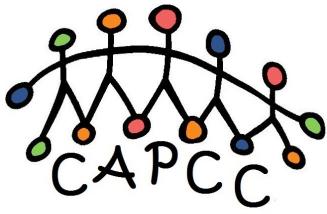


Winter 2017

Volume 15



An Ounce of Prevention

Child Abuse Prevention Coordinating Council of Humboldt County

P.O. Box 854, Eureka, CA 95502

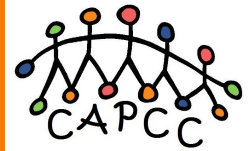
www.capcchumboldt.org

SIMPLIFY THE SEASON

The Child Abuse Prevention Coordinating Council is continuing our focus of educating the community and informing ourselves about the role substance use plays in child abuse. We have woven that focus into our activities and so into our newsletters. Our fall/winter newsletter has traditionally been part of Our Simplify the Seasons campaign, which encourages parents and caregivers to “keep the focus on family, friends, and fun.” Deepening the conversation, we acknowledge the role that substance use may play in the actual celebrations or in coping with all of the baggage that may come with holidays, including historical trauma. Along with reducing stress during the holidays, and throughout the year, we encourage harm reduction so that if people do use alcohol or drugs that it doesn’t impact what is most important and precious- the children. So, in this newsletter along with tips for incorporating recovery into the holidays; and our traditional list of fun, free, family-friendly activities; you will also find an article about trauma informed efforts in the Hoopa Valley, which are providing holistic healing and cultural renewal. We thank you for taking the time to read this.



Please consider joining us to create a safer community for our children and fill out a general membership application, a short process and completely free. It is available on our website: www.capcchumboldt.org.



Holiday Stress Management Tips for People in Recovery

Healthy stress management often comes from making healthy lifestyle choices and changes, and when necessary, working with mental health professionals. Here are a few ways to lower stress and help prevent relapse during the holidays:

Manage your time; too many work related activities, commitments, projects and even 12-Step service commitments can be a source of stress, especially during the holidays when people tend to experience an increased level of commitments. Eliminating all but the most important recovery-oriented activities like counseling 12-step meetings therapy and other forms of support can help reduce stress levels, especially in early recovery.

Identify stressors in advance; what are the most likely sources of stress for you? Are they behaviors like running late, procrastination, or focusing on resentments, or are they work related deadlines or conflicts in relationships? You can leave a little early before appointments, prioritize projects better or say no to adding additional projects to your list. Scheduling relaxation or “fun” time is an important part of managing stress.

Share with others. Bottled up emotions increase frustration and stress so it’s important to share your feelings with someone you trust like a family member, friend, clergy or spiritual mentor, sponsor or counselor. Talking it out can help with problem solving and reducing stress levels. If you don’t feel like talking, journaling can be an excellent way to process some of the feelings you have. Reading what you have written can often lead to

increased insight about a stress-related issue.

It is important to surround yourself with people who support your recovery. Sometimes there can be a lot of holiday pressure to spend time with family, or others who either don’t fully understand addiction, or have been a past or present source of emotional stress. It is important to make your environment emotionally safe, especially around the holidays. You can attend extra 12-step or other support meetings; there are usually marathon meetings locally in the Alcoholics Anonymous, Narcotics Anonymous and Al-Anon fellowships that start in the morning and continue until the next day either on the hour or every other hour during Thanksgiving, Christmas and New Year’s. Schedule a healthy meal with close friends, or perhaps a walk in a park or at the beach.

Remember to take a few deep breaths when stress does happen. Take in a deep breath for a few seconds filling up your chest and belly and exhale slowly through the nose. Three to six deep breaths can often be enough to physically relax you, reduce your heart rate and your stress level.



Exercise can be a wonderful stress reducer. Yoga is a form of exercise that combines specific postures with breath work and meditation. It can be done almost anywhere. Classes are offered at local fitness centers and yoga studios. You can also view a DVD to practice at home. By focusing on your breath you can learn to pay attention to what makes cravings and urges for substances or other addictive behaviors pop up, and makes them seem less powerful and hard to manage. This practice can help you be more mindful and aware of your thoughts and feelings as they arise. Breath work can also help in the healing process in early recovery.

Practice other forms of meditation. Meditation can be as simple as sitting while focusing on your breathing for a period of time. When a thought or feeling comes up for you, you can notice, and then refocus again on the rhythm of your breathing. You can start off with practicing for a very short period of time like 1 to 3 minutes, and gradually work your way up to several minutes at a time. It can be done with eyes open or closed, sitting on the floor or in a chair, with or without instruction. There are many books and manuals on meditation and many different kinds. Many people who practice meditation regularly report that it helps them keep in touch with their inner self, spiritual self and higher power. It can certainly help reduce stress. Meditation has also been known to help reduce triggers for engaging in addictive behavior.

Exercise. Caring for your body is an excellent way to manage stress. Whether it is going for a run, working out at a local gym, walking your

dog, or doing Pilates with friends, exercise will cause you to release endorphins which can help manage physical and emotional pain, and help develop a more positive state of mind. Eating a healthy diet will provide nutrition your body needs to develop healthy physical and emotional well-being.

Reducing your intake of refined sugars can help.

Maintain healthy sleep habits by getting ready for bed at the same time every night. You can create a more peaceful environment in your bedroom or sleep space by eliminating things that can remind you of stressful situations or issues.

Discontinue mentally demanding work several hours before going to bed. Stop “screen” or technology time at

least an hour before bed to give your brain a chance to calm down. Reading a calming book or taking a warm bath can help change focus to things that are not stress related.

Know your addiction triggers. Recovering people all have emotional, physical or environmental cues which can trigger cravings for substances or other addictive behaviors. Having a list of those triggers and healthy ways to respond to them can often help reduce the stress and fear around wanting to use. Some people carry an “emergency card” in their wallet or purse which has important phone numbers, and reminders of why we don’t want to relapse.

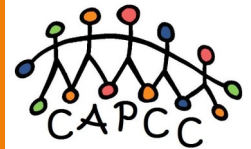
I hope these holiday tips are helpful all year long!

Ric Nelson NCACI, CATC

References:

addiction.com/healthy_living/stress_management
skillseyouneed.com/ps/stress-tips





December Free Activities for Children and Families

Humboldt County Libraries:

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

<http://humboldt.gov/library>



The Snow Queen

December 1st: Orick School 5:00 p.m.

December 2nd: Eureka Theater 7:30 p.m.

December 11th: Trinidad Elementary School 7 p.m.

December 12th: Van Duzer Theater 7:30 p.m.

For more information go to: <http://dellarte.com/about-dellarte-international/the-snow-queen>

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



happy holidays!

1
Eureka Library
Preschool Storytime
10:30 am

Fortuna Library
Preschool Storytime
10:30 am

Baby Read and Grow
Eureka Library
11:00 am

The Snow Queen
Orick School 5 pm

2
Santa Claus in
Ferndale 10:30 am

Rio Dell Library
Storytime 11 am

Willow Creek Library
Storytime 12:30 pm

Arts Alive Eureka
6 pm

The Snow Queen
Eureka Theater
7:30 pm

3
Christmas
Tree Lighting
Ferndale
5:30 pm



4

5
Fortuna
Library
Grandparents
Storytime
3 pm

6
Arcata Library
Storytime 11 am

Garberville Library
Storytime 12:30 pm

Mckinleyville Library
Storytime 1 pm



7
Trinidad
Library
Storytime
10 am

Fortuna
Library
Storytime
10:30 am

Humboldt
Folklife Sing
Along Arcata
Community
Center 7 pm

8
Arts Arcata 6 pm

Eureka Library
Preschool Storytime
10:30 am

Fortuna Library
Preschool Storytime
10:30 am

9
Rio Dell Library
Storytime 11 am

Trinidad Library
Baby Read and Grow
11 am

Blue Lake Storytime
11:30 am

Christmas Brass
Band Ferndale 2 pm

Eureka Truckers
Parade 6 pm

Fortuna Electric
Lighted Truck Parade
6:30 pm

10
Humboldt
Bay National
Wildlife
Refuge
Birding Trip
9 am – noon

Fortuna
Christmas
Music
Festival
Riverlodge
12-6 pm

11
The Snow
Queen
Trinidad
Elementary
7 pm

12
Fortuna
Library
Grandparents
Storytime
3 pm

The Snow
Queen Van
Duzer Theater
7:30 pm

13
Tree Lighting
Humboldt Redwoods
Interpretive Center
6:30 pm

Arcata Library
Storytime 11 am

Garberville Library
Storytime 12:30 pm

Mckinleyville Library
Storytime 1 pm

14
Trinidad
Library
Storytime
10 am

Fortuna
Library
Storytime
10:30 am

15
Eureka Library
Preschool Storytime
10:30 am


Fortuna Library
Preschool Storytime
10:30 am

Mckinleyville Arts
Night 6 pm

Community Art Night
Fortuna MCG 7 pm

16
Rio Dell Library
Storytime 11 am

Family Literacy
Night Fortuna
Library 6:30 pm



17
Ugly Sweater
Run Arcata
10 am



18

19
Fortuna
Library
Grandparents
Storytime
3 pm

20
Arcata Library
Storytime 11 am

Garberville Library
Storytime 12:30 pm

Mckinleyville Library
Storytime 1 pm

21
Trinidad
Library
Storytime
10 am

Fortuna
Library
Storytime
10:30 am

22
Eureka Library
Preschool Storytime
10:30 am

Fortuna Library
Preschool Storytime
10:30 am

23



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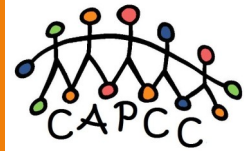
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Hoopa's Trauma Informed Movement at Hoopa Valley High School

In May, a cross-disciplinary group of 11 people from Hoopa visited the [The Menominee Indian Tribe of Wisconsin](#) for 4 days. U.S. Senator Heidi Heitkamp (D-ND) describes The Menominee as the “poster tribe” in educating and integrating practices based on an understanding of [Adverse Childhood Experiences](#) (ACEs). Hundreds of their tribal members have been educated about ACEs science, starting with historical trauma. The schools have integrated trauma-informed practices with the result of dramatically increased graduation rates and other positive outcomes. These are the kinds of goals that Hoopa Valley High School has set for itself as it begins the endeavor



of building a trauma informed community through awareness of ACEs.

Hoopa Valley High School is a public high school located on the Hoopa Indian Reservation. The school is focusing on educating the “whole child” to prepare them for whatever future they desire. Putting trauma-informed practices in place to benefit all students every day with consistency and predictability

demonstrates their mission statement of “doing the common, uncommonly well.” Nic Dibble, who has coordinated trauma-informed state-wide efforts in Wisconsin, says, “The single best predictor of whether a school will be successful is if the principal is engaged and on board.” Hoopa Valley High School Principal Dustin Rossman is definitely on board. Inspired by the film *Paper Tigers* (and a visit with the principal featured in that film Jim Sporleder), Rossman is



implementing the practices to create an environment to counter ACEs, one in which students feel safe and loved. He says, “You really have to change the way you think about stuff.” Just as Sporleder relates in *Paper Tigers*, Rossman recognizes that the work is not about curriculum but rather an approach. Though the administration and staff have developed freshman and sophomore seminars that include social emotional curriculum, these classes are incorporated into a bigger picture of building relationships and fostering resilience.

One example of a very simple, but profound, action the school is taking, is for teachers to stand and greet each student at the door as they enter the classroom. Another practice the school is implementing is through 7 teachers, one per period, that staff a reflection/Tim/ah hey wech room or “place of healing.” This room is designed to be a place for students to take a time out or to go and talk to someone about what is going on in their lives. The administration has also brought in a Life Skills/intervention

teacher. A big goal for the school, Rossman states, is to “bring the suspension rate down”, moving away from punishment towards accountability with forgiveness.

Joe Marshall, who has been a teacher at Hoopa High for 11 years recognizes, “It has been a hard year here,” with a shooting and suicides. The students are processing a lot on top of whatever may be going on at home. There is also an ongoing alcohol drug problem on the reservation. The film *Paper Tigers* highlights adverse childhood experiences as a cause of drug use: “It’s the pain.” Rossman concedes that the school doesn’t have control over what goes on outside of school, but it does have control over what goes on at school. “We take the children

we get at whatever level they are at and try to make them the best version of themselves possible by the time they leave us.”

In his introduction to the [Annual School Accountability Report for 2015-16](#), Rossman states: “Hoopa Highs administration and staff have realized that our students need more support and help.”

Rossman and his staff are taking the steps to provide that support and get positive academic results in the process, but he recognizes that it is a long-term process and that the school cannot do it alone. He ends his introduction with a focus on building community: “Continuing to build on our relationship with our local tribal and community entities is also a large focus for our school and me. This is

a key component in becoming truly trauma-informed, as it takes a community to accomplish long-term positive change.”

Source:

ACEsTooHigh.com; October 1, 2017 “Wisconsin aims to be first trauma-informed state; seven state agencies lead the way” by Jane Ellen Stevens



T-shirt sponsored by Hoopa TANF and designed by local artist Taylor Gray McCovey



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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.

Program Spotlight: The Warrior Institute

Joe Marshall's work in the Hoopa Valley is another example of transforming trauma and building community through revitalizing culture. He is both an instructor of physical education, basketball, and Cultural Connections at



Hoopa Valley High School, and he is the Founder and Executive Director of the Warrior Institute. Started in 2011, the Warrior Institute targets transitioning age

youth and focuses on healing, fostering community leaders, building strength of the mind, body, and spirit, pursuing world renewal, and aiming for economic and environmental justice. Throughout their continued development, the

Check out our website:

<http://capcchumboldt.org/>

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

Warrior Institute has emphasized and honored the knowledge of elders, traditional practices, Native languages, and inter-cultural activities. Members have engaged in a range of activities, such as the Traditional Skills Program (basketry, leather-making, medicines, flint knapping, etc.) and the River Program (traditional dugout canoes and whitewater rafts). All programs and activities promote peer mentorship, community and team-building, and self-empowerment. Marshall envisions a Warrior Institute in all local areas like the Klamath and Eel rivers.

Written by Chelsea Trillo



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