

Thank you for all you do to support the health and wellbeing of families!

We encourage you to check in with caregivers and children you interact with to ask how they are doing and what they need. Lending an ear and helping families access available supports can go a long way to keeping families well.

How can you check-in with families in your community?

If a child raises a concern, consider if it's safe to follow-up with a parent or caregiver. The questions below may help you connect them to the resource they need. See page 2 for a list of resources you can connect families with based on their needs.

Things you may ask the caregiver

- This is a tough time for everyone, how are you doing? Is there anything you need?
- What's been going well for your family?
- We all need support right now. Who are your supports and are you able to connect with them?
- Since COVID started, what has changed for your family and how have you been doing with those changes?
- Is there anything your family worries about right now?
- Do you need technology for virtual learning? Is your internet, computer, etc., reliable?

Things you may ask the child

- Tell me what your school day looks like
- Who at home helps you get your school day going?
- How is virtual learning going? (if choosing virtual education)
- What is the best part of your day?
- How are things going at home for you and your family?
- Who takes care of you and gets you what you need?
- Do you have someone you feel safe talking about your worries or things you need? Who is it?

If a child or youth is truant

Teachers: Keep your ears open for any information on the family's current situation. Are other students or parents saying they moved? If so, where?

School Social Workers or School Resource Officers: Contact the caregiver through phone, email, social media or even by visiting the last known address. Does the house look vacant, for rent or for sale? Ask the family if they need assistance connecting to known resources or if they have left the school district.

Other considerations:

- Is the caregiver able to provide a doctor's note or excuse the absence?
- Does the family have internet to do online school?
- Verify home schooling by calling Kansas Board of Education at 1-785-296-3743.
- If someone suggested the family moved, check the other district to confirm attendance.
- Contact the emergency contact if the family is still unable to be located.

COMMUNITIES HELPING FAMILIES

Additional Resources



To apply for benefits, go to:

<http://www.dcf.ks.gov/services/ees/pages/application-for-benefits.aspx>

or call: 888-369-4777.



Locate your nearest office by consulting this website:

<https://k4ad.org/area-agencies-on-aging>.

United Way 211: Just call 211 to find out information on services for food, clothing, and shelter, as well as for more complex needs like health care, mental health, education, housing and employment.



KCSL Parent Helpline: 1-800-CHILDREN — free, statewide, anonymous information and referral service. It provides a trained person on the other end who will listen, empathize with your situation and offer support.

Available by email at: 1800children@kcsl.org.

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357) or visit the website at:

<https://www.samhsa.gov/find-help/national-helpline>.

Find your nearest Kansas DCF service center by calling 1-833-765-2003 or visiting <http://www.dcf.ks.gov/DCFContacts/Pages/default.aspx>.

COVID-19 Resources for Kansans: <https://covid.ks.gov/>.

Kansas Quality Network (KQN): <http://ksqualitynetwork.org/> — an invaluable tool for parents, child care providers and community members ensuring resource information is available to children and families.

