

## Connected Parents Connected Kids (CPCK)



### **The FUTURES Connected Parents Connected Kids (CPCK)**

business-card sized safety card tool facilitates conversations about healthy relationships, intimate partner violence (IPV) and the adverse childhood experiences (ACEs) in a range of health care settings, including pediatrics, maternal health, home visitation and early childhood.

The card includes how relationships and parenting can be impacted by ACEs and IPV, how to access 211 for a broad array of local family support resources, calm down techniques, and how to reach national IPV hotlines and parenting warm lines.

This card is designed for use with the “CUES” evidence-based intervention: Confidentiality, Universal Education, Empowerment, and Support. This approach normalizes open and non-judgmental conversations about relationship quality and safety, making it much easier for clients and patients to accept information and support.

**The safety card is designed to be used as part of a universal education practice to provide prevention messages with key information on healthy relationships, and promotes access to support services without requiring an IPV or ACES disclosure.**

## The elements of CUES are as follows:

### CONFIDENTIALITY

Always review with families the limits of confidentiality. It is important for providers to inform families about their legal mandate regarding reporting of child abuse &/or IPV and make sure that families understand what this means, and that the information is relayed in the family's primary language.

### UNIVERSAL EDUCATION

Provide the information in the safety card about healthy and unhealthy relationships to all families, regardless of whether they share their own experiences with IPV or ACEs. Please note fear of reporting to child welfare has a chilling effect on caregivers, and they may be more reluctant to share what is happening. The CUES approach address that, offers a trauma-informed alternative, since it doesn't require disclosure in order to receive information about available supports and help. We recommend beginning with the 'You Matter' panel of the card to open the conversation with a positive frame. Not all of the panels need to be reviewed, many providers find it helpful to practice talking points for one or two panels. You can focus on calm down strategies for parents, what helps kids and 211 numbers and parenting warmlines. We have found that that fathers, grandmothers other care givers are appreciative of being included in these conversations. It allows time to address something common but not often discussed. It has been shown to deepen relationships and impart care from providers.

### EMPOWERMENT

Offering two cards can help make conversations feel more approachable; one card is for the client to keep and the other may be shared with a friend or relative who may need support. CUES builds on research related to altruism and the idea that helping others can help us heal ourselves. Clients are given

multiple copies of the tool, along with encouragement that they can share this information with others who might be experiencing or healing from violence. This has two benefits—it allows clients who do not want to disclose to receive the information under cover of taking it for others. And research has shown that many clients appreciate being respected as someone who can be an ally by helping others, and do in fact share this information, spreading the benefits more widely.

### SUPPORT

If a patient does disclose history of current or past abuse, validate what you heard, engage in a discussion about safer planning and harm reduction, and offer a warm referral to a domestic and sexual violence advocacy service or other community supports.

Some communities may choose to adapt this safety card for their local community and context. For more information on localizing safety cards, email:

**health@futureswithoutviolence.org**

#### **Implement the CUES Intervention:**

[tinyurl.com/CUESimplemenation](https://tinyurl.com/CUESimplemenation)

**Local advocacy services:** [www.thehotline.org/get-help/domestic-violence-local-resources/](https://www.thehotline.org/get-help/domestic-violence-local-resources/)

#### **Research associated with the CUES intervention:**

[tinyurl.com/CUESresearch](https://tinyurl.com/CUESresearch)

**Order copies of Connected Parents Connected Kids and other resources:** [store.futureswithoutviolence.org](https://store.futureswithoutviolence.org)

**Thank you to the survivors, home visitors, maternal health providers, researchers, and organizations who contributed to the development of this resource!**