

GEORGIA FAMILY AND CHILD WELLBEING SERIES

Family Health and Child Well-Being Host Toolkit



**Georgia Department
of Human Services**
Division of Family & Children Services

In this toolkit you'll find:

1

Conversation Overview

Learn about the Family Health and Child Well-Being conversation

2

Host Kit

Learn how to set up your event, who to invite and hosting your own Inclusivv conversation

3

Host Materials

Download the Host Guide, optional Host Card for guests, and Presentation Deck

4

Spread the Word

Find ready-to-post graphics and copy to help you get the word out

5

Engage Your Network

Encourage your network to join the Family Health and Child Well-Being conversation



Section 1

Conversation Overview



Conversation Overview



FAMILY HEALTH AND CHILD WELL-BEING

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

Family Health and Child Well-Being

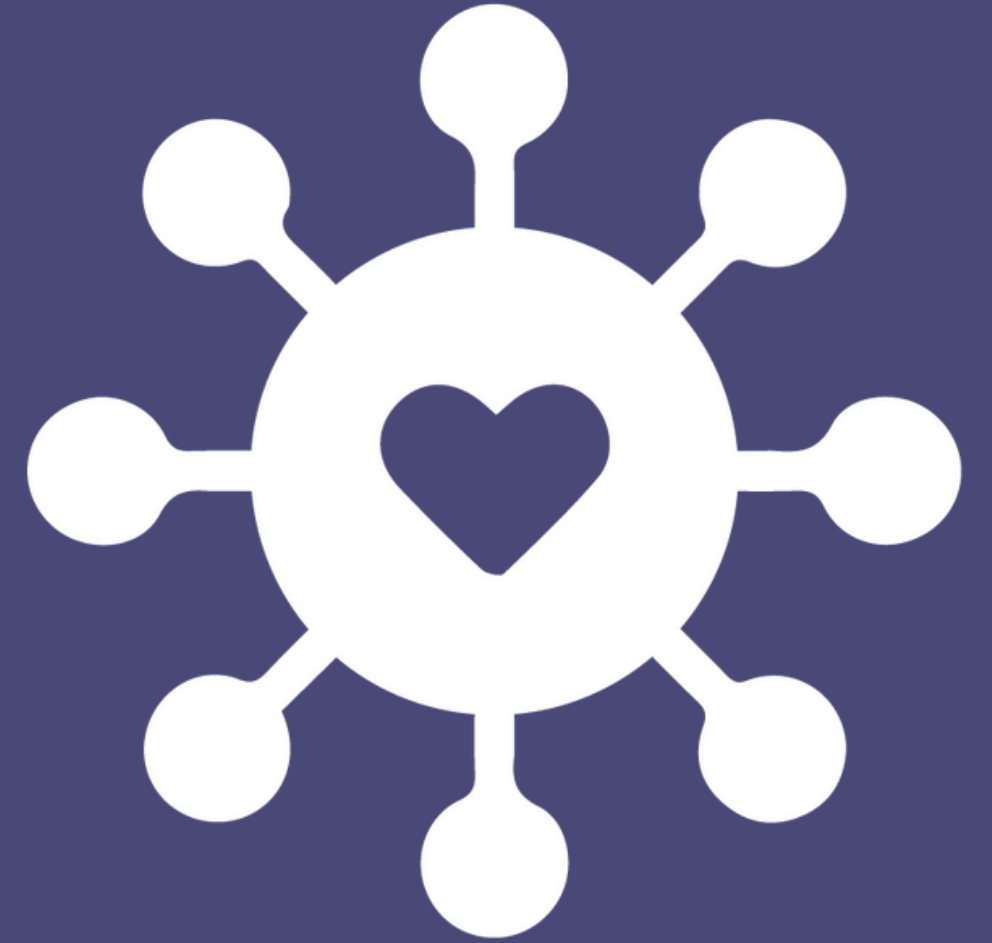
To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food – essentials that are not equally available to all families. Mental health is just as critical for families to thrive. Families experiencing mental health challenges can lead to difficulty for their children, from low self-esteem and instability, to trouble with future employment, relationships and parenting their own children.

This conversation explores how we as a community can nurture child well-being by strengthening family health and wellness.



Section 2

Host Kit





Our proven model provides a structured conversation that allows every voice to be heard, virtually or in person.



Conversation
Host



Small Group
Gathering



Structured
Conversation



Equal Time
to Share



Shared
Experience

How to Set Up Your Event

To host your own conversation start here >>

- Learn how you can get involved as a conversation participant or host by viewing our easy to view guide here >>



HOW TO HOST:
Setting Up Your Conversation

+ Step 1: Sign Up
To set up your dinner, simply go to inclusivv.co/ga-family-wellbeing, select a topic, click "Host your Own" and follow the quick prompts to create an Inclusivv account. The email that you use for sign up will be the email you receive all reminder information so be sure to choose one you check regularly. You may also choose to login using Facebook.

Step 2: Set Up Your Conversation
After you've registered you'll be prompted to create your "conversation." Simply agree to the host guidelines of following the host guide and sharing insights after the conversation.

Step 3: Choose Your Guest Registration Preference
Choose "Open" or "Host Approval" for registration type. We recommend "Open" so that anyone can sign up, however if you wish to curate your guests, choose "Host Approval," which requires guests to request an invite and the host must approve each guest.

Step 4: Select to Register Online
You can register online or in person. As a host, you can choose what's best for you. You can choose between using your own virtual meeting room (such as Zoom or Microsoft Teams) or a virtual room by inserting the link and any join instructions. Keep in mind the Inclusivv video platform is web-based and only allows one person on camera at a time. Therefore for online events over 8 people, we recommend using a virtual room that allows for larger capacity and breakout rooms.

Time, Location, and Guest Limit
Choose a time slot: morning, mid-day, afternoon, or evening. We recommend a 60-minute slot in case the conversation is deep and you have a full group of guests. You'll host so that the time zone is accurate.

Hosts!
We have an event page that you can share directly with potential guests via email. Be sure to upload a profile picture as people are looking for the host. You'll receive an email with the conversation guide, and you can click "Edit" when you're logged in to see all upcoming conversations, or download the conversation guide.

© Civic Dinners Inc. 2021






GA Division of Family and Children Services
The Family & Child Well-Being Series

You're invited to join an Inclusivv conversation to support A Vision for Child & Family Well-Being!

DFCS, the Georgia Division of Family & Child Services, has partnered with Inclusivv to build a conversation series around the state's Child Abuse and Neglect Plan (CANPP), titled "A Vision for Child & Family Well-Being." Based on six key objectives, the plan was developed with input from more than 1,000 Georgians and aims to deliver equitable, actionable solutions to preventing abuse and neglect.

Thank you for being a part of this important work. Each conversation provides participants with a space to learn, share ideas and find their role in supporting Georgia's children and families. We appreciate your involvement as we all work to help families thrive.

What to Expect During Your Conversation

 Conversation Host	 Small Group Gathering	 Structured Conversation	 Equal Time to Share	 Shared Experience
--	--	--	--	--

Sign up to host – or attend – a conversation!
Get started and learn more at inclusivv.co/ga-family-wellbeing

© Civic Dinners Inc. 2021

GET INVOLVED

Host a Conversation
It's easy. We provide you with everything you need. First, sign up to host a conversation and we'll send you the conversation guide with questions. You select the date, time, location, number of guests, and we provide a digital invite you can share with friends.

Attend a Conversation
Join a conversation by searching the available events in the Upcoming Conversation section of inclusivv.co/ga-family-wellbeing. Then just register, invite others to join you, and enjoy the conversation!

Spread the Word
We're looking for hosts and guests who love bringing people together for conversations that matter. Forward this on to someone you believe would be an excellent host or attendee and invite them to join as well! Then share and tag us about your experience [#PreventChildAbuse](https://twitter.com/PreventChildAbuse) [#GAfamilywellbeing](https://twitter.com/GAfamilywellbeing) [@inclusivv](https://twitter.com/inclusivv). See you there!



How to Set Up In-Person Conversations

To host your own conversation
[start here](#) >>

- Click [Host Your Own](#) to create your own conversation event.



Family Health and Child Well-Being

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

This conversation explores how we as a community can nurture child well-being by strengthening family health and wellness.

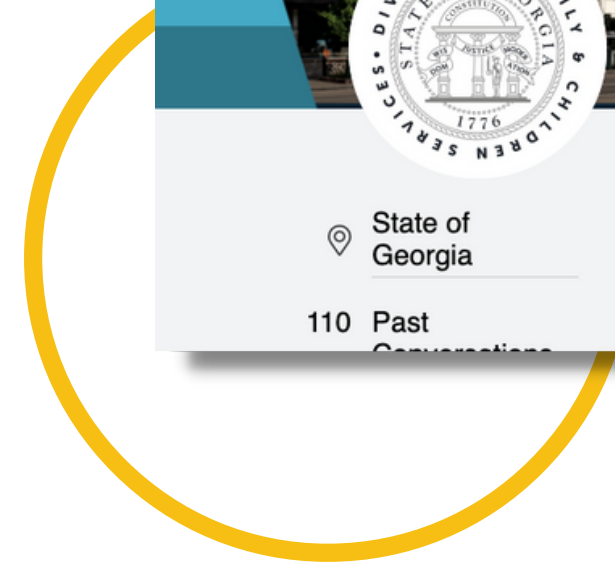
Georgia Department of Human Services
Division of Family & Children Services

Attend a Conversation **Host Your Own** Get Updates

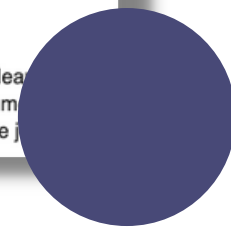


How to Set Up Your In-Person Conversation

For easy viewing, watch our demo on [How to Set Up Your In-Person Conversation here >>](#)



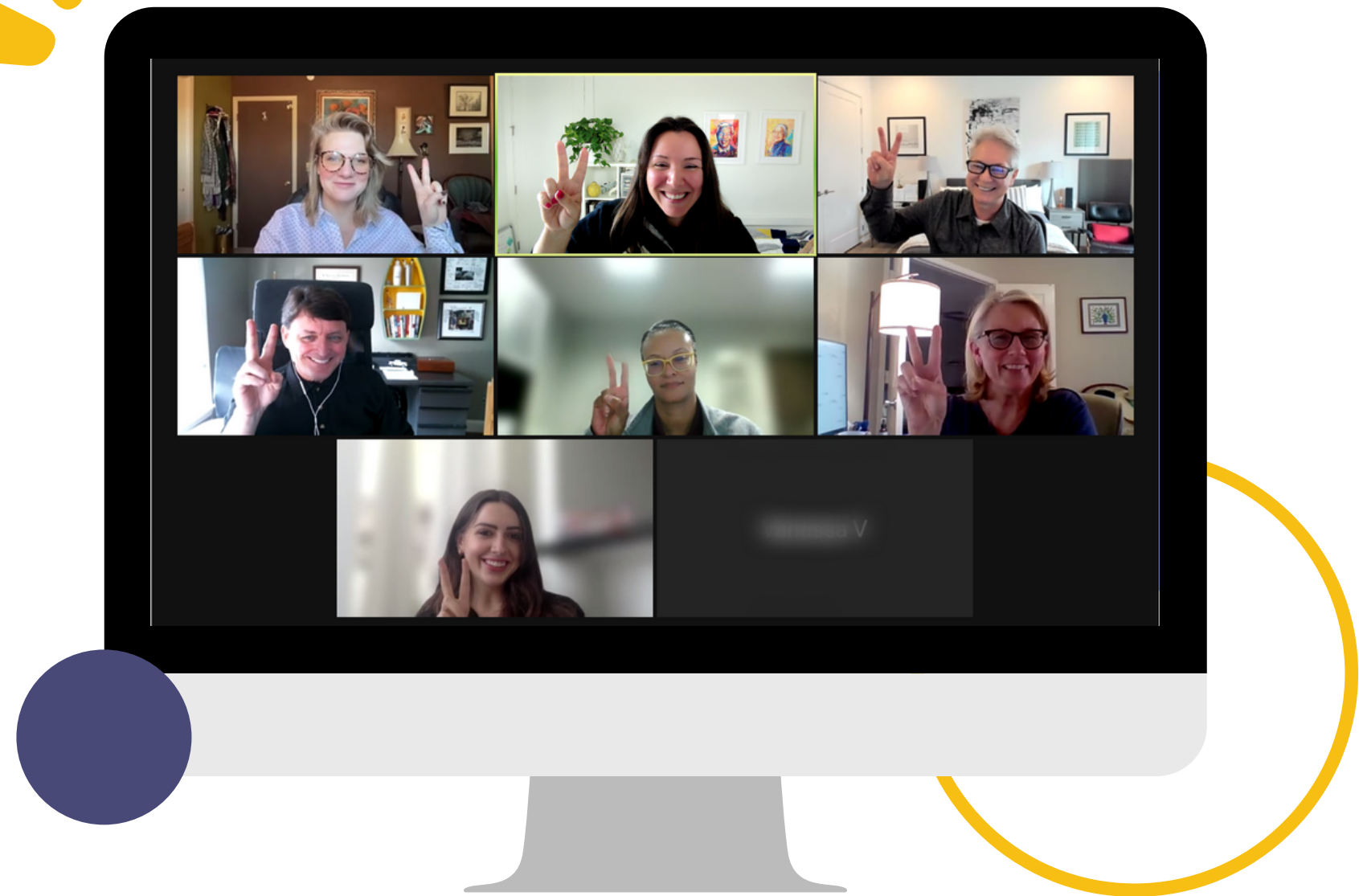
The screenshot displays the Inclusivv website interface. At the top left is the 'inclusivv' logo with the tagline 'FORMERLY CIVIC DINNERS'. At the top right is a 'Log In' button. The main header features a large image of a young girl with a blue bow in her hair, wearing a pink shirt and blue overalls, holding a yellow pencil. To the right of the image is the text: 'Georgia Department of Human Services, Division of Family & Children Services', 'The Family & Child Well-Being Series', and 'Join the conversation about preventing child abuse and neglect in Georgia.' Below the header is a dark blue banner with the text 'A Vision for Child & Family Well-Being in Georgia' and a circular seal of the 'DIVISION OF FAMILY & CHILDREN SERVICES STATE OF GEORGIA' with the year '1776'. The main content area has a light grey background with the heading 'We all play a part in helping families thrive. What's your role?' and a sub-heading 'What's this about?'. The text below reads: 'Welcome to a series of Inclusivv conversations on preventing child abuse and neglect. This is the place to learn and find your role in supporting Georgia's children and families. If you're a concerned parent, friend, family member, professional, volunteer or anyone concerned about keeping children safe and helping families thrive, please join all of these conversations. Find them below and sign up!' On the left side of the main content area, there is a location filter 'State of Georgia' and a count '110 Past Conversations'.



How to Set Up Your Online Conversation

Start to [set up your online conversation here](#) >>

Access a short video on [how to set up your conversation here](#) >>



Who to Invite?

Raise awareness about the resources and support for families and children by bringing people together for conversations on child and family well-being.

Faith Community

Do you belong to a place of worship where families and children attend? Consider hosting a conversation with members of your faith community.

Neighborhoods

Do you live in a neighborhood with a lot of families and children? Host a conversation with your neighbors, or members of your neighborhood association.

Parent Groups

Do you belong to a parent group, such as in your children's school? Consider hosting a conversation with other parents and caregivers in your network.

All of Georgia



Health Community

Do you play sports with other adults who have families with children? Consider hosting a conversation with your friends and workout buddies.

Business Leaders

Are you a leader in your organization? Consider hosting a conversation with clients, other leaders and your team, especially if some are parents.

Community Leaders

Are you involved in your community? Consider hosting a conversation with other community leaders and invite a mix of members.



Email Invitations

Invite your guests with our carefully curated email copy referring to your specific Inclusivv conversation for the Family Well-Being Series.

Tip: It is okay to invite many knowing that not everyone will be able to attend.

[Access the email invitation here](#) >>



Family Health & Child Well-Being

Subject: Make a difference for families in georgia

Did you know that Mahatma Gandhi once said, “It is health that is real wealth and not pieces of gold or silver.”

To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food — essentials that are not equally available to all families.

The Division of Family and Child Services along with Inclusivv invite you to attend a conversation on how we as a community can nurture child well-being by strengthening family health and wellness.

Together, we’ll explore 3 big questions that take us on a journey of shared learning. You’re not expected to be an expert — just to be open to sharing your experiences and ideas.

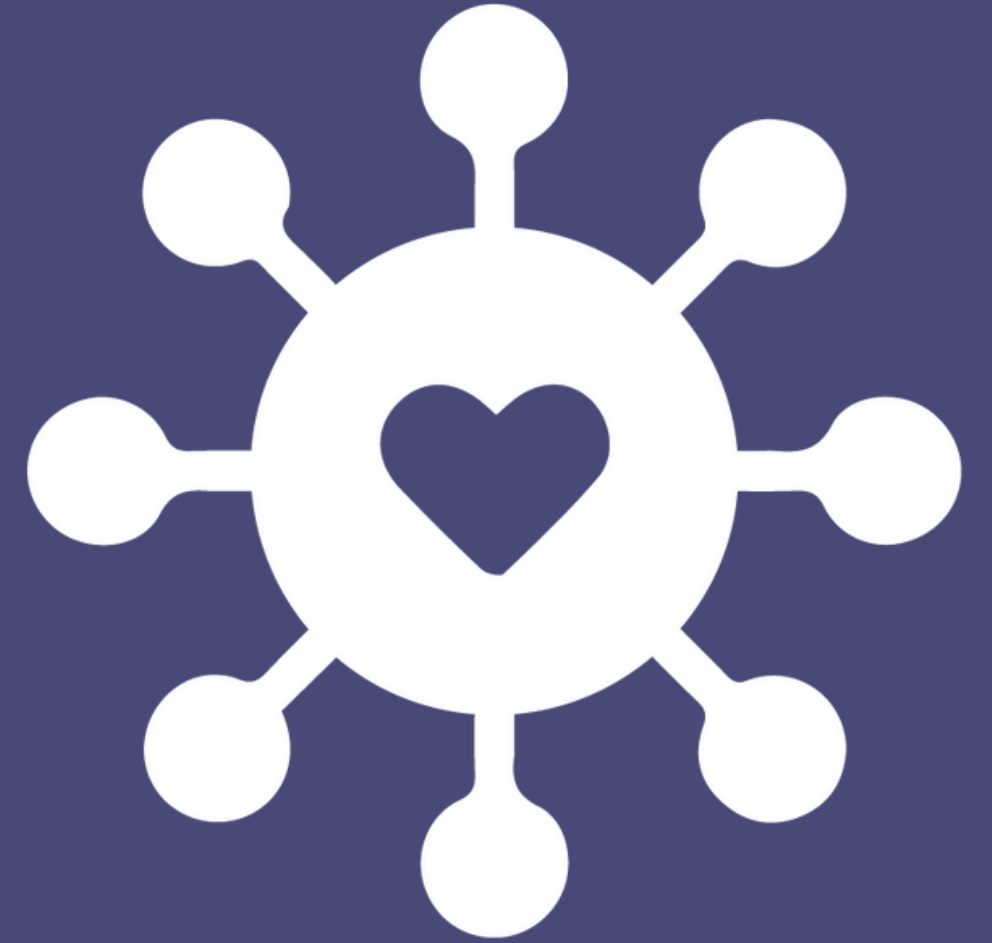
Are you ready to make a difference for a child’s future?
Find a conversation to join [here](#).

For further information or to sign up for our next conversation, please visit [The Family & Child Well-Being Series](#).



Section 3

Host Materials



How to Host!

On the following slides, you'll find all materials for hosting your own conversation.

The Host Guide is the step by step flow of your conversation.

The Conversation Card is for guests - you may print this and distribute for in person conversations if you have several tables! It will help engage and keep your guests on track.

The Conversation Deck is for you to present during the conversation.



Host Guide

The Host Guide provides you, the host, with everything you need.

From the introductions, questions, to the timing to follow, you'll feel confident while hosting your conversation.

[Access the host guide here >>](#)



Host Tips

Start With Introductions

"Let's get started with the introduction question."

Read the question and copy and paste it into the chat (if hosting online).

Feel free to go first and kick things off!

Moving to the Next Question

Once everyone who wants to has shared, transition to the next question:

Introductions (1-2 minutes per person)

Share your name, where you're from, and a health or wellness tip that has made a difference for you or your family.


Question 1: (2-3 minutes per person)

Mahatma Gandhi once said, "It is health that is real wealth and not pieces of gold or silver."

What do health and wellness mean to you? If you feel comfortable sharing, how have your health and overall wellness affected your success or your quality of life?

Question 2: (3-4 minutes per person)

Good family health requires access to healthy food, quality health care, and behavioral health support (such as mental health or substance use services).

 **Family Health and Child Well-Being**

Host Instructions

Thank you for hosting this conversation!

Here is an outline of what to expect and how to follow this host guide.

Overview

1. Welcome guests when they arrive
2. Introduce the topic by reading the Summary
3. Read What to Expect
4. Read the Ground Rules
5. Introductions (5-10 mins)
6. Question 1 (10-20 mins)
7. Question 2 (10-20 mins)
8. Question 3 (10-20 mins)
9. Wrap up & next steps

Total time needed:
1-1.5 hours

Timing varies based on the number of participants.

Break into small groups of 4-8 people if you have a large group.

Have any questions?

In our online knowledge base you'll find:

- Host FAQs
- Facilitation tips
- Online hosting tips
- In-person hosting tips

See these and more at: about.inclusivv.co/host

Welcome

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

Summary

To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food — essentials that are not equally available to all families. Mental health is just as critical for families to thrive. Families experiencing mental health challenges can lead to difficulty for their children, from low self-esteem and instability, to trouble with future employment, relationships and parenting their own children.¹ This conversation explores how we as a community can nurture child well-being by strengthening family health and wellness.

What to Expect


Together we'll explore three big questions that take us on a journey of shared learning. No one is expected to be an expert, but everyone is invited to participate by sharing their experience and ideas. With each round of questions, we'll all have the opportunity to share. My role as host is to help ensure everyone's voice is heard and that we end on time. Before we begin, let's review and agree on the ground rules.


Ground Rules

Our ground rules help create a brave space where we honor what is shared and learned in this conversation. By joining this conversation you agree to:

- Listen With Curiosity
- Engage With Empathy
- Appreciate Authenticity
- Respect Those With Lived Experience
- Enjoy Yourself!

Inclusivv © 2022
All Rights Reserved

 **Georgia Department of Human Services**
Division of Family & Children Services

 **inclusivv**

physical health issues affect a child's life?
impacts of not addressing both mental health
children and families?

s per person)

eglect Prevention Plan has laid out key strategies
nce for family health. These include: access to
expanded tele-health services, improved maternal
s, a focus on adequate nutrition and more.

wellness of families in Georgia, what would
u, your lawmakers or your community take to

ories, values and vision. Next, you will receive an
opportunity to share feedback. This conversation
orgia Family and Child Well-Being Series. We
and another topic and invite others as well.

1. Mental Illness, Social Work Today, 2016, socialworktoday.com/archive/652416p34.shtml



The Conversation Card

Given to guests during the conversation to inform them of the process and questions, the Conversation Card will help your guests engage.

[Access the conversation card here >>](#)



Family Health and Child Well-Being

Introductions:
Share your name, where you're from, and a health or wellness tip that has made a difference for you or your family.

Question 1:
Mahatma Gandhi once said, "It is health that is real wealth and not pieces of gold or silver."
What do health and wellness mean to you? If you feel comfortable sharing, how have your health and overall wellness affected your success or your

FAMILY HEALTH AND CHILD WELL-BEING

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food — essentials that are not equally available to all families. Mental health is just as critical for families to thrive. Families experiencing mental health challenges can lead to difficulty for their children, from low self-esteem and instability, to trouble with future employment, relationships and parenting their own children.¹ This conversation explores how we as a community can nurture child well-being by strengthening family health and wellness.

How It Works

- Host
- 4-8 Guests
- 3 Big Questions
- Equal Time to Share
- One Voice at a Time

To host or attend: inclusivv.co/ga-family-wellbeing

inclusivv Georgia Department of Human Services
Division of Family & Children Services



The Conversation Deck

This is the presentation you'll use to guide your guests through the conversation.

Tip: This is to display via your online convo or present if in person.

[Access the conversation deck here >>](#)



Question 1

Mahatma Gandhi once said, "It is health that is real wealth and not pieces of gold or silver."


What do health and wellness mean to you? If you feel comfortable sharing, how have your health and overall wellness affected your success or your

inclusivv

Intro

Share your name, where you're from, and a health or wellness tip that has made a difference for you or your family.

(2-3 minutes per person)



FAMILY HEALTH AND CHILD WELL-BEING

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

inclusivv

Georgia Department of Human Services
Division of Family & Children Services



Section 4

Spread the word



Ready-to-Post Graphics

Outreach post - Instagram

This post is for introducing your network to the Family Health and Child Well-Being conversation. Let your network know that you will be hosting a conversation and how they can join.

[English]

Generic caption

As a community how can we nurture child well-being by strengthening family health and wellness? Join me in a conversation on [date and time] to share actionable resources to support families and discuss family physical and mental health.

Register to attend this conversation at [insert conversation link].

#PreventChildAbuse #GAFamilyWellBeing
@inclusivv



[Download Canva template here >>](#)



Ready-to-Post Graphics

Outreach post - Facebook

This post is for introducing your network to the Family Health and Child Well-Being conversation. Let your network know that you will be hosting a conversation and how they can join.

[English]

Generic caption

As a community how can we nurture child well-being by strengthening family health and wellness? Join me in a conversation on [date and time] to share actionable resources to support families and discuss family physical and mental health.

Register to attend this conversation at [insert conversation link].

#PreventChildAbuse #GAFamilyWellBeing
@inclusivv



[Download Canva template here >>](#)



Ready-to-Post Graphics

Outreach post - LinkedIn

This post is for introducing your network to the Family Health and Child Well-Being conversation. Let your network know that you will be hosting a conversation and how they can join.

[English]

Generic caption

Hi there! I'm hosting a Family Health and Child Well-Being conversation on [date and time]. We'll discuss how we can share actionable resources to support families and discuss family physical and mental health. Don't miss an inspiring conversation that will encourage you to take action and educate your community on the importance of advocating for family and child well-being! Register to attend at - [insert conversation page link].

#PreventChildAbuse #GAFamilyWellBeing
@inclusivv



[Download Canva template here >>](#)



Section 5

Engage your network



Host a Conversation

Create a meaningful experience for your community by hosting a Family Health and Child Well-Being conversation.

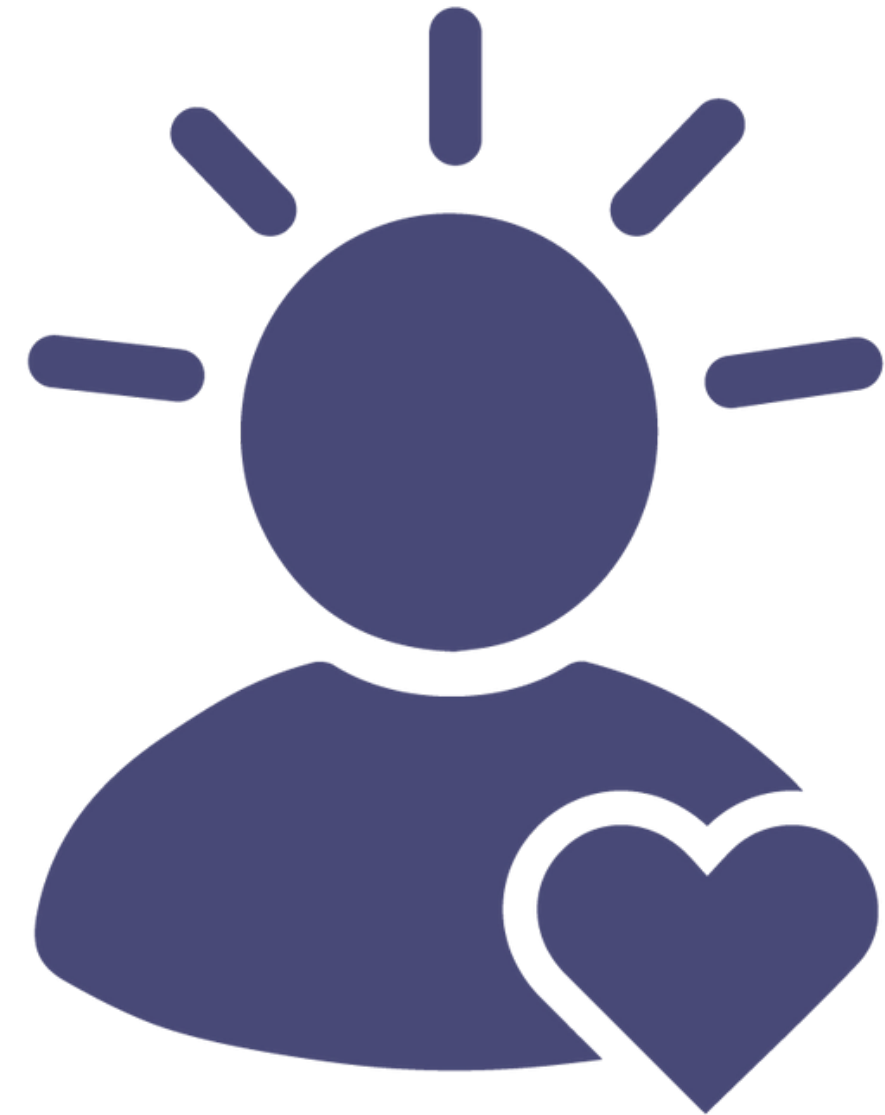
- Receive the Host Guide and everything you need to host a conversation
- Provide an opportunity for peer-to-peer learning, and help spread awareness of resources that support families and children.
- Give parents, caregivers and community members space to connect and learn from one another.
- Raise awareness about essential resources for families and children.



Network Engagement

Family Health and Child Well-Being is the perfect opportunity to educate, advocate and inspire action on behalf of Georgia's children.

- Host a conversation yourself
 - Record your conversation to share with your network to increase your impact
- Send your network your conversation
 - Mark your calendar with your conversation date and time
 - Share your conversation link with your network and encourage them to attend
- Tell the stories of your attendees
 - After the conversation, share insights and actions



Post-Conversation Graphic

Use our post-conversation graphic and upload a snapshot from your conversation into the template to share with your social network.

- Ask permission to take any screenshots/pictures during the conversation for promotional purposes.
- Download the template and upload your image into the picture frame box on the graphic.
- Share on your socials! Be sure to tag @inclusivv and use the hashtag #GAFamilyWellBeing

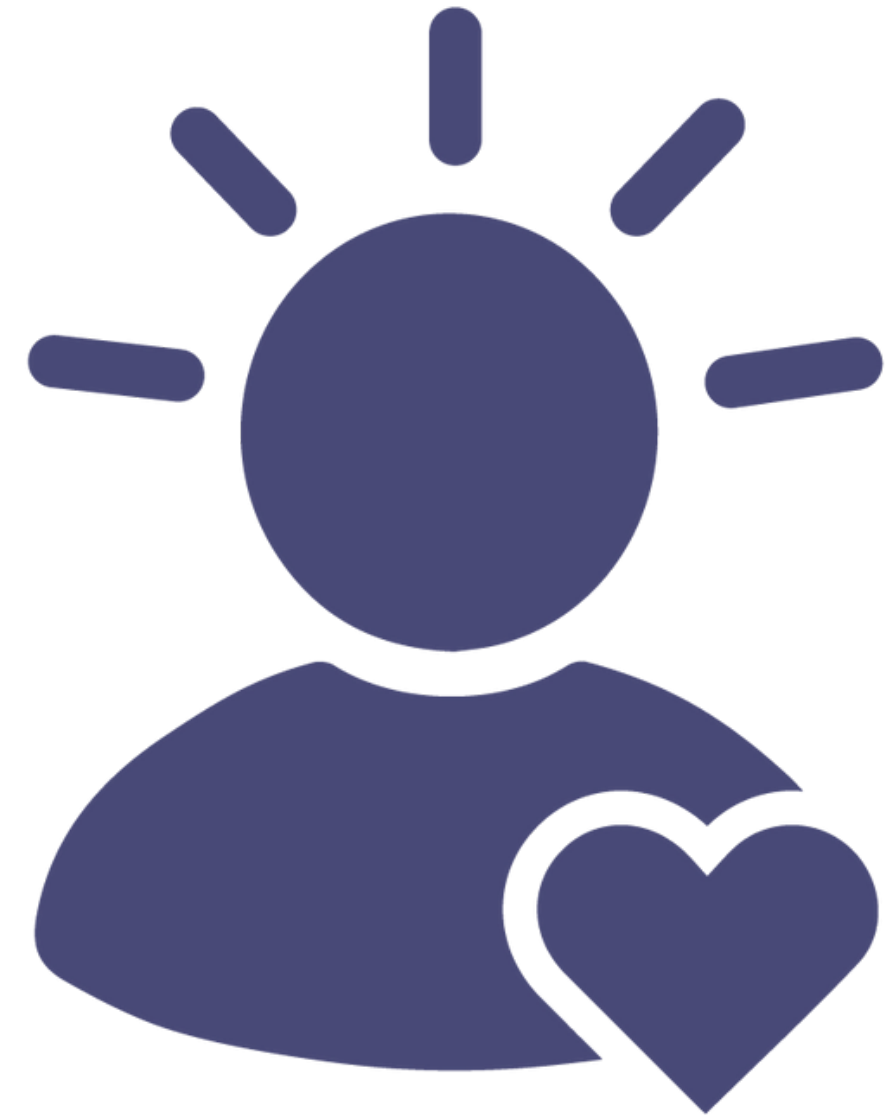


[Download Post Conversation Canva template here >>](#)



What Will You Do After the Conversation?

- Thank your attendees for joining the conversation on how we can educate, advocate and inspire action on behalf of Georgia's children.
- Encourage your network to share your social posts and even post it themselves
 - The more hosts the larger the impact! Recruit your network to host their own conversation as well as join yours.
 - Encourage your community to re-share your posts and spread the word.
- Continue to inspire action after your conversation by sharing our post-conversation post with a snapshot from your conversation.



Check Out Our Family and Child Well-Being Series

Learn more about our other conversations in the Family and Child Well-Being series.

Here you can find links to all of our toolkits for the series:

[The Big Picture of Child Well-Being toolkit](#)

[Early Learning for Lifelong Success toolkit](#)

[Building Resilience for Brighter Futures toolkit](#)

[Family Health and Child Well-Being toolkit](#)

[Economic Opportunities for Promising Futures toolkit](#)

[Advocating for Family and Child Well-Being toolkit](#)





For Additional Support

Contact support: support@inclusivv.co

Book A Meeting With A Host Coach