

Prevent Child Abuse - Sonoma County

Every child deserves to feel safe, wanted and loved.



Produced in collaboration with Child Parent Institute and Sonoma County Human Services Department



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Strengthening FAMILIES Protecting CHILDREN

The newborn down the block, kids in your child's classroom, the teens spending time at the mall – all children deserve to grow up feeling safe, nurtured and cared for. Ongoing positive support from their families, plus social connections between families and the community, are what helps them flourish into healthy, happy adults. Together, we all shape the next generation.

So how can each of us help Sonoma County children, from all types of families and neighborhoods, who are facing abuse and neglect at home?

If you take a few minutes to read the stories and articles in this publication, you'll learn a lot about:

- The impact of child abuse on our county in 2015
- Services and programs working to prevent abuse and protect children
- Helping children affected by abuse through trauma-informed care
- Parenting supports for anyone trying to do this sometimes difficult job well
- Foster parents' vital role in helping abused, neglected and abandoned Sonoma County children and teens

As professionals dedicated to helping children and teens thrive, we appreciate your partnership in our work. Together, we better our communities by providing strength and support to each other and our children.

*Jerry Dunn,
Director, Sonoma County Human
Services Department & former foster parent*

*Robin Bowen,
Executive Director, Child Parent Institute*

Why does Sonoma County Need a Child Abuse Prevention Council (CAPCs)?

CAPCs are community councils whose primary purpose is to coordinate the community's efforts to prevent and respond to child abuse and neglect. The California Welfare and Institutions Code (WIC) Chapter 12.5 Section 18980 establishes the "Child Abuse Prevention Coordinating Council Act." The intent is to have CAPCs in every California county.

Locally, our CAPCs is called Prevent Child Abuse-Sonoma County (PCA-SC). Since 2005, Child Parent Institute (CPI) has coordinated the countywide efforts of our child abuse prevention council, PCA-SC. Our council provides a forum for inter-agency cooperation and coordination in the prevention, detection and treatment of child abuse cases. Funding is provided by the Sonoma County Human Services Department and approved by the Sonoma County Board of Supervisors.

PCA-SC SUPPORTS FAMILY STRENGTHENING ORGANIZATIONS THROUGH:

EDUCATION: Prevent Child Abuse-Sonoma County (PCA-SC) holds regular meetings of the membership and the community to provide networking, education and professional trainings for those involved in child abuse prevention and intervention services. The topics are developed by the Steering Committee members with community input. Continuing education units are given free of charge to those who attend the PCA-SC trainings.

We partner with Sonoma County Human Services Department to offer regular Mandated Reporter/Outreach Trainings to help our local partners and community partners identify and report suspected child abuse and neglect. The training helps participants understand the tools and resources needed to prevent child maltreatment.

AWARENESS: PCA-SC helps to increase public awareness about issues relating to child abuse and neglect in our county. This includes: building a community that protects and promotes healthy families; raising community awareness and education to parents, professionals and community members through social marketing campaigns about the prevention of child abuse and neglect; and championing the local "Blue Ribbon" child abuse prevention awareness campaign each April.

PCA-SC PROVIDES LEADERSHIP FOR CHILD ABUSE PREVENTION THROUGH:

ADVOCACY: In order to help create results locally, communities are aware and therefore more involved in protecting children and strengthening families. PCA-SC helps contribute to that outcome by coordinating the community's efforts for child abuse prevention, service coordination and awareness. We advocate for policies that support families and protect children.

Interested in receiving notifications of our trainings or becoming a member of our advisory council?

Email Robin Bowen at robinb@calparents.org.

April is
National Blue
Ribbon /
Child Abuse
Awareness Month



#HowWeDoBlue





Prevent Child Abuse Sonoma County

ANNUAL REPORT 2015

Protecting Sonoma County Children in 2015

Reports of suspected child abuse or neglect are answered day and night by Family, Youth and Children's Services Child Protective Services social workers. They assess each report. If a child is in immediate danger, the social worker will respond in-person, and may work with law enforcement to move the child to an emergency shelter, a foster home or other safe place.

During 2015

6105

reports came in to the Child Abuse Hotline

1797

reports required in-person investigation

181

children were removed from unsafe or abusive homes



Types of Child Abuse Allegations during 2015

Child abuse allegations fall into five general categories: physical abuse, sexual abuse, emotional abuse, neglect and at-risk (sibling abused).

Neglect.....	48%
Physical Abuse.....	21%
Emotional Abuse.....	21%
Sexual Abuse.....	6%
At Risk, Sibling Abused.....	4%



Today,* Child Protective Services has:

723
active cases

325
children with their families supported by social workers to build a safe and stable home

68%
of foster children with siblings live with at least one sibling

398 children in foster care who live with a relative, in a foster home or a group home, which includes:

159	in relative/extended family homes
136	in licensed foster homes
33	in group homes
37	young adults in transitional housing
29	temporarily sheltered at Valley of the Moon Children's Home
4	in other placements, including guardianship homes, tribally-approved homes and court-designated homes

* As of 2/29/2016

Transitional Homes Needed for Young Adults



Each year, at least 2,000 young adults in California, ages 16-24, leave their foster homes with no place to go. They need adults like you willing to rent them a room and provide a supportive home while they work toward self-sufficiency. **Become a home mentor!**

TLC's Transitional Housing Placement Program case management staff teaches life skills while participants live safely in the home of a role-modeling mentor. Participants create and learn how to achieve self-defined goals about education, employment and emotional health. They work to increase their wages so, when they exit the program, they can obtain and afford housing on their own.

One 22-year-old participant said, "There comes that day where we hold our heads high and make it known that we are not going to be known as *that foster kid*. You can shrink the bad statistics and put in place the statistic that more foster youth will be successful and independent. That's where the Transitional Housing Placement Program comes in. You have a whole team cheering for you, and the whole world to take on."

Learn more:

TLC Child and Family Services, tlc4kids.org, 528-3020 ext. 203.

Thank You All Mandated Reporters

In 2015, Family Youth and Children's Services and its partners trained nearly 7000 caring professionals who are designated Mandated Reporters. During free presentations, they learned how to identify and report suspected child abuse and neglect.

Your partnership helps protect more Sonoma County children and teens every day.

Are you a mandated reporter?

Find out on the Family, Youth and Children's Services website. If you are, help create a safer environment for our community's children by scheduling a training today:

- medwards@schsd.org, 565-4325
- hpeacock@schsd.org, 565-4329

Contact us to schedule child abuse prevention education for community groups too.

Protecting Children Strengthening Families

Family, Youth and Children's Services

Child Protective Services, 565-4300

- 24-hour, confidential, reporting hotline
- Investigation of reports
- Help struggling parents access resources, including food, health care and substance dependency treatment
- Teach child abuse identification and reporting to mandated reporters
- Child abuse awareness, prevention and response community education

CPS Hotline: 565-4304 • (800) 870-7064



Foster Care, Foster Parenting, Adoption, Mentoring, 565-4274

- Help struggling families keep kids safe
- Provide caring foster homes, ideally in children's home neighborhoods
- Training and supporting foster parents
- Emergency shelter for at-risk children at Valley of the Moon Children's Home
- Help children find forever families through permanent adoption

Foster Care: SonomaFosterCare.org

WOULD I MAKE A GOOD FOSTER PARENT?

If you care about children and you're reading this, the likely answer is: **Yes.**

As a foster parent, you are part the vital safety net of people and services that protect, care for and help heal children and teens who've suffered the trauma of abuse or neglect.

Foster parents are single adults, straight or gay, families with children or without. You don't need to be a "perfect family." You just need to be loving, patient and willing to help children cope with tough times and grow stronger. You need the skills to collaborate with important people in a child's life, including the birth parents, allowing each to have a voice.

As a foster parent, you receive a monthly stipend and medical insurance to help provide for your foster child's needs. You're also supported by Family, Youth and Children's Services and the vibrant, local foster parent community.

While foster care professionals strive to reunite children and their parents whenever possible, foster parenting is also the first step toward adopting a child who cannot return home.

Does this sound like you? If yes, Sonoma County kids need you!

Learn about becoming a foster parent at sonomafostercare.org, or call Family, Youth and Children's Services at 545-4274. We can help you decide if helping heal a child is a gift that you can give.



Can you offer a safe, loving, stable home on a temporary basis for children who may return to their families once their homes are safe?



Thank you

Redwood Empire Foster Parents Association



Your support of local foster parents and the children they serve makes a vital difference every day

- As foster parents, you help children experience childhood the way they deserve — in safe, loving, nurturing homes
- The Blue Bag Project provides each foster child a new duffel bag packed with a warm quilt, new clothes and toys
- Your scholarships support youth's special needs, such as fees for camp or school trips and attendance at senior prom
- You offer foster parents education, emotional support and mentoring to help them in their caring role

With gratitude, Family, Youth and Children's Services

Learn how you can get involved at www.refpa.org

BECOMING A PARENT

by Grace Harris, Parent Resource Director of Child Parent Institute

When a child is born, he or she begins the process of becoming a person. It's a long road from diapers to school to employment and self-sufficiency with many steps in between. A child cannot take these steps alone. There needs to be a lot of nurturing, protecting, teaching and guiding that happens along the way. Similarly, the process of becoming a parent begins with the birth of a child and then continues throughout life. Part of being a parent may occur naturally, but much of parenting is learned. Our ideas about parenting are often strongly influenced by our own early experiences in our families. We may want to replicate these experiences or avoid repeating them.

Some of parenting is a process of trial and error. The nature of childhood is that it is always changing and parents constantly face new challenges and new situations. There's an overwhelming amount of information about parenting on the Web and in the media. A search for books about parenting on Amazon.com will yield over 182,000 titles! Parents will always need a way to develop the skills and knowledge they need in more personal ways. This is why strong social connections can help reduce parent depression and child maltreatment. Be grateful for those connections that provide advice and support along the way. These connections may include family members, friends, medical providers, child care providers, teachers and religious leaders. Good social supports will give parents a chance to talk about children and parenting, to see other parents in action, and to share both the frustrations and joys of parenting. Being socially connected is a two way street. It provides opportunities for parents to both give and get advice, to share resources and to trade child care time.



Networks of support are critical to help solve problems that normally arise in child rearing.

Parents should be recognized as being the experts on their own children and families. Even when being presented with advice and ideas from trusted others, a parent should also trust their own intuition. Sometimes a solution for one family may not be the right solution for another. If parenting becomes frustrating or embarrassing or out-of-control, it may be time to look for help from a professional who has expert knowledge about child development and child behaviors. The Child Parent Institute offers a variety of classes and individual consultations for all Sonoma County families. To see a list of classes please visit

calparents.org/classes

TRAUMA INFORMED CARE

Everyone gets a little anxious about a visit to the doctor or dentist. But do you find these visits particularly stressful? Do you jump when touched unexpectedly? Is your fear of what might happen more frightening than what actually occurs? You may be having these feelings because you've experienced trauma (or extreme stress) early in your life. The good news is that you can work with your healthcare provider to help you overcome your feelings of discomfort or fear.

Trauma can take many forms in a family setting, such as: substance use, mental health issues, family violence, the loss of a parent (death or prison), sexual abuse and verbal abuse. Sustained hunger and homeless can also cause toxic stress or trauma. Trauma can also occur in the community: at school, work or in the neighborhood. Adult trauma experienced away from the family (for example, post-traumatic stress or incarceration) can affect other friends and family members.

Well-meaning caregivers or service providers may not realize that an office visit, routine exam, or slightly painful procedure can cause reactions in trauma survivors. A survivor may feel "triggered" by touch, smells, noises or the sensation of helplessness. In this state, a person can misinterpret cues and over-estimate danger. Young children may express this distress through behavior rather than words.

Many agencies in Sonoma County are changing the way they help clients by learning to recognize and respond to the effects of all types of trauma. By offering "Trauma Informed Care" staff can help clients or patients feel physically, mentally, and emotionally safe. When a trauma survivor feels understood and supported, they can rebuild a sense of control and empowerment.

The good news is that you can work with your healthcare provider to help you overcome your feelings of discomfort or fear.

For more great handouts and resources, please visit:

www.healthcaretoolbox.org/patient-education-materials/download-print-patient-handouts#Parent



Whether or not your healthcare providers are offering Trauma Informed Care, you can always educate your providers by simply asking for help. At the beginning of your next session, hand over this card. Circle any item that is an especial concern for you.

You can help me in this appointment by:

- Introducing yourself and anyone else who may come into the room
- Allowing me to remain clothed for as much of the appointment as possible
- Asking permission to touch me
- Being patient and trying to understand that I am likely anxious/not comfortable
- Patiently talking me through procedures, even very routine ones
- Repeating information if I ask
- Coming to check on me if I'm left alone in the room for a while
- _____



support happier
futures



Make a gift to The Children's Fund

Protect Sonoma County kids from abuse

Support non-profit agencies that prevent abuse,
intervene when kids need help, and treat victims

Make your tax-deductible check to:

The Children's Fund, Tax ID: 94-6000539

Mail to: Sonoma County Tax Collector, P.O. Box 1539, Santa Rosa, CA 95402

The Children's Fund charitable campaign is through Family, Youth and Children's Services, 565-4300. Beneficiary agencies are chosen by the Board of Supervisors.

The Commercial Sexual Exploitation of Minors is Child Abuse



Minors trafficked by adults for economic gain are often invisible child abuse victims. Typically, they are ages 11-14. By law, children cannot consent to sex with adults.

**These children are not criminals,
they are rape victims.**

No one should be for sale. You can help stop the commercial sexual exploitation of minors by reporting your concerns.

**Call the confidential child abuse hotline
(707) 565-4304 • (800) 870-7064**

Join us in supporting
the hundreds of foster
children sheltered each
year at Valley of the
Moon Children's Home



Volunteer with us!

Donate online!

vomchildrensfoundation.org

- ♥ Help fund dental care for kids who may never have seen a dentist
- ♥ Support scholarships for former foster youth that help them become self-sufficient adults

A private non-profit providing supportive and educational services to abandoned, neglected and abused children in Sonoma County. (Federal Tax ID: 68-0343720)



Building brighter futures for our children and families.

Parenting Support Services

Parenting Classes
Co-parenting Workshops
In Home Parent Support
Autism Support

Individual Parent Consultations
Supervised Visits
Resource Assistance
Perinatal Mood Disorder Support

For more information or to sign up for classes: www.calparents.org or 707.585.6108

How Much Do You Already Know?



Take The Quiz

1 Which of these professionals are not mandated child abuse reporters?

- a) Teachers
- b) Health care providers
- c) Baristas
- d) Clergy

2 Anyone can call Sonoma County Child Abuse Reporting Hotline to express a concern for a child's safety.

True or False?

3 Which of the following actions is considered child abuse?

- a) Bruising a child's arm by grabbing them before they ran into oncoming traffic.
- b) Spanking a 2-year-old on the bottom and leaving no marks.
- c) Taking away a teenager's cell phone.
- d) None of the above.

4 Which of these people would make excellent foster parents?

- a) A single mom who works full time.
- b) Semi-retired couple in their 60s with grown children.
- c) A same-sex couple, one who works and one stays home.
- d) A family friend the child already knows and loves.
- e) All of the above.

5 Match situations in A ← → **to what you should do in B:**

A

- Child having hard time in getting to class/truant
- You're concerned about a child's welfare/safety
- Parent is drunk and drives child to school
- You learn a child's family is homeless
- A parent is unemployed and stressed about finding a job

B

- Refer to Sonoma County Employment and Training
- Call the school district
- Call 911
- Offer contact info for a helpful non-profit
- Call Child Protective Services

6 If you think a child may have been abused, which of these questions can you ask the child to get clarifying information?

- a) What happened?
- b) Tell me more?
- c) Does it hurt?
- d) All of the above

7 How much does it cost to adopt a local child through Family, Youth and Children's Services?

- a) 0-\$200
- b) \$200-\$1,000
- c) \$1,000-\$5,000
- d) \$5,000-\$200,000

8 If you are interested in fostering or adopting a child you should contact:

- a) TLC Child and Family Services at 823-7300 / Tlc4kids.org
- b) Alternative Family Services at 576-7700 / Alternativefamilyservices.org
- c) Family, Youth, and Children's Services at 565-4276 / sonomafostercare.org
- d) Any of the Above

See page 11 for answers



RESOURCES

for your Parenting Toolbox

Being a parent can be hard work!

There will be times when your toddler won't eat her dinner or your six-year-old won't pick up his toys. Some days can feel like a battle from breakfast to bedtime. Some days everyone needs a helping hand.

Triple P – Positive Parenting Program can help!

Triple P is an internationally recognized parenting program that gives you tips on how to manage the big and small problems of family life such as tantrums, bedtime battles, disobedience and fighting.

The program can help you:

- Raise happy, confident children
- Manage kids' behavior, get along well with your kids and argue less
- Feel confident as a parent
- Set family rules and routines that everyone can follow
- Take care of yourself as a parent

Since 2010, **First 5 Sonoma County** has trained over 500 providers in Triple P and thousands of families have participated in Triple P seminars and one-on-one sessions.

Triple P is available at various agencies in Sonoma County, including:

Child Parent Institute: (707) 585-6108

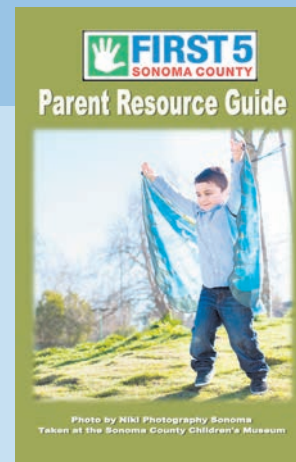
Parents' Place: (707) 303-1521

Petaluma People Services Center: (707) 765-8488

For more about Triple P visit:
www.triplep-staypositive.net



First 5 Sonoma County PARENT RESOURCE GUIDE



This guide lists all the local resources families might need, including:

- **Activities • Child Care**
- **Health/Medical Information**
- **Housing Access**
- **Legal Resources**
- **Parent Education and Family Support**

It's available in Spanish and English.

Download it from the First 5 Sonoma County website:

www.first5sonomacounty.org

SPOTLIGHT ON CHILD ABUSE



**BECAUSE EVERY CHILD
DESERVES A CHILDHOOD**



PARTNERS IN PREVENTION

Since 2010, **Partners in Prevention** has worked to increase awareness of the effects of child abuse and neglect and to promote solutions by supporting prevention services within a wide range of communities.

We are a diverse group of people from all walks of life—business, government and civil society that believe in protecting childhood for children today so they can fulfill their potential as adults tomorrow.

You can find out more about child abuse prevention and awareness: PartnersInPrevention.org

Partners in Prevention is a 501(c)(3) non-profit organization.



child parent institute
calparents.org

Answers to quiz on Pg. 9

1-C; 2-True; 3-D; 4-E;

6-D; 7-A; 8-D

5. Matching:

Child having hard time in getting to class/truant
= *Call the school district*

You're concerned about a child's welfare/safety
= *Call CPS*

Parent is drunk and drives child to school
= *Call 911*

You learn a child's family is homeless
= *Offer contact info for a local non-profit*

A parent is unemployed and stressed about finding a job
= *Refer to Sonoma County Employment and Training*

Thank you

The Child Parent Institute and the Prevent Child Abuse-Sonoma County Coordinating Council would like to thank the Sonoma County Board of Supervisors, the Human Services Department, the Health Services Department, and First 5 Sonoma County for their ongoing support in preventing child abuse and neglect in Sonoma County.

In addition, we would like to especially thank the PCA-SC steering committee for their time and energy: Robin Bowen, Child Parent Institute; Monica Edwards, Sonoma County Human Services Department; Jessica Bromley, North Bay Regional Center; Karla Fittipaldi, Child Parent Institute; Linda Carlson, Exchange Club & Umpqua Bank; Teresa Baldassari, Sonoma County Human Services Department; Sybil Halloran, Center for Innovation and Resources; and Ronit Rubinoff, Legal Aid of Sonoma County.

What to do if you see a struggling parent

Parents have a big job teaching their children manners and how to behave in public. It's especially hard to teach those things when your child is having a meltdown at the mall, the grocery store or wherever. In these moments, sometimes, parents don't know what to do.

Here are some ways you can be helpful:

Be compassionate

You know the parent is probably worried about how everyone is perceiving the situation.

You can show compassion by:

- Offer to divert the child's attention.

"I love your shoes!

Do you like to run in them?"

- Praise the parent for dealing with a tough situation. *"It's hard when your child has a meltdown, you're handling the stress really well!"*

- If you have personal experience empathize with the parent. *"My child used to have meltdowns too, I know I struggled to stay calm, you're doing great!"*



If you are concerned that a child is in immediate danger or witness signs of abuse, call the 24-hour hotline at (707) 565-4304

Building brighter futures for
our children and families.



“our mission is to end child abuse and strengthen the health of children, parents, and families.”

Child Parent Institute is a parent education and children’s mental health agency, serving families throughout Sonoma County since 1978. Our continuum of care includes:

PARENT EDUCATION & SUPPORT

CREATIVE ARTS

CHILD & FAMILY COUNSELING

NON-PUBLIC SCHOOL PROVIDING TRAUMA-INFORMED
EDUCATION FOR ADOLESCENTS

Child Parent Institute - 3650 Standish Avenue Santa Rosa, CA 95407

ph: 707.585.6108 www.calparents.org



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