

An Ounce of Prevention

Child Abuse Prevention Coordinating Council of Humboldt County

www.capcchumboldt.org

P.O. Box 854, Eureka, CA 95502

Caring for Yourself and Your Children

Who Needs Family/Community Resource Centers?

by Jan Bramlett

We all do. An FRC/CRC is a place where people come together to connect, to learn, to celebrate, to help each other, to build new things.



Humboldt County has 17 family and community resource centers (FRCs) located in communities from Garberville to McKinleyville, from Hoopa to Willow Creek and Petrolia, and points in between. Each center is distinct



from the others, yet they all share some basic features and philosophies.

The first FRCs here began with federal funding for Healthy Start projects in the early 1990s. One of several proposals made to the White House Task Force to Reduce Infant Mortality during the senior George (H.W.) Bush

presidency, the Healthy Start grants aimed at community-driven programs that improve the health and well-being of women, infants and their families. Family resource centers were one of many possible models to focus on, and over the decade, they grew from small neighborhood organizations to be more collaborative and integrated both with each other and with the County's social service network.

While FRCs have relied on different sources of funding over the last three decades, (and still do), Humboldt County Department of Health and Human Services currently provides at least some funding and organizational support for all. Some FRCs fund special projects with grants or fundraising activities, and some are supported by their parent organizations, often schools or medical organizations, such as Providence/St. Joseph Hospital. Some FRCs offer different activities for a wide range of people, and others are more focused and smaller-scale, commensurate with the size of their respective communities. But each center is community-based and focused on offering activities and opportunities tailored to the needs of local residents.



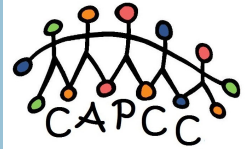
Many FRC programs that exist today can trace roots to a national movement in nineteenth-century America that



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recognized the power of community to confront and change unjust social and economic conditions. Changing technologies brought opportunities that attracted immigrants from all over the world, but grinding poverty was commonplace and few social structures existed to help those in need. A radical concept that came to be known as Settlement Houses, emerged in response to this landscape of rapid industrial change, where people gathered, learned together, and organized to advocate for improved living conditions, fair wages, and a better life. The work of the Settlement-House movement forged a path to democratic participation in local community governance, and nurtured the nascent field of social work.



In the 1970s, a grassroots approach to supporting families elaborated on this history by drawing together local leaders in partnerships with private as well as public, government-based agencies to support the growth of neighborhood hubs that would integrate service provision with activities and activism to build and improve community life. Family Resource Centers are characterized by a place in the neighborhood where residents can join forces to identify community needs, create common goals, share and learn from one another and connect to the larger resource network of agencies and organizations that have evolved to serve our health and development.



“Integrating service provision with activities and activism, FRCs maintain grassroots connections while acting as trusted intermediaries between residents and institutions like schools and child welfare agencies, and address the conditions that create barriers for individuals, neighborhoods, and communities to thrive.”

Vehicles for Change, Vol. II, 2017

Currently, social service provision is experiencing a strong shift at the state and federal levels from the work of remediation to prevention. Agencies are increasingly recognizing the value of local community leadership in developing “upstream

solutions” to the damage wrought by our system of massive social and economic inequality. Resource Centers can bring together the creativity and ingenuity of culturally relevant, strength-based self-assessment with the resources and evidence-based practices of larger structures—county government, nonprofit service agencies, and educational and medical institutions.

With California’s Surgeon General’s recent emphasis on the traumatic effects of Adverse Childhood Experiences (ACEs), and reports that Humboldt County faces some of the highest rates of ACEs in

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APRIL 15

National Child Abuse Prevention Month



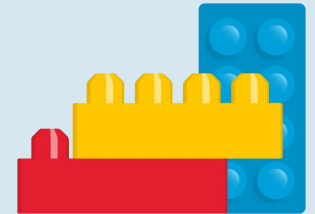
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the state, it becomes even more important to focus efforts on family health and wellness, support and response to needs of the local community. FRCs have expanded beyond their original mandate to reduce infant mortality, yet they remain devoted to supporting family health and improving community well-being through a wide range of activities and events.

What do FRCs Do?

FRCs are committed to fostering the Five Protective Factors for Healthy Families:

1. Social connections
2. Knowledge of parenting and child development
3. Social and emotional competence of children
4. Concrete support in times of need
5. Parental resilience



At the core, FRCs work to strengthen families and communities. They do this by helping to build community, connecting individuals and families to needed resources and services, and providing direct services and resources, especially around basic needs.



FRCs/CRCs are a local place where activities are organized by local leadership to identify needs for resources and referrals for crisis intervention, basic needs support, and counseling. Activities range from parent/child playgroups, healthy living classes, job skills training to youth development, voter registration and community health fairs, incorporating leadership and involvement of local residents. Many FRCs tackle issues such as affordable housing, racial equity conversations for change, environmental innovation and other political and social action projects. During and throughout the COVID-19 pandemic, FRCs have heroically faced extremely challenging conditions and, in the process, discovered new ways of connection and response in community outreach and service delivery.

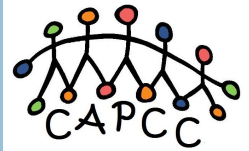
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FRCs/CRCs are the nexus between our households and our human services agencies. They exist to help us in times of crisis or need, but they also help us imagine new futures for our families and our communities. Over a century ago, Settlement Houses drove the dream of a healthier, more equitable society by harnessing the collective agency of families and individuals advocating for their common betterment. As vehicles for change*, our FRCs can begin to channel health and human services toward collective healing and well-being as we define the terms in our own neighborhoods. Find out more about your local FRC/CRC and help shape the future! Visit: hnfrc.org



References:

*Thanks to Judy Sherman and Yvonne McQuaid, who authored a report funded and published by the California State Department of Social Services, Office of Child Abuse Prevention and the S.H. Cowell Foundation, entitled Family Resource Centers, Vehicles for Change Volume II (2017). Much of the information relating to historical and conceptual principles of Family Resource Centers was adapted from this document which is available upon request from CAPCC.

Thanks to Taffy Stockton, who provided us with the HNFRC Annual Report, June 2020, and reviewed a draft of this article.

Healthy Start TA & Support Center website: healthystartepic.org



Play together! A box can be anything:

by Forrest Archer

Play is the way all children learn
and express themselves!

Join your child in play, heart to heart.
Create a space for connection and conversation.

A box can become anything
through a sprinkle of imagination
BIG or small.

Fly through the sky on a plane

Zoom across the landscape on a train

Visit the princess at her cardboard cottage

You can do it all through the power of your brain!



Family First Prevention Services Act

by Cindy Sutcliffe

As part of the Bipartisan Budget Act (HR. 1892), which was signed in to law in February 2018, the Family First Prevention Services Act (FFPSA) was enacted to turn the focus of the current child welfare system toward keeping children safely with their families to avoid the trauma that results when children are placed in out-of-home care. To increase the number of children who can remain safely at home with their families, the law provides families with greater access to mental health

services, substance use treatment, and/or improved parenting skills. This law significantly shifts how the country provides services for families and youth. In particular, it changed the role of community service providers, how courts advocate and make decisions for families, and the types of placements that youth placed in out-of-home care experience. The law also created the Title IV-E Prevention Services Clearinghouse, which consists of a continuously updated

comprehensive list of evaluated and tested prevention services and programs that States can use title IV-E funds toward to prevent disruption within families. Work has begun in Humboldt County to complete a community assessment of need, assess our readiness for change, and write a 3-year Comprehensive Prevention Plan. Implementation of the plan could begin as early as the fall of 2022.

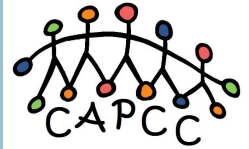


A Symbol of Prevention

by Dora Saso

In 2008, Prevent Child Abuse America introduced the pinwheel as the new national symbol for child abuse prevention. Why? Because by its very nature, the pinwheel connotes playfulness, joy, and childhood. It has come to serve as a physical reminder of the great childhoods we want for all children.





Children and COVID-19 Vaccines

by Nicole Chappelle & Marian Strong



How Can Parents Protect Their Children?

The best way to protect children is for them to get the COVID-19 vaccine when it is authorized for their age group, even if they have had COVID-19 in the past. Children are considered fully vaccinated 2 weeks after the second dose of the vaccine. Parents who are feeling unsure about the COVID-19 vaccine should speak with their pediatrician who can answer their questions. Studies are underway to learn how long the vaccines provide protection.

Children who are too young to be vaccinated can be protected in other ways. We now know a lot about how the virus spreads. Children should continue with physical distancing (at least 6 ft whenever possible), wearing masks, and washing their hands. Outdoor activities are safer than indoor ones, and crowded events, even outdoors, should be avoided.

What Else Can Parents Do?

Many children have fallen behind on well-child checks and childhood vaccines during the pandemic, so visit your child's physician. The COVID-19 vaccine can be given with other vaccines, so it is a great time to catch up. Finally, to keep themselves, their children, and our communities healthy, parents also need to be vaccinated with the COVID-19 vaccine.



Are These Vaccines Safe?

Children who received the Pfizer vaccine in the studies were much less likely to get sick from COVID-19. Although these vaccines were developed quickly in response to the COVID-19 pandemic, no steps were skipped in testing for safety. Like adults, children can have adverse reactions from the COVID-19 vaccines, including sore arms, muscle aches, fever, and chills. In most, the adverse reactions are mild, lasting 1 to 2

days, and symptoms can be treated with Tylenol (acetaminophen). These adverse reactions are signs that the child's immune system is building protection in response to the vaccine. Because the vaccine does not contain the COVID-19 virus, it is not possible to get sick with COVID-19 from the vaccine.^[1]

When can kids get the COVID-19 vaccine or a booster?

Vaccines are our best hope to end the COVID-19 pandemic. A COVID vaccine is available for children age 5 and up, and [boosters](#) are now authorized for those 12 years and older. Vaccines for children age 6 months and up may be authorized next. Clinical trials are underway for children age 6 months to under 5 years old.

Research shows these new vaccines are remarkably effective and safe.

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The [American Academy of Pediatrics](#) (AAP) urges children and adults to get the COVID-19 vaccine and booster as soon as they are eligible. Being vaccinated and boosted is especially important now. More contagious strains can spread quickly and infect more children. Being fully vaccinated and boosted helps protect kids from serious disease and hospitalization from COVID.

Are COVID-19 vaccines required for school entry?

Once a vaccine is approved, health authorities, including the CDC and the AAP, recommend when and how children should get it. However, each state's government decides which vaccines are required for [school](#) entry.

In the meantime, make sure your children are [caught up](#) on their vaccinations against measles, [influenza](#), whooping cough, and any others that your pediatrician recommends.

What about preschool-age children and younger?

Before COVID-19 vaccines become available for children under age 5, [clinical trials](#) need to be completed. This is to ensure they are safe and effective for these age groups. Children are not little adults; we can't just assume a vaccine will have the same effect on a child as it does for someone older. Once information is available for children 6 months to 5 years old, the AAP will review it and make vaccine recommendations.

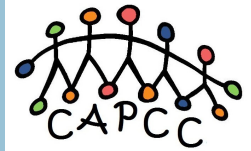
One thing is certain: COVID-19 vaccines are preventing severe illness, hospitalization and death for [hundreds of millions](#) of U.S. adults and adolescents who've received them already. We look forward to the day when our youngest children can get the vaccines, too, so they can enjoy their communities safely.^[2]

To read the full articles referenced in this article, visit [1] [jamanetwork.com](#) & [2] [healthychildren.org](#).

Resources

- Everyone age 5 and older can now get a COVID-19 vaccine. You have three ways to find vaccines near you:
 - ◇ Go to [vaccines.gov](#)
 - ◇ Text your ZIP code to 438829
 - ◇ Call 1-800-232-0233
- Check out masking tips for children by visiting: [cdph.ca.gov](#)
- Local information is available at [humboldt.gov](#) or by contacting covidinfo@co.humboldt.ca.us or calling 1-707-441-5000
- Follow us on Facebook: [@HumCoCOVID19](#), Instagram: [@HumCoCOVID19](#), & Twitter: [@HumCoCOVID19](#)
- Humboldt Health Alert: [humboldt.gov/HumboldtHealthAlert](#)





Does your child's behavior trigger you? by Forrest Archer



Parenting is rough. Sometimes, something your child does may cause you to feel stressed, panicked, or bring up unpleasant memories. This could happen for any number of reasons. When you find yourself reacting in a scary or over-emotional way, pause and ask yourself “Why did this behavior trigger me?”

Some reasons may sound like:

- You are already overwhelmed or irritated about something else.
- It caused you to question your parenting.
- You are already exhausted or hangry (so hungry you get angry).
- You felt shame, guilt, or embarrassment.
- You expect your child to know better.
- You feel like you have lost control.
- You feel like your child is being disrespectful on purpose.
- Their big feelings bring up memories of your own past trauma.

Take a moment to breathe deep and recollect your thoughts before acting. It can take practice to learn how to identify the feeling of being triggered. Give yourself permission to release expectations of “perfect” parenting or how a “perfect” child behaves.

If you find this happening frequently, you may benefit from talking to someone about your concerns. Therapists can help you take on traumatic memories in a healthy way, or tackle your anxieties about parenting. Spend time with your child in calmer moments to discuss what it is they were trying to tell you with that behavior. Working together as a family to brainstorm new ways of getting everyone's needs met can also help reduce instances of high intensity and increase bonding moments.

To find a local therapist visit [ncamhp.org](https://www.ncamhp.org) & to learn about HOPE, the Four Building Blocks, and MORE, visit [positiveexperience.org](https://www.positiveexperience.org) or email HOPE@tuftsmedicalcenter.org.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SPRING INTO WELLBEING

Child & Family Activities Calendar

Click on the words to view resources and activities.

[1 Food for People First 5 Humboldt](#)

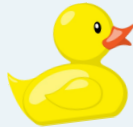
[2 Humboldt Family Resource Centers](#)

[3 North Coast Growers Association](#)



[Learn about CalWORKS](#)

[4 20 Self-Care Activities for kids](#)



[211 Humboldt](#)

[5 Curriculum – Food Literacy Center](#)

[Self-Care for Foster and Adoptive Families](#)

[6 Self-Care Checklist for Dads](#)

[Boun Appetito: Sharing a Love of Food with Infants and Toddlers](#)

[7 Apply for CalFresh here](#)



[Benefits of Dirt!](#)

[8 Super Healthy Kids – 10 Habits](#)

[Screen Time Recommendations](#)

[9 Certified Farmer's Market Locations](#)



[Parent and Child Yoga](#)

[10 Downloadable Poster: How Are you Feeling Today?](#)

[Scavenger Hunt](#)

[11 Storyberries](#)



[Rainbow Meditation \(stretch and breath\)](#)

[12 Virtual Literacy Programs](#)

[How the Crayons Saved the Rainbow Read Aloud](#)

[13 10 Free Spanish Apps and Games for Children and Parents](#)

[Grandparents as Caregivers](#)

[14 Make your own pinwheel!](#)



[PBS Gratitude Jar](#)

[15 How to make a Journey Stick](#)

[Butterfly Meditation Video for Children](#)

[16 Clap It Yoga Song](#)



[The Feelings Book](#)

[17 25 Ways for Dads to Connect with Kids](#)

[The Toddler Toolbox Free Downloadable PDF](#)

[18 NASA Kids Club](#)

[Grandparents Raising Teenage Grandchildren – 10 Useful Tips](#)

[19 10 Habits to Strengthen Connections](#)



[Divorce and Co-Parenting Love Out Children USA](#)

[20 Five Keys to Creating Positive Communication with Your Child](#)

[Meditation for Kids](#)

[21 Free Webinar on Emotions and Toddlers](#)

[70 Things for the Family to do at Home](#)

[22 9 AM Children's Memorial Flag Day @ Boys and Girls Club of the Redwoods](#)



[23 Ways to Spend Quality Time with Your Teenager](#)

[Free Online Games PBS Kids](#)

[24 Drowning Prevention](#)



[Teaching Kids About Handwashing](#)

[25 Bike Safety](#)



[Signs Your Child May Need More Support](#)

[26 Five Super Body Safety Rules](#)

[Healthy Hygiene Habits for Kids](#)

[27 Self-Care Self-Quarantine Tips](#)

[How to Teach COVID-19 Safety to Your Kids](#)

[28 American Red Cross Emergency Preparedness](#)

[Fire Safety Safe - Kids Worldwide](#)

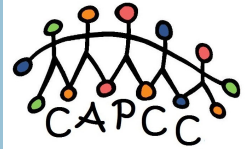
[29 Sports Safety](#)



[The Importance of Healthy Touch](#)

[30 Handwashing: A Family Activity – CDC](#)

[Dr. Maya Angelou: "Be a Rainbow in Someone Else's Cloud"](#)



Domestic Violence and Child Abuse by Forrest Archer

The cycle of abuse can pass along generations. We learn how to parent from our own families, for better or worse. Abuse can occur in any family, no matter how much money they make or where they live. Any individual person can choose to be the end of family violence. There is support for families seeking refuge from violence or wanting to parent in a more positive way. Parenting classes, anger management classes, voluntary batterer intervention programs, survivor services, and family therapy are some of the many ways a person can explore non-violence. Many services are available for free, online, and in multiple languages.



Local and national resources:

Humboldt Domestic Violence Services

707-443-6042

hdvs.org

National Domestic Violence Hotline

800-799-7233

thehotline.org

Humboldt Family Service Center

humboldtfamily.org

Family and Community Resource Centers

hnfrc.org

To find a local therapist:

ncamhp.org

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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.

CAPCC Mission

Strengthening community connections to promote safe, healthy, resilient children & families in Humboldt County.



[@capchumboldt](https://www.instagram.com/capchumboldt)

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.capchumboldt.org.