

Resources for Families in Children's Mental Health

Strengthening Families

- [Triple P](#) – positive parenting resources to promote happy, resilient youth. Includes free Triple P online courses and [Fear-less Triple P](#) resources for children who are anxious.
- [5 for Families](#) – promoting the [5 Strengths](#) that keep families strong.
- **Family Resource Centers** – hubs of services and opportunities to strengthen families. [Thriving Wisconsin](#) and [Child Abuse and Neglect Prevention Board](#).

Mental Wellbeing

- [NAMI Wisconsin](#) – advocacy and resources for individuals and families affected by mental illness. [NAMI Resources](#).
- [Mental Health America Wisconsin](#) – promoting good mental health for everyone and the nation as a whole. [Programs & Services](#).
- **Office of Children's Mental Health** – [Support for Families](#). [Feelings Thermometers](#).

Child Welfare

- [The Wisconsin Family Connections Center](#) – services and support to individuals, families and caregivers with past or present involvement with foster care, adoption, reunification, kinship, and guardian ship.

Children with Special Health Care Needs

- [Wisconsin Wayfinder](#) – support for families of children with delays, disabilities, special health care needs, and mental health conditions.
- [Children's Long-Term Support](#) (CLTS) – helping children with disabilities and their families through supports and services.
- [Disability Rights Wisconsin](#) – protecting the rights of people with disabilities. [Resource Center](#).

Families with Young Children

The Wisconsin Alliance of Infant Mental Health (WI-AIMH) Micro Learning Videos – cover foundational concepts in infant mental health. Each video is 90 seconds. Access videos [here](#).

- Ripple effect – focuses on the effects of relationships on relationships (parallel process)
- Goodness of fit – child's temperament
- Attachment and attunement
- Behavior is a communication – how we interpret what children are doing matters
- Regulate and Recover – how do we help young children to regulate their big feelings
- Pause and Ponder – tantrums

The videos are also available in Spanish [here](#).

[Power of Connection](#) – Also from WI-AIMH, learn more and better understand the emotional development of a young child.

Other Ideas

- Other parents
- Pediatrician
- Therapists
- Legal system
- Local County Health and Human Services – Behavioral Health resources
- Individual learning: books, podcasts, webinars, classes

