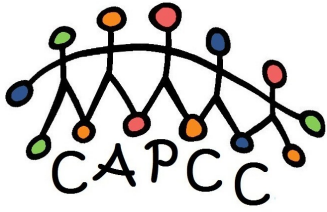


April 2015

Volume 10



# An Ounce of Prevention

**Child Abuse Prevention Coordinating Council of Humboldt County**  
**www.capcchumboldt.org**  
**P.O. Box 854, Eureka, CA 95502**

## APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH



April is National Child Abuse Prevention Month, a time to recognize that we each play a part in promoting the social and emotional well-being of children and families in our communities. Learn more on the National Child Abuse Prevention Month website:

<https://www.childwelfare.gov/preventing/preventionmonth/>

### Supporting Parents and Children to Promote Healing



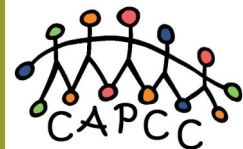
We all can develop resilience, and we can help our children develop it as well. It involves behaviors, thoughts and actions that can be learned over time. Following are tips to building resilience.

#### For Children:

- Create routine; add structure and clear expectations
- Give children choices whenever possible; avoid power struggles
- Give attention (both to verbal and non-verbal cues)
- Help children put their feelings into words (drawing can also help)
- Validate their feelings
- Model healthy and respectful relationships
- Help children learn not only what *not* to do, but what to do instead. Find child's interests and create opportunities for success

#### For Parents:

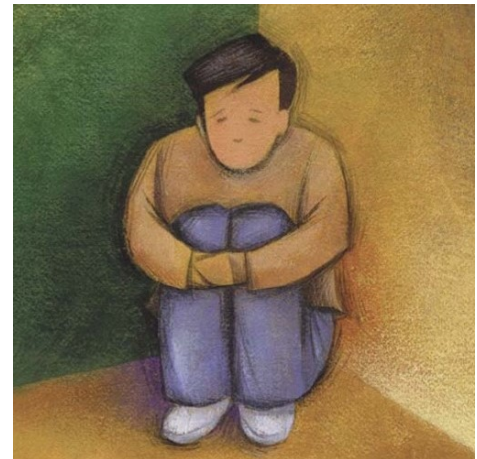
- Attunement to parent's needs through listening
- Be empathic and exercise one's own mindful self-awareness
- Support parent's re-regulation
- Engage when parent is open to taking in something new
- Build on parent's positive intentions
- Support capacity for reflective parenting



## Adverse Childhood Experiences Through a Resiliency Lens

There has been a lot of attention recently on adverse childhood experiences (ACEs), especially among Humboldt County residents. A recent statewide study called [“A Hidden Crisis: Findings on Adverse Childhood Experiences in California.”](#) found that one in six Californians (16.7%) have four or more ACEs making them: It also found that Humboldt and Mendocino Counties combined had the highest rates of ACEs.

Although the prevalence and potential impacts of ACEs has been known since the original ACE Study was conducted over a decade ago, systematically little has been done to prevent them.



### Prevalence of Adverse Childhood Experiences Abuse

#### Prevalence (%)

#### Abuse by Category

Psychological (by parents)	11%
Physical (by parents)	28%
Sexual (anyone)	22%

#### Neglect, by Category

Emotional	15%
Physical	10%

#### Household Challenges, by Category

Alcoholism or drug use in home	27%
Loss of biological parent < age 18	23%
Depression or mental illness in home	17%
Mother treated violently	13%
Incarceration of a household member	6%

Moreover, the ACE study demonstrated that many people have multiple types of traumatic experiences, and that the impact of trauma is cumulative: the more types of trauma experienced, the higher the risk of more serious consequences. Key to this is the understanding that brain development is shaped by the sensory experiences it is exposed to, particularly these types of chronic stress.

However there is also another body of evidence that must not be ignored as we address ACEs; that is our growing understanding of resiliency. In a recent webinar, Susan Blumenfeld defined resilience as “An adaptation that results in positive outcomes *in spite of* serious threat

or adverse circumstances.” Blumenfeld is the Child Trauma Training Director for the National Center on Domestic Violence, Trauma & Mental Health. The focus of the webinar was on being trauma informed when working with families affected by domestic violence. The goals of this approach are to enhance children’s resilience, promote healing in the parent/child relationship, and build parental competence.

These tools for enhancing resilience and supporting caregiver-child relationships may be seen as relevant and applicable to all types of adverse childhood experiences. The single most critical protective factor which promotes a child’s resilience is the presence of at least one loving and supportive adult in their life, ideally their parent.

Of particular importance is restoring a sense of safety and hope for the future for *both* parents and children because ACEs are often passed down intergenerationally. And, as Blumenfeld points out, the parent-child relationship itself has likely been altered by trauma. The child’s expectation of being kept safe from danger and harm may have been broken. And the parent’s faith in their own capacity to parent may be shattered as well. Perceived judgment and/or blame on the part of community helpers only creates more disconnection. So, Blumenfeld recognizes the importance of supporting parents in building their own resilience by offering information on traumatic stress such as ACEs and domestic violence as well as wellness tools, which help them to regain control over their own stress responses. She emphasizes that the process is parallel.

## Tools for Regaining a sense of control

- Deep Breathing
- Muscle relaxation
- Grounding
- Self-soothing
- Movement
- Distraction (interrupting, negative, unhelpful, or intrusive thoughts or images)





# An Ounce of Prevention

April 2015

Volume 10



## Looking at the 5 Protective Factors through the Eyes of Families

*Be Strong Families* is a family empowerment and advocacy organization with an inspiring vision:

**Be Strong Families sees the becoming of a healthy, strong global family in which:**

- everyone works together to support each other and to create a sustainable future for our children spanning multiple generations
- every society is composed of tight, loving, and fabulously strong families, and
- all children are safe, cared for, and nurtured in healthy communities.

They have taken the research-based 5 Protective Factors and put them into family-friendly language. They provide great examples of what these protective factors look like in real-life. For example, here is their description for the protective factor of “Social Connections”:

**Social Connections—Parents Need Friends.** When parents have positive, trusted friends in the community, there is a support system for meeting both practical and emotional needs. We can brainstorm about problems together, give and receive back-up child care, give each other rides, and meet other needs as they come up.

Applying this Protective Factor: *“Last night, I met with the local foster parent support group I am a part of. I left there so happy and content because I realized that I am part of an amazing “neighborhood” of foster and adoptive parents. We shared our triumphs*



*and trials. Some have had children who reunited with their families. Some have added a few children to their home. Some of us are dealing with some big, difficult behavioral and systematic challenges. People shared resource ideas, hugs, and a lot of information. I left feeling...full.”*

*~Robyn Harvey*

Here is the way *Be Strong Families* describes the rest of the 5 Protective Factors:

**Social and Emotional Competence of Children—Parents Need to Help Their Children Communicate.** Children need to learn how to manage their emotions, express their needs and feelings, deal with conflict, and get along with others. When children can do these things, our job as parents becomes less stressful.

### **Concrete Support in Times of Need—Everybody Needs Help Sometimes.**

Everybody needs help sometimes, and families that can get help when they need it are able to stay strong and healthy. It is a sign of strength to ask for help when you need it. Whether the need is caused by a sudden crisis—like a death in the family or loss of employment—or an ongoing issue such as substance abuse or depression, being able to ask for and receive help is important in keeping our families strong.



**Knowledge of Parenting and Child Development—Being a Great Parent Is Part Natural and Part Learned.** Children don't come with a manual. Parenting is a continuous learning process, and it's important to understand normal child development so that we can have reasonable expectations for our children.

**Parental Resilience—Being Strong and Flexible.** As parents, in order to deal with the stresses of life, we need to be strong and flexible, and we need to be able to bounce back when adversity hits. We need to be psychologically and emotionally healthy so that we can be present and deal with long-term solutions instead of just reacting to every situation as it comes up. It helps to have role models, resources, and encouragement to be able to deal with challenges while nurturing your children, especially if you were treated harshly as a child.

- For additional great real-life examples of the 5 Protective Factors, go to the Be Strong Families website at: <http://www.bestrongfamilies.net/social-and-emotional-competence-of-children/>



## Promoting Healthy Parent-Child Relationships

***“Parent education” means an opportunity for parents to gain skills that promote healthy parent-child relationships through the use of specific curriculum and/or by engaging families in positive relationship building activities which enhance parenting skills.***

Research shows that effective parent training and family interventions can change parents’ attitudes and behaviors, promote protective factors, and lead to positive outcomes for both parents and children (Lundahl & Harris, 2006).

Studies have shown that in fact most parents can benefit from some guidance in order to do the best job they can in raising their children. One study, commissioned by The Pew Charitable Trusts, states that parenting education can “strengthen a child’s ability to survive and succeed”.

Parent education can promote well-being and strengthen families and communities to prevent child abuse and neglect. The Child Abuse Prevention and Treatment Act (CAPTA), as reauthorized in 2010, identified parent education as a core prevention service. (Child Welfare Information Gateway)

In January, 2014, a Parent Education Summit was held to explore potential ways for community members/organizations to partner in the development of a comprehensive parent education plan for Humboldt County. When various parenting efforts were identified by a pre-summit survey and during the summit itself, it became apparent that our community could benefit from an electronic parenting “hub” that would maintain current information regarding parenting classes, workshops, etc.



Therefore, two workgroups were formed to:

- ◇ Determine the elements a community member might be looking for in a parent education class or group; and
- ◇ explore options for making this information available to the public online.

The work of the Parent Education Summit has resulted in a directory of parenting classes that can be found by following these easy steps:

- 1) Go to the Changing Tides Family Services home page at <http://www.changingtidesfs.org/>
- 2) Click on the “Check out our new [directory of parenting classes!](#)”
- 3) Click on the classes that are listed or narrow the search by using one or more of the search tools:
  - The age(s) of their child(ren)
  - Location
  - Time of day

A variety of information about the classes can be found, such as:

- \* How to enroll
- \* Contact information
- \* Fee amount
- \* Languages served
- \* Class size
- \* Whether or not child care is available

In addition, individuals can call Changing Tides Family Services' Resource and Referral staff at (707) 444-8293 or 1-800-795-3554 for information.



## Annual Child Abuse Prevention Roundtable Report

On March 12<sup>th</sup> the 5<sup>th</sup> Annual Child Abuse Prevention Roundtable was held at the Fortuna Riverlodge. It was the largest of the Roundtables with 180 attending. The focus of the Roundtable this year was Resiliency. Participants were treated to a full day of speakers addressing resiliency from multiple perspectives. The speakers gave interactive presentations that touched on ages 0-18. Karen Diers and GeorgeAnn Wence looked at Adverse Childhood Experiences through a Resiliency lens. Our keynote speaker gave strategies from the research. Meg Walkley showed us how playgroups increase resiliency in parents and children. Kathryn O'Malley highlighted the Nurse Family Partnership and the bond created between the families and the nurses. In the afternoon, the focus turned towards adolescents and teens with Sacha Marini going through the

restorative justice process of the teen court. Kate Jamison-Alward brought us an insightful presentation by Spare Change. The day was put together by a group of volunteers, if you have any thoughts about next years Roundtable, consider contacting CAPCC to become part of the planning committee.





# An Ounce of Prevention

April 2015

Volume 10



Newsletter Edited by:  
Kathryn Walkley  
Karen Diers  
Donna Miller-  
Michaud  
Meg Walkley  
Judith Andersen

For feedback or  
questions contact  
Judith at [JAndersen@humboldt.k12.ca.us](mailto:JAndersen@humboldt.k12.ca.us)  
707-445-7006

*The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.*

**For more information on the content of this newsletter, check out these online resources:**

Check out our website:

<http://capcchumboldt.org/>

or on Facebook: <http://www.facebook.com/CAPCCHumboldt>

The Effects of Childhood Stress on Health Across the Lifespan

[http://www.cdc.gov/ncipc/pub-res/pdf/Childhood\\_Stress.pdf](http://www.cdc.gov/ncipc/pub-res/pdf/Childhood_Stress.pdf)

Center on the Developing Child at Harvard University

<http://developingchild.harvard.edu/resources/>

Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study

<http://www.ncbi.nlm.nih.gov/pubmed/9635069>

Adverse childhood experiences in Humboldt-Mendocino highest in state

[http://www.times-standard.com/general-news/20141221/adverse-childhood-experiences-in-humboldt-mendocino-highest-in-state#disqus\\_thread](http://www.times-standard.com/general-news/20141221/adverse-childhood-experiences-in-humboldt-mendocino-highest-in-state#disqus_thread)

TRAUMA-INFORMED DOMESTIC VIOLENCE SERVICES: UNDERSTANDING THE FRAMEWORK & APPROACH - Part 1 of 3

[http://www.wunrn.com/news/2013/04\\_13/04\\_29/042913\\_trauma.htm](http://www.wunrn.com/news/2013/04_13/04_29/042913_trauma.htm)

Building Trauma-Informed Services for Children, Youth, and Parents Impacted by Domestic Violence

<http://www.nationalcenterdvtraumamh.org/2014/05/we-are-launching-a-new-webinar-series/>

Transforming Services for Children and Youth: Creating Trauma-Informed Support for Families in Wisconsin Domestic Violence Programs

<http://wcadv.org/sites/default/files/resources/TI-Kids-Blumenfeld-2.7.13-for-distribution.pdf>

What Makes Your Family Strong? Protective Factors information

<http://www.whatmakesyourfamilystrong.org/WHAT-ARE-PROTECTIVE-FACTORS-.html>