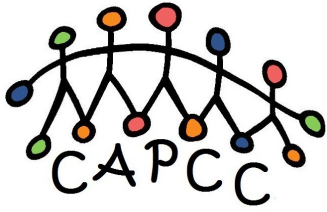


Spring 2019

Volume 17



# An Ounce of Prevention

**Child Abuse Prevention Coordinating Council of Humboldt County**

**P.O. Box 854, Eureka, CA 95502** [www.capcchumboldt.org](http://www.capcchumboldt.org)

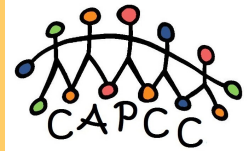
## April is National Child Abuse Prevention Month!



### Strong and Thriving Families

April is National Child Abuse Prevention Month, a time to recognize the ways in which we each play a part in promoting the social and emotional well-being of children and families in our communities. This year's theme is "*Strong and Thriving Families.*" There are simple steps we can take every day to help reduce the risk factors of child abuse and neglect. When the well-being of children and families becomes the priority of everyone in a community, child abuse and neglect cases will decrease. During Child Abuse Prevention Month, we use the pinwheel to serve as a symbol of the innocence of childhood and the bright futures all children deserve.





## Upcoming Events

The Child Abuse Prevention Coordinating Council (CAPCC) of Humboldt invites you to get involved locally by participating in upcoming events:

**April 2nd**, a Proclamation will be issued by the Board of Supervisors during their meeting starting at 9 AM at the Humboldt County Courthouse Board Chambers.

**April 26th**, the Annual Children’s Memorial Flag Raising Ceremony, remembering the children who have lost their lives due to abuse, will begin at 9 AM at the Boys and Girls Club Teen Center, 3015 J Street (off Harris) in Eureka.

**May 3rd**, a Child Abuse Prevention Awards Breakfast to honor local champions of child abuse prevention will be held during the Annual CAPCC General Membership meeting, 9 AM- 11 AM at the Humboldt County Office of Education Annex Board Room. RSVP to [jandersen@hcoe.org](mailto:jandersen@hcoe.org).

**May 30<sup>th</sup>-June 1<sup>st</sup>**, *Counting on Community Symposium* (see flyer on page 3 for registration information.)



Learn more on the National Child Abuse Prevention Month website: <https://www.childwelfare.gov/preventing/preventionmonth/>

**SAVE THE DATE!**

# Counting on Community



**EXPLORING PATHWAYS FOR CHILD, FAMILY & COMMUNITY WELLNESS**

**Thursday – Saturday, May 30 – June 1**

**Location:**

**Old Town Eureka**

**May 30**

**Sequoia Conference Center, HCOE**

**May 31-June 1**

**Conference schedule TBA**

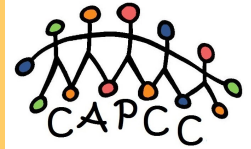
**Three-day symposium focusing on:**

- Deepening your understanding of children's mental health
- Learn how to integrate new strategies into parenting and professional practice
- Fostering trauma-responsive practices for children and families
- Building resilient communities

**Registration information will be available soon.**

**Please contact Katie Allen at [katiedallen29@gmail.com](mailto:katiedallen29@gmail.com) for more information.**





## Champions for Children

It has been an exciting year for The Child Abuse Prevention Coordinating Council (CAPCC.) We are very pleased to report that we continued to be a recipient of \$8,000 funds annually for the third year through the collaborative regional Innovative Partnerships program. These funds have helped us to build the capacity of our organization. We had a day long board training facilitated by Consultant Bobbie Good through a Humboldt Area Foundation grant. During the training board members developed a new mission: *Strengthening community connections to promote safe, healthy, resilient children and families in Humboldt County.*



To help us further that mission, Humboldt County was one of 22 Counties selected to participate in a Prevention Summit on January 31st and February 1st in San Diego. The event was sponsored by the Office of Child Abuse Prevention and California Department of Social Services, and the County Child Welfare Directors Association. The team included 7 dynamic individuals from a diverse group of local agencies (CAPCC and St. Joseph's, First Five, McKinleyville Family Resource Center, Department of Health and Human Services

Public Health, Redway Family Resource Center, California Center for Rural Policy, and ACES Connection.)

The focus of much of the day and half long Summit presentations was a shift towards “Primary Prevention.” This idea comes from the understanding that child maltreatment effects health. The most severe health and social problems in our nation are a consequence of adverse childhood experiences (ACES.) Primary Prevention means preventing health problems before they occur, but rather than sorting prevention initiatives into mutually exclusive categories, **prevention is increasingly recognized as occurring along a continuum.** A comprehensive system of care for improving outcomes for children and families needs to include **strategies that coordinate resources across the entire continuum,** from primary to secondary to tertiary prevention.

This approach is important for us locally as Humboldt County has one of the highest rates of ACEs in the state, with 75 percent of residents being affected by at least one adverse childhood experience — or ACE. This county along with Mendocino County, have the highest percentage of residents with four or more ACEs. That is why several of the local

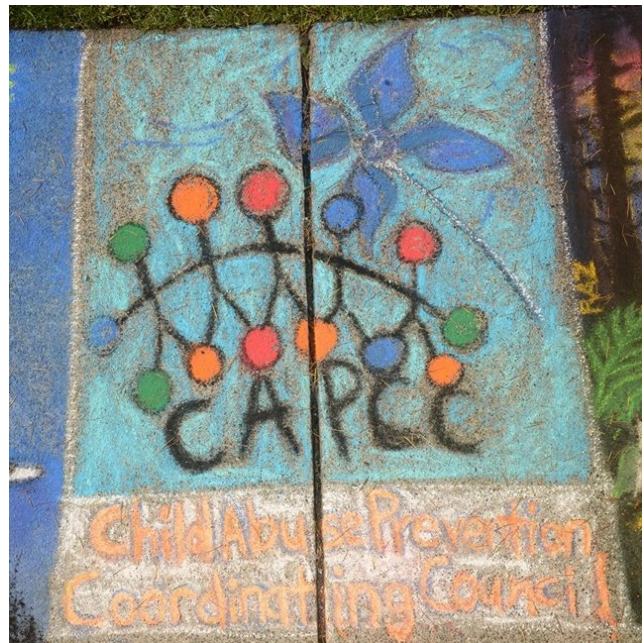


team members and their agencies focus on ACEs and Resilience in their daily work here in Humboldt. The first step in the work of the team is to map these efforts in order to create a coordinated County-wide Prevention Plan.

Breakout sessions were facilitated by a representative of the Office of Child Abuse Prevention OCAP. OCAP provided teams at the Summit with a [Dashboard](#) of Health Indicators for each County and the State (available online.) The Dashboard has graphs for 9 categories:

- Demographics
- Socioeconomic Status
- Health
- Substance Use
- Violence
- Service Access
- Child Welfare
- Racial Disproportionality
- Data Sources

The local team chose to focus on Community Resource Education as a starting point. They have had one follow up meeting on March 5<sup>th</sup>.



Deputy Director of Child Welfare Services Ivy Breen was in attendance as well as the OCAP representative, along with the original 7 team members and 6 new members. If you would like to get involved please contact Karen Diers: [karen.diers@stjoe.org](mailto:karen.diers@stjoe.org).

For more information on the ACEs Connection, visit <https://www.acesconnection.com/>

## Voices from the Field: One Person's Journey

I worked for Northcoast Children's Services (NCS), the Head Start and Early Head Start programs, as a bilingual Social Worker before deciding to seek my Masters of Social Work at Humboldt State University in 2018. My time with NCS sparked my interest in working with families to overcome various life stressors and learning how it's connected to child abuse prevention. I'm currently a recipient of the Title IV-E stipend program which is funding my education in exchange for a work commitment to a County or Tribal Child Welfare agency after I graduate. I plan to work for Humboldt County Child Welfare Services, where I'm currently interning, to continue advocating for children and families in a different capacity.

I'm thankful to have the opportunity to participate in the HSU MSW program where I'm learning about significant legislation related to the protection of children such as the Indian Child Welfare Act. I believe that we can't end child abuse without ending sexism, classism, racism, ableism, and all other forms of oppression because these are all interconnected. My hope is to merge this perspective with my interest in developing community capacity to address child maltreatment without the need for state intervention.

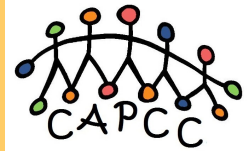
~ Liliana Gandarilla, MSW Student, 2018-2019



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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.*

Check out our website:

<http://capcchumboldt.org/>

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

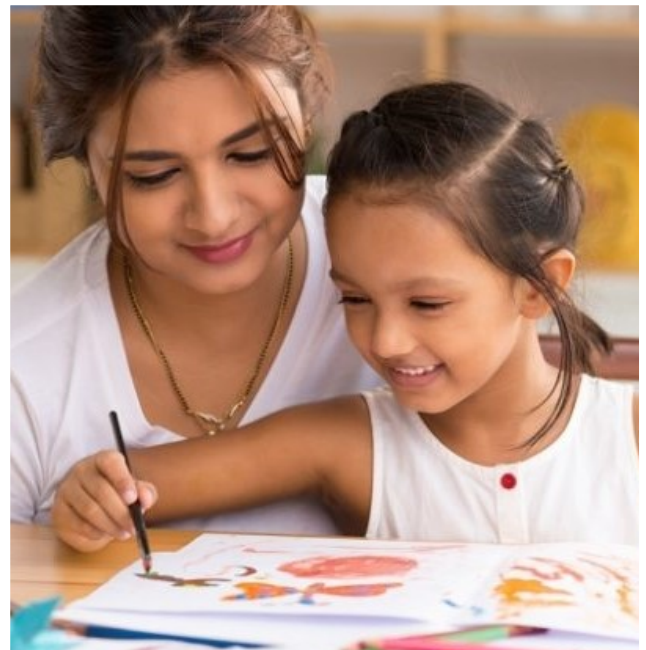
## The Importance of Community Involvement

National Child Abuse Prevention Month is an opportunity to share the importance of individuals and communities working together to keep families safe and healthy.

Children are incredibly resilient and with the help of a supportive community and the Five Protective Factors, children and adults can overcome ACEs. The Protective Factors have been shown to strengthen families, reduce the likelihood that abuse and neglect will occur, and mitigate long-term consequences of experiencing childhood abuse and neglect.

The Five Protective Factors are

- 1) parental resilience,
- 2) social connections,
- 3) knowledge of parenting and child development,
- 4) concrete support in times of need and
- 5) social and emotional development of children.



Protective Factors are often identified in healthy children and families. These factors contribute to creating strong families and help reduce risk factors of child maltreatment.

Source:

Wallace RB. Primary prevention. In: Breslow L, Cengage G, editors. Encyclopedia of Public Health [online]. 2006.