

Newsletter

May/June 2019

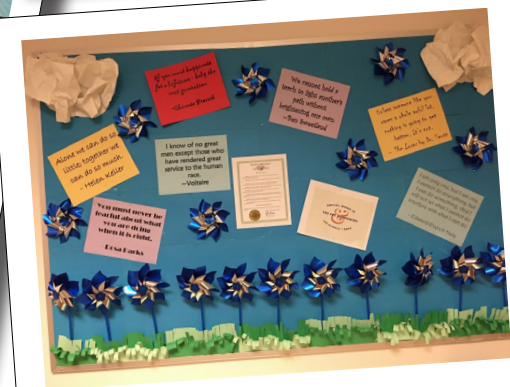
Engage. Connect. Inspire.

Celebrating CAP Month

Thank you to everyone who participated in April's Child Abuse Prevention (CAP) month – from those who helped plant pinwheels at the capitol or at their home or work, to those who helped share our social media messages – it was a great month! Here are some highlights from this year's events and displays.

We started the month with our annual Pinwheel Planting at the Capitol Campus - helped once again by bikers from Bikers Against Child Abuse and the Junior League of Olympia, along with staff from Department of Children, Youth, and Families.

Throughout the month, we posted to our agency's social media pages and we also enjoyed receiving photos from those across the state who participated in creating their own pinwheel displays.



If you are interested in participating in a survey regarding CAP month, [click here.](#)

Thanks again for another great year!

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Maternal and Newborn Health

The Centers for Disease Control and Prevention (CDC) reminds us of the risks of smoking for women and children: Smoking reduces a woman's chances of getting pregnant. Smoking during pregnancy puts babies at risk for certain birth defects and increases the risk for pregnancy complications. Tobacco smoke harms babies before and after they are born.

The 1992 recommendation from the American Academy of Pediatrics (AAP) that babies be placed on their backs to sleep and the 1994 "Back to Sleep" campaign from the National Institute of Child Health and Human Development coincided with a dramatic reduction in the rate of sudden infant death syndrome (SIDS) in the United States. Nonetheless, according to the CDC, about 3,500 babies in the United States still die suddenly and unexpectedly each year, and there continue to be significant racial and ethnic differences in the rate of sudden unexplained infant deaths (SUID). In 2016, [the AAP broadened its recommendations for a safe sleeping environment](#) to include the use of a firm sleep surface, room-sharing without bed-sharing, and the avoidance of soft bedding and overheating.

Last year, Oregon's Maternal, Infant, and Early Childhood Home Visiting Program (MIECHV) focused their Continuous Quality Improvement initiative on Safe Sleep around the state in their home visiting programs. An article about those efforts was recently published in the Home Visiting Impact newsletter. You can read the full article [here](#).



Safe Sleep News and Resources

[This article](#) from the National Institute for Children's Health Quality shares ideas on how to best address the lack of equity around safe sleep and reduce sleep-related deaths across all populations.

[This series](#) of learning modules on safe sleep and breastfeeding was developed by the National Center for Education in Maternal and Child Health at Georgetown University.

Produced by the National Institute of Child Health and Human Development, [this packet](#) is designed to reduce the risk of SIDS among American Indian/Alaska Native babies. It includes the workbook, a handout on Healthy Actions for Native Babies Handout, a Toolkit User Guide, and a Toolkit disc.

Training on ACEs/Hard Times and Healing Toolkit

Working with families who are experiencing trauma now, or in the past, may remind of us our own experiences or all the ways listening to stories impacts our lives. And, your delivery of trauma-informed care depends on organizational support. Dr. Linda Chamberlain developed a toolkit of strategies to help us transform trauma experiences with resilience and healing practices. The Adverse Childhood Experiences (ACEs)/Hard Times and Healing Toolkit includes a focus on children and youth with recognition of organizational compassion fatigue and individual vicarious trauma as a cornerstone of trauma-informed care.

We will discuss trauma and stress impacts on the brain and practice practical resilience-building tools for children, youth, adults and families, and strategies that organizations can implement to support staff.

The free training takes place on July 26 at the Red Lion Hotel and Conference Center in Ellensburg (1700 South Canyon Road). Check in at 8:30 a.m. and lunch will be provided on site.

To register, [click here](#).

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

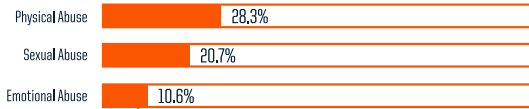
The three types of ACEs include

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Illness	Incarcerated Relative
Emotional	Emotional	Mother treated violently	Substance Abuse
Sexual		Divorce	

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

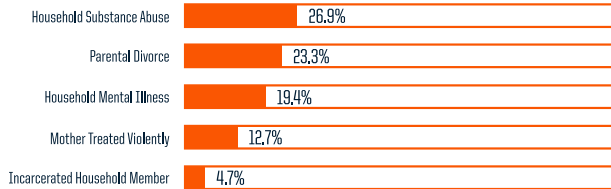
ABUSE



NEGLECT



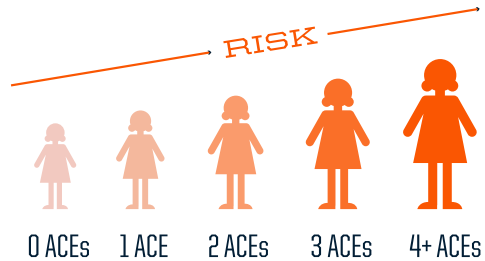
HOUSEHOLD DYSFUNCTION



percentage of study participants that experienced a specific ACE

WHAT IMPACT DO ACEs HAVE?

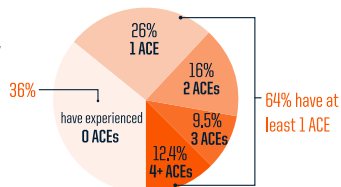
As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR				
Lack of physical activity	Smoking	Alcoholism	Drug use	Missed work
PHYSICAL & MENTAL HEALTH				
Severe obesity	Diabetes	Depression	Suicide attempts	STDs
Heart disease	Cancer	Stroke	COPD	Broken bones

Of 17,000 ACE study participants:





State Wide Trainings in Perinatal Mental Health

All trainings are offered free of charge through a grant from Strengthening Families Washington at the Department of Children, Youth, and Families (DCYF).

Best Practices in Prevention, Identification and Treatment of Perinatal Mood and Anxiety Disorders

Training Objectives:

- Understanding the "real" transition to parenthood
- Risk factors and prevention of perinatal mood and anxiety disorders
- Understanding components of treatment and recovery
- Screening tools and practices
- Pharmacology and pregnancy and breastfeeding
- Impact on children, family and community
- Community Discussion and Networking

Continuing Education:

6.5 CEUs are pending for LICSWs, LMHCs, and LMFTs

6.5 Contact hours are available for RNs

REGISTRATION: <http://perinatalsupport.org/for-providers/continuing-ed/>

Skagit County Training

Date: Friday, June 21, 2019

Time: 9 a.m. - 5 p.m., registration at 8:30 a.m.

Trainers: Heidi Koss, LM

In the News

Sesame Street Welcomes New Character: The childhood favorite Sesame Street has introduced a new character - Karli, a muppet in foster care. Karli joins new muppets Julia, a muppet with autism, and Lily, a muppet experiencing homelessness. To see clips with the new muppets, check out this [Washington Post article](#). For resources on how to navigate difficult topics, visit [Sesame Street in Communities](#).

New Law Requires Brain Injury Screenings: Governor Jay Inslee has signed legislation into law that would require the state to conduct traumatic brain injury screening for new children entering the state's foster care system. Under the new law, the Department of Children, Youth,

and Families (DCYF) would be required to evaluate traumatic brain injury screening tools, options for including those tools in existing screens for children in out-of-home care, and treatment actions following identification of traumatic brain injury. For more, [read here](#).

Free Play Space Helps Families: Catholic Charities has a unique space to help families in crisis. For more, [read here](#).

Vancouver's Best Kept Secret Wants to Expand: Office Moms & Dads is hoping to get their name out there, and provide more safe spaces for kids to wait while they are being put into foster care. For more, [read here](#).

Funding Opportunity

Coming this summer: Essentials for Childhood plans to release a request for proposals. This opportunity will provide resources to support Vroom activation in community and tribal programs that work with families of children age 0 through 5. [Vroom](http://www.Vroom.org) (www.Vroom.org) promotes positive adult-child relationships; back and forth brain-building interactions; and life skills promoting executive function. Successful applicants will describe how they use Vroom to connect with families and strengthen systems that support child health and development in communities furthest from opportunity. To receive updates on this opportunity including notification when the request for proposals is available, contact essentials4childhood@doh.wa.gov. Please share this announcement with your networks.



Measles Update

A new round of measles cases was announced – this time in three Washington counties. The Department of Health (DOH) reported six new cases in King County, Snohomish County and Pierce County. Tacoma-Pierce County Health Department has announced a new case as well - bringing the total to nine new cases in May.

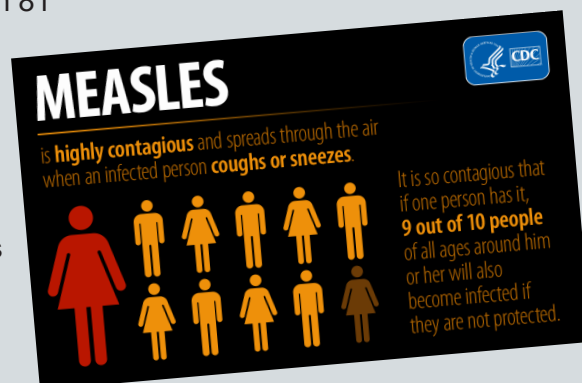
A commonality in all new cases is SeaTac airport during their time of exposure and/or infectiousness. The current outbreak began on May 9 in three Puget Sound counties. The most likely date and time of exposure was at Seattle-Tacoma International Airport on Thursday, April 25. You can also view [other exposure sites and dates](#).

A previous outbreak happened in February and March this year and was mostly confined to Clark County. So far this year, there have been 81 confirmed cases in Washington State.

Measles is highly contagious and can be serious. Measles is easily spread when an infected person breathes, coughs, or sneezes. Almost everyone who has not had the vaccine or measles previously will get measles if they are exposed to the measles virus.

DOH urges everyone to check their own and their children's immunization records to verify that they're fully immunized. Parents can check immunization status through the [DOH website](#).

DOH and the Centers for Disease Control have also created fliers and tool kits that can be shared with parents and caregivers that are available in a variety of languages and styles. For more information, or to download these, visit the DOH [Measles 2019 webpage](#) or the CDC's [Measles resources page](#).



Program Spotlight



Center for Human Services

Center for Human Services (CHS) held a Dia Del Nino event on April 30 through the support of the Strengthening Families Washington mini grant. Here are some highlights from the event:

Families received a passport that included the descriptions of the Protective Factors in Spanish and English.

Throughout the space there were stations for people to explore and learn more about the different Protective Factors.

The **Knowledge of Child Development** Station included: ASQ Developmental Screenings for different ages and families could talk with the staff member who is hoping to implement the screenings in CHS's Kaleidoscope Play & Learn and Positive Discipline Parenting Classes.

Parental Resilience and Social Emotional Competence: this station focused on encouraging parents to recognize their own stress levels and emotional competence as a way of supporting the emotional regulation of their own children. We handed out pinwheels for prevention at this station and used it as an emotional regulation activity to encourage deep, steady breaths to calm ourselves down. We



Center for Human Services

Building a stronger community...one family at a time.



Dia del Niño is a Latino tradition to celebrate the lives of children and for adults to be reminded of the importance of childhood and that children can teach us how joyful life can be.

Celebrate your child and strengthen your family with us on Dia del Niño!

Dia del Niño es una tradición Latina para celebrar la vida de los niños y para que los adultos recuerden la importancia de la infancia y que los niños puedan enseñarnos lo feliz que puede ser la vida.

Celebre a su hijo y fortalezca a su familia con nosotros en el Dia del Niño!

attached a note to the pinwheels that also listed the protective factors. Handouts were focused on Parenting Stress and Reduction Strategies for the parent as well as Emotion Coaching to support children in regulating their emotions.

Concrete Supports in Times of Need: As a nonprofit local human service provider in the area, this station focused on the resources specifically that CHS provides to families as well as some other local resources such as Hopelink, the local food bank provider.

In addition to the information stations focused on promoting the protective factors, the King County Library System brought in Marco Cortez, a local Spanish musician to perform for the families.

Dia del Niño is about celebrating the lives of children and realizing the joy they bring to our lives and community. An art activity at the event was crown making, which was a way of celebrating the power children have and acknowledging how special they are.