may feel overwhelmed, not knowing who to turn to for information.

UNDERSTOOD created a simple step-by-step tool to help you spot signs of learning and thinking differences, its called “**Take N.O.T.E**”

This tool is not a replacement for a diagnostic evaluation; instead, it's designed to empower you to gather the information you need and seek support from practitioners.

Noticing behavior is the first step to getting answers!

Notice

Notice if there's something going on with your child that's out of the ordinary.

Observe

Observe and keep track of patterns.

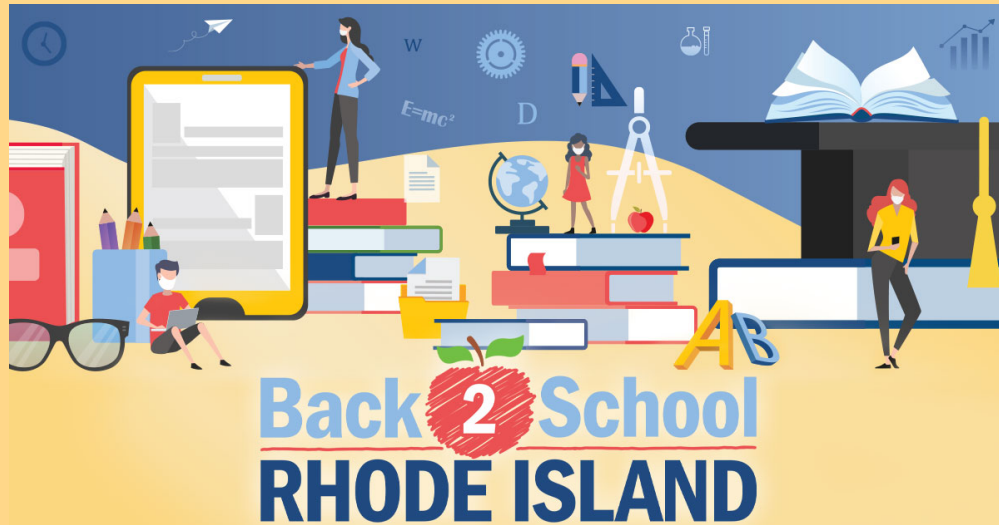
Talk

Talk with other people who can help support your child, like pediatricians, teachers, and other caregivers.

Engage

Engage your child to get information and explore options for what to do next

For Step by step instruction on how to use this tool [Click this Link for Full Article \[r20.rs6.net\]](http://r20.rs6.net)



[\[r20.rs6.net\]](https://r20.rs6.net)

Back 2 School Rhode Island | Rhode Island Department of...

For Resources and updated and latest news information on Re-opening plan, Covid Guidelines and need to knows

Read more [\[r20.rs6.net\]](https://r20.rs6.net)

www.back2schoolri.com [\[back2schoolri.com\]](https://back2schoolri.com)

Resources & Latest Educational Updates

Click the Resource links:

Latest news and Resources

- [Pre K-12 Health and Safety Guidance for the 2021-2022 School Year \[r20.rs6.net\]](#)
- [Mental health 101: Talking with kids \[r20.rs6.net\]](#)
- [RIDE Final Version of Blueprint for Multilingual Learners' Success \[r20.rs6.net\]](#)
- [Information for Limited English Proficient \(LEP\) Parents and Guardians and for Schools and School Districts that Communicate with Them \[r20.rs6.net\]](#)
- [Tips and Resources for Parents from the US Dept. of Education \[r20.rs6.net\]](#)

Resources :

- [Child Mind Institute Tip Sheet: Self Care for Parents \[r20.rs6.net\]](#)
 - [Child Mind Institute Tip Sheet: How teens can talk to parents about getting help \[r20.rs6.net\]](#)
 - [Child Mind Institute Tip Sheet: Supporting mental health in young children \[r20.rs6.net\]](#)
 - [Make a strengths chain \[r20.rs6.net\]](#)
 - [15 Growth Mindset Questions \[r20.rs6.net\]](#)
 - [Growth Mindset Action Plan \[r20.rs6.net\]](#)
 - [Hands-On Activity to Identify Your Child's Strengths \[r20.rs6.net\]](#)
 - [Growth Mindset Accomplishment box \[r20.rs6.net\]](#)
 - [Casel's SEL Roadmap \[r20.rs6.net\]](#)
 - [Sel and Covid from CASEL \[r20.rs6.net\]](#)
 - [Rhode Island Department of Health: Latest COVID-19 updates \[r20.rs6.net\]](#)
 - [Sesame Street Social Emotional learning :Children Support For Learning at Home \[r20.rs6.net\]](#)
 - [Self-Care Strategies for Educators During the Coronavirus Crisis \[r20.rs6.net\]](#)
 - [CDC Checklist: Planning for In-person Learning \[r20.rs6.net\]](#)
 - [CDC Virtual or At-Home Learning Checklist \[r20.rs6.net\]](#)
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PSN Upcoming Events, Distance Learning Workshops and Support Group Schedule

PSN offers training and professional development workshops for parents, schools, and communities. We also work with school districts to develop workshops and training that meet the needs of their schools, taking into account the mental health needs of children.

Call us to register for training or one of our support groups and if you need technical support to prepare for training.

Our Helpline is open for families and community, needing Resources and Emotional support during Covid-19 pandemic. Contact us at 401-467-6855



Rhode Island

RISAS

Student Assistance Services

[\[r20.rs6.net\]](http://r20.rs6.net)

Youth Mental Health Webinars - Rhode Island Student...

Youth Mental Health Webinars The RISAS Youth Mental Health Webinar Series, sponsored by the Rhode Island Department of Health, features local and national experts discussing issues related to youth mental health, trauma, and resilience. The free...

[Read more \[r20.rs6.net\]](http://r20.rs6.net)

[risas.org \[risas.org\]](http://risas.org)



CHILDREN • YOUTH • COMMUNITY

Children & Youth Cabinet Recruiting for following Programs:

STRONG AFRICAN AMERICAN FAMILIES (SAAF): *STRENGTHENING FAMILY RELATIONSHIPS, PARENTING SKILLS, AND YOUTH COMPETENCIES*

- **Free 7 week program**
- **Free: Child Care, Dinner, and Gift Cards Included!**
- All families have strength. This culturally-specific program, designed for youth aged 10-14 and their caregivers, builds on the strengths of African American families.
- It supports parents and youth during the transition from early adolescence to the teen years with an emphasis on helping young people avoid risky and dangerous behaviors.
- This evidence-based approach has been proven to reduce behavioral issues, drug use, and delay the onset of sexual behavior for youth participants as compared to their peers.
- *Click here for PDF of Strong African American Families Info sheet [r20.rs6.net]*
- *Click link for PDF of Program Recruitment Flyer [r20.rs6.net]*

Contact: Elizabeth Guillen elizabeth_guillen@cycprovidence.org

FAMILIAS UNIDAS *IMPROVING OUTCOMES FOR HISPANIC ADOLESCENTS*

- an evidence-based family support group. You can talk with facilitators and other Hispanic and Latino parents about some of the common issues adolescents and families face
- for Hispanic and Latino families pressure with children aged 10-17
- **Free 12-week program**
- **Free: Dinner, Child Care, Transportation if needed, and Gift Cards!**
- helps parents navigate cultural barriers to improve communication with their adolescent

- empower parents to develop effective parenting skills for this new context
- support parents in protecting their adolescent from harm
- With the help of a clinician, each family then practices these techniques at home with their adolescent children during a series of activities.

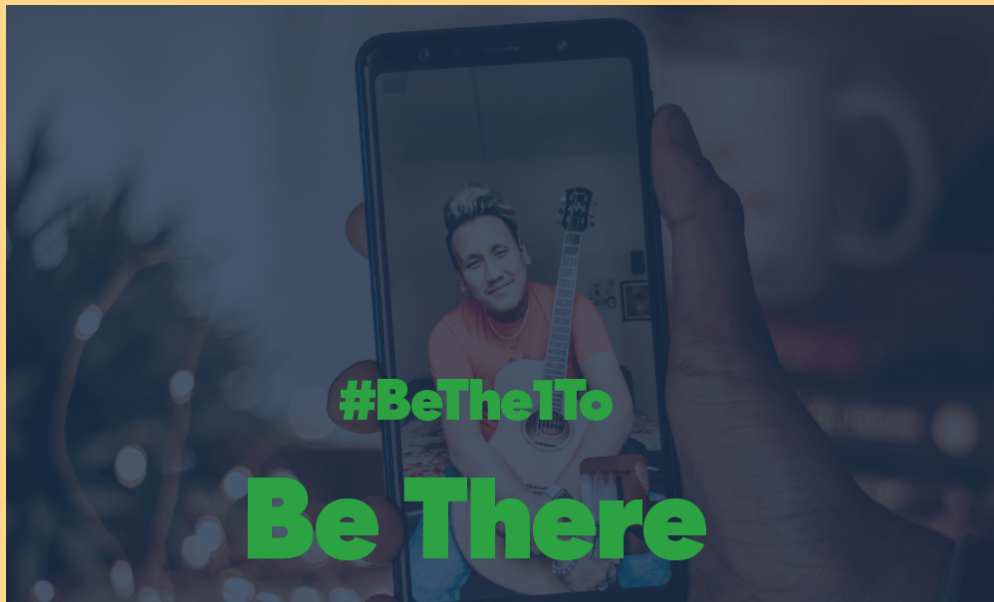
Click link for PDF of Familias Unidas Infosheet [r20.rs6.net]

Click link for PDF of Program Recruitment Flyer in English [r20.rs6.net]

Click link for PDF of Program Recruitment Flyer in Spanish [r20.rs6.net]

Contact Info: dahiana_rodriguez@ [cycprovidence.org](mailto:dahiana_rodriguez@cycprovidence.org)
[\[cycprovidence.org\]](http://cycprovidence.org)

National Suicide Prevention Month



Find out how this could help save a life at
www.BeTheTo.com

If you're struggling, call the Lifeline at
1-800-273-TALK (8255)

[\[r20.rs6.net\]](http://r20.rs6.net)

Promote National Suicide Prevention Month

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month....

Read more [\[r20.rs6.net\]](http://r20.rs6.net)
suicidepreventionlifeline.org [\[suicidepreventionlifeline.org\]](http://suicidepreventionlifeline.org)



NATIONAL RECOVERY MONTH 2021

National Recovery Month [r20.rs6.net] is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. **This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.**

The 2021 National Recovery Month theme, “**Recovery is For Everyone: Every Person, Every Family, Every Community,**” reminds people in recovery and those who support them that no one is alone in the journey through recovery. Everyone’s journey is different, but we are all in this together.

[Click link for Recovery Month Toolkit \[r20.rs6.net\]](https://r20.rs6.net)

Annual RALLY4RECOVERY

September 18th
11 a.m. - 4 p.m.



Please wear
your mask



Rally4Recovery



TEMPLE TO MUSIC
ROGER WILLIAMS ZOO
PARK

For more information visit Rally4Recovery website by
clicking this link: [Rally4Recovery \[r20.rs6.net\]](http://Rally4Recovery[r20.rs6.net])

Educational Workshops

Virtual Workshop: Statewide Social Emotional Learning Workshop for Parents & Professionals

*Every third Wednesday of the
month from 12p-2p
[Registration link \[r20.rs6.net\]](https://r20.rs6.net)*



Social and emotional learning (SEL) is the process through which children and adults effectively acquire and apply the knowledge, attitudes and skills necessary to:

- Understand and manage emotions.
- Set and achieve positive goals
- Feel and show empathy for others.
- Establish and maintain positive relationships
- Make responsible decisions

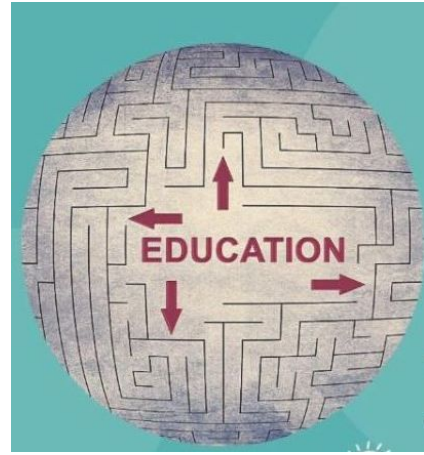
If you are interested in Bringing this training in your school and community, reach out to Naiommy Baret the Behavioral Health Education Coordinator & training specialist at n.baret@psnri.org or call PSN warm line at 401- 467-6855

Join us online
**Navigating the Educational
System:**

A Workshop on How to Advocate and
Take Charge of Your Child's Education

*Every Forth Wednesday of the Month
12p-2p*

[Registration Link \[r20.rs6.net\]](http://r20.rs6.net)



You will Learn:

- *how to advocate for your child
- *how to spot the signs your child may need more support in school
- *about policies and regulations governing children with disabilities
- *how to prepare to communicate with school
- *and much more!

If you need any accommodations or have questions please call the warm line for guidance at 401-467-6855.

Additional Workshops:

Childrens Mental Health : A Workshop for Parents

a workshop on how to get support for your son or daughter's mental health.

- learn about local R.I resources
- How to advocate for your children
- and testimonials from parents

Bullying 101:

This workshop aims to identify bullying and how to report bullying when it occurs

- how to end bullying at school
- How to talk to your children is being bullied
- how to report bullying at school
- policies and regulations in Rhode island

Youth Mental Health First Aide:

an 8-hour training course designed to give participants key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. you will learn th following when supporting youth with behavioral health :

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies
-

Please Request workshops and trainings with time. Call our Warm line at 401-467-6855 for workshop requests.

PSN Parenting Training



Gain the knowledge, tools and skills to effectively promote healthy social and emotional development within your family.

STRENGTHEN YOUR PARENTING SKILLS IN:

- Child Development, Self-Esteem and Self-Worth, Self-Awareness, Positive Discipline Strategies, Promote Empathy and Caring
- plus Increase Personal Power in yourself and your children.

**12-Week Virtual Course with two options (morning or evening) Tuesdays
5:30PM-7PM or Wednesdays 11AM-12:30PM**

Course Application link here: [r20.rs6.net]
one of our instructors will call back with you to follow up

CONTACT INFO

Kyle P. Delaney

Interim Prevent Child Abuse America RI Chapter Director

RI Fatherhood Initiative Coordinator

Warwick office: 401.467.6855

Cell: 401-450-9689

PSN Support Groups

PARENT SUPPORT GROUP

TUESDAYS 4-5PM

*Building strong families
during challenging times
when caring for children
at risk or with social,
emotional, and mental
health challenges*

parent
support
network
OF RHODE ISLAND



discussion topics & guest speakers:

- promote health & well-being
- developing coping strategies
- in-home behavioral approaches
- accessing services & resources

<https://us02web.zoom.us/j/88162354238>

by phone: 301-715-8592 meeting ID: 881 6235 4238

English support groups meet Tuesdays & Spanish support groups meet Thursdays

Call the Warm line and sign up & join us via Zoom Meeting:
<https://us02web.zoom.us/j/88162354238> [r20.rs6.net]

Fatherhood Initiative



Fathers,
Are you tired of feeling like
you're not being heard?
Can't find the resources and
support you need?
Get involved with the RIFI!
Where fathers support
fathers!

JOIN US

When?

Every WEDNESDAY
5:30-7:00 PM

How?

With a smartphone
Use the **ZOOM** App
Access Code: 823 7958 3179
Or call: (646) 558-8656
Meeting ID: 823 7958 3179
With a computer
us02web.zoom.us/j/82379583179
WWW.PSNRI.ORG

Prevent Child Abuse
Rhode Island



parent
support
network

PSN is proud to host the RIFI Support Group which takes place every Wednesday at 5:30pm for any father seeking support or able to provide it. This group ranges from teen fathers to grandfathers all coming together sharing experiences and learning from each other. This voluntary group is great for dads going through divorce/separation, involved with DCYF, first time fathers, and more; all are welcome to attend.

Join RIFI support group Wednesdays 5:30-7pm via zoom:
<https://us02web.zoom.us/j/82379583179> [r20.rs6.net]
Call our Warmline for more information

YSO Youth Group



We are a group of peers with lived Mental Health and Substance Use Disorders who meet weekly to provide each other support. We provide a safe space to empower youth to interact with peers, receive support, and develop leadership.

Dinner is provided, game nights, ice cream socials, music sessions, and more. Leadership development and opportunities are available.

Youth Age: 13-18

ALL GENDER AND RACES encouraged to join. We must emphasize this is a safe space that youth will lead.

Young adults age 19 and older can receive one on one support, transitional resources, and leadership opportunities as well with a Mentor.

Click link for : [Youth Interest Form \[r20.rs6.net\]](https://r20.rs6.net)

PSN Statewide Helpline

Parents and family caregivers at times are in need of support, information and assistance from other individuals who have been through similar experiences raising children and youth with emotional, behavioral, and mental health challenges.

PSN Statewide Helpline is run by Peer Mentors with direct experience and understanding of your needs first hand. Who have knowledge and experience with early childhood, education system and special education, behavioral health system, child welfare and the juvenile justice system. We are here to provide emotional support and help you navigate and access the services and supports you need.

Parent Peer Mentors :

We have bilingual Parent Peer Mentors who are ready to provide face to face peer based service support, by attending care planning and school and community based meetings, with parents around their children's social emotional and mental health and family needs. We work with parents who are overcoming their own struggles with their mental health or substance use challenges, to better support the whole family.

Our services are Free of charge to Parents and families. If interested, you can make a self-referral or agencies can make referrals with consent and our Intake specialist will follow up.

*Helpline Available:
Mondays- Fridays 9am-5p
Call for more information at 401-467-6855*

For more information and releases go to: www.psnri.org [r20.rs6.net]

Contact:

*Naiommy Baret, Statewide family leadership and Bilingual Behavioral Health
Education Coordinator & Training Specialist*

**Parent Support Network of Rhode Island
535 Centerville Road, Suite 202
Warwick, Rhode Island
401.467.6855
n.baret@psnri.org
www.psnri.org**

Parent Support Network of RI | 535 Centerville Road, Suite 202, Warwick, RI 02886

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