



Member of the Coastal Tri-Counties Child Abuse Prevention Coalition

February 18, 2021 ♦ 9:00 a.m. – 11:00 a.m.
via Zoom

MINUTES

1. Welcome and Introductions

Yvonne Nelson and Elizabeth Adams welcomed everyone and introductions were made. Folks shared one thing that nourished them this week...mind, body or spirit

Attendance: Elizabeth Adams, Natalia Alarcon, Kelley Barragan, Nancy Barragan, Amy Buckner, Maria Castro, Lindsey Day, Flo Furuike, Lori Goodman, Tony Hollenback, Karla Huizar, Elizabeth Johnson, Maribel Landeros, Cynthia MacDuff, Mayra Marquez, Yvonne Nelson, Taundra Pitchford, Shana Pompa, Eva Tagle, Larisa Traga, Kimberly Valenzuela, Alison Wales

Staff: Barbara Finch and Gloria Munoz

2. Mindful Moment

Elizabeth guided the group through a Mindful Moment activity.

3. Approve Minutes from January 21, 2021

Mayra Marquez motioned to approve the January 21, 2021 minutes. Kelley Barragan, Lindsey Day, and Larisa Traga abstained from voting; all others voted in favor and the minutes were approved.

4. Public Comment

There was no public comment.

5. Partnership for Strengthening Families Protective Factor of the Month

The Protective Factor of the Month was Social Connections. Folks were divided into triads and asked to discuss the following: What do you want your image and reputation to be and what do you do to ensure that?

6. CommUnify Update: Economic Empowerment Program

Natalia Alarcon, Program Manager at CommUnify, gave a presentation on the Economic Empowerment Program (see attached). CommUnify received another two year grant from the Office of Child Abuse Prevention to provide financial empowerment services to parents to help mitigate risk factors for child maltreatment. Financial literacy is a topic that too many parents and individuals have not spoken about. Finances and financial matters are often kept a secret. Over the last two years, they have recognized a need to start at the foundation with all of their clients. All classes start with talking about first impressions of money. Is it positive or is it negative? Natalia stressed the importance of talking about financial literacy and went over the following national statistics:

- 2 in 3 families lack an emergency fund
- 78% of adults live paycheck to paycheck
- 3 in 5 adults don't keep a budget
- Fewer than 1 in 5 adults is confident in savings

Nancy Barragan, Economic Empowerment Educator at CommUnify, stated that this program offers assistance to residents of Santa Barbara County who have children ages 0 to 5. They develop skills in daily management, budgeting tools and savings, basic credits and debts and much more. The main takeaway from this program is to instruct and motivate the families involved to pursue more financial resources on their own, and to discuss finances within their family. They also want offer tools that can be shared with others. They have two different approaches to this program, an individual or a group approach. The individual approach is implemented primarily by the family service advocates. Ultimately, their goal is to have the negative narratives replaced, little by little. They want to make sure that they are being as transparent with families when it comes to savings, budgeting and more. They want families to understand that money is not as difficult as it seems because although money is associated with the stabilization of a family, they want to make sure that families know it is happening in more than one household. Natalia went over some of the things they accomplished in 2020 and some participant data:

- 4 economic empowerment trainings provided an overview of the curriculum
- 40 Family Service Advocates were trained across the county, with the majority in North County
- 6 newsletters
- 3 virtual cohorts in both English and Spanish
- 27 enrolled participants
- 92% created goals related to creating a savings fund
- 96% of participants are female
- 93% of the participants identified as Hispanic/Latino

In 2021, they will continue to provide virtual cohorts and celebrate Financial Literacy Month in April. They also hope to create new partnerships, roll out their financial literacy web-based model and their staff will be receiving a certificate in Financial Social Work. Folks can refer families to: fss@commUnifysb.org

In response to questions:

- The program is just for families from 0-5 at this time but they will continue to expand the individual approach.
- They look at credit, credit cards and debt through the lens of their pre and post assessment. They utilize the Financial Management Behavior Assessment, and tailor the curriculum based on the client's needs. The My Money My Goals Toolkit is filled with information from multiple perspectives. They discuss the websites that are free to use and allow them to look into their credit scores.
- One of the goals is that folks who get these skills will then share them with others. The way CommUnify started was to train their Family Service Advocates. Doing a training for the advocates who are working with families through the Family Resource Centers might help recruitment.
- Their goal is to have 10 participants in each cohort and are available in English and Spanish.
- Their screening process is informal and lets them know what they can expect out of the curriculum. From there, the participant has the opportunity to decline or to move forward. Referrals are something they do depending on the participant's situation and circumstances. Further assessment happens after they enroll.
- They plan to do a roundtable to bring organizations together to discuss what they are doing, how they can partner, and how can they cross refer. She added that one of the agencies that they work with, Montecito Bank and Trust, is targeting elementary and high school students and providing financial literacy.

- One of the goals at BeWell is teaching young adults (transitional age youth) how to be effective in managing their money and giving them some of the preventative tools to understanding money management. He added that money management, mental health, substance abuse recovery trauma, all go hand in hand.
- The expansion of what CommUnify is doing may not fit within the OCAP grant but CAPC/NFRC/KIDS might be able to take the expertise and find another way to support it with funding. They have a lot of interest for families with children outside of the 0 to 5 age group and Natalia would love to be able to explore that. They recognize that there is a gap in their current service delivery and they want to get creative in terms of how they can continue to service the rest of the community in ways that make sense and are incremental.
- Montecito Bank & Trust can also provide financial literacy for nonprofits. As they are looking at expanding, it would be great to bring them into the conversations through Partners in Education. Brianna Aguilar is the community person for Montecito Bank & Trust.

7. Creating Trauma-Sensitive Schools

Elizabeth stated that the Transitional Youth Services Program of the County Education Office houses two required programs: the Education for Homeless Children and Youth Program and the Foster Youth Services Coordinating Program. Part of Elizabeth's role is to bring best practices from the state and to the district liaisons. Liaisons then bring information to the districts to share with schools. They have monthly liaison meetings where they talk about trauma informed practices. They often get requests to provide training for schools and districts, including administrators, teachers, lunchroom staff, transportation staff, and really everybody who could possibly come into contact with kids and families. They have started with the district liaisons because that is their easiest access. The hope is that they then bring it to their superintendents, principals and staff members, and work with them to implement practices in their schools and districts. Elizabeth shared a Padlet they created that has resources for their liaisons. Anytime that they do a workshop, they include trauma-informed training. Every year they present to UCSB students who are about to graduate and become teachers so they are getting them before they become teachers. They are also encouraging districts to include this in their Local Control and Accountability Plans (LCAPs) as a way to reduce the percent of students being expelled and suspended as well as reduce chronic absenteeism. Trauma-informed training is currently part of the plans for Lompoc as well as the Juvenile Court and Community Schools. Elizabeth added they are starting to consider how they might model creating a trauma informed district at SBCEO so that they can lead by example.

Response to Questions:

- Their goal is to get every school district to be trauma-informed and every school within that district to be trauma-informed. Within SBCEO, every program is trauma-informed, including preschools.
- CCPC has been focusing on social emotional learning in early care and education for years and they have had ongoing trauma responsive training through various presenters that are embedded into their curriculum for professional development for their teachers. This year they partnered with CALM to do a monthly social emotional learning session and it has been really positive. They have had about 100 people attend each event. It is free and one hour long. For more questions, you can contact Taundra at tpitchford@sbceo.org
- Tony would like to continue conversations about ways to integrate healing in the work with trauma-impacted students. Elizabeth invited Tony to do the drumming demonstration for the liaisons so that they can potentially bring that into the schools. They recently ordered four drums for their resource library. Tony will connect with Elizabeth.

Barbara reminded everyone that Resilient Santa Barbara County (RSBC) is part of the ACEs Connection Cooperative Communities, and part of that work is tracking milestones associated with being trauma-informed. ACEs Connection provides a Presentation Tracker to capture all of the trainings about ACEs and Trauma-Informed Care that are happening throughout the county. If you are doing trauma trainings

and/or teaching people about ACEs, please enter those trainings so that we can see our progress and identify gaps. CRM trainings can also be entered here. The timeframe is April 2017 up to the present.

The ACEs Aware initiative awarded another grant to Cottage Health to strengthen the Network of Care in Santa Barbara County. The Pediatric Resiliency Collaborative will scale efforts to include and support pediatricians throughout the county who want to screen for ACEs. RSBC will be bringing a master trainer program that will engage different sectors and reach into every part of our community. One of the RSBC objectives is to coordinate existing actions. Gloria will send instructions for the Presentation Tracker.

8. April Campaign 2021

- **Agency Plans**
- **CAPC focus and activities**

April is Child Abuse Prevention Month, a national event that offers opportunities to elevate Child Abuse Prevention within our own organizations. Board meetings, newsletters, staff meetings, etc. can provide a platform to talk about Child Abuse Prevention and get the message out more broadly. Barbara encouraged folks to think about something that they can do during the month of April to bring this topic to the forefront and get people thinking about their role. Every year, the Office of Child Abuse Prevention (OCAP) also puts together a [toolkit](#) with many resources. Elizabeth Johnson added that OCAP is putting materials together that they will send to counties. Barbara reminded folks to capture how many people they reach so that at the end of April she can get that data and report it back to OCAP. Elizabeth Adams asked if she can order Children's Memorial flags. Elizabeth Johnson will check on this and get back to the group. Barbara asked folks to share what their organization is doing for Child Abuse Prevention month:

- Mayra – Thinking of ordering 10 tips for Positive Parenting cards to share during food distribution. If pinwheels are available, they can also place them at the school that is open.
- Alison – They will have pinwheels in Solvang, Santa Maria, Lompoc and Guadalupe. They will be getting proclamations from all of those cities as well. They will not be doing large events but instead collect videos from different agencies and post by April 5th. This will include mayors, law enforcement, and others. Alison has some buckets and pinwheels in storage. If you would like some, please let her know.
- Kelley – Will write an article for their Health Matters newsletter that goes out in April. It goes out to about 1,400 providers and other committee partners. She plans to write something on Child Abuse Prevention Month as well as the Save the Date for the Bridges to Resilience Conference. She would be happy to share this so that other people can share it with their organizations.
- Taundra – She is thinking of creating something they can print out and give them to all the childcare programs. Ex: flags
- Larisa – Would like to post Kelley's article in her newsletter. Her email is EmpowerTCT@gmail.com
- Shana - The local Chamber of Commerce would be a good place to share the prevention message.
- Mayra – Would like to reach out to the faith-based groups in her community. She would like bullet points. The group decided to focus on social connections.

9. Developing a "Trauma Toolkit"

Due to lack of time, it was suggested to continue this conversation after some of the trainings are updated and they have a better idea on what is going on. Barbara encouraged folks to check out the website that Elizabeth shared: <https://safesupportivelearning.ed.gov/building-trauma-sensitive-schools>

10. Announcements & Closing Thoughts

There were no announcements.

11. Adjourn at 11:00am - Next meeting: March 18, 2021

The meeting adjourned at 11:00 a.m.

Respectfully submitted by Gloria Munoz