



Member of the Coastal Tri-Counties Child Abuse Prevention Coalition

February 17, 2022 ♦ 9:00 a.m. – 11:00 a.m.
via Zoom

MINUTES

1. Mindful Moment

Elizabeth Adams guided the group through a [Mindful Moment](#).

2. Welcome and Introductions

Elizabeth Adams welcomed everyone and introductions were made. Folks shared something that makes them happy.

Attendance: Elizabeth Adams, Amy Buckner, Chaundra Cadwet, Maria Castro, Flo Furuike, Tony Hollenback, Valerie Kissell, Maribel Landeros, Patty Moore, Yvonne Nelson, Christian Patterson, Juan Pimentel, Shana Pompa, Socorro Ramírez-Gamiño, Sarina Regalado, Natalie Rhodes, Michelle Robertson, Rryn Schumacher, Kimberly Valenzuela, Michelle Vargas, Alison Wales

Staff: Barbara Finch and Gloria Munoz

3. CAPC Reconsideration of the Covid-19 State of Emergency

- a. The CAPC reconsidered the circumstances of the COVID-19 state of emergency;
- b. The CAPC considered whether state of local officials continue to impose or recommend measures to promote social distancing;
- c. It was found that the CAPC reconsidered the circumstances of the state of emergency, and that State or local officials continue to impose or recommend measures to promote social distancing and;
- d. A motion was made by Michelle Robertson, seconded by Flo Furuike to direct staff to continue to notice and hold hearings as remote hearings consistent with Government Code § 54953(e)(3). The motion carried by the following votes: YES-20 NO-0 ABSTAIN-1

4. Approve Minutes from January 20, 2022

Flo Furuike motioned to approve the January 20, 2022 minutes and Yvonne Nelson seconded the motion. Maribel Landeros abstained from voting; all others voted in favor and the minutes were approved.

5. Public Comment

There was no public comment.

6. Protective Factor of the Month

The Protective Factor of the Month will resume in March.

7. National Parent Leadership Month

- **Trauma-Informed Parent Engagement**
- **Recognizing parents and honoring their strengths**

February is National Parent Leadership Month. We are fortunate to have a handful of parent leaders that join us for these meetings, do outreach to other parents, and who are our voice in the community. Barbara invited Michelle and Chaundra to share what it means for them to be in a parent partner role.

Michelle shared that being a parent partner is amazing. She loves being able to support and encourage people by talking with them, listening to them, and sharing her experiences with Child Welfare Services. It is important for her to be able to be there for her clients at any time, including weekends. In her personal experience, it was important for her to be able to have somebody answer her calls with any questions she had or any concerns and to feel supported. Now she provides that support.

Chaundra shared that she recently started her job and this is her third full week working with parents. What she remembers from her experience when she had her parent partner is that it was nice knowing someone who went through something similar that she had gone through. It is hard to open up to someone who has never been through something that you are going through.

Maribel mentioned that the Promotores “are who they serve”. They are peers and have the same experiences as the people that they are trying to help. For her, it is challenging and difficult to support parent leaders in understanding the value of their experience and to see it as a resource for other families.

Family Service Agency has identified three parents and three staff members to attend the Be Strong Families team training in the beginning of March. We will have new parent leaders to facilitate Parent Cafés in our county. The Coastal Tri-Counties Child Abuse Prevention Coalition has really helped with pulling together the parent leadership project in a way that is meaningful for all three counties.

Barbara introduced Natalie Rhodes, who is spearheading the planning group that is working on the next event where they will bring parents together from all three counties. Natalie added that her role has been to convene and facilitate the meetings with the parent leaders from the three counties. Natalie shared the goals and priorities from their last meeting:

**Host series of regional workshops in mid-late May 2022: Tools for Parent & Family Resilience
60 - 90 minutes. Dates/time TBD.**

- **Workshop 1: Trauma-Informed Practices for Families**
 - Learn skills for managing parent/child stress
 - Gain tips for addressing family anxiety and tension
 - Receive guidance for transforming challenging family patterns
 - Reframe triggers and difficult interactions
- **Workshop 2: Trauma-Informed Practices for Teens**
 - Learn skills to help teens manage stress
 - Gain tips for addressing anxiety and tension from social media
 - Receive insight into peer interactions that affect teen’s mental wellness
 - Help empower teens to prioritize health and wellness
- **Workshop 3: Leadership Development for Parents/Caregivers***
 - Honor the leadership role you have in your family
 - Appreciate your family’s unique stages of growth
 - Receive insight into your personal strengths
 - Help advocate for your children

*Preview for 6-session class taught in Spanish by Claudia Riley

The next steps will be for Natalie to reconvene parent leaders to refine descriptions and begin reaching out to presenters and facilitators. She mentioned that it is nice to get together as a region because each county has a different landscape in their parent leader network and engagement and this way they can learn from each other.

Barbara announced that the Office of Child Abuse Prevention is having their [4th Annual Parent Leadership Awards](#) and nominations are due by March 15th at 5pm. Winners will be announced on March 28, 2022.

At its best, parent engagement:

- Is a family-centered and strengths-based approach to making decisions, setting goals, and achieving desired outcomes
- Provides encouragement and support so that families can be their own champions and work toward goals that they develop
- Establishes partnerships with families that are founded on open and honest communication and respect for culture, family dynamics, and personal experiences

Barbara also shared ideas from Circle of Parents, whose motto is “Nothing about us without us”. They offer a framework for growing leadership that begins at a personal level, provides opportunities for leadership within the group, then within the organization, and offers stepping stones to leadership in the larger community.

Group Discussion: What are your goals for engaging parents / caregivers? What strategies do you use to ensure that parent engagement builds on each family’s strengths and unique characteristics? How are you developing and supporting parent leaders?

- **Maribel:** Many new Promotores are coming on board. They are giving Promotores who have participated in their workshops the opportunity to guide the new ones and help them with public speaking, outreach, etc. Some of the Promotores that they have in Santa Maria are trilingual (Mixteco, Spanish and English). One of the things that she has found is that they have adopted the idea that they are “less than” because they are not fluent in English or fluent in Spanish. They are working with them to take off that label and help them understand that they are inspiring and it is an amazing skill to have.
- **Yvonne:** CALM is trying to establish a Parent Advisory Committee. Hopefully they can then incorporate them into their leadership structure. They also have a DEIJ initiative and they are looking at how they can incorporate parent leaders in their goals to grow DEIJ efforts. Every one of their goals now incorporates parent feedback and engagement. Some of their members attended the Parent Advisory Committee training that is offered by the National Family Support Network.
- **Patty:** Alpha Resource Center focuses on working with families who have children of any age with special health care needs or developmental disabilities. Their foundation is parent-to-parent support. They are connected with Family Voices of California and Family Voices National and are currently developing a Family Advisory Council that will be facilitated in Spanish by their bilingual staff. They are recruiting families, hoping to engage some parents who utilize different Mixteco dialects to provide input into internal programming at Alpha but also into the development of Help Me Grow. They utilize different curricula to provide a history and to develop skills for individual and systems advocacy. They are working on getting parent stipends to show families they are valued and to compensate them for their time and their input. She asked folks to keep that in mind, when developing Family Advisory Councils - to think about childcare and provide stipends, if possible.
- **Juan:** Agrees with Patty in regards to language access. This is a barrier for parent engagement and participation. IVYP is hosting monthly parent council meetings. Their Family Resource Center recruited parents last year to become Community Health Advocates through their partnership with Cottage to spread the word about COVID, safety, and vaccines. They are also developing a Parent Advisory Committee to work with their board. Their biggest goal would be to get the parents they are working with to participate and engage with things like the PTA. They see a lack of diversity and this tells them

that parents' voices are not being heard within the school system. Schools have done separate groups but they do not want to be separate, they want the parents to be in the same group as the PTA.

Barbara went over tips for Parent Leader Engagement offered by Lead4 Tomorrow / Family Hui:

- Requires ongoing reflection, commitment, and adaptation
- Incorporate trauma and healing informed principles and practices
- Offer venues and opportunities for input and ideas
- Create space to hear parent / caregiver voices
- Respond to needs in meaningful ways
- Apply concepts of community, compassion, and empathy

The handout also mentioned the following:

- **Leadership terminology** – words matter, choose carefully
- **Assessment** – needs, dynamics and characteristics of families and community being served
- **Planning** – parent/ organization collaboration around schedules, childcare needs, transportation, time and location
- **Partnering** – work with others to identify opportunities for parent voice and parent advocacy
- **Preparation** – prepare parents for the role they are being asked to fill, build trust, provide orientation and ongoing support
- **Respect** – ensure parents feel engaged in respectful and meaningful ways, check-in regularly, ask for feedback and ideas
- **Evaluation** – evaluate impact, be willing to adapt and modify to meet objectives, follow through

These are all suggestions for how we might take a more trauma informed approach to parent leader engagement. Lastly, Barbara went over The Spectrum of Community Engagement to Ownership (see attached).

Barbara asked for thoughts or ideas about how we might authentically engage around child abuse prevention.

- **Maria:** Using social media and posting different skills or parenting skills to support during that time for the parents to be able to see. They can then share this on their feed and promote it to their own community. She also suggested using flyers and putting QR codes on them.
- **Shana:** Fighting Back Santa Maria does a lot with youth drug and alcohol prevention and they do PSA's. She wondered if we could have a parent do a brief PSA to bring awareness to child abuse prevention.
- **Yvonne:** Loves the PSA idea and suggested putting success stories on social media. They can type up a paragraph on a parent and it can be anonymous.
- **Maribel:** Resilience is not a common word in Spanish. She suggested rephrasing it to "What Makes My Family Strong". She added that they highlight Promotores on a weekly basis and they can have them record themselves on what is important to them and what makes their family strong. Maribel added that they are one of the grantees through Cottage and they will be having different activities throughout the county. Some of the activities include community gardens, yoga, zoom activities, walking groups, nutrition, and others.
- **Juan:** People are comfortable with different levels of engagement. He really liked the continuum that was shown earlier. He feels that most of us do a really good job at informing (level one) but it would be ideal to at least go up to level three. We can use social media or different things to spread awareness and inform and also go to level two and do some type of consultation and involvement with parents. If we do different levels of involvement and engagement then we capture more parent engagement that way.
- **Maribel:** Wondered if other agencies would be willing to commit to and engage in this conversation. Barbara mentioned that there are many organizations represented at CAPC and the ACEs Aware Network of Care It makes sense to do some outreach and engage some of those partners.

8. April Campaign 2022

- **Positive Promotions**
- **Messaging Work Group: Stress Buster Wheel**
- **Social Media / PSA**
- **OCAP resources**

Barbara shared that there is currently a group working on messaging for the April campaign and they are getting some tips for each of the buffering strategies.

Folks like the theme of “What Makes our Family Strong.”

Yvonne suggested talking to their home visitors and think of a way for the mothers to do a cafecito to talk about how they make their families strong. They also have a trauma informed parenting group for resource parents and their home visitors that go into people’s home. They can talk to their staff about highlighting this concept and getting that feedback.

Maribel asked if there was anything that SBCEO can do to provide to schools so that the messaging can get to the families. Barbara mentioned that the OCAP website has toolkits and websites that is in English and Spanish with things that they can do every day.

Christian mentioned that he is happy to talk about the CAP Month and either bring outside speakers or do it himself at his local Planning Council meeting that happens once a month. He also has his Director’s Collaborative and that meeting happens once a month and it reaches about 120 directors. It was decided to have the presentations in April.

Alison announced that they are only having two pinwheel plantings this year. They are planning to have the first one in Lompoc in front of their office on April 1st at 9:30am. The next one will be next the following Tuesday on April 5th in Santa Maria at the BOS building again. They will still go out to all North County cities and are still getting proclamations from the cities regarding Child Abuse Awareness Month. This includes Guadalupe, Santa Maria, Lompoc, and Solvang. Alison added that in the second half of the month they will pull the pinwheels and they will be cutting out figures of children to represent how many children will be sexually abused.

Patty (chat comment): Acknowledging that parenting is hard! I agree that the theme of What Makes Our Family Strong is a great foundation to build the messages. I could see our Children & Families program reaching out to families with the question, "what makes your family strong?" and getting a lot of response. Positive activity to bring the discussion of child abuse and prevention to a more positive, strengths-based lens.

9. Announcements & Closing Thoughts

Due to lack of time, there were no announcements or closing thoughts.

10. Adjourn at 10:50am - Next meeting: March 17, 2022

The meeting adjourned at 10:54 a.m.

Respectfully submitted by Gloria Munoz