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***Member of the Coastal Tri-Counties Child Abuse Prevention Coalition***

**October 21, 2021 ♦ 9:00 a.m. – 11:00 a.m.**

**via Zoom**

**MINUTES**

1. **Mindful Moment**

Barbara Finch guided the group through a mindful moment using the poem [She Let Go](https://insig.ht/jirum5Ldmkb) by Jac Godsman.

1. **Welcome and Introductions**

Elizabeth Adams and Yvonne Nelson welcomed everyone and introductions were made. Folks shared one word about how they showed up today.

**Attendance**: Elizabeth Adams, Amy Buckner, Flo Furuike, Lori Goodman, Tony Hollenback, Elizabeth Johnson, Maribel Landeros, Cynthia MacDuff, Natalia Mendez, Yvonne Nelson, Taundra Pitchford, Shana Pompa, Marianne Reagan, Michelle Robertson, Ryyn Schumacher, Larisa Traga, Kimberly Valenzuela, Alison Wales

**Staff**: Barbara Finch and Gloria Munoz

1. **Report on Circumstances of the COVID-19 State of Emergency**

**A. Receive and file:**

**i. An update that the State and County remain under a proclaimed state of emergency related to COVID-19; and**

**ii. Public Health Recommendation issued September 28, 2021 regarding social distancing.**

**B. Provide direction to staff about the location of the next meeting**

Michelle Robertson motioned to approve for the October and November CAPC meetings to remain remote; Flo Furuike seconded the motion and the decision was approved unanimously.

1. **Approve Minutes from September 16, 2021**

Yvonne Nelson motioned to approve the September 16, 2021 minutes and Marianne Reagan seconded the motion. Elizabeth Johnson, Maribel Landeros, and Larisa Traga abstained from voting; all others voted in favor and the minutes were approved.

1. **Public Comment**

Michelle shared that next week First 5 will be releasing three grant opportunities, all linked to equity and social justice. They are:

* Capacity Building grants - up to $15,000 for building leadership or staff capacity through trainings, conferences or certifications
* Express grants - up to $10,000 for short-term, one time projects that align with their Strategic Plan
* Innovation Grants – Look back at lessons learned or look forward to changes in practice - to look at a specific problem that is happening in our county for children and families 0-5, do research, and write a white paper about it

Michelle will send links for those applications to Gloria to send out to everybody.

1. **Partnership for Strengthening Families Protective Factor of the Month**

The Protective Factor of the Month was Vitality. Folks were divided into triads and asked to choose one of the following and discuss:

* *Share a story of a major shift you’ve made in your life*
* *What is the most important lesson you want to teach your children/those you influence.*
* *What does your self-talk sound like, and how can you shift any negative self-talk to positive?*

Folks shared the following themes:

* Empathy is a very beneficial skill for children to have in life.
* Important to know yourself and make choices that will make you happier.

1. **April Campaign 2022**

The April campaign has not been the same for a few years because of the pandemic. Two years ago, CAPC purchased six copies of the movie Broken Places and the plan was to do movie screenings with panels in different parts of the community. Last year, the pinwheel events sponsored by North County Rape Crisis and Child Protection Center were the only community-wide events. All the other agencies used their creativity and found ways to take messages to their staff, board members, and collaborative partners around child abuse prevention. A small team also met to craft messaging around social connections because they felt like this was something that was really compromised during the pandemic. Barbara asked the group to share ideas for 2022- what the focus should be, who the audience will be, and how messages should be delivered. F

* **Michelle**: Suggested to tag team with the ACEs work around the buffering wheel (Stress Busters – see attached). Perhaps the group can design material or collateral that they can get out. She asked if CAPC has funds to support this. Barbara stated that there are funds in the budget for the April Campaign. She added that there has been more media presence for ACEs Aware and Dr. Nadine Burke Harris has done some Public Service Announcements. There is also an organization called [Number Story](https://numberstory.org/) that is focused on the general population and helping people know that your number is not your destiny, it is just part of your story. Michelle will look into the company that makes the wheels and see if they can also cosponsor it. Michelle shared the [ACEs/toxic stress color wheel for schools](https://www.pacesconnection.com/blog/aces-toxic-stress-color-wheel-for-schools) done in Yolo County.
* **Larisa**: Shared that COVID has had a big impact on her around focusing on self-care and role modeling that because we have developed many bad habits. She hopes that by the time her kids leave the house that they will have learned some self-care tools so they can continue to take care of themselves. It is hard to motivate teens to engage in self-care but role modeling is a big part of being able to plant the seeds.
* **Elizabeth J**: OCAP has started to plan for the April Campaign. She believes they will follow the same thing as last year and have the interactive calendar. They will be incorporating county activities and promoting them as well. They will also do the webinar series, geared towards professionals. They may also be doing live tutorials or events. The Parent Leader Awards and the Kid’s Contest will also continue. Elizabeth will keep the group updated.
* **Amy**: National Runaway Prevention Month is something that Noah’s Anchorage participates in and they have a visual campaign at the pier that gets a lot of foot traffic. They will be thinking about how they can cater this to child abuse prevention. They have also had an event where they invite youth, program participants and families to do fun facts and chalk on State Street.
* **Barb:** At the last meeting, somebody suggested having radio spots where parents talk about the protective factors. The parent group in San Luis Obispo is doing Facebook Live every week about a protective factor and Ventura did some recordings and posted them on their website where parents talk about what each protective factor is and what it means to them. At the last meeting, we also focused on the idea of authentic community engagement and getting people from the community to participate and share their ideas and their needs. Barb asked the group is they have folks within their organization that are working with parents that might want to do something like that.
* **Maribel**: Stated that the Promotoras can post about Protective Factors on their Facebook page. Since in person is always better with the community she works with she suggested putting on a fair in North and South County and getting partners to have tables and activities at the event. Mindfulness and self-care is a hard concept to understand and put into practice so these are two important topics she has in mind. The event could be outdoors, like at a park.
* **Alison**: North County Rape Crisis will be doing pinwheels at the same cities again and have also added Guadalupe. They will also be expanding to a specific neighborhood in Guadalupe.
* **Elizabeth:** Loves the idea of having something at a park. She brought up the farmworker event in Santa Maria and suggested having a CAPC table to share materials. She suggested sharing what they create for the April campaign to be shared throughout the year at different events.
* **Yvonne:** Also liked the idea of having an event at a park. She suggested having an event in each region but having one main big event. She suggested including Lompoc as a location. Partners from different regions could be invited and share their resources with child abuse prevention as the theme. Food can also be included.
* **Shana:** They have done similar things with the school district where they have the CHC clinic come out to do health screening, have different stations, giveaways, and food.
* **Flo:** April is also the Day of the young Child and back in the day they had Kids Day at the Park. Providers did activities like folks have been mentioning.
* **Ryyn**: Shared that in person events depend on the winter surge. Given that they only have a year or so of data that they can go off on, normally the winter surge kind of dies down around end of February to early March. From lessons learned that they have done, they are doing a lot of preventative type of things. By the time we get into March and April, if we keep it doing open-air events, he thinks we will be fine.
* **Barbara**: Asked the group if they are prepared to do what it takes to pull this off because she will need everyone’s help. She added that the Partnership for Strengthening Families includes the Child Care Planning Council and the Network of Family Resource Centers. She would love to get their support. She also stressed the importance of keeping the focus on child abuse prevention. Barbara asked Alison if they can order pinwheels though her since she makes a bulk order. Alison will look into this.
* **Alison**: Alison shared that this sounds like a lot of work. Having an event at a park requires a lot of coordination, permits, etc., and many agencies are short staffed.
* **Yvonne**: If everyone decides to go forward with this they need to decide at CAPC and pick teams for each region. Barbara reminded everyone that we also have to think about the budget. Yvonne suggested having one event in Lompoc.
* **Tony**: There is an enormous amount of violence right now in Lompoc. There have been six shootings in the past couple of weeks and many of the involved have been Be Well clients. Tony and his staff have been strategizing on how to keep them safe and how to keep younger children safe. He would love to do some healing in this community to prevent the next shooting and keep everyone safe.

Folks agreed to have one event in Lompoc. Maribel volunteered to look into using the high school where it would be free and there is access to parking.

1. **November Combined Meeting with B Well Children’s System of Care**

Barbara asked if they should take the theme of the stress busters and generate ideas in partnership with CSOC. Tony suggested putting this topic for the next CSOC agenda next Thursday. Shana mentioned that she is curious about ACEs screening awareness at Be Well. Tony mentioned that they focus on how to help their clients heal and this can also be a theme for the joint meeting.

**Yvonne**: Although ACEs are clear, how do we address the resilience component? We can help the community understand what ACEs are and as a response to that, share how we as a community are going to address them. It would be through the empowerment of education and through the empowerment of community, and through these resilient and protective factors. Our ACEs work helps us understand what is happening but there has to be a second step. Lompoc needs that second step right now as well as the providers.

**Tony**: How do we create a way to help support them and to help increase their resiliency? Caregivers need to be nurtured and replenished for us to have healthy children.

**Barbara**: For those of you who are working with these caregivers, what are they saying? What do they need? What do they want? Is there a way to support that?

Barbara and Tony will be working on the agenda for the joint meeting.

1. **Youth Empowerment Summit – CAPC Resources?**

Elizabeth mentioned that the kickoff event is next Wednesday the 26th and it will be on equity, inclusion and intersectionality. The Empowerment Summit will be on the 27th where they will have a youth panel, two different keynote speakers, and five different learning tracks throughout the day. They will be learning about healing practices; creating positive spaces; mental wellness; protecting and preventing human trafficking; options, obstacles, and support after high school; and accessing community resources.

Barbara will send Elizabeth flyers on the Protective Factors to be shares at the summit. Natalia will connect with Elizabeth on having a separate booth to promote their materials.

1. **Resource – Tribal Welfare Information Exchange Website**

Due to lack of time, this topic will be discussed at a future meeting.

1. **Announcements & Closing Thoughts**

* **Elizabeth** had two announcements:
* There is an event on suicide prevention that is being put on by the Santa Barbara Response Network. There is a film called the S Word that you can watch free online and also has a panel discussion.
* Chumash Culture day is October 23rd. Link: <https://bit.ly/sycultureday>

1. **Adjourn at 10:50am - Next meeting: November 18, 2021**

The meeting adjourned at 10:57 a.m.

*Respectfully submitted by Gloria Munoz*