



## Season's Greetings from the Family-Based Justice Center



As 2023 draws to a close, it's a time of joy and celebration with loved ones. But it is also a season of bustling schedules and seemingly endless to-do lists. Please don't forget an important person to nurture—yourself. Find moments to pause, recharge, and prioritize your well-being. Your work to support families is important, but it can be exhausting. A well-rested and rejuvenated you is the best gift you can give yourself and those around you. Below we have some resources on self-care. We also provide materials for supporting children with a justice-involved parent or caregiver, and those in foster care, during the holiday season.

Wishing you a joyful and rejuvenating holiday season!

### Resources:

In recognition of the need for self-care, the American Psychological Association is providing [a free e-book](#) on how to balance work-personal life, appropriate for most of us working with clients.

We addressed the stress of parental separation for children in last year's December newsletter, but we want to emphasize it again. Children who are separated from their parents may experience a host of negative emotions—sadness, anxiety, anger, loneliness, and restlessness—which can be especially strong during this season. Here are two videos that may be helpful:

The Children's Bureau Learning & Coordination Center (CBLCC) has created [a short video](#) providing tips for supporting children and youth in foster care during the holidays.

The impact of parental incarceration during the holidays is addressed in [this video](#) that shows how a project in Oklahoma used video messages to connect parents and their children.

### Staff Highlight:

Welcome to newly funded sites:

CASA in Washington, DC

Dallas County Commission in Selma, Alabama  
Families First in Missoula, Montana  
First Things First in Chattanooga, Tennessee  
Hope Network in Grand Rapids, Michigan  
Department of Corrections in Washington State



### In the News:

The National Institute on Drug Abuse reports that [overdoses increased for pregnant and postpartum women from 2018 through 2021](#).

The American Psychology Association introduced the *Youth Mental Health Research Act* to the House and Senate. If approved, this bipartisan bill would authorize a \$500 million increase in funding to develop and implement research to improve prevention, treatment, and crisis care where youth live, work, play, and learn. The APA is requesting that everyone [contact their elected officials](#) to endorse this bill.

The National Resource Center for Children and Families of the Incarcerated and the Children's Bureau Learning & Coordination Center have produced [tip sheets](#) for families affected by incarceration, with strategies for maintaining the bond between children and an incarcerated parent.

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**Family-Based Justice Center**  
**New York University, Marron Institute**  
**370 Jay St., 12th Floor**  
**Brooklyn, NY 11201**



**NYU**

Marron Institute  
of Urban Management



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