



Member of the Coastal Tri-Counties Child Abuse Prevention Coalition

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

MINUTES

1. Welcome and Introductions

Elizabeth Adams welcomed everyone and introductions were made. Yvonne Nelson was unable to attend. Folks shared how their organization strengthens families.

Attendance: Elizabeth Adams, Ama Atiedu, Amy Buckner, John Crowell, Gabrielle Felder, Flo Furuike, Lori Goodman, Tony Hollenback, Elizabeth Johnson, Carrie Martin, Natalia Mendez, Patty Moore, Shana Pompa, Nancy Ranck, Susan Rasmussen, Marianne Reagan, Rynn Schumacher, Kimberly Valenzuela, Michelle Vargas, Alison Wales

Staff: Barbara Finch and Natalia Alamilla

2. Reconsider Circumstances 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 Lisa Brabo, seconded by Valerie Kissell 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-14 NO-0 ABSTAIN-0

3. Approve CAPC/CSOC Minutes from October 21 & 28, 2021

Flo Furuike motioned to approve the October 21, 2021 minutes and Lori Goodman seconded the motion. Carrie Martin and Patty Moore abstained from voting; all others voted in favor and the minutes were approved.

Barbara Finch motioned to approve the October CSOC minutes; Nancy Ranck seconded the motion and the minutes were approved unanimously.

4. Public Comment

There was no public comment.

5. CAPC and CSOC Overview & Updates

Barbara Finch and Tony Hollenback gave a brief overview of CAPC and CSOC. They went over the Mission & Vision/Purpose Statement as well as Highlights, Presentations, and Areas of Focus for each council (see attached PPT).

6. Protective Factor of the Month: Social Connections

The Protective Factor of the Month was Social Connections. Folks were divided into triads and asked to discuss: What is the relationship between healing self and healing community? Folks shared the following themes:

- Allowing the parent of child to go through the grieving process themselves so they can better deal with and rely on resources in the community.
- Being open about our own healing process and journeys with others so they can feel comfortable and open up.

7. ACEs Network of Care Community Referral Platform

Ama Atiedu, from Cottage Population Health, gave a presentation on the Network of Care Community Referral Platform. The ACEs Aware Initiative released a Network of Care Implementation grant and part of that grant was an opportunity to identify and implement an IT referral platform. Maria Chesley, the consultant they are working with, has conducted a literature review and talked with stakeholders across the nation who have been implementing IT referral platforms. Parent stakeholder focus groups have been conducted, both in English and Spanish, as well as organization stakeholder focus groups. An extensive vendor review has been done to identify those who are sustainable and have had success working with other communities. An advisory group, made up of a variety of community partners who have been engaged in the Network of Care, will help make the final selection. They hope to start a pilot in early 2022.

Workflow for Pilot of Referral Program

They are hoping that a subset of pediatric providers who are currently screening for ACES will sign on and utilize this to make referrals to community-based organizations that will receive referrals and provide care coordination, assist with resource navigation, and address social needs. They hope that this platform can support communication between community organizations so that there is an ability to share information, make the referrals on the platform, and get status updates. Underneath all of this they will be ensuring that the platform has consent and data sharing processes for all organizations and clients.

Expansion Beyond Pilot

- Respond to community momentum
- Adapt based on user experience
- Incorporate additional organizations
- Financial support for organizations to integrate into workflow
- 2022 Quarter 2

Anticipated Early Adopters

- Santa Barbara Network of Care
- Santa Barbara County Public Health Care centers
- Help Me Grow
- Cottage Social Needs Programs

Initial Vendor Selection Criteria

- Bi-directional closed-loop referrals
- Significant market share and financial viability
- Meet rigorous security standards for data sharing
- Advisory Group support

Network of Care IT Advisory Group

- Stakeholder representatives
- Guide platform selection and implementation process
- Contact Maria Chesley at maria@mariachesley.com

8. ACEs & Resilience in Santa Barbara County

Folks shared the following on what their organization is doing around the ACEs and resilience movement:

- **Shana:** Fighting Back Santa Maria Valley is a Buffering Services grantee. They are providing the Community Resiliency Model (CRM) skills to all of their existing parenting classes (currently four curriculums). Fighting Back is also providing CRM trainings to anybody in the community and are specifically working with Public Health and Community Health Centers (CHC). They want to get referrals from those that have been identified with high ACE scores to provide these wellness skills through the CRM trainings. They are also working with Health Linkages through the Education Office and provided a training for about 30 Spanish speaking parents in person at the beginning of October. Trainings have also been done for CHC staff and there will be one for the Migrant Program through Santa Maria-Bonita School District. This training will be done in Spanish with Mixteco interpreters. It has been a great opportunity to build connections with Public Health and FSA, and they have also been working with the school districts. They hope to do this again next year.
- **Lori:** Much of what IVYP does is family strengthening and buffering. What has been important about the additional work around ACEs and resilience is that it has expanded their lens as an agency into thinking about the work that they do as buffering. They have been using the Family Strengthening Model for a long time and are now working on integrating the language of stress busters and buffering.
- **Nancy:** FSA is participating in a Learning Community through the National Council for Mental Well-being. It focuses on being a trauma-informed and resilience-oriented organization. They want all staff to get a sense of what it means and to have support for them with secondary traumatic stress as well.
- **Marianne:** Child Welfare contracts with two different therapists who specialize in secondary traumatic stress. Their entire staff has access to two groups every month where they can receive education about secondary traumatic stress and also receive support through a process group. It has been popular and really helpful in building their staff's resilience. Marianne added that it has changed their agency's culture and they encourage and support their staff to take care of themselves. They also have one to one crisis debriefing whenever any staff member needs it. Child Welfare has also worked with Resource Parents, providing trauma informed parenting through a partnership with CALM, and also having a peer to peer support group. Training includes a trauma-informed lens so they can better care for the children that are in foster care.
- **Natalia:** Children's Resource & Referral has a chiropractor that goes in monthly to do adjustments for all the staff. They have a Wellness Center where staff can go and use to de-stress. Trainings are provided and they just completed Module Three of Trauma-Informed Care training for Transgenerational Trauma and Historical Trauma. They also offer support to providers who care for children that are in foster care with trauma-informed care coaching.

9. Stress Busters: Buffering Supports to Mitigate Toxic Stress

• Breakout Session: Developing a resource for families

The stress buster wheel was developed in partnership with the Department of Health Care Services and the Office of the Surgeon General and has become a useful tool for the ACEs and resilience work in Santa Barbara County. Last month, CAPC members talked about how we might like to structure our Child Abuse Prevention Month in April and a suggestion was made to use this stress buster wheel and develop something that they can give out to families. It was suggested to identify tips and techniques for families that fall into the different categories: Supportive Relationships, Quality sleep, Balanced Nutrition, Physical Activity, Mindfulness Practices, Experiencing Nature, and Mental Healthcare. Barbara mentioned that when they were doing Buffering Services grants with the Network of Care Implementation grant they encouraged organizations to think about the work

they do and how it fits into these different areas of evidence based interventions that help to decrease toxic stress in children and families. Folks share the following ideas:

- Have kids draw pictures of what the categories look like for them. Discuss it in their classroom.
- OCAP has a Children's Art Contest but a theme has not been decided yet. It is based on grade level.
- Ask kids how their day was
- Make time to play with your kids
- Use the [Vroom App](#) (not sure if we can endorse a specific app)
- Let your child lead; let them make decisions
- Use more pictures vs. words
 - Perhaps do a booklet instead of wheel
- Have specific tips
 - What does it mean to have a supportive relationship?
 - What are the important parts of that?
- Parents need other people in their lives
- Identifying who supportive relationships are
- Have tips for different age ranges
- Have a handout with QR code that has additional resources (wellness, yoga, youtube videos, etc.)
- For each topic, tie it to a community event (Ex: Physical Activity tied to local park)
 - Resources are different in different parts of the community
- Narrow it down to more general things that they can apply to any age group
 - QR code – compile resources
 - Add to the Child Abuse Prevention Campaign page on the CAPC site
- Share list that parents generate on things that they are currently doing

Barbara reminded folks that this is an awareness campaign. The idea with the Child Abuse Prevention April campaign is to do a focused effort to get information out to the community in a way that is accessible, attractive, and engaging. Resources and activities should be from the Stress Busters categories. Ama mentioned that they are looking into doing something similar though the Network of Care and there may be opportunities to coordinate as they are developing.

Amy will look into resources they typically utilize and activities that their parents come up with. Elizabeth Adams volunteered to create a spreadsheet and organize it in a way where people can add resources as well as specific things for each of the topics.

10. Adjourn at 10:50am - Next meeting: CAPC January 20, 2022 – CSOC January 27, 2022

The meeting adjourned at 10:51 a.m.

Respectfully submitted by Gloria Munoz