

<p style="text-align: center;"><b>Modules</b> <b>1-2-3</b></p>	<p style="text-align: center;"><b>Participant Guide</b></p> <p style="text-align: center;"><b>Our Children and Homelessness</b></p> <p style="text-align: center;">Who are the children living with homelessness The impacts of homelessness Maternal health and wellbeing</p>
<p>Curriculum writer: Molly Harney, Ph.D. 2016</p>	<p style="text-align: center;"><b>6 hours</b></p>

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# Module 1: Who are the children living with homelessness

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## Knowledge and Competency Framework (KCF) Content Area, CDA Content Areas, Parent Aware Training Indicators and Level of Training

KCF Content Area: III. Relationships with Families

CDA Content Area: 4. Strategies to Establish Productive Relationships with Families

Parent Aware training Indicator: TR1b. All lead staff have completed at least 8 hours of child development training

Level of Training: 1

### Learning Objectives

1. Describe current statistics that help us better understand the reality of family homelessness.
2. Describe significant trends contributing to family homelessness.
3. Discuss the effects of homelessness on society.

Section	Overview
Welcome / introduction	<ul style="list-style-type: none"> <li>● Why are you interested in this course?</li> <li>● What is your experience with this topic?</li> <li>● What do you hope to gain?</li> <li>● How do you plan to apply this topic to your work?</li> <li>● Course overview and expectation</li> </ul>
“Painting a picture” of homelessness	<ul style="list-style-type: none"> <li>● McKinney-Vento</li> <li>● Unpacking assumptions</li> </ul>
Adding a case study for context and discussion	<ul style="list-style-type: none"> <li>● What surprised you?</li> <li>● What did the research and case study teach you?</li> <li>● What should we do with the information we have?</li> </ul>
Wrap up: Create a class statement of understanding	<ul style="list-style-type: none"> <li>● Course reflection: Now we know, so then we will” statement</li> </ul>

## Resources

Administration for Children & Families. (2016). Early childhood homelessness in the United States.

Retrieved from

<http://naehcy.org/sites/default/files/dl/legis/HomelessnessECEbriefing.pdf>

Chase, R., Ellen, M., Mathison, P., Carlson, E. & Giovanelli, A. (2015). Minnesota early childhood risk & reach report: Key indicators of early childhood development in Minnesota, county by county.

Retrieved from

[http://www.cehd.umn.edu/ceed/MN\\_Early\\_Childhood\\_Risk\\_and\\_Reach\\_Report\\_2015.pdf](http://www.cehd.umn.edu/ceed/MN_Early_Childhood_Risk_and_Reach_Report_2015.pdf)

Dillon, K. (2015). Family housing fund visible child initiative: Children's mental health pilot project.

Retrieved from [https://www.wilder.org/Wilder-](https://www.wilder.org/Wilder-Research/Publications/Studies/Visible%20Child%20Initiative/Children's%20Mental%20Health%20Pilot%20Project.pdf)

[Research/Publications/Studies/Visible%20Child%20Initiative/Children's%20Mental%20Health%20Pilot%20Project.pdf](https://www.wilder.org/Wilder-Research/Publications/Studies/Visible%20Child%20Initiative/Children's%20Mental%20Health%20Pilot%20Project.pdf)

Dyer, M. & Rector, K. (2015). Washington state requirements and guidance for education of homeless children and youth. Retrieved from

<http://www.k12.wa.us/HomelessEd/AssistanceAct.aspx>

National Coalition for the Homeless. (2006). McKinney-Vento act. Retrieved from

<http://www.nationalhomeless.org/publications/facts/McKinney.pdf>

# Module 1

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## Our Children and Homelessness

Module 1  
Who are the children living with homelessness

## Who is homeless?



Facts:

## Unpacking Assumptions

What do we know about homelessness?

Facts...

The McKinney-Vento Act defines homeless children as "individuals who lack a fixed, regular, and adequate nighttime residence.

Examples of this definition is children and youth who:

- share housing due to loss of housing, economic hardship, or a similar reason
- live in motels, hotels, trailer parks, or campgrounds due to lack of alternative accommodations
- live in emergency or transitional shelters
- are abandoned in hospitals
- are awaiting foster care placement
- whose primary nighttime residence is not ordinarily used as a regular sleeping accommodation (e.g. park benches, etc.)
- are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations
- are migratory and living in any of the above situations

Assumptions:

17% of MN children under age 6 are living in poverty!!!



Statistics:

Report warns of Minnesota children at risk  
Star Tribune 2015

What statistics informing that statement?



What are the recommendations?

Recommendation:

Connecting research with life:



Now we know...



So then we will....

Now I know...So then I will...

# Our Children and Homelessness

Module 1-Who are the children living with homelessness?

## Activity 1 worksheet

Assumptions	Fact

New Discoveries

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# Module 1 Assignment

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Please investigate homelessness in your community-

## 1. Gather information

- Identify the statistics related to homelessness in individual communities. Information can be found by contacting county social services, the Mayor's office, and/or local non-profits engaged in efforts to support families living with homelessness.
- Reach out to one organization (suggestions for finding an organization are listed above) that supports families who are homeless and ask one question: *How does homelessness impact the children?*

## 2. Write a summary of your findings

- Using the information you gathered, create a summary of your findings addressing the two questions below:

What does homelessness look like in your community?

How does homelessness impact the children in your community?

Please bring your Summary to Session 2. We will start our session by learning about your communities.



## Module 2: The Impacts of Homelessness

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### Knowledge and Competency Framework (KCF) Content Area, CDA Content Areas, Parent Aware Training Indicators and Level of Training

KCF Content Area: I. Child Development and Learning

CDA Content Area: 8. Principles of Child Development and Learning

Parent Aware Training Indicator: TR1b. All lead staff have completed at least 8 hours of child development training

Level of Training: 2

#### Learning Objectives:

If learners are engaged and participating they will be able to:

1. Describe the byproducts of homelessness and the impacts of each on children.
2. Describe the significance of adverse childhood experiences (ACE) on early childhood development.
3. Describe and discuss some of the behavioral manifestations of early childhood trauma.

Section	Overview
Welcome back: Loop information from session 1	<ul style="list-style-type: none"><li>• What does homelessness look like in your community?</li><li>• How does homelessness impact children in your community?</li></ul>
Toxic stress/trauma/ACE	<ul style="list-style-type: none"><li>• Mini lecture: causes and signs</li></ul>
Adding a case study for context and discussion	<ul style="list-style-type: none"><li>• What surprised you?</li><li>• What did the research and case study teach you?</li><li>• What should we do with the information we have?</li></ul>
Wrap up: Create a class statement of understanding	<ul style="list-style-type: none"><li>• Course reflection: "Now we know, so then we will" statement</li></ul>

## Resources

Centers for Disease Control and Prevention. (2016). Adverse childhood experiences (ACEs). Retrieved from <http://www.cdc.gov/violenceprevention/acestudy/>

Center on the Developing Child at Harvard University. (2013). [Building Adult Capabilities to Improve Child Outcomes: A Theory of Change](http://developingchild.harvard.edu/resources/building-adult-capabilities-to-improve-child-outcomes-a-theory-of-change/) Retrieved from <http://developingchild.harvard.edu/resources/building-adult-capabilities-to-improve-child-outcomes-a-theory-of-change/>


Center on the Developing Child at Harvard University. (2011). Toxic stress derails healthy development. Retrieved from <http://developingchild.harvard.edu/resources/toxic-stress-derails-healthy-development/>

Guarino, K., & Bassuk, E. (2010). Working with families experiencing homelessness: Understanding trauma and its impact. Retrieved from [http://main.zerotothree.org/site/DocServer/Working\\_With\\_Families\\_Experiencing\\_Homelessness.pdf](http://main.zerotothree.org/site/DocServer/Working_With_Families_Experiencing_Homelessness.pdf)

Minnesota Department of Health. (2013). Adverse childhood experiences in Minnesota. Retrieved from <http://www.health.state.mn.us/divs/cfh/program/ace/content/document/pdf/acereport.pdf>

Perry, B. D. (2005). Maltreatment and the developing child: How early childhood experience shapes child and culture. Retrieved from <http://www.lfcc.on.ca/mccain/perry.pdf>

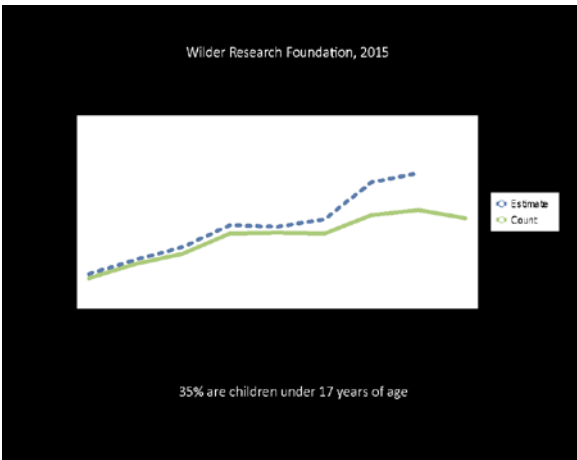
# Module 2



**Our Children and Homelessness**


Module 2  
The impact of homelessness

Homelessness in my community (information from the assignment/summary):



The stress of homelessness on children:

**Stress/Trauma/ Adversity**



How are children impacted?

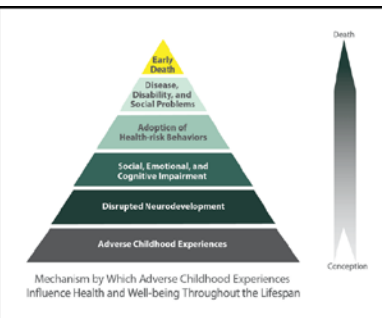
# Homelessness and Toxic Stress



The impacts on development:

The impacts on life:

Connecting research with life:



Center for Disease Control and Prevention, 2016



Now we know...



So then we will....

Now I know...So then I will...

# ADVERSE CHILDHOOD EXPERIENCE SURVEY

Center for Disease Control and Prevention, 2016

## Finding Your ACE Score

**While you were growing up, during your first 18 years of life:**

1. Did a parent or other adult in the household **often or very often**...  
Swear at you, insult you, put you down, or humiliate you?  
**or**  
Act in a way that made you afraid that you might be physically hurt?  
Yes No If yes enter 1 \_\_\_\_\_
2. Did a parent or other adult in the household **often or very often**...  
Push, grab, slap, or throw something at you?  
**or**  
**Ever** hit you so hard that you had marks or were injured?  
Yes No If yes enter 1 \_\_\_\_\_
3. Did an adult or person at least 5 years older than you **ever**...  
Touch or fondle you or have you touch their body in a sexual way?  
**or**  
Attempt or actually have oral, anal, or vaginal intercourse with you?  
Yes No If yes enter 1 \_\_\_\_\_
4. Did you **often or very often** feel that ...  
No one in your family loved you or thought you were important or special?  
**or**  
Your family didn't look out for each other, feel close to each other, or support each other?  
Yes No If yes enter 1 \_\_\_\_\_
5. Did you **often or very often** feel that ...  
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?  
**or**  
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?  
Yes No If yes enter 1 \_\_\_\_\_
6. Were your parents **ever** separated or divorced?  
Yes No If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother:  
**Often or very often** pushed, grabbed, slapped, or had something thrown at her?  
**or**  
**Sometimes, often, or very often** kicked, bitten, hit with a fist, or hit with something hard?  
**or**  
**Ever** repeatedly hit at least a few minutes or threatened with a gun or knife?  
Yes No If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes No If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?  
Yes No If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison?  
Yes No If yes enter 1 \_\_\_\_\_

**Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score.**

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# Our Children and Homelessness

## Module 2-The impacts of homelessness

### Activity 2 worksheet

Assumptions	Fact

#### New Discoveries

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## Module 2 Assignment

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During the time between module 2 and module 3, I would like you to reflect on the information you have learned in this course and create an informational document addressing facts related to childhood stress.

Your document should address information learned in module 2, and be created in an easy to read, parent friendly manner (feel free to be creative).

Please bring your informational document to session 3. We will begin the session by learning from you.



## Module 3: Maternal health and wellbeing

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### Knowledge and Competency Framework (KCF) Content Area, CDA Content Areas, Parent Aware Training Indicators and Level of Training

KCF Content Area: I. Child Development and Learning

CDA Content Area: 8. Principles of Child Development and Learning

Parent Aware training Indicator: **TR1b**. All lead staff have completed at least 8 hours of child development training

Level of Training: 1

#### Learning Objectives:

If learners are engaged and participating they will be able to:

1. Discuss current research addressing maternal mental health.
2. Describe the impact of domestic violence on maternal health and child development.
3. Discuss research findings correlating maternal education and incidence of homelessness.

Section	Overview
Welcome	<ul style="list-style-type: none"> <li>● Share informational document assignment (Module 2 assignment)</li> </ul>
Motherhood and homelessness	<ul style="list-style-type: none"> <li>● Mental health</li> <li>● Physical health</li> <li>● Domestic Violence</li> <li>● Education</li> </ul>
Adding a case study for context and discussion	<ul style="list-style-type: none"> <li>● What are the primary barriers to a mother’s optimal health and wellbeing?</li> <li>● How does maternal health impact children?</li> <li>● How can we best support mothers in crisis?</li> </ul>
“Painting a picture” of homelessness (course review)	<ul style="list-style-type: none"> <li>● Unpacking assumptions and stereotypes through group discussion: brainstorming about what we know about homelessness</li> <li>● Create an “updated” picture with information gathered from Module 1-3</li> </ul>
Wrap-up by creating a class Statement of Understanding.	<ul style="list-style-type: none"> <li>● “Now we know, so then we will” statement</li> </ul>

## Resources


Center on the Developing Child at Harvard University. (2009). Maternal depression can undermine the development of young children: Working paper 8. Retrieved from <http://46y5eh11fhgw3ve3ytpwxt9r.wpengine.netdna-cdn.com/wp-content/uploads/2009/05/Maternal-Depression-Can-Undermine-Development.pdf>

Leong Ah Yoo, & Chien-Chung Huang. (2013). Long-term relationships among domestic violence, maternal mental health and parenting, and preschool children's behavior problems. *Families in Society: The Journal of Contemporary Social Services*, 94(4), 268-276. doi:10.1606/1044-3894.4321

Wilder Research. (2013). Homelessness in Minnesota: Findings from the 2012 statewide homeless study: Report retrieved from <http://www.wilder.org/wilder-research/publications/studies/homelessness%20in%20minnesota%202012%20study/homelessness%20in%20minnesota%20-%20findings%20from%20the%202012%20statewide%20homeless%20study.pdf>

World Health Organization. Maternal mental health. Retrieved from [http://www.who.int/mental\\_health/maternal-child/maternal\\_mental\\_health/en/](http://www.who.int/mental_health/maternal-child/maternal_mental_health/en/)

# Module 3



**Our Children and Homelessness**

Module 3  
Maternal Health and Wellness


Session 2 review:



Homelessness and Motherhood

Mental Health

Physical Health



Domestic Violence

Education



Connecting research with life:



Now I know...So then I will...

# Our Children and Homelessness

## Module 3-Maternal Health and Wellbeing

### Activity 3 Worksheet

What Children Need To Thrive	Impacts
	<p data-bbox="688 453 922 489">Mental Health</p> <p data-bbox="688 726 935 762">Physical Health</p> <p data-bbox="688 1066 984 1102">Domestic Violence</p> <p data-bbox="688 1409 850 1444">Education</p>

Interventions and Supports	Impacts
	<p data-bbox="688 218 915 254">Mental Health</p> <p data-bbox="688 491 935 527">Physical Health</p> <p data-bbox="688 764 984 800">Domestic Violence</p> <p data-bbox="688 1037 850 1073">Education</p>

## Module 3 Assignment

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Interview a mother who has been homeless by contacting your local emergency shelter, soup kitchen, and or domestic violence support agency.

Please explore the following topics:

- What led to homelessness?
- Are there any barriers to optimal maternal health and wellbeing?
- How does maternal health impact her (life and parenting)?
- How can she be best supported?

A suggested conversation starter:

- “My name is\_\_\_\_\_ I am a\_\_\_\_\_. I am taking a class to help me understand how to support children and parents who have lived with homelessness. Would you help me out by talking to me about your situation? I have a few questions to ask...you can say no to any of the questions if they make you feel uncomfortable.

Please email your interview data as a written paper within 2 weeks.