



Member of the Coastal Tri-Counties Child Abuse Prevention Coalition

January 21, 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 way they have practiced self-care in the past 24 hours.

Attendance: Elizabeth Adams, Jacqui Banta, Jeff Banta, Florene Bednersh, Holly Benton, Amy Buckner, Lindsey Day, Flo Furuike, Lori Goodman, Cecilia Herrera, Elizabeth Johnson, Cynthia MacDuff, Carrie Martin, LuAnn Miller, Yvonne Nelson, Tandra Pitchford, Shana Pompa, Mayra Marquez, Marianne Reagan, Eva Tagle, Kimberly Valenzuela, Michelle Vargas, Alison Wales

Staff: Barbara Finch and Gloria Munoz

2. Mindful Moment

Elizabeth guided the group through a Mindful Moment activity.

3. Approve Minutes from November 19, 2020

Jacqui Banta motioned to approve the November 19, 2020 minutes; Florene Bednersh seconded the motion and the minutes were approved unanimously.

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 Resilience. Folks were divided into triads and asked to discuss the following: How do you keep your mind healthy? What does mental “health” mean to you personally?

6. Parent Leadership 2021

- **Protective Factors Training & Parent Cafés**
- **Parent Convening April 17, 2021**

Barbara introduced Cecilia Herrera (Cecy), CAPC Parent Liaison. Cecy started participating in parent leadership activities through Isla Vista Youth Projects around 2009. In 2011, a few parents attended a leadership convening and wanted to do a handbook about the Protective Factors that could be shared with other parents. They worked with Barbara to put together a handbook on the Protective Factors, using parent-friendly language in English and Spanish. Cecy was working as an Aide in English as a Second Language classes, and she started teaching the ESL students using this Protective Factors handbook. She initiated

local efforts to utilize the parent cafés to teach other parents about Protective Factors. She now leads the CAPC parent leader group. Barbara stated that February is Parent Leadership Month and invited Cecy to talk about what the parents are currently doing to reach other parents in our community.

Cecy stated that two parent partners in attendance, Michelle Vargas and Lindsey Day, will be participating in a Protective Factors refresher course later today. There will also be a training in Spanish next week. Cafecitos will be hosted in February, beginning with Lompoc. The Parent Convening will be held on April 17th and it will be sponsored by the Coastal Tri-Counties Child Abuse Prevention Coalition - San Luis Obispo, Ventura and Santa Barbara. The theme will be Emotional CPR, skills for self-care and mutual support. Barbara added that Children's Resource & Referral (CR&R) has also been doing parent cafés.

Eva Tagle, from CR&R, shared that they had a successful Parent Café in November. Jacqui added that their trainers were certified as Trust Based Relational Intervention (TBRI) practitioners and they integrated some of those practices into the Protective Factors conversations. She felt this was very timely for what families are experiencing and the significant trauma that is happening throughout our communities, especially the low-income and at-risk communities. Their primary target audience for Parent Cafés are their Emergency Childcare Bridge Program families, which are resource families who are caring for children who have been taken into protective custody. Jacqui mentioned that in order to lead these trainings, staff have to be parents themselves. They facilitate the conversations as parents and not as trainers. When asked how many parents typically participate, Cecy shared that in person, she typically has 10-20 people. Lindsey stated that their parent cafés average about 15 parents. Barbara invited CAPC members to reach out if they would like to bring a café to their parents using Zoom. Yvonne mentioned that some of the migrant worker parents live in rural areas and the reception is bad. She wondered if having a café in person could be an option. Barbara stated that they might be able to hold cafés outdoors once COVID metrics decrease.

Six parents attended the Be Strong Families virtual Parent Café training where they were trained to facilitate cafés on Zoom. Lindsey shared that things at Good Sam have been changing in the last few weeks and she will be trying out having the cafés via Zoom. Cecy shared that she prefers the cafés in person because sometimes there is no privacy in the home and it makes it more difficult for the parents to share their emotions but she understands they have to adjust.

7. Partnership Presentation to School Districts

- **Opportunities for 2021**

First 5 has engaged four different school districts in partnering with early care and education providers to streamline the family and child's educational experiences and ease transitions from birth to third grade. They want create a stronger link between the early care programs and the TK-12 programs and for the school districts to serve as a hub for the communities in which they are located. The goals of the Early Learning Planning Grants are to:

- Eliminate factors that affect school readiness
- Provide opportunities for those most at risk of failure
- Strengthen community partnerships - school as the hub
- Provide parent and family support

Each district was asked to do a community asset map, a needs assessment, and to look at the Local Control Area Plans. Taundra shared that with the Governor's Plan of universal preschool and getting more preschools on-site at school campuses, they need to be linking programs and creating stronger connections to help preschool kids transition to kindergarten.

The LCAP plans are unique for each district, and they need to include family engagement. One of the goals of this presentation was to help the school districts understand the community connections and relationships that offer strong networks of family support, including the Partnership for Strengthening Families. The Family Resource Centers have been critical partners, however, without First 5 funding for

direct services, they will need to find new sources of revenue to continue serving families at the same level. The hope is that school districts will see the value of supporting the FRCs that work with families.

Barbara gave a brief overview of the First 5 Professional Learning Community presentation (see attached).

8. Developing a “Trauma Toolkit”

- **Community resources**
- **Wellness skills**

Creating a Trauma Toolkit discussion: Who needs one? What should be in it?

Challenges and concerns:

- Social isolation and fear of re-engaging socially (youth)
- Coping skills that increase isolation (youth gaming, technology)
- Young children forgetting how to play
- Cameras off-don't know classmates
- Teachers not feeling comfortable teaching on Zoom
- Fear about opening up and fear about the vaccine
- Youth and adults are on Zoom all day
- Difficult to know how to respond when kids are in crisis – they end up in hospitals
- Special needs community has been isolated
- We will continue to be on our computers for a while due to the pandemic
- Unable to gather as groups – even outside
- Transition from isolation to social gatherings could be challenging
- Continuing struggles with technology and connectivity in some communities

Strategies and supports

- Supports for interpersonal skills (children, youth, young adults)
- Re-socialization
- Information from trusted sources delivered by trusted messengers
- Focus on relationships
- Provide activities that can help youth and adults connect - away from screens
- Activities and information that will help repair attachments and relationships.
- Teach crisis intervention skills “outside the moment” – tools and interaction skills
- Supports for communities that are hard to reach (special needs)
- Integrate activities that will ease the stress of our online reality (brain breaks and opportunities to shut off the computer and step away)
- Remind people that self-care is critical and provide tools for self-care.
- Address needs at different levels - have some universal and some chosen specifically for leaders, staff, people who are on the front lines, families and kids of different ages
- Think about community resources and link to what already exists
- Resources for safe outdoor activities – guidelines for maintaining safety
- Transition planning for going back to in-person meetings (pros/cons, coordination)
- A variety of solutions to meet unique needs of individuals and communities – online and in person
- Safety needs to be a priority – CDC guidelines

Positive observations

- Teachers are able to do what they know - being with children
- Padlet used by Alpha Resource Center is a good way to share resources
- No drive time for meetings – easy to pop in and out

- Outdoor classes have been successful in isolated communities with COVID waiver and agreements about masks, social distancing, no food or childcare, limited numbers of participants and protocols for COVID + cases
- Parents feel connected and positive when they complete an outdoor parenting program
- Highest need clients are being served successfully in person

Barbara asked the group what are the resources that already there. She mentioned the CRM skills are something that should be in everybody's toolkit. When thinking specifically about child abuse and neglect and teachers beginning to see students more, there may be increasing awareness of all the trauma that is coming out of this event. The proactive approach is to find ways to support families so that we are doing that at the level of primary and secondary prevention and we don't end up pushing everybody towards Child Welfare as soon as the schools open up and we get more eyes on kids. There is going to be trauma and some of it can be addressed by wrapping ourselves around families and providing that level of support that we know they need.

A trauma toolkit could help people understand what the trauma is going to look like and what proactive, prevention-oriented interventions can provide support. Yvonne suggested presenting the toolkit to the different school districts. Elizabeth mentioned they have been sharing a [Creating Trauma Informed Schools Toolkit](#) that was created by the US Department of Education. They share this with schools and their liaisons when they do trainings. Barbara mentioned that we want to be aware of what people are doing. If there are other toolkits that folks are aware of or ideas for things they want to share, please let her know and she can make time on the agenda. Yvonne added that Jenn Mundy is also using a toolkit she created herself. Barbara asked Yvonne if she can invite her to share about what she is doing at the next CAPC meeting. Yvonne will send her an invitation.

9. Looking Ahead

- **April Campaign 2021**

Barbara mentioned that by January we are usually well into planning for Child Abuse Prevention Month. So far, we will be hosting a Parent Convening. She asked the group if there are city council meetings, board meetings, or any other places where we could show up and do a pitch for Child Abuse Prevention and trauma informed care in virtual spaces. Perhaps this could be our April Campaign. She would love to find a way to share Broken Places with people because that was our goal. If folks have thoughts or ideas, we will also be discussing that at our next meeting. Elizabeth mentioned that OCAP is working on Child Abuse Prevention Month and will have resources that can be implemented statewide.

10. Announcements & Closing Thoughts

Barbara had the following announcements:

- Florene is retiring and it is her last CAPC meeting. To mark the momentous occasion, she shared "For Retirement", by John O'Donohue. Members shared words of appreciation and congratulations.
- Dr. Robert Anda will be our keynote for the Bridges to Resilience Conference. He is one of the investigators for the original ACEs study with Dr. Vincent Felitti. Our tentative date is June 9th.

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

The meeting adjourned at 11:04 a.m.

Respectfully submitted by Gloria Munoz