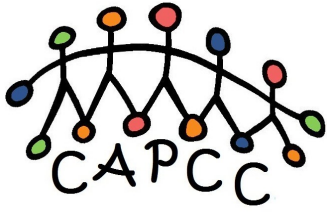


Caring for Yourself and Your Children



Get to Know CASA of Humboldt

By Jeanne Gordon

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

CASA of Humboldt is dedicated to building healthy relationships and bridging community connections for vulnerable children and families in Humboldt County. Their organization envisions a future of safety, resilience, and hope where every child and family feel supported to grow and thrive. To achieve this vision, the team matches court-appointed special advocate (CASA) volunteers with children involved in the child welfare system to provide mentorship and advocacy to them and their families.

A CASA volunteer is a consistent and reliable person in a child's life during their time in foster care, which is a time filled with much uncertainty and vulnerability. The CASA spends one-on-one quality time with a child getting to know their unique strengths and needs, and then advocates for their best interests through formal recommendations shared with the judge during court hearings.



CASA's spend on average 8-10 hours per month supporting their CASA child and their time is structured around the following focused efforts to increase protective factors and build resilience.



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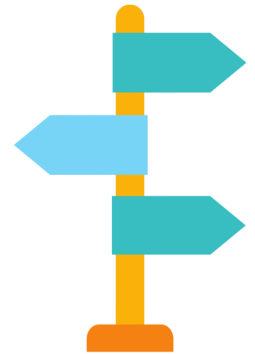
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The CASA Volunteer will:

Support youth in building relationships with healthy adults and peers:

- Provide a consistent presence during a child's time in foster care
- Plan weekly time together around prosocial areas of interest for the youth
- Work with caregivers/ natural support allies in helping youth feel heard
- Offer youth opportunities to explore the arts, media, sports, science, or technology



Mobilize cultural connection and sense of purpose:

- Assist youth to identify their natural community supports
- Address the youth and families' unique cultural preferences and needs in every court report
- Seek out cultural connections and activities
- Facilitate and support nurturing connections with extended family

Access support services for youth and family:

- Advocate for services that promote healing, strengthen parent-child relationships
- Work with service providers to identify and access educational and mental health treatment services
- Identify and problem-solve barriers to engagement in services
- Communicate the youth's needs and advocate in court, the community, and schools for mental health supports

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Because no volunteer can do this work alone, the Case Supervisor provides support, supervision, and ongoing training for the volunteer through monthly supervision. They work with the advocate to create a case plan, problem solve, and offer resources to the child and assist in the preparation of all court reports submitted to the judge. Lastly, Case Supervisor provides direct support for the CASA by attending community meetings and court hearings along with CASAs and their youth. Together, the CASA volunteer and Case Supervisor will work with legal professionals, social workers, educators, service providers, and family members to ensure the youth's voice is heard, their best interests are represented, and their needs are being met in all areas of the child's life.

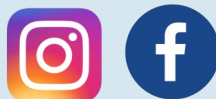
If you are interested in becoming a CASA volunteer or learning more about the program, please reach out [humboldtcasa.org](https://www.humboldtcasa.org), info@humboldtcasa.org, or (707) 443-3197.

CASA of Humboldt

<https://www.humboldtcasa.org>

info@humboldtcasa.org

2356 Myrtle Ave
Eureka, CA 95501
(P) 707-443-3197



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



Gratitude Quotes

“Live a life full of humility, gratitude, intellectual curiosity, and never stop learning.” -GZA

“When eating fruit, remember the one who planted the tree.”
-Vietnamese Proverb

“I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.”
- G.K. Chesterton





Family First Prevention Services Act

By Cindy Sutcliffe



Family First, adopted in Humboldt County in 2021, is designed to reduce the number of families reported to Child Welfare Services, the number of families entering Child Welfare Service, and the number of children entering foster care or the juvenile probation system.

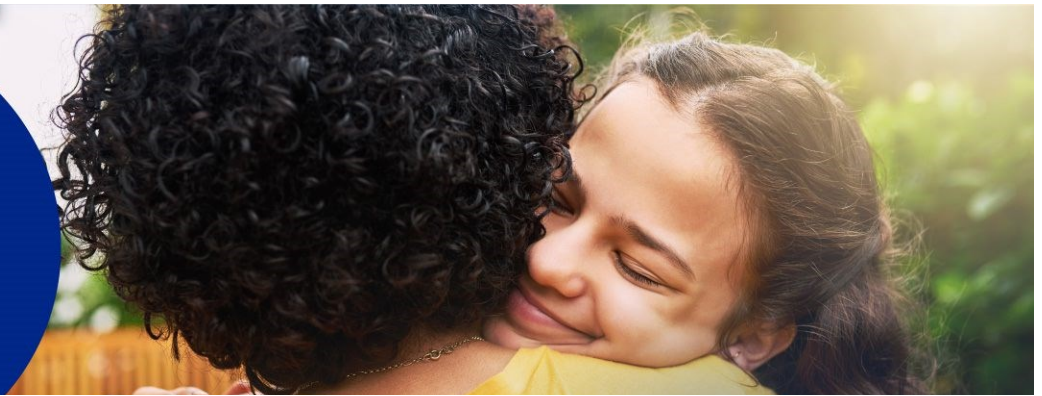
Family First, adopted in Humboldt County in 2021, is designed to reduce the number of families reported to Child Welfare Services, the number of families entering Child Welfare Service, and the number of children entering foster care or the juvenile probation system. How is this going to happen here in Humboldt? By connecting families early on to primary and secondary prevention services that address the 5 Social Determinants of Health – financial stability, health care stability, education stability, environmental stability (housing, safe neighborhoods, and access to parks and recreation), and social connections. We are connecting families where they live to our 20 Community Pathway sites. The sites include 16 Family Resource Centers, Bear River Band of Rohnerville Rancheria, Trinidad Rancheria, the Wiyot Tribe, and Humboldt County Transition Age Youth Collaborative (HCTAYC). Coupling the geographic expanse of these 20 sites with enhanced use of technology we are linking families in throughout the county to services previously provided in specific locations, such as Eureka. Providing easy access to services as challenges present themselves, and mitigating those challenges, reduces the likelihood of abuse occurring. Raising a family is stressful. Family First’s goal is to reduce the stress and to support the family.





APRIL IS

National Child Abuse Prevention Month



Family Empowerment Center - For families with children ages 3-22

By Dora Saso

The Changing Tides Family Services (CTFS) Family Empowerment Center (FEC) serves all of Humboldt County, including eight federally recognized Tribal Nations. The FEC will be developed in collaboration with parents, family members, and professionals in the community, with a commitment to elevating the lived experience of parent-experts in shared decision-making. The FEC builds on the strengths of the existing CTFS Early Start Family Resource Center and has prioritized hiring staff with lived experience. Core services includes on-site and remote support through FEC Navigators; training for parents and other caregivers with a focus on all aspects of the IEP process and successful and responsive transition planning; and a commitment to building and maintaining positive collaborative relationships across multiple community service providers.



For more information about this program, please call (707) 444-8293 or visit 2259 Myrtle Avenue, Eureka, CA 95501



Changing Tides Family Services Family Empowerment Center

Address

2259 Myrtle Ave.
Eureka, CA 95501

Contact

(P) (707) 444-8293

(F) (707)445-9292

Hours

Monday—Friday:
8:30am—5:00pm

info@changingtidesfs.org



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

<https://changingtidesfs.org>





April is Sexual Assault Awareness Month

By Kora Shoemaker



April is Child Abuse Prevention Month as well as Sexual Assault Awareness Month (SAAM). SAAM is an annual campaign to raise public awareness about sexual assault and educate communities and individuals on how to prevent sexual violence. The North Coast Rape Crisis Team provides free and confidential support to survivors of all ages and their families in Humboldt and Del Norte Counties. Our team can provide support by advocating and accompanying survivors to reporting, court, and related medical exams. We also offer 1-1 peer counseling to survivors over the age of 12, as well as support groups. If you or someone you know is interested in learning more about our services, or wanting to connect with a counselor please reach out to our Humboldt 24 hour hotline at (707) 445-2881. Sexualized violence impacts us all, and no one has to go through their healing journeys alone.

The North Coast Rape Crisis Team provides free and confidential support to survivors of all ages and their families.



North Coast Rape Crisis Team

24/7 Support Lines
 Humboldt
 (707)445-2881
 Del Norte
 (707)465-2851

Text Line
 Monday-Friday
 8:30 AM–4:30 PM
 (707)382-5174



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

<https://ncrct.org/>



North Coast
 RAPE CRISIS TEAM



Important Conversations to Have with Your Teen By Forrest Archer

As tweens grow into teens, they may become more interested in dating and relationships. February was Teen Dating Violence Awareness Month, but it's never too late (or early) to talk to your child about healthy and unhealthy relationships. According to [Love is Respect](#), one out of every three teens will experience some kind of dating violence in high school. A healthy relationship is built from respect, communication, trust, boundaries, honesty, and equality. Parents and caregivers can help their children avoid abuse in the dating world by modeling what a healthy relationship looks like:

- Talk to your child about your family values and developing their personal boundaries.
- Ask open-ended questions about themselves, their friendships, and their activities.
- Encourage them to ask you questions. Learn how to become an “askable adult” that your teen feels comfortable going to for advice. [Amaze.org/askableparent/](https://www.amaze.org/askableparent/) has a free newsletter with conversation tips and tricks for parents of children from ages 4 to 18 years old.
- Validate their feelings. Teens are experiencing a lot of new things for the first time, and your nonjudgemental support can help them navigate complex emotions.
- Talk to your teen about what to do and who to tell if someone does hurt them.



Check out loveisrespect.org for more information and tips.





Apple Crisp Recipe:



Ingredients:

- 10 cups Granny Smith Apples (or any apples on hand), peeled, cored, and sliced or cubed
- 2 tablespoons lemon juice
- 1/4 to 1/2 cup granulated sugar (adjust according to the sweetness of the apples)
- 2 tablespoons all-purpose flour
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 6 oz. container vanilla yogurt
- Vanilla ice cream (optional, for serving)

For the Topping:

- 2 cups quick cook oats
- 2 cups all-purpose flour
- 1 1/2 to 1 3/4 cups packed brown sugar (light, dark, or a mix)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 cup butter, melted



Directions:

1. Preheat the oven to 375°F (190°C). Grease a 9x13-inch baking dish with butter.
2. In a large bowl, toss the sliced apples with lemon juice and water to prevent browning. Drain the apples. Add granulated sugar, flour, cinnamon, nutmeg, and vanilla yogurt, and toss until the apples are evenly coated. Spread the apple mixture evenly in the prepared baking dish.
3. In another bowl, combine oats, flour, brown sugar, baking powder, and baking soda. Stir in the melted butter until the mixture resembles coarse crumbs.
4. Sprinkle the oat topping evenly over the apples in the baking dish.
5. Bake in the preheated oven for 45-55 minutes, or until the topping is golden brown and the apples are tender.
6. Allow the apple crisp to cool for at least 10 minutes before serving. Serve warm, topped with a scoop of vanilla ice cream if desired.
7. Enjoy your delicious homemade apple crisp!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SPRING INTO WELLBEING

Child & Family Activities Calendar

Click on the words to view resources and activities.

[Food for People](#)

[First 5 Humboldt](#)

[Humboldt Family Resource Centers](#)

[North Coast Growers Association](#)

[1 211 Humboldt](#)



[Indoor/backyard camping](#)

[Learn about CalWORKS](#)

[2 LEGO building contest](#)

[Silly dress up](#)

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



[Trivia night](#)

[4 Apply for CalFresh here](#)

[Do a science experiment](#)

[5 Pajama party](#)

[Screen Time Recommendations](#)

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

[Parent and Child Yoga](#)

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

[Make pizza](#)

[8 Dance party](#)



[Scavenger Hunt](#)

[9 Humboldt Library Events](#)

[Family history tree](#)

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

[Make s'mores](#)

[11 Make your own pinwheel!](#)



[Indoor picnic](#)

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

[Book club night](#)



[13 Write a story](#)

[The Feelings Book](#)

[14 Video game tournament](#)

[The Toddler Toolbox Free Downloadable PDF](#)

[15 NASA Kids Club](#)

[Karaoke night](#)

[16 Photo activities](#)



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

[17 Build paper airplanes](#)

[Meditation for Kids](#)

[18 Play hide and seek](#)



[19 The Importance of Healthy Touch](#)

[Play charades](#)



[20 Bubble-blowing contest](#)

[Learn magic tricks](#)

[21 Drowning Prevention](#)



[Puzzle night](#)

[22 Bike Safety](#)

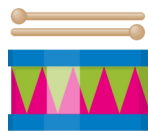


[Stargazing](#)

[23 Five Super Body Safety Rules](#)

[Get crafty](#)

[24](#)



[Movie night](#)

[25 American Red Cross Emergency Preparedness](#)

[Fire Safety Safe - Kids Worldwide](#)

[26 9 AM Children's Memorial Flag Day @ Boys and Girls Club of the Redwoods](#)

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

[Bake cookies](#)

[28 Go to the beach](#)

[Ride bikes](#)

[29](#)



[30](#)





Caring for Yourself & Your Children

Spring 2024

Volume 27



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.



[@capcchumboldt](#)



Special Thanks to:

Forrest Archer
Kora Shoemaker
Dora Saso
Cindy Sutcliffe
Jeanne Gordon

Newsletter Edited by:

Lauren Dahl
For feedback or questions
contact Lauren at
capcchumboldt1@outlook.com
707-601-4105

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.