



STATEWIDE CONFERENCE  
**CARING FOR OURSELVES, OUR NETWORK  
 AND OUR KIDS: LAYING THE FOUNDATION  
 FOR MEANINGFUL CONNECTION**

## Statewide Conference: Resources Shared

Thank you for participating in our statewide conference on May 12, *Caring for ourselves, our network and our kids: Laying the foundation for meaningful connection*. Below, you'll find a list of resources mentioned during the conference by session presenters, panelists, and participants. We also invite you to check out the Materials page on <https://www.mnpedcares.com/materials> for more resources, searchable by theme (e.g., mental health, early intervention).

### Food support and resources

- [Recommendations for Food Insecurity Screening & Connections to Food Resources in Healthcare Settings](#) (King County, WA)
- [Summer Meal Programs for Kids](#) (USDA)
- [Fare For All Schedule](#) (The Food Group)
- [Ruby's Pantry](#)
- [Every Meal](#)

### Caring for ourselves

- [SAMHSA's Disaster Distress Helpline \(1-800-985-5990\)](#) (Multiple languages & ASL button/video phone)
- [Crisis Text Line \(text MN to 741741\)](#)
- [Suicide Prevention Lifeline \(1-800-273-TALK\)](#)
- [Moral Stress Amongst Healthcare Workers During COVID-19: A Guide to Moral Injury](#)
- [Strength After - Online Peer Support for Healthcare Workers impacted by COVID-19](#)
- [You DO Matter](#)
- [First Responder Toolkit](#)
- [The Emotional PPE Project](#)
- [Tips for Taking Care of Yourself](#) (Minnesota Dept. of Health)
- [Understanding Compassion Fatigue](#) (SAMHSA)
- [Tips for Healthcare Professionals: Coping with Stress and Compassion Fatigue](#) (SAMHSA)
- [Moral Injury in Health Care Workers - PTSD: National Center for PTSD](#) (U.S. Dept. of Veterans Affairs)
- [Psychological First Aid for Disaster Survivors](#) (Minnesota Dept. of Health)
- [Wellness Minneapolis](#)
- "Caring for yourself: Simple ways to incorporate movement into everyday work life." Presenter: Dr. Robyn Ringberg, Always Moving Forward: [robyn.rugglesringberg@gmail.com](mailto:robyn.rugglesringberg@gmail.com)
- *Skin, Tooth, and Bone: The Basis of Movement is Our People (A Disability Justice Primer)*; Book by Sins Invalid
- *Care Work: Dreaming Disability Justice*; Book by Leah Lakshmi Piepzna-Samarasinha
- Care webs/pod mapping; Mia Mingus for the Bay Area Transformative Justice Collective

### Caring for kids and families

- [Parents and Caregivers impacted by the COVID-19 pandemic | Facebook](#) (Includes access to a crisis counselor)
- [After a Disaster: A Guide for Parents and Caregivers](#) (Minnesota Dept. of Health)

- [Disaster Mental Health for Children](#) (Minnesota Dept. of Health)
- [Children and Youth with Special Healthcare Needs in Emergencies](#) (CDC)
- [Emergency Preparedness for Children With Special Health Care Needs | Pediatrics](#) (American Academy of Pediatrics)
- [Individuals with Disabilities | Ready.gov](#)
- [Learn About Caring for Children in a Disaster](#) (CDC)
- [Media Screening Tool](#) (Common Sense Media)
- [Spark & Stitch Institute](#) (Parent and Family Resource)
- [MN Rare Disease Advisory Council](#)

#### **Additional resources shared**

- [Paper Tigers](#) (Documentary for people interested in ACEs and school programming; Also available on Amazon Prime)
- [Angst Documentary](#)
- [MNhelp.info](#)
- [Nowpow](#)
- [UniteUs](#)