

# Concrete Support in Times of Need

## What Is Concrete Support in Times of Need?

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

Every family – at some point – needs help. Sometimes the challenges are minor, but other times they may be critical to the family's survival. Depending on a family's resources – financial as well as social and other types of resources – some may be able to access the support they need to weather a storm. Others may need help getting connected to those who can offer them what they need to handle the challenges they are facing.

## Everyday Actions that Help Build Concrete Support in Times of Need

### Concrete Examples of Everyday Actions

**1a** Think of a time when a friend, an agency, or a family member helped you connect with something you needed "just in time" for a crisis or problem. Who made the connection to what you needed at that time? Who was there for you? (Answers are ranked by survey response.)

1. Family
2. Friends
3. Community
4. Teacher/Home Visitor
5. Support Groups/Anonymous Groups
6. Healthcare
7. Crisis Line

**1b** Who else helped you address some of those needs? (Answers are ranked by survey response.)

1. Faith-Based Community
2. Service Provider
3. Social Worker/Case Worker
4. Local Family Support Agency
5. Child Care Provider

**2** Please share how the connections made helped make a difference for you.

- The connections made helped me feel more supported as a parent.
- The connections were lifelong connections.
- The support and connections changed as I changed/grew. (transformed)
- It let me know that I wasn't alone. Empathy goes a long way.
- It helped meet my family's basic needs so I was able to focus on other things.
- All of these connections have helped make me a stronger advocate for my children.
- These connections enabled me to ensure that my children have the best care and education possible.
- The process was smoother, less traumatic, and less stressful.
- I didn't have the support prior to a crisis. It felt so comforting to know people were looking out for me.

**3a** How is that supporting you as a family?

- When I feel understood and heard, I can better support my family.
- It has given us the opportunity to do more as a family.
- We have the confidence and strength to keep trying.
- Being linked to supportive places and people help our family feel connected to our community. We get to know our neighbors better.
- Someone there is ready to help me but I have to ask for help.
- It offers an outlet we didn't have when we were keeping things private.

- 1 Respond immediately when families are in crisis
- 2 Provide information and connections to other services in the community
- 3 Help families to develop skills and tools they need to identify their needs and connect to support

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- It helps me to prioritize my physical and mental health so I can be present for my family and serve others.
- I am more patient and have a better understanding of emotions (my own and others)
- I am a happier person. Better able to parent, grandparent, understand others.

**3b** Share a time that was particularly stressful for your family. Who helped you achieve a good outcome? What did they do?

*All of the examples given by parents showed the key to achieving a good outcome were the people who actually showed up to provide concrete support and a listening ear – people who provided small but significant changes. Below is one example of a good outcome. See more examples at [ctfalliance.org/partnering-with-parents/anppc/#resources](http://ctfalliance.org/partnering-with-parents/anppc/#resources).*

- Yes, there were times I needed support for my child. I reached out to the intermediate unit and right away a whole team started to provide information and support. They connected me with the right resources, and I took it from there. They followed up to make sure things were taken care of and to provide feedback so that I did not feel that I was alone.

For more parent-to-parent tools visit [ctfalliance.org/partnering-with-parents/anppc/#resources](http://ctfalliance.org/partnering-with-parents/anppc/#resources)

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Concrete Support in Times of Need

need2know  
Resource from the ANPPC

# Concrete Support within the Framework

**Concrete Support in Times of Need** is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Concrete Support might come in the form of a positive peer connection (Social Connections). It could show up as a “just in time” tip about a child’s growth and development (Knowledge of Parenting and Child Development). Building resources for Concrete Support might mean asking for and accepting help when it is needed (Parental Resilience).

The five protective factors work together to help make your family strong!

## Parents Help Define Concrete Support

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor – **Concrete Support in Times of Need** – in ways that are meaningful for them.

## Defining the Five Protective Factors

Families are supported to build:

### Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

### Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

### Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

### Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

### Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

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### Colorado Department of Human Services – Children's Trust Fund

*Ask for support when you need it. Some problems are too big to solve alone. Knowing where to get help in the community can make life easier.*

### Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

*Ask for help. Meeting your needs through community support and resources makes your family strong.*

### New Hampshire Children's Trust

*I know where to turn to meet my family's basic needs.*

### Prevent Child Abuse Arizona – Strengthening Families Arizona

*We all need a little help sometimes. When parents know where to get help when they need it, they face challenges more easily.*

### Alaska Child Welfare Academy

*Get help when you need it.*

### Hawaii Child and Family Services – The Parent Line

*I know where to find help. I know how to get help to meet my family's basic needs.*

### Community Café Collaborative

*My family has access to basic needs including access to services such as mental health support.*

### Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

*Knowing How to Find Help – Seeking support in times of need and knowing how to accept help when it's offered.*

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