



Member of the Coastal Tri-Counties Child Abuse Prevention Coalition

January 20, 2022 ♦ 9:00 a.m. – 11:00 a.m.
via Zoom

MINUTES

1. Mindful Moment

The mindful moment will continue in February.

2. Welcome and Introductions

Elizabeth Adams welcomed everyone and introductions were made. Yvonne Nelson was unable to attend. Folks shared how they showed up for the day.

Attendance: Elizabeth Adams, Jacqui Banta, Amy Buckner, Maria Castro, Flo Furuike, Lori Goodman, Tony Hollenback, Valerie Kissell, Lydia Marquez, Carrie Martin, Christian Patterson, Shana Pompa, Socorro Ramírez-Gamiño, Marianne Reagan, Sarina Regalado, MaryEllen Rehse, Michelle Robertson, Rryn Schumacher, Marilyn Simon-Gersuk, Kimberly Valenzuela, Alison Wales, Kendra Webster

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 Jacqui Banta 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-22 NO-0 ABSTAIN-0

4. Approve Minutes from November 18, 2021 & January 6, 2022

Flo Furuike motioned to approve the November 18, 2021 minutes and Jacqui Banta seconded the motion. Maria Castro, Valerie Kissell, Socorro Ramírez-Gamiño, Sarina Regalado and Marilyn Simon-Gersuk abstained from voting; all others voted in favor and the minutes were approved.

Lori Goodman motioned to approve the January 6, 2022 minutes and Michelle Robertson seconded the motion. Valerie Kissell, Socorro Ramírez-Gamiño, Sarina Regalado and Alison Wales 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 was Knowledge of Parenting & Child Development. Folks were divided into triads and asked to discuss: What do you do with your child that brings you both joy? How do you develop trust/respect with the child/children in your life?

7. **County Self-Assessment**

Marianne Reagan, Operations Manager for Child Welfare Services, announced the kickoff meeting for the County Self-Assessment. The process for creating the 5 year strategic plan begins with input from stakeholders. The California Department of Social Services and the Office of Child Abuse Prevention will facilitate a meeting on January 31. She added that this is a joint effort between Child Welfare and Probation. In addition to this stakeholder meeting, they will also do focus groups with birth parents, resource parents, child welfare staff, child welfare supervisors, court partners, and others. The idea is to get a snapshot of what is going well for children in our community, how well their agency is serving them, and what could they be doing better. This will be written into a comprehensive report which will then be public. Lastly, Marianne shared that they will have at least two breakout sessions and one of the sessions will be focused entirely on prevention. Elizabeth asked if they do focus groups with their education partners. Marianne mentioned that they have not done this, but will connect with Elizabeth to see what this might look like.

8. **Coastal Tri-Counties Child Abuse Prevention Coalition Update**

The Coastal Tri-Counties Child Abuse Prevention Coalition is a partnership between the Santa Barbara County Child Abuse Prevention Council, the Center for Family Strengthening in San Luis Obispo, and the Partnership for Safe Families and Communities in Ventura County. The three organizations have a long history of collaboration and have been doing parent leadership events since 2008. The coalition applied for an Innovative Partnership grant from OCAP several years ago and have been using grant funds to support parent leadership development. Last year, the three partners joined together to plan the Bridges to Resilience Conference, expanding the reach to all three counties.

Barbara shared that there is an RFP out right now from OCAP to support parent leadership development and the coalition decided they will be applying for the grant. Ventura County will be the lead. This is a great opportunity to take what has been done and build it into a model that could be shared across the state. This will bring additional opportunities for parents in Santa Barbara County to receive leadership development training, be part of statewide groups, increase their impact in the community, and elevate Parent Voices in every space.

The next parent leadership gathering is being planned, but will no longer be held on February 23. Stay tuned for a new date, and please let us know if you have parents who want to be on the planning team.

9. **April Campaign 2022**

- **Lompoc Community Event**
- **Stress Buster Wheel**

Barbara went over the April Campaign budget, annual activities, expectations and resources (see attached).

Pinwheels: Alison shared that North County Rape Crisis and Child Protection Center is gathering all of their numbers and things that they will need for April. Every year they also do a resolution at each city council meeting and she has sent requests for that already. They are currently short-staffed and may reduce it to only two events this year, one in Lompoc and another location (perhaps Guadalupe). They have not committed to this but it is a possibility. They will have finalized plans in a few weeks.

At the last few meetings there was a lot of enthusiasm about trying to do an event at a park, specifically in Lompoc. The ideas were to host a community resource fair or a Kid's Day. Members had many great suggestions for this type of event, however there was a consensus that this plan is not practical or feasible this year due to Covid-19 safety concerns and agency capacity issues.

Barbara suggested designing an April campaign that is centered on materials and messages, like last year. Each organization can decide what works best for them- in person or virtual, activities or material items.

- **Michelle** spoke to Elaine Weber at the Lompoc Adult School Campus and she offered up her campus for future events.
- **Ryyn**: Historically, they have seen a lull in cases between February and May. Recommendations would be to take every precaution that you can, have masks available, hold events outdoors, and lower every risk. With this being said, there may be another spike that would cause them to push a Health Order that cancels all events again. He advises to have a Plan B, just in case, as we get closer to April.
- **Tony**: Suggested using public television as a way to help get the word out. He gave the example of the Board of Supervisors creating a series of very engaging PSA's when COVID first set in on taking care of yourself, stress, and community. Perhaps we can do something similar and have content from CAPC on the Mission, Values, and support for youth and families.
- **Lydia**: Thinks that is a great idea. San Luis Obispo is doing community outreach and using social media. They will be doing short videos on self-care tips, child development tips and parenting tips. Other community organizations are doing Facebook Live to do a Live Q&A with the community. Canva is also another program for design that is easy to use.
- **Michelle**: Jacqui Banta and CRR do a great job at using Facebook Live. Maybe she can give a tutorial on how to utilize this tool.
- **Shana**: Youth are the most savvy with social media and the most likely to look at that. In Santa Maria High School there is a class for teen moms. In Lompoc, they also have a class that has teen moms. Can they put on something on social media? Could someone teach them about the stress busters and Protective Factors and have them talk about it? It would be great if it was youth-led.
- **Lydia**: One of the social media ideas she had talked about with SLO was sharing resources in the community for teens (Ex: mental health resource or LGBTQ resources). They also talked about doing a self-care tip every day and that could be youth directed, parent directed or adult directed.
- **MaryEllen**: The Santa Barbara County Promotoras Network has the short-term mini grant from ACEs Aware and it is completely focused on stress busters. Between now and June, the Promotoras Network is going to be focused on doing activities around the seven stress busters.
- **Barbara**: Barbara would like to get a group together to work on messaging with a focus on the stress buster wheel.

Folks were divided into seen groups to discuss the following topics:

1. Quality Sleep (Alison, Amy):

- Take the time to look at your family's schedule and commit to a schedule for a month so it becomes a routine and natural - Routines take practice to become and feel natural.
- Be realistic on how much time 'going to bed' actually takes. It can take an hour to get ready for bed before getting into bed.
- Turn in and turn off electronics at dinner or soon after
- Turn off extra lights or draw the curtains so there is less light in the house
- Remember our teens need sleep like the toddlers! Remember this when signing up for school or sport activities.

2. Supportive Relationships (Kimberly, Michelle, Shana):

- Help people know what a supportive relationship is.
- FSA offers Healthy Relationship to help people become aware of when relationships become toxic, how to find supportive and caring friendships, etc.
- Getting involved in youth's school activities/sports, is a good way to contact other adults.
- Setting up playdates with children's friends, attending places of worship to establish a sense of community, attending parenting classes to make connections with other parents.

3. Balanced Nutrition (Carrie, Maria, Rynn):

- Coming up with myths, misconceptions and benefits about nutrition flyer
- Share a nutritional guide similar to “my plate” or food pyramid
- Utilize the [my plate](#) website and [rethink your drink](#) to help people understand proper nutrition and its benefits. Rethink your drink is fun and interactive.
- Help make accessibility of healthy food options available and/or resource where to locate affordable options
- Link people to calfresh
- Link to nutritional health meal ideas

4. Physical Activity (Elizabeth, Flo, Lydia):

- Physical activity is a way to
 - Love yourself
 - Build the relationship with your child
 - Reconnect with nature (Outdoor activities)
 - Help your child's motor development
 - Help your child's sensory development
 - Teach your kids life skills
- You can try:
 - Outdoor walks
 - Playing at the beach/park
 - Playing outside in the neighborhood
 - Attending outdoor activities when safe
 - Going on hikes
 - Dance parties at home
 - Helping with physical chores around the house- also helps with life skills

5. Mindfulness Practices (Barb, Marianne):

- Concepts are not clearly understood– need mindfulness for the masses
- Be present, aware of where you are and what you are doing
- Use all of the senses
- Calming the mind calms the body – CRM Wellness skills
- Breathing, blowing bubbles, blowing up a balloon
- Pause, breathe, count to ten
- Lots of resources out there – “Mindfulness for teens”
- Ask Kind Mind (buffering services grantee working in schools)
- Link mindfulness to prevention – helps us put space between the our emotions and reactions- lets you respond instead of reacting

6. Experiencing Nature (Christian, Socorro):

- Experiencing nature is a way to
 - Find time away from technology
 - Reduce stress, break up your routine
 - Connect with the outdoor classroom (use nature as your teacher)
 - Increase your child's motor development
 - Increase your child's sensory development
- You can try:
 - Hiking
 - Walks around the neighborhood
 - Beach walks
 - Playing at the park
 - Bird watching
 - Fishing/ camping
- Christian runs the Local Planning Council. He can invite someone from CAPC to present at LPC.

7. Mental Healthcare (MaryEllen, Sarina, Tony):

- It is okay to ask for help
- "Stronger Together"
- Creating a community during Covid
- Heal within the community (Connectivity)
- Reducing mental health stigmas
- "When you feel the vibe, join the tribe"

The following folks volunteered for the April Messaging Committee:

- Ryyan
- Amy
- Maribel (MaryEllen will check with her)
- Tony
- Christian
- Lydia
- Sarina

10. Announcements & Closing Thoughts

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

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

The meeting adjourned at 11:01 a.m.

Respectfully submitted by Gloria Munoz