



Member of the Coastal Tri-Counties Child Abuse Prevention Coalition

May 15, 2025 • 9:00am - 10:30am - Buellton Recreation Center

MINUTES

1. Welcome and Introductions

Barbara Finch welcomed everyone and invited participants to introduce themselves by sharing their name, organization, and what gives them energy for the day.

Attendance: Karina Acosta, Kelly Barragan, Nancy Cardoza Barragán, Selma Bemister, Jennifer Garcia, Olivia Gray, Maria Guerrero, Catelynn Kenner, Carolyn Martin, Christian Patterson, Juan Pimentel, Rosemary Rice, Jesus Ruiz, Kimberly Valenzuela

Staff: Juliza Hernandez, Barbara Finch

2. CAPC Business

Approve Minutes from February 20, 2025

Christian Patterson motioned to approve the minutes from February 20, 2025. Karina Acosta seconded the motion. Kelly Barragan abstained from voting, and all other members voted in favor. The minutes were approved.

Approve Minutes from March 20, 2025

Kimberly Valenzuela motioned to approve the minutes from March 20, 2025. Jesus Ruiz seconded the motion. Kelly Barragan abstained from voting, and all other members voted in favor. The minutes were approved.

3. Public Comment

- **Mental Health Sessions:** LEAP announced that Dr. Gina Vanegas will be leading a series of six interactive mental health sessions focused on stress and coping strategies for families. They will be conducted monthly through September and are designed to be engaging with polls and participant check-ins. They are hosted in Spanish with English interpretation available. Flyers were provided to share with families who might be interested.
- **READY SBC Alert System:** Attendees were reminded of a county-wide test of the READY SBC emergency alert system scheduled for 10:00 AM. Those not yet registered were

encouraged to sign up at readysbc.org to receive important emergency notifications such as evacuations or fire alerts.

- **Outdoor Wellness Groups:** People Helping People will be hosting outdoor wellness groups starting May 20 and 23 for parents and caregivers. The program includes wellness activities such as yoga and mindfulness sessions, with quarterly offerings continuing after the summer.
- **BRAVE Conference:** The BRAVE conference will be held on Saturday, May 17th and is open to everyone, though it especially targets early care and education providers. The event focuses on trauma-informed practices, resilience, healing, and vulnerability. Registration details are available on the Children's Resource & Referral website.
- **First 5 Santa Barbara – Annual Ed Talk:** First 5 Santa Barbara County announced their upcoming event titled "Building Equitable Communities in an Era of Change and Uncertainty." This theme aims to resonate with current challenges and promote equitable practices within evolving community dynamics.

4. Protective Factor of the Month

Barbara Finch introduced the protective factor of the month: social and emotional competence in children. Using the Strengthening Families framework, the group reflected on how positive adult interactions—both within and outside the home—help children build self-esteem, emotional regulation, and resilience. They discussed the value of gentle parenting, acknowledging that fostering emotional intelligence in children often begins with self-awareness and intentionality in adults. The conversation highlighted the impact of community support, validating children's feelings, and modeling emotional skills as foundational to nurturing emotionally healthy children.

5. Highlights from Child Abuse Prevention Month

- **Resilience Film & Live Beyond Campaign for Youth** - As part of April's Child Abuse Prevention Awareness Month, a screening of the film *Resilience* was co-hosted in Lompoc with the C4 Self-Healing Communities project, drawing around 50 attendees. The event included a panel discussion, community resource tables, and interpretation services. A youth ambassador from the Live Beyond campaign—an initiative started by California's Surgeon General and ACEs Aware—spoke at the event, sharing powerful messaging about overcoming childhood adversity.
- **Children's Memorial Flag Event** – People Helping People hosted a memorial event in Solvang following their training on preventing online child abuse. Santa Barbara CAPC also participated in the virtual flag-raising hosted by the Coastal Tri-Counties Child Abuse Prevention Coalition.
- **Agency Events** - Multiple agencies engaged in activities throughout April to promote child abuse prevention, including resource fairs in Santa Maria and Lompoc and parent cafés. Pinwheel gardens were planted in various locations, and outreach continued via social media and community events. County Health held various activities including wearing blue on April 4th and sharing a [powerful video](#) from Prevent Child Abuse America which stressed that most child abuse is not about “bad parents” but rather a result of parents and families in crisis and under stress. They plan to show the film

Resilience throughout the year with the possibility of opening future showings to the community. Wear Blue photos were taken at partner sites like Casa Pacifica and DSS offices to document the campaign. Proclamation / resolutions were received at Buellton and Solvang City Council meetings and the County Board of Supervisors. Agencies were reminded to report participation numbers to support annual OCAP reporting requirements, which help secure ongoing funding.

6. Mental Health Awareness Month: “Turn Awareness into Action”

- **Mindful Moment** – Barbara led a guided three-minute meditation to help participants pause, ground themselves, and reset. This mindfulness exercise was presented as a powerful tool to manage daily stress, with several attendees sharing their favorite apps and resources like Insight Timer, Headspace, Calm, and YouTube. The practice highlighted the growing awareness of the importance of accessible mindfulness tools for both personal well-being and use in professional settings.
- **Implementation of Trauma-Informed Approaches** – The group discussed key principles of trauma-informed care, emphasizing that trauma is not the event itself but the individual’s response to it. Participants reflected on how understanding trauma helps foster compassion, especially in caregiving and supervisory roles. The conversation reinforced the importance of creating safety, building trust slowly, recognizing individual strengths, and reducing power imbalances. Tools like trauma-aware language and supportive practices were highlighted as ways to empower clients and staff alike.
- **Balance of Healing for Those Who Serve Others** - To close, the importance of self-care for those in helping professions was underscored. Drawing from the teachings of Jerry Tello, attendees were encouraged to maintain balance through self-awareness, valuing their own contributions, and creating boundaries between work and home life. Suggestions included developing a personal “self-care menu” to support physical, emotional, mental, and spiritual well-being. A daily gratitude practice was recommended as a way to recognize the privilege and impact of the work they do.

7. Topics of Interest for Future Meetings

Participants discussed reviving presentations at future meetings, particularly around child abuse prevention, family strengthening, and well-being. Ideas included inviting speakers to share about parenting programs and curricula such as Healthy Families America, Strengthening Families, and various home visiting models. There was interest in exploring the qualities of effective parent educators and sharing evidence-based strategies. Updates from the Child Death Review Team were also mentioned as a possible future topic, along with new developments like changes in the definition of neglect and mandated reporter training. The group agreed to continue building out topics over time as needs and opportunities arise.

8. Adjourn – Next meeting: July 17th.

The group voted unanimously to cancel the next meeting scheduled on Thursday, June 19th as this is a holiday for many.

Respectfully submitted by Elizabeth Drake