



Empowering individuals and communities to stop child abuse and neglect *before it starts* through **AWARENESS, EDUCATION, SUPPORT** and **LEADERSHIP** for **ACTION**

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## NEWS FROM MINNESOTA COMMUNITIES CARING FOR CHILDREN (MCCC)



### Community Conversation with Dr. Roy Wade, Jr.!

**FREE ADMISSION!**  
**November 11th, 3–5 pm**

*Founder's Hall, Metropolitan State University  
700 7th St E, St. Paul, MN 55106*

**Dr. Wade** will share research about how trauma is affecting Philadelphia's urban population and how the city's community-level systems are working to improve health outcomes. Stay for a one-hour Q & A session and conversation about how Philadelphia's model can inform efforts to improve health and reduce disparities in the Twin Cities. **Sam Simmons**, leading

expert on adversity and health in urban and African American communities will facilitate the conversation.

Click [here](#) for more information. Click [here](#) to register!

**WALK-INS WELCOMED**

### Remember MCCC on Give to the Max Day!

Give to the Max Day is November 17th!

Each year, generous supporters like you celebrate Give to the Max Day by making your online donation on GiveMN.org. Your generosity on this day makes a difference far beyond the 24-hour giving event. Please join us on November 17th for Give to the Max Day and help us continue to change lives by making a donation to Minnesota Communities Caring for Children.



Check out our organizational page to donate [here](#).

### Thank You to Interstates for their Investment in Prevention– ALL Kinds!

In honor of their recent achievement of working 1,000,000 hours without a recordable incident, each regional office of Interstates made a donation to a local cause or charity. We at Prevent Child Abuse Minnesota were honored to be the recipients of the Brainerd office's \$2,000 donation. Though our organizations appear very unique from one another, they both focus on education and prevention.



"Witnessing the dedication and commitment this team has to making a difference for so

many was truly powerful for me," said Doug Brunsting, Director of Regional Offices at Interstates. "Just like our safety program, it is not about more rules and regulations, it is about education, prevention, and care for people."

Check out their blog post about the donation [here](#).



### Giving from the Heart with Art

Thank you to Hannah and the rest of the folks at Wine and Canvas Minneapolis for donating a portion of the proceeds earned from the class held on Tuesday 9/27! And another big thanks to all who came out to Party Artsy. Community members, MCCC staff, and MCCC Board members learned how to paint the *Leaning Orchid* image. Check out some of the images from that night.



## THE FACES BEHIND THE WORK



### Meet Board of Director Member– David Thompson

*During his career as a child welfare professional David Thompson worked in Minnesota county and state government and as an educator and consultant. He has lead efforts to move child welfare practice toward respectful engagement of families in strength-based and safety-focused partnerships. He has worked as a child protection worker, supervisor and manager at the county level and as a child protection manager at the Minnesota Department of Human Services.*

*David taught social work practice at the St. Catherine University and consulted with other states on the development of differential responses in child protection. David retired from state service in 2014 and now chairs a non-profit working in Africa to build infrastructure in poor subsistence farming communities.*

### What makes our organization's mission powerful for you?

An important measure of a society is how it treats its most vulnerable members. The child maltreatment prevention mission of MCCC goes right to the heart of this standard. I greatly appreciate that MCCC recognizes the complexity of causes involved in child maltreatment and understands the importance of addressing the needs of the whole family. MCCC works to make the community aware of child maltreatment, understand causes and prevention efforts as well as supporting at risk families and community leadership for action.

### As a Board Member, what do you want to contribute to the organization?

Most of my adult working life has been in the field of child welfare. I have delivered child protection services directly to at risk families, supervised other professional child welfare workers and managed programs at both the county and state level. Over my 45 year

career I have learned that most parents would choose to be loving protective parents but for their struggle with issues that interfere with their capacity to do so. I bring to the organization the understanding of child maltreatment causes (poverty, addiction, mental health problems, domestic violence and other negative learned behavior) as well as government intervention efforts. I want to use my experience and knowledge to help inform MCCC's prevention mission.

**Why did you become involved in the Board, and what has your involvement looked like over time?**

I became involved with MCCC because of the importance of its mission. I first became a MCCC Board member over 15 years ago and served for several years at that time. I again joined the MCCC Board in May 2015. I have been involved as a volunteer and donor and as a knowledge expert. I am also a member of the Finance Committee of the Board providing financial oversight and budget review.

**What has been your greatest learning as part of your journey as a Board member?**

I have come to appreciate the significant role that Parent Leaders can play in engaging and educating both the community and services providers.

**When you are done with your time at MCCC, how will you use what you have learned in the future?**

After my term as a Board member is over I will continue to be a donor and supporter of MCCC. I currently also chair a nonprofit, Give Us Wings, that works to address poverty in rural Uganda and Kenya through infrastructure development (housing, health care, business development and education). Many of the community engagement efforts of MCCC have meaningful application in these African communities as well.

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**Meet Parent Leadership for Child Safety & Permanency (PLCSP) Team Member– Edmund Negrón.**

*Hello my name is Edmund Negrón. I'm a proud Husband and Father of 3 daughters and a baby on the way in January. I work at Blue Cross Blue Shield of Minnesota as a Care Advocate for the Medtronic group. I am 34 years young. I am a devoted Christian. I really love my life!! My hobbies are playing in a basketball league, working out and I really love family time!! I've been a Parent Leader for a few years and it has really impacted my life for the better.*



**What led you to join PLCSP?**

It was a great opportunity for me to learn more about parenting, serve my community and for my voice to finally be heard in a great organization that is doing work for families in Minnesota. MCCC is a great organization to be a part of and I will continue to support them whenever needed.

**What areas of your life have been impacted by PLCSP and how?**

I have a greater understanding on state child protection policies and protective factors that reduce child abuse. Also my participation in the PLCSP gave me knowledge on my own personal experience dealing with similar issues. It gave me hope. The training I took part in gave me the knowledge to know how to go about making things better for my family and community.

**What has been your greatest learning in the past two years as part of your PLCSP journey?**

I have gained new knowledge about social issues, parenting and my community. My greatest learning is when we discussed issues that have been going on for centuries. Like how fathers sometimes have it so hard to have rights. For example, I learned that there are

so many fathers that want to have a relationship with their children and the systems and some laws make it hard for them to do that. They want to be there for their kids and can't be and then the kids are missing out.

**When you are done with your time with PLCSP, how will you use what you have learned in the future?**

I will definitely make people aware of protective factors that reduce the chance that child abuse will occur: 1. Social Connections; 2. Nurturing and Attachment; 3. Knowledge of Parenting and Child Development; 4. Parental Resilience; 5. Social and Emotional Competence of Children; and, 6. Concrete Supports for Parents.

Learning about these was a life changing experience. I gained new knowledge and learned new ways to bring up my kids. It helped me remember how it was to be a child and to really think about how important it is for my daughters to feel love and understanding from me.

## PREVENTION INITIATIVES: METRO AREA

### Education and Collaboration

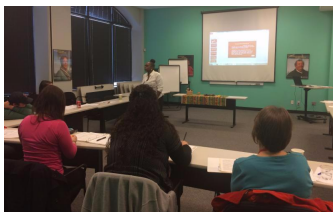
Lisa Deputie, Director of Prevention Initiatives – Metro Area, hosted a Parent Café "Taking Care of Yourself" in North Point Health and Wellness Center in Minneapolis. Cafés are opportunities to have conversations about how to improve community support. The Café model is built on the assumption that people already have within them the wisdom and creativity to confront even the most difficult challenges.



There were presentations about Adverse Childhood Experiences (ACE) throughout the Metro during September and October at the YIPE conference and an ACE presentation for South Side Nurturing Center in Minneapolis. An adverse childhood experience (ACE) describes stressful experiences in a person's life occurring before the age of 18 that can impact life long health and wellness.

Mid-summer we partnered with MAD DAD youth by doing presentations around Circle conversations and mindfulness techniques to handle stress and anxiety. Lisa conducted a Facilitator's training for parents who are hoping to lead circle groups in the Twin Cities area in October.

Circle of Parent groups are comprised of parents and primary child caretakers who meet to exchange ideas; connect with other parents; learn that they are not alone in this journey, and to talk about their feelings in safe and supportive surroundings. The metro area has two public groups one at Mt. Olivet Church and one at the Family Enhancement Center. You can find out more information by clicking [here](#) and [here](#).



### Warm Kids for Minnesota Winters

Since 1992, Lindquist & Venum employees have provided warm outer clothing to children in the Twin Cities. Lisa Deputie organized with them to help our families with children's coats, again, this year. All coats and other clothing for winter wear are purchased new by the firm's employees. The program was envisioned to be "a giving program from the heart and not a

## UPCOMING EVENTS

### Last Chance for 2016! Attend a Parent Café in Monticello

*Changing the Lives of Children through Conversations that Matter*

Please join us for a meaningful evening with your peers in a relaxed Café experience: Building a Strong Relationship with Your Children.



#### Date & Place:

Tuesday, November 29  
Little Mountain Elementary: Commons  
9350 Fallon Ave, Monticello, MN 55362  
Time: 6:00–8:30pm

**Cost:** This is a **free** event. A light dinner will be provided and **limited child care** with pre-registration: [monticello.ce.feepay.com](http://monticello.ce.feepay.com) or call 763-272-2030

**RSVP by November 23, 2016**

*Co-sponsored by: Buffalo Circle of Parents®, Kindred Family Focus Crisis Nursery of Wright County and Monticello Community Education*



### SAVE THE DATE! For Radiothon to End Child Abuse

The Radiothon to End Child Abuse is a twenty-four hour education and action event broadcast. Radiothon to End Child Abuse started in 1987 and has grown to include Hubbard Broadcasting stations located in **Alexandria, Bemidji, Brainerd, and Wadena**. Listeners learn what key conditions lead to child abuse and neglect and how it can be prevented.

The 2016 Radiothon on **December 1st and 2nd** marks the 29th year of promoting healthy, safe, nurturing families.

Learn more [here](#).

Minnesota Communities Caring for Children cordially invites you to attend our upcoming Happy Hour meet-and-greet event.

*Join us for Happy Hour in December!*

**Where:** Surly Brewing Company  
520 Malcolm Ave SE, Minneapolis, MN 55414  
**When:** Monday, **December 5th** from 5pm–7pm



We all know that Minnesota winters usher in sweater weather and snowfall. Come warm up at a lively-but-low-key-after-work gathering and learn more about Minnesota Communities Caring for Children, home of Prevent Child Abuse Minnesota, and how you might join in our important work with parents and children throughout Minnesota.

Space is limited, so **RESERVE** your spot today!

## MN HAS SAME DAY REGISTRATION?



### YES IT DOES!

*Election season is upon us. Come out to vote on Tuesday, November 8, 2016.*

Same Day Registration means you can register at your polling place on Election Day. To learn more about Same Day Registration go here:

[mnvotes.org](http://mnvotes.org)

## NEWS YOU CAN USE

### *The Science of How Our Minds and Our Bodies Converge in the Healing of Trauma*

*When our senses become muffled, we no longer feel fully alive... If you have a comfortable connection with your inner sensations ... you will feel in charge of your body, your feelings, and your self.*

"A purely disembodied human emotion is a nonentity," William James asserted in his revolutionary 1884 theory of how our bodies affect our feelings. Two generations later, Rilke wrote in a beautiful letter of advice to a young woman: "I am not one of those who neglect the body in order to make of it a sacrificial offering for the soul, since my soul would thoroughly dislike being served in such a fashion." And yet in the century since, we've made little progress on making sense – much less making use – of the inextricable dialogue between the physical body and the psychoemotional interior landscape we shorthand as "soul."

[To Read the Full Article Click Here](#)

**DONATE NOW!**

### **REMEMBER CHILD ABUSE IS 100% PREVENTABLE**

*With the support of individuals like you, we can eliminate child abuse in our state. Thanks for joining MCCC in providing better outcomes for our children and protecting our future.*

Minnesota Communities Caring for Children  
Home of Prevent Child Abuse Minnesota and Circle of Parents Minnesota  
(651) 523-0099 | [pcamn@pcamn.org](mailto:pcamn@pcamn.org) | [www.pcamn.org](http://www.pcamn.org)



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