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Breaking the Cycle: Addressing the Ripple Effects of Incarceration and Parental Addiction



Let's share a Sesame Street moment.
Select a favorite Muppet and share why with others nearby.



-our mission is to help children grow-
Smarter, Stronger, and Kinder



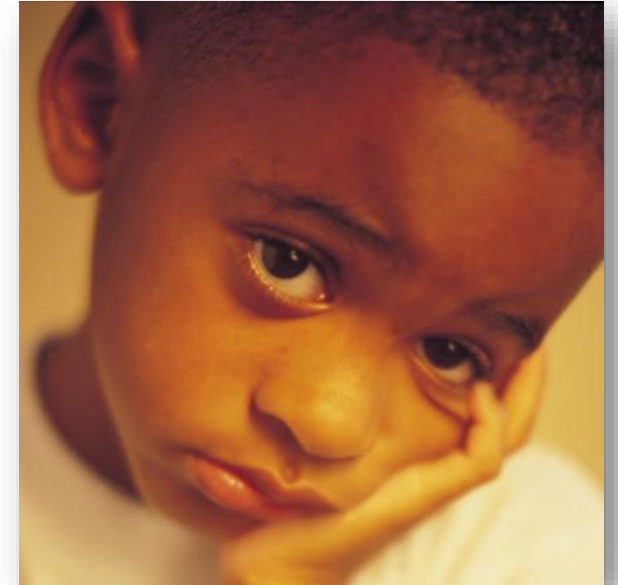


The State of Children



The State of Young Children Today

- Pre-pandemic **1** in **6** young children live at or near poverty while stimulus and tax credits have removed 4.6 million children out of poverty.
- **200,000** children experienced the death of a parent or a guardian to COVID-19.
- Children's well-being support is hampered: **40%** decrease in well child visits; **75%** reduction in dental health, and **44%** decrease in outpatient mental health services
- **41%** decrease in reported cases of abuse or neglect
- **1** in **4** children live in food-insecure homes



Adult Issues Impacting Children

Parental Addiction

5.7 million children under the age of **11** live in a household with a parent who struggles with addiction.

Parental Incarceration

More than **5** million children, or one in **14**, have had a parent in prison.

Foster Care

Nearly **450,000** children are in foster care and now about **35%** are under **6**.



U.S. Social Impact



 **for Military Families**™



Sesame Street and Autism
see amazing in all children



 **in Communities**

123
SESAME STREET in Communities



What is Sesame Street in Communities?

A model that collaborates with partners reaching young children, parents, caregivers, and service providers.

- An online content hub with multiple bilingual resources
- Professional development
- Implementation with partners



ssic.org

SSIC.org

- Provider and parent resources:
 - ABC's, 123's
 - Healthy Bodies, Healthy Minds
 - Difficult Times, Tough Talks
- Content versioned into Spanish
- Professional development

The screenshot displays the SSIC.org website interface. At the top, there is a teal header with a language selector set to "español", a "Provider" dropdown menu, and a "Sign In" link. Below the header is the "SESAME STREET in Communities" logo, followed by navigation links for "Partner Portal", "Professional Development", "Topics", and a search bar. The main content area features a video player showing a scene with four Muppet characters (Mr. Noodle, Abby Cadabby, and two other characters) sitting at a table. A video player overlay is present, titled "Changes Big & Small", with a description: "In the midst of uncertainty, even small changes like getting pineapple instead of pepperoni on our pizza can throw us off! Check out strategies for helping children with autism build flexibility and adapt to changes big and small." and a "Learn More" button. Below the video player is a section titled "Find an Activity" with the subtitle "Discover printables, videos, and more on topics to help the families you work with." This section includes filters for "Age", "Time", and "Type", along with a "Find" button. Below the filters are four activity cards: "Racial Justice: Talking About Race: The Lees" (with a play button icon), "Racial Justice: Beautiful Me" (with a document icon), "Learning Through Routines: Learning in the Morning" (with a play button icon), and "Learning Through Routines: Inside on a Rainy Day" (with a play button icon). The footer features the "SESAME STREET in Communities" logo.

Parental Incarceration

ssic.org/incarceration



Goals

When a parent is incarcerated, the whole family is affected.

These resources:

- **Elevate** awareness of the ripple effects of parental incarceration on the entire family
- **Support** ways to help children understand parental incarceration; establish agreed upon ways to parent while incarcerated
- **Offer** providers and networks actionable strategies to reduce stigma and support families and the incarcerated parent during all transitions



Parental Incarceration: Advisory Insights

Recommendations

- **Encourage honest communication**, using age-appropriate language
- **Foster a positive environment** for children to ask questions and expressing their feelings, even when they are difficult
- **Establish or maintain routines** that help children feel safe and secure
- **Help caregivers determine and agree** upon ways to stay in contact with the incarcerated parent



Parental Incarceration: Formative Research

Families or caregivers are not speaking openly to children

- There is lack of information to appropriately explain parental incarceration or answer children's questions because children may be too young

Shame forces adults to “keep the secret”

- Caregivers limit contact with the incarcerated parent to avoid the truth emerging
- There is fear of repercussion in general settings, especially in schools, due to bullying or stigma; educators have limited resources on this topic

Maintaining connections

- Need to agree and coordinate on connecting with the incarcerated parents
- Acknowledge co-parenting is difficult and needs coordination and support

Address the topic of reunion

- Families or caregivers need support and guidance to prepare when a parent reunites with their family



Resources

ssic.org/incarceration

Muppet Videos & Animations



“What is Incarceration?”



“Visiting a Parent in Prison”

Digital Storybook



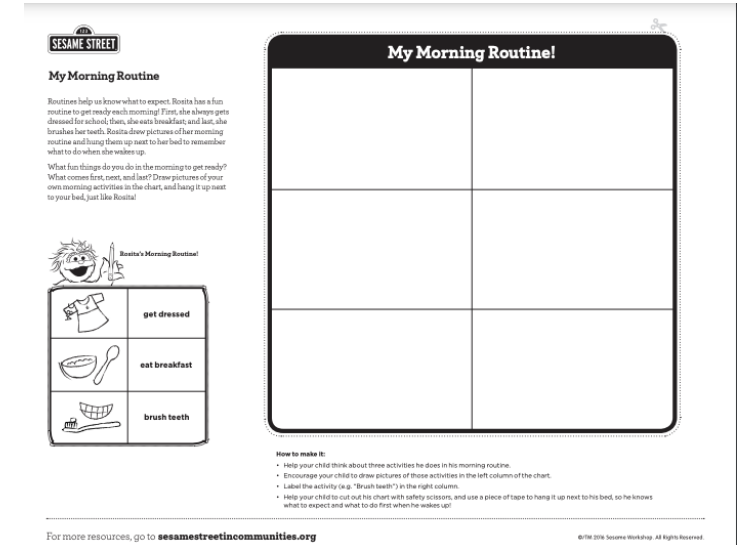
“In My Family”

Articles for Parents



“Little Children, Big Feelings”

Printables for Kids



“Sticking to Routines”



Parental Addiction

ssic.org/parental-addiction



Goals

When a parent struggles with addiction, the whole family struggles.

These resources:

- **Elevate** awareness of the impact of parental addiction on children and families
- **Support** children coping with the effects of parental addiction; reduce the stigma of addiction on families, and encourage asking for help
- **Offer** providers actionable strategies to understand the recovery transitions, struggles, and successes for adults



Parental Addiction: Advisory Insights

- **The shame, isolation, and stigma of parental addiction** cause children to experience fear and isolation
- **Caring adults play a key role** by helping children understand and talk about parental addiction without judgement and in age-appropriate ways
- **The 7 C's can help destigmatize the issue:** “You didn’t **cause** the problem; you cannot **cure** or **control it**. But you can **care** for yourself by **communicating** your feelings, making healthy **choices**, and **celebrating** yourself”
- **Build a sense of hope, resilience, and optimism** for children and adults



Parental Addiction: Formative Research

- **Use clear and specific language** so parents and providers can explain terms such as addiction, drugs, alcohol, and treatment to children
- **Understand and address the perspectives, shame, and stigma parents in recovery face** i.e., They may fear causing irreparable harm; children going down the same path, or children not forgiving them
- **Provide supportive messaging to adults:** *You are not alone; Addiction is a sickness, and people can get better; You can be a family, and It's brave to ask for help*
- **Offer age-appropriate messaging for children:** *I can have hope; I am special; I am not alone; I have people who love and care about me, and It's a grown-up problem; it's not my fault*



Resources

ssic.org/parental-addiction

Digital Storybook



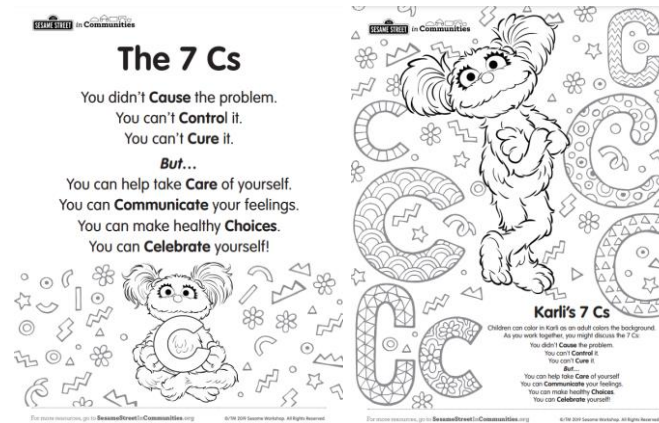
“Play, Talk, Imagine”

Interactive Game



“Karli's Coloring Quilt”

Printables for Kids



“The 7 Cs”

Articles for Parents



“Explaining Addiction”

Muppet Videos



“Lending a Hand”



“Meet Salia”



ssic.org/parental-addiction

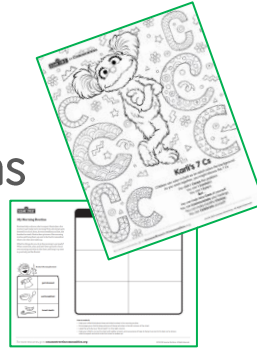


ssic.org/parental-addiction



Sesame Resources Open the Door to Connect Children and Grownups

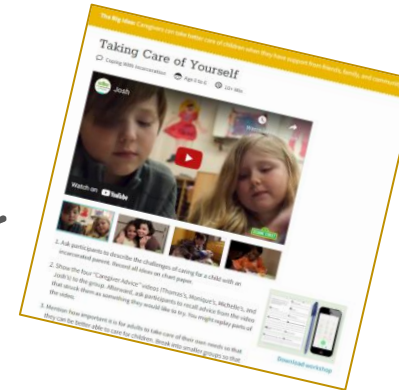
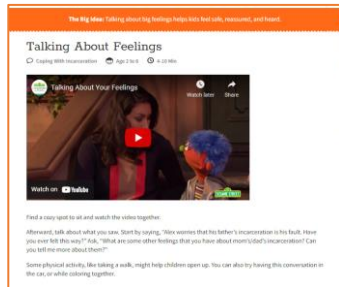
Share printable resources like **Karli's 7 Cs** and **My Morning Routine** to start open conversations



Prepare parents for the **questions children may have** (and the best ways to answer them!) using **articles** like **Explaining Addiction** and **Ask Me Anything**.



Create video loops in shared **spaces** and highlight **videos** like **Talking About Emotions** and **Monster Music**



Highlight self-care for taking care of children and themselves with tools like **Taking Care of Yourself** and **Helping Kids Stay Connected**.

Invite **children and grownups** to show their feelings in artistic ways using the **interactives ArtMaker** and **Karli's Coloring Quilt**!



Model conversations by reading **storybooks** like **In My Family** and **Play, Talk, Imagine**.



You Are Key

You are key in increasing in destigmatizing incarceration and addiction.

- You are trusted and non-judgmental
- You reduce shame and stigma
- You are key in helping others understand addiction is an illness
- You are forthright and can engage in hard conversations
- You partner with the impacted parent as a contributor to the family's well-being

Join the SSIC Community!

Scan me!



Thank you!



Videos for Discussion



ssic.org/parental-addiction



ssic.org/incarceration