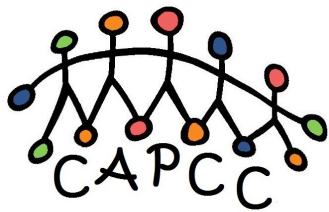


Winter 2016

Volume 13



# An Ounce of Prevention

Child Abuse Prevention Coordinating Council of Humboldt County

[www.capccumboldt.org](http://www.capccumboldt.org)

P.O. Box 854, Eureka, CA 95502

## SIMPLIFY THE SEASON

Keep the focus on family, friends, and fun!

Although we often hear the phrase “Happy Holidays!”, many families find this time of year very stressful. Here are a few tips to help you simplify the season:



### Spend moments with your children instead of money.

Reading a favorite holiday story together while snuggled on the sofa will make far more lasting memories than a toy that is opened with excitement, but soon forgotten.



**Don't stress!** No holiday has ever gone perfectly. Spills and squabbles and unwanted gifts are just a part of the season. Relax, have fun, and remember that the holiday season only comes around once a year.



**Stay flexible!** Keep in mind that it would be just as fun for the kids to make a gingerbread mansion in January, after the busiest days are over. Are you in charge of making the big holiday meal? Ask for lots of help.

**Take breaks!** When stress levels rise and you are feeling overwhelmed, take a time out. Talk to a supportive listener or ask a friend or family member to watch the kids.



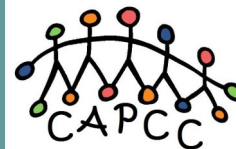
**Get outside!** Instead of watching that holiday special for the hundredth time, bundle up and take a brisk walk around the neighborhood with your child. Exercise is a great natural stress reliever. An added bonus is that a little winter sunlight can dramatically brighten your mood.



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## Free Family Friendly Events!

There are many family friendly events that are free this November and December!

Check out the calendar or links listed below:

### Humboldt County Libraries:

Check this link for more information on events happening at your local library:

<http://humboldt.gov.org/library>



### Alice In Wonderland: A Holiday Adventure

November 25th: Blue Lake 7:30 p.m.  
November 26th: Blue Lake 7:30 p.m.  
November 28th: Burnt Ranch School 10:15 a.m.  
November 30th: McKinleyville High School 7 p.m.  
December 1st: Winema Theater 7:30 p.m.  
December 2nd: Orick School 5 p.m.  
December 3rd: Eureka Theater 7:30 p.m.  
December 4th: Loleta Fireman's Pavillion 6 p.m.  
December 9th: HSU 7:30 p.m.

For more information go to: <http://dellarte.com/alice-wonderland-holiday-tour-2016/>

### Playgroups:

Check this link for playgroup schedules in your area:

[http://www.humkids.org/index.php?option=com\\_content&view=article&id=360&Itemid=251](http://www.humkids.org/index.php?option=com_content&view=article&id=360&Itemid=251)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
November 20	21 	22 Grandparent Storytime: Fortuna Library 3-4pm	23 Storytime: McKinleyville Library 1pm	24 Thanksgiving Day Stroll: Arcata Marsh 10am  Blessing of the Fleet: Trinidad 10am 	25 Post Holiday Hike: Humboldt Coast Nature Center 1-4pm  Santa arrives in Old Town Eureka 2-4pm  Alice in Wonderland: Blue Lake 7:30pm	26 Snowball drop: Old Town Eureka 11:30am  Alice In Wonderland: Blue Lake 7:30pm
27 Free pictures with Santa: Bear River Casino 6-9pm	28 Alice in Wonderland: Burnt Ranch School 10:15am	29 Grandparent Storytime: Fortuna Library 3-4pm  	30 Storytime: McKinleyville Library 1pm  Alice in Wonderland: McKinleyville High School 7pm	December 1 Storytime: Fortuna Library 10-11am  Alice in Wonderland: Winema Theater 7:30pm	2 Family Storytime: Fortuna Library 10:30am  Art Therapy: MCG Fortuna 7-8pm  Alice In Wonder- land: Orick School 5pm  Holiday Open House: Arcata 5-9pm	3 Santa arrives in Ferndale: 10:30am  Christmas Songs: Ferndale Community Church 7:30pm  Keet Kids Club: Morris Graves 12-2pm  Tuba Christmas: Eureka Gazebo 1pm  Storytime: Willow Creek Library 12pm  Arts Alive Eureka 6-9pm  Alice in Wonderland: Eureka Theater 7:30pm
4 Ugly Holiday Sweater Run 10am  Christmas Songs: Ferndale Community Church 3pm  Alice in Wonderland: Loleta Fireman's Pavilion 6pm	5	6 Grandparent Storytime: Fortuna Library 3-4pm  Playgroup: Arcata Elementary 10am-12pm	7 Storytime: McKinleyville Library 1pm	8 Storytime: Fortuna Library 10-11am	9 Lighted Truck Parade Fortuna 6:30pm  Family Storytime: Fortuna Library 10:30am  Holiday Arts Arcata 6-9pm  Alice in Wonderland: HSU 7:30pm	10 Storytime: Rio Dell Library 11am  Ferndale Christmas Brass Bands 2-4pm  Eureka Lighted Truck Parade 6pm 
11 	12 Fortuna Christmas Music Festival: Riverlodge 12-6:30pm	13 Grandparent Storytime: Fortuna Library 3-4pm  Alice in Wonderland: Trinidad 7pm	14 Storytime: McKinleyville Library 1pm	15 Storytime: Fortuna Library 10-11am	16 Family Storytime: Fortuna Library 10:30am  Community Caroling: Down- town Arcata 6pm	17
18 Ferndale Lighted Tractor Parade 6pm	19	20 Grandparent Storytime: Fortuna Library 3-4pm	21 Storytime: McKinleyville Library 1pm	22 Storytime: Fortuna Library 10-11am	23 Family Storytime: Fortuna Library 10:30am	24
25	26	27 Grandparent Storytime: Fortuna Library 3-4pm	28 Storytime: McKinleyville Library 1pm	29 Storytime: Fortuna Library 10-11am	30 Family Storytime: Fortuna Library 10:30am	31

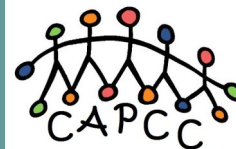




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## “Awareness of Action”

Several staff members from the McKinleyville Family Resource Center and Fortuna school counselor Leona Sousa were among the 450 people who attended the 2016 Adverse Childhood Experiences (ACEs) Conference in San Francisco, CA, October 19<sup>th</sup>-21<sup>st</sup>. This was the third California ACEs conference hosted by the Center for Youth Wellness (CYW), and it was also the largest so far. Participants from multiple disciplines nationwide traveled to attend this year’s event. The theme was “Awareness to Action”, with the goal of strengthening “cross-sector collaboration as we work together to build state and national systems that help children who have faced early adversity.”

The conference kicked off with a motivational address by Dr. Nadine Burke Harris, providing an overview of the current state of a movement, of which she is arguably its most prominent leader and champion. As in her Ted Talk video *How childhood trauma affects health across a lifetime* (available on the CYW website and Youtube: <https://www.youtube.com/watch?v=95ovIJ3dsNk&t=327s>), she talked about how she had first felt upon learning about the Adverse Childhood Experiences Study. She became passionately inspired to make this information common knowledge in order to focus resources on putting the best treatment and prevention in place. She has worked toward that goal through CYW, of which she is founder and CEO. Dr. Burke Harris showed a map of the 32 states where screening and treatment are already happening. She promoted the ACEs Connection Network as a tool for building the movement: <http://www.acesconnection.com/>



Other experts in the field also spoke, including Dr. Christina Bethell of John Hopkins Bloomberg School of Public Health who addressed the public health imperative for healing and prevention of ACEs. In her keynote titled *The Data behind Adverse Childhood Experiences (ACEs) and Resilience* she talked about the paradigm shift through understanding that “We are the Medicine.” She named six key components to building resilience:

1. Sleep
2. Nutrition
3. Exercise
4. Mindfulness
5. Mental Health
6. Safe, Stable, & Nurturing Relationships



Several breakout sessions took place on the first afternoon, with topics ranging from practices and interventions in early, middle and adolescent childhood; the determinants of ACEs and toxic stress; trauma-informed systems and workforce development; and how communities and ACEs initiatives are leveraging the tools and resources of ACEs Connection Network. Simultaneously, there was a half day Pediatric Symposium for those working on or interested in ACE screening and referrals within pediatric medical settings.

The last day featured a panel of women who are creating community and system change in the aftermath of their own personal adversity. Emotional as it was, these women reminded participants of the power of relationships, compassion, and perseverance. One woman on the panel, Sarah Pauter, is the founder and CEO of Phenomenal Families in San Diego. She shared her inspiring story of her journey through the foster care system, and provided examples of how caring adults helped her persevere to finish college. She's taking her program statewide to help other youth, and reminded participants of their own role as caring adults that children need to thrive.

Friday also provided an opportunity for participants to learn from one another with a Project Showcase, featuring over 30 programs sharing tools, research, and practices to address childhood adversity.

The conference concluded with another powerful speaker, Bryan Stevenson, executive director of the Equal Justice Initiative. A lawyer who has spent his entire career serving poor children of color involved in the criminal justice system, Stevenson shared some mind-boggling statistics about incarceration and race in America. One that stood out: The number of people incarcerated in the United States has risen from 300,000 in 1972 to 2.3 MILLION people today and that there is a disproportionate amount of people of color behind bars. Stevenson urged us to work together to “change the narrative” of race and equality in our country.

Burke Harris reminded us all, "It's ok to dream big. We can accomplish really big things when we come together."







## Homemade Snow Globe

Snow globes are often a treasured souvenir from vacations or holidays. Now you can help create a handmade version with your favorite figurine or personal mementos.



### Materials:

- ◇ Small glass jar (re-use a sturdy baby food jar, jelly jar, etc.)
- ◇ Plastic animal figurine or small toy that fits inside the jar
- ◇ Waterproof super glue or clear drying epoxy
- ◇ Glycerin (available at drugstores) – this helps the glitter fall more slowly
- ◇ Glitter (silver or white to look like snow or whatever color matches your animal figurine)
- ◇ Distilled water

**Step 1: Gather Materials.** Choose an animal figurine or plastic toy to display in your glitter globe.

**Step 2: Attach Figurine.** Use super glue, epoxy or any other waterproof adhesive to attach animal figurine to the bottom of the jar lid. Ensure that the animal is centered or positioned to fit inside the jar. Allow to dry, referring to glue instructions.

**Step 3: Fill Jar.** Fill jar almost completely with distilled water, keeping in mind that the figurines head should be covered when inserted. Add a few drops of glycerin and as much glitter as you like.

**Step 4: Secure Top.** Once you are happy with the amount of glitter and water and the snow globe works well, you can secure the lid. Use waterproof glue to secure the jar top to the inner lip of the lid's metal ring and allow to dry. Screw on the lid tightly, being careful not to dislodge the figurine. Once dry, squeeze a thin line of waterproof glue onto the lid's inner edge, to fill any potential gaps. Allow to dry before turning the jar over to make it snow.

# From the Humboldt County Pregnancy and Postpartum Support Network

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Dear Editor,

I am writing as a community member and member of the Humboldt County Pregnancy and Postpartum Support Network in response to the recent article titled "Trial date set in infanticide case." While I do not know all the details of this particular case, I would like to take this opportunity to highlight pregnant and postpartum women's mental health.

Perinatal and postpartum mood disorders can happen to any mother, regardless of life circumstances. It can occur with her first birth, or her last. We also know that fathers, adoptive parents and partners can experience mood and anxiety disorders in parallel with the pregnancy and postpartum period. Many women and families never talk about their experiences, for fear they will be labeled as bad parents. This can stop women and their families from seeking support.

With advocacy, resources, and education, the Humboldt County Pregnancy and Postpartum Support Network and other organizations nationwide are working to bring awareness and to prevent postpartum psychiatric illness. The Humboldt County BlueDot Project was introduced in May 2016 on Facebook to reduce stigma, increase community awareness and engagement in conversation about maternal mental health.

Between 75 to 90% of new mothers experience some brief mood changes, commonly called "the baby blues." The symptoms usually include bouts of crying, irritability, and frustration. This is entirely typical and usually evens out on its own after two weeks. Short breaks, a nap, a walk, or time talking with a friend can help relieve these mood changes.

Up to one in four mothers will experience postpartum depression—this can begin anywhere from six weeks to eighteen months after birth. Signs and symptoms vary, but can include excessive crying, feeling numb, feeling no or little attachment to the baby, and thoughts of harming oneself or the baby.

One or two mothers out of a thousand births will experience postpartum psychosis, which often goes undertreated, ignored, or undiagnosed. Symptoms can include strange beliefs, hallucinations, extreme irritation, increased suspiciousness, and sleeplessness. When properly diagnosed, postpartum psychosis is temporary and treatable.

Let me be clear, dealing with a perinatal or postpartum mood disorder is not a mother's fault. To any mother who is struggling, you are not alone and you are not to blame. According to the Mayo Clinic, the risk increases if you have:

- A history of depression or postpartum depression, either during pregnancy or at other times.
- Bipolar disorder.
- Family members who've had depression or other mood stability problems.
- Experienced stressful events during the past year, such as pregnancy complications, illness or job loss.
- A baby with health problems or other special needs.
- Difficulty breast-feeding.
- Problems in your relationship with your spouse or significant other.
- A weak support system.
- Financial problems.
- A pregnancy that was unplanned or unwanted.



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*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.*

Here is the [CAPCC 2015-16 Annual Report](#) as presented to the Humboldt County Board of Supervisors on April 5, 2016.

Check out our website:

<http://capcchumboldt.org/>

or on Facebook: [http://  
www.facebook.com/CAPCCHumboldt](http://www.facebook.com/CAPCCHumboldt)

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## From the Humboldt County Pregnancy and Postpartum Support Network

No matter the risk, there is help available, and there is hope.

In the past year our Network has supported the development of a new resource called MotherWoman Groups to support new moms. These groups provide safe places of mutual respect and non-judgment where mothers can build community, as they navigate the realities of motherhood. They are open to any mother and are run by mothers who are volunteers. For information on these groups please visit <http://www.oto8mhc.org/motherwoman-group-facilitators>.

- MotherWoman Support Group meets the first and third Wednesday of the month from 10:30 a.m. to 12:00 p.m. at the Sanctuary at 1301 J Street in Arcata. Infants are welcome.
- Family Matters Support Circle (Mothers and Dads welcome) meets Wednesdays from 1 to 2:30 p.m. at the Neighborhood Center on 14th and D Street in Arcata.
- Real Talk Support Group meets the third Thursday of each month from 6 to 7:30 p.m. at Moonstone Midwives Birth Center at 4677 Valley East # 2 in Arcata.
- Open Door patients (and others) can attend Arcata North Country Prenatal Services (Shaw Pavilion) in front of Mad River Hospital Thursdays from 11:00 a.m. to 12:30 p.m.

Women and families looking for support can also contact the Postpartum Support International Warmline, available in English or Spanish, at [www.postpartum.net](http://www.postpartum.net), or by calling 1-800-944- 4773.

Community members who want to join the Humboldt County Pregnancy and Postpartum Support Network can contact me at 707-672-2898.

Together, we can build a network of support for mothers and families and ensure that all families get off to the best start.

Sincerely, Nancy Keleher

This letter was originally submitted to the Times Standard and published on October 3, 2016. Reprinted with permission from the Author Nancy Keleher.