

**Family Needs Assessment Resources**

**Resources for all Counties**

Needs Assessment - *HSPPS 1302.52(b), 1302.50(b)*

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| **FAMILY WELL-BEING – (PFCE Outcome 1):**  **Families are safe, healthy, and have increased financial security (10 categories, 17 questions).** |
| **Housing:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to NMCAA brochures, workshops, and website www.nmcaa.net.*** |
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| **Food:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to NMCAA Food Distributions, brochure and***  [***www.nmcaa.net***](http://www.nmcaa.net/)***.*** * ***Refer to local Hoop Houses if applicable in your area.*** * ***Refer to local farm markets in your area.*** * ***Refer to MSU Extension.*** * ***FOOD HERO – Oregon State University - Offers Kid-approved healthy recipes in English/Spanish. Sorted by 5 ingredients or less, or 30 minutes or less, or kid approved. Monthly Family newsletter.*** [***https://www.foodhero.org/***](https://www.foodhero.org/)***.*** |
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| **Clothing:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to Goodwill.*** |
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| **Transportation:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***BATA, Wexford Transit Authority, Other Busing Agencies.*** |
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| **Health Insurance and Medical Home:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to your local DHHS for Health Insurance options.*** * ***Refer to the Marketplace.***   **Medicaid Coverage Information:**  **What is the number for Medicaid in Michigan?**  **Answer general questions you may have about Medicaid benefits. Enroll you in the Medicaid Health Plan you choose. For more information, call Michigan ENROLLS at 1-888-367-6557.**  **This number allows the user to access this information:**   * **Find out if they currently have Medicaid Coverage** * **What Medicaid plan they have** * **Choose a Medicaid Plan** * **Questions about Medicaid Card** * **Questions about tax form** * **If Medicaid covers a service or prescription** * **Choose a primary care provider**   **Managing your Medicaid health coverage isn’t always simple. Here are some helpful tips on how to manage your Medicaid plan in Michigan.**  If you’re enrolled in Medicaid and want to switch plans, here’s a quick breakdown of what you need to do to switch your Michigan Medicaid plan.  **In Michigan, enrolling for Medicaid is a two-step process.**   1. Visit [MI Bridges](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US) to apply for Medicaid benefits. You’ll need to upload your financial and family information. After you’ve completed that, you’ll wait to be approved. Once approved, you can choose your insurer. If you don’t choose one you’ll be placed with one. 2. If you want to switch to a different insurer, you can call MI Enrolls toll free at 888-367-6557 (TTY users call 711) and ask to get your coverage changed.   If you get health care coverage through a job or you qualify for Medicare, you should let your caseworker at the Michigan Department of Health and Human Services (MDHHS) know, and they will make the change to your file. You will have to continue to see your current doctor until your coverage changes.  **When can I change my Medicaid Plan?**  As a new Medicaid member, you’ll have 90 days to change your plan if you don’t choose one, the state will assign one to you. The state allows Medicaid members to switch their health plans once per year. When you’re allowed to change your coverage, the state will notify you.  **What is the number to change your Medicaid plan?**  In Michigan, you can change your Medicaid health plan by calling MI Enrolls toll free at 888-367-6557 (TTY users: 711) and they can help you choose a new plan.  **How to change Medicaid plans online?**  Unfortunately, there is no way to change Medicaid plans online. In order to change your Medicaid Health plan in Michigan, you need to call MI Enrolls and ask for coverage through your preferred insurer.  **So what’s the difference between MI Bridges and MI Enrolls?**  MI Bridges is a system that’s used when you want to apply for benefits through the state—benefits like health coverage, cash assistance, food assistance and more. MI Bridges is also the system that you use to update information like your address, if you have a child and other personal information.  Michigan Enrolls, also known as MI Enrolls, is where you change Medicaid health plans. You can call MI Enrolls at 888-367-6557 (TTY users: 711) to get help with signing up for a Medicaid plan, questions about which plan you have or to change plans.  **Michigan Enrolls online portal:**  <https://healthcare4mi.com/MISelfService/resources/portal/index.html>    **When can I change my medicaid plan (open enrollment)**  Your Open Enrollment month is based on the last digit of your case number (example: 9 equals September). You will receive a letter the month before your Open Enrollment month letting you know when you can change your health plan.    **Frequently Asked Questions (VERY HELPFUL ANSWERS QUESTIONS ABOUT MEDICAID HEALTH AND DENTAL):**  <https://healthcare4mi.com/MISelfService/resources/portal/index.html#page/faq>  **A Guide to Michigan Health Plans (very helpful brochure)**  <https://www.michigan.gov/documents/QualityCheckupJan03_59423_7.pdf>  **Medicaid Health Plan Services by County:**  <https://www.michigan.gov/documents/mdch/MHP_Service_Area_Listing_326102_7.pdf>  Resources:  **Health Plan Phone Numbers:**  https://healthcare4mi.com/MISelfService/resources/portal/index.html#page/resources |
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| **Dental Insurance and Dental Home:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to your local DHHS for Dental Insurance options.*** * ***Refer to the Marketplace.*** |
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| **Economic Stability:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to NMCAA brochures, workshops, and website www.nmcaa.net.*** * ***Refer to your local Michigan Works for job postings.*** * ***Refer to your local Michigan Works for job preparation classes and resume building supports.*** |
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| **Safety:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to local Fire Department for smoke detectors and carbon monoxide detectors.*** * ***Refer to your local Women’s Resource Center information.*** * ***You may call 911 when unsafe.*** * ***Refer to the National Domestic Violence website and hotline 1.800.799.7233 /*** [***www.thehotline.org***](http://www.thehotline.org) * ***Refer to your Talk, Protect Report bookmarks*** * **Family Violence Hotline 1-800-NO-ABUSE** * **Active Supervision for families:** * ***Darkness to Light – A non-profit committed to empowering adults to prevent child sexual abuse.*** [***https://www.d2l.org/***](https://www.d2l.org/)***.*** * ***Committee for Children – Long-standing organization focusing on policy, advocacy and resources supporting the social and emotional and mental wellness and safety of children and families. – Grassroots and national efforts; focusing on positive classroom supports; sexual abuse awareness; bullying prevention and promoting empathy.*** [**https://www.cfchildren.org/**](https://www.cfchildren.org/)***.*** * ***Protect Young Minds – Provides tools for how adults can teach kids about what pornography is, why it’s dangerous, and how to reject.*** [**https://www.protectyoungminds.org/?mc\_cid=cdb1f2c71d&mc\_eid=e1f22cdcab**](https://www.protectyoungminds.org/?mc_cid=cdb1f2c71d&mc_eid=e1f22cdcab)[**h**](https://www.pbs.org/parents)***.*** * ***Traverse Area Children’s Advocacy Center - Home is not a safe place for everyone. Traverse Bay Children’s Advocacy Center works to protect children from child sexual abuse and continues to respond to the emergency needs of children by providing forensic interviews, advocacy support, and mental health services both onsite and through HIPAA secure virtual portals. CAC is a lifeline for children and protective caregivers now more than ever.*** [***https://www.traversebaycac.org/***](https://www.traversebaycac.org/)***.*** * ***The Youth Wellbeing Project – Provides essential websites and resources to educate yourself about the extensive harms of pornography.*** [***https://www.youthwellbeingproject.com.au/essentialresources/?mc\_cid=cdb1f2c71d&mc\_ eid=e1f22cdcab***](https://www.youthwellbeingproject.com.au/essentialresources/?mc_cid=cdb1f2c71d&mc_%20eid=e1f22cdcab)***.*** |
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| **Mental and Emotional Health:** |
| * ***Local Community Mental Health numbers and crisis hotlines.*** * ***National Suicide Hotline – 1.800.273.8255*** * ***Refer to your County Resources Directory and share with families.*** * ***Your Journey Together Adult Resiliency Survey and Resilience Building Plan?*** * ***Refer to completing an e deca Clinical for child if needed, which results in an individualized plan and social and emotional support suggestions.*** * ***Devereux For Now and Forever Booklets (Infant/Toddler is yellow; Preschooler is blue).*** * ***See the Mental Health Referral / Release if a family is interested in a referral to a mental health consultant or office-based therapist other than Community Mental Health.*** * ***ACES Too High - is a news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress.*** [***https://acestoohigh.com/***](https://acestoohigh.com/)***.*** * ***Center for Youth Wellness – Founded by Nadine Burke-Harris to improve the health of children and families.* exposed to Adverse Childhood Experiences (ACEs)**[***https://centerforyouthwellness.org/***](https://centerforyouthwellness.org/)***.*** * ***Child Mind Institute - Researches the science of the developing brain to change the way the world understands and treats children struggling with mental health and learning disorders to open new possibilities for children, families and communities. Resources and newsletters available.*** [***https://childmind.org/***](https://childmind.org/)***.*** * ***Center for Early Childhood Mental Health Consultation – Georgetown University for Child and Human Development – “The Center gathers a wide range of materials that address the needs of Head Start staff / families for practical guidance on effective ways to promote young children's social and emotional development and reducing challenging behaviors.”*** [***https://www.ecmhc.org/***](https://www.ecmhc.org/)***.*** * ***Committee for Children – Long-standing organization focusing on policy, advocacy and resources supporting the social and emotional and mental wellness and safety of children and families. – Grassroots and national efforts; focusing on positive classroom supports; sexual abuse awareness; bullying prevention and promoting empathy.*** [**https://www.cfchildren.org/**](https://www.cfchildren.org/)***.*** |
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| **Substance Misuse:** |
| * ***Refer to your County Resources Directory and share with families.*** * ***Refer to your local Catholic Human Services***. ***Phone Number:*** * ***Refer to your local Addiction Treatment Services***. ***Phone Number:*** |
| **POSITIVE PARENT-CHILD RELATIONSHIPS - (PFCE Outcome 2): Beginning with transitions to parenthood, parents and families develop warm relationships that nurture their child’s learning and development. (1 question)** |
| **Parenting Skills/Nurturing Relationships:** |
| * ***Refer to YJT Caregiver Checklist and strategies for all ages.*** * ***Refer to YJT Adult Resiliency Survey.*** * ***Aha! Parenting – Dr. Laura Markham, Cinical Psychologist at Columbia University created a site with a variety of practical, research-based resources and solutions with videos for parenting prenatal-teenage years.*** [***https://www.ahaparenting.com/***](https://www.ahaparenting.com/)***.*** * ***Brazelton Touchpoints Center – Supports parents to feel confident in their parenting role, and form strong, resilient attachments with their children. Resources and newsletters available.*** [***https://www.brazeltontouchpoints.org/***](https://www.brazeltontouchpoints.org/)***.*** * ***Center for Resilient Children (Devereux) – Devereux - Center for Resilient Children – Mission is to promote social and emotional development, foster resilience, and build skills for school and life successes in children birth through school-age, as well as to promote the resilience of the adults who care for them. Resources and newsletters available.*** [***https://centerforresilientchildren.org/***](https://centerforresilientchildren.org/)***.*** * ***Circle of Security International – Relationship-based early intervention program designed to enhance attachment between parents and children, help with awareness of children’s needs and if the caregiver’s responses meet those needs. Outcomes are, secure children with increased empathy, enhanced school readiness and increased capacity to handle emotions more effectively compared with non-secure children. – Animation videos available; handouts are within “For Professionals,” with fantastic descriptions and visuals of the Circle of Security, describing children’s needs and behaviors.*** [***https://www.circleofsecurityinternational.com/***](https://www.circleofsecurityinternational.com/)***.*** * ***Conscious Discipline – Loving Guidance website has webinars; printable posters, tools, activities; Shubert Extension Activities; Implementation Guides; Discipline Tips; Book Study Portal; Spanish Resources; Videos for teachers / parents & “Shubert’s School.” Staff may also use our NMCAA Conscious Discipline booklets (available via support staff) and Shubert and Sophie books to facilitate discussions and activities with children and parents.*** [**https://consciousdiscipline.com/**](https://consciousdiscipline.com/)***.*** * ***Center for Early Childhood Mental Health Consultation – Georgetown University for Child and Human Development – “The Center gathers a wide range of materials that address the needs of Head Start staff / families for practical guidance on effective ways to promote young children's social and emotional development and reducing challenging behaviors.”*** [***https://www.ecmhc.org/***](https://www.ecmhc.org/)***.*** * ***Kristie Pretti-Frontczak – An advocate in children’s right to learn through play, inclusive classrooms, and transformative professional development that supports teacher’s wholeness.*** [**https://kristiepf.com/**](https://kristiepf.com/)***.*** * ***TACSEI – Technical Assistance Center on Social and Emotional Intervention. (Linked from CSEFEL). Takes research that shows practices, which improve social and emotional outcomes for children with, or at risk for, delays or disabilities and creates free products / resources to support every day best practices.*** [***https://challengingbehavior.cbcs.usf.edu/***](https://challengingbehavior.cbcs.usf.edu/)***.*** * ***Theraplay - Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based upon the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge.*** [***https://theraplay.org/***](https://theraplay.org/)***.*** * ***NAEYC For Families – The National Association for the Education of Young Children. Their families page and families newsletter provides resources for families related to finding quality childcare, and information on supporting children’s healthy development.*** [***https://www.naeyc.org/***](https://www.naeyc.org/)***.*** * ***Parenting Counts - Emotion coaching handouts; information about comprehensive development, with development timelines, and videos (for parents & teachers) within the social and emotional, cognitive and learning and communication and language domains.*** [***https://www.parentingcounts.org/***](https://www.parentingcounts.org/)***.*** * ***Mind Yeti – Created from the Committee for Children – A Mindfulness site and App for kids and parents that with helps: de-stressing, relaxing, calming, focus, getting along with others through practicing gratitude, empathy for others, and kindness toward themselves and also going to sleep.*** [***https://mindyeti.com/***](https://mindyeti.com/) ***is the free account.*** * ***Happily Family – A website for supporting parenting; virtual parenting classes; coaching based on the research of early childhood and mental health experts.*** [***https://www.happilyfamily.com/***](https://www.happilyfamily.com/)***.*** * ***Refer to completing an e deca or e deca Clinical (if appropriate) for child if needed, which results in an individualized plan and social and emotional support suggestions.*** * ***Deveruex For Now and Forever Booklets (Infant/Toddler is yellow; Preschooler is blue).*** |
| **FAMILIES AS LIFELONG EDUCATORS - (PFCE Outcome 3): Parents and families observe, guide, promote, and participate in the everyday learning of their children at home, school, and in their communities. (1 question)** |
| **Parents are their child’s most important teacher right from birth and are essential in their child’s healthy development and learning!** |
| * ***Refer to YJT Adult Resiliency Survey.*** * ***Center on the Developing Child, Harvard University – Mission to bring credible science to bear on public policy affecting children and families, including the JPB Research Network on Toxic Stress, which is developing new measures of stress effects and resilience in young children.*  *Resources and newsletters available.*** [***https://developingchild.harvard.edu/***](https://developingchild.harvard.edu/)***.*** * ***The Center for Optimal Brain Integration* – Trains, coaches, and consults on trauma-responses practices and strategies that build resilience.** [***https://www.optimalbrainintegration.com/***](https://www.optimalbrainintegration.com/)***.*** * ***Center for Resilient Children (Devereux) – Devereux - Center for Resilient Children – Mission is to promote social and emotional development, foster resilience, and build skills for school and life successes in children birth through school-age, as well as to promote the resilience of the adults who care for them. Resources and newsletters available.*** [***https://centerforresilientchildren.org/***](https://centerforresilientchildren.org/)***.*** * ***Talaris Institute – Focuses on the foundation for lifelong learning and relationships being the social and emotional development between birth-5 years. The parent-child relationship is the most essential factor in a child’s healthy development.*** [***https://www.talaris.org/***](https://www.talaris.org/)***.*** * ***University of Wisconsin Parenting and Family Relationships – Research and relationship based “Just in Time” Monthly newsletters in English/Spanish; parenting resources about healthy relationships, school readiness, transitions, children’s eating, trauma and family issues through the from prenatal through the teenage years.*** [**https://parenting.extension.wisc.edu/**](https://parenting.extension.wisc.edu/)***.*** |
| **FAMILIES AS LEARNERS - (PFCE Outcome 4): Parents and families advance their own learning interests through education, training and other experiences that support their parenting, careers, and life goals. (3 questions)** |
| ***Families as Learners:*** |
| * ***Refer to YJT Adult Resiliency Survey.*** * ***Aha! Parenting – Dr. Laura Markham, Cinical Psychologist at Columbia University created a site with a variety of practical, research-based resources and solutions with videos for parenting prenatal-teenage years.*** [***https://www.ahaparenting.com/***](https://www.ahaparenting.com/)***.*** * ***Circle of Security International – Relationship-based early intervention program designed to enhance attachment between parents and children, help with awareness of children’s needs and if the caregiver’s responses meet those needs. Outcomes are, secure children with increased empathy, enhanced school readiness and increased capacity to handle emotions more effectively compared with non-secure children. – Animation videos available; handouts are within “For Professionals,” with fantastic descriptions and visuals of the Circle of Security, describing children’s needs and behaviors.*** [***https://www.circleofsecurityinternational.com/***](https://www.circleofsecurityinternational.com/)***.*** * ***NFCL – National Center for Families Learning – All parents regardless of socioeconomic or educational level can help their children succeed in school and in life. NCFL advances literacy and education by developing, implementing, and documenting innovative and promising two-generation practices, networks, and learning tools; e-Newsletters.*** [**https://www.familieslearning.org/**](https://www.familieslearning.org/)***.*** * ***NAEYC For Families – The National Association for the Education of Young Children. Their families page and families newsletter provides resources for families related to finding quality childcare, and information on supporting children’s healthy development.*** [***https://www.naeyc.org/***](https://www.naeyc.org/)***.*** * ***Oregon Parenting Education Collaborative – Research collaborative for creating high quality parenting education, and strengthening parenting education systems. Parenting newsletters; Toolkits for educators – Promoting healthy beginning in parenting, the value of parenting in school readiness, and also incarcerated parents. Parenting Skills ladder – on weebly.*** [***https://orparenting.org/***](https://orparenting.org/)***.*** * ***Brené Brown – A pioneer and researcher of studying of courage, vulnerability, shame and empathy. Her site is a hub for downloadable articles, inspiration resources, features her books and latest work.***[***https://brenebrown.com/***](https://brenebrown.com/)***.*** * ***Protect Young Minds – Provides tools for how adults can teach kids about what pornography is, why it’s dangerous, and how to reject.*** [**https://www.protectyoungminds.org/?mc\_cid=cdb1f2c71d&mc\_eid=e1f22cdcab**](https://www.protectyoungminds.org/?mc_cid=cdb1f2c71d&mc_eid=e1f22cdcab)[**h**](https://www.pbs.org/parents)***.*** * ***Zero to Thrive –* The Zero to Thrive initiative is led by University of Michigan Drs. Kate Rosenblum and Maria Muzik with the mission to promote the health and resilience of families from pregnancy through early childhood through research, education, partnership, and service. U of M has been the leader in establishing the field of Perinatal Psychiatry to address the needs of women from preconception through pregnancy and beyond and continues the work through Zero to Thrive with multidisciplinary teams.** [***https://zerotothrive.org/***](https://zerotothrive.org/)***.*** * ***ZERO To THREE – Early Connections last a lifetime. - Supporting parents around the belief that parents are the true experts on their children, and that there is no “one-size-fits-all” approach to raising children; Information and tools designed to support parents in developing their own ways to promote their children’s growth and development, parenting, policy and advocacy. Special interest focus includes, positive parenting, grandparents and extended family and military and veteran families*.** [**https://www.zerotothree.org/**](https://www.zerotothree.org/)***.*** |
| **FAMILY ENGAGEMENT IN TRANSITIONS - (PFCE Outcome 5): Parents and families support and advocate for their child’s learning and development as they move to new learning environments, including EHS to HS, EHS/HS to other early learning environments, and HS to kindergarten through elementary school. (1 question)** |
| **Transitions:** |
| * ***Refer to Your Journey Together and the Transition Activity Handout.*** * ***Refer to the ReadyRosie Transition Activity.*** * ***Center for the Study of Social Policy / National Center on Parent, Family and Community Engagement - Was established to build the capacity of Head Start, Early Head Start and the early care and education field to effectively partner with families, communities, support family well-being and promote children’s school readiness. Resources and newsletters available.*** [***https://cssp.org/our-work/project/national-center-for-parents-family-and-community-engagement/***](https://cssp.org/our-work/project/national-center-for-parents-family-and-community-engagement/)***.*** * **Early Childhood Learning and Knowledge Center - *Head Start Parents, Child / Family and Community Engagement Resources.*** [***https://eclkc.ohs.acf.hhs.gov/***](https://eclkc.ohs.acf.hhs.gov/)***.*** * ***National PTAeverychild.onevoice – Resources for parents & preparing for transition to Kindergarten. National PTA mission is to engage and empower families and communities to advocate for all children, making every child’s potential a reality.*** [***https://www.pta.org/***](https://www.pta.org/)***.*** * ***University of Wisconsin Parenting and Family Relationships – Research and relationship based “Just in Time” Monthly newsletters in English/Spanish; parenting resources about healthy relationships, school readiness, transitions, children’s eating, trauma and family issues through the from prenatal through the teenage years.*** [**https://parenting.extension.wisc.edu/**](https://parenting.extension.wisc.edu/)***.*** |
| **FAMILY CONNECTIONS TO PEERS/COMMUNITY - (PFCE Outcome 6): Parents and families form connections with peers and mentors in formal or informal social networks that are supportive and/or educational and that enhance social well-being and community life. (1 question)** |
| **Social Networks:** |
| * ***Refer to Your Journey Together and the Adult Resiliency Survey.*** * ***Refer to Circle of Supports*** * ***Local churches, YMCA*** * **Early Childhood Learning and Knowledge Center - *Head Start Parents, Child / Family and Community Engagement Resources.*** [***https://eclkc.ohs.acf.hhs.gov/***](https://eclkc.ohs.acf.hhs.gov/)***.*** |
| **FAMILIES AS ADVOCATES AND LEADERS - (PFCE Outcome 7): Parents and families participate in leadership development, decision-making, program policy development, or in community and state organizing activities to improve children’s development and learning experiences. (1 question)** |
| **Advocating for your child, family, and community:** |
| * ***Refer to YJT activities.*** * ***Committee for Children – Long-standing organization focusing on policy, advocacy and resources supporting the social and emotional and mental wellness and safety of children and families. – Grassroots and national efforts; focusing on positive classroom supports; sexual abuse awareness; bullying prevention and promoting empathy.*** [**https://www.cfchildren.org/**](https://www.cfchildren.org/)***.*** |

Rev 8/21 P: Head Start\Univ\SS\Family Partnership Process \Family Needs Assessment Resources