

# Healthy Communities Newsletter

June 2020



CLARK COUNTY  
WASHINGTON

PUBLIC HEALTH

## Community partners working together to build health and resilience

As a community health leader, Clark County Public Health is committed to ensuring that *all* individuals and families have the power and opportunity to live their healthiest and fullest lives. We are active listeners in evolving conversations about race and trauma, and we support a fair, just and more equitable community for all.

Thank you for partnering with us in this important work.

To subscribe to this newsletter, click  
here

## Our Community Meetings

### SAVE THESE DATES!

There are no meetings of Faith-Based Coffee, CHARG, or Clark County Safe Kids during the months of June, July or August. See you in the fall!

An updated calendar for all meetings can also be found at  
<http://acesactionalliance.org>

#### June 11 - Trauma-Informed Schools Team

- 1 - 3 pm
- [ZOOM meeting - pre-registration required.](#)

#### June 14 - Clark County

### ACEs Action Alliance\*

The ACEs Alliance is open to all members of the community.

- Regular meetings of the ACEs Alliance will resume in the fall.
- A newly formed steering committee has met twice to discuss the future role of the ACEs Action Alliance in Clark County.
- Under consideration is the possibility of forming a more robust leadership structure, forming a "community-voice" advisory council to the Alliance, and collaborating with partners to form a commission on children, youth and families.
- The committee will meet two more times before reporting back and involving the larger Alliance this fall.

\*ACEs: Adverse Childhood Experiences



ACTION ALLIANCE

### Trauma-Informed Schools Team meeting

The TI Schools Team meeting is intended for people who work in or with early childhood education and K-12 schools.

An update from the [May meeting is available here](#). The link to a recording of the meeting is no longer available, but all

### Breastfeeding Coalition

- Noon - 1:30 pm
- ZOOM meeting - [pre-registration required](#)

### June 25 - ACEs Action Alliance Steering Committee

- 3 - 5 pm
- ZOOM meeting - by invitation

resources and notes from presentations are available at this link.

At our next meeting, we will hear about online resources that 321 Insight is offering. We will spend more time collaborating on plans to support the social-emotional health and regulation of educators and students when they return to school in the fall.

- **Next meeting: 1 to 3 pm, Thurs., June 11**
- **Online via ZOOM**
- **[PRE-REGISTRATION REQUIRED. CLICK HERE](#)**
- Following registration, Zoom will send email with the log-in link and password to join the meeting.
  
- **No meetings in July or August.**

For more information on the ACEs Action Alliance, resources, links to past newsletters, events and more, go to:

[www.ACEsActionAlliance.org](http://www.ACEsActionAlliance.org) or follow us on Facebook at [www.Facebook.com/ACEsActionAlliance](https://www.Facebook.com/ACEsActionAlliance).



FAITH-BASED COFFEE

### [EVERGREEN Faith-Based Coffee](#)

- There are no meetings in June, July or August
- A summary of the [May meeting may be viewed here.](#)

### [VANCOUVER Faith-Based Coffee](#)

- There are no meetings in June, July or August
- [Click for valuable resources and information](#) shared at the May meeting:

[CLICK TO VIEW THE LATEST FAITH-BASED COFFEE UPDATE & RESOURCES HERE](#)

Follow us on Facebook for meeting updates and information

[www.facebook.com/VancouverFaithBasedCoffee](https://www.facebook.com/VancouverFaithBasedCoffee)

[www.facebook.com/groups/EvergreenFaithBasedCoffee](https://www.facebook.com/groups/EvergreenFaithBasedCoffee)

### Product Recalls

Safe Kids Worldwide [lists product recalls](#) each month. Please note: Product recalls never expire, so it's important to check the recalls on a regular basis. This is especially important for hand-me-down or pre-owned children's products.

Used child car seats and bike helmets should **never** be re-used in case their integrity is compromised.



**Child Car Seat Safety class and clinic**  
**Cancelled for June**

### Safe Kids Clark County monthly meeting

**The June meeting of Safe Kids is cancelled.**

No meetings in July and August

- [Follow us on Facebook](#)

### Preventing children's injuries at home

Safe Kids Clark County focuses on child safety, which includes gun safety in their homes. The

Washington Firearm Tragedy Prevention Network held a virtual meeting in May. Topics included keeping families safe from firearm injuries and household safety during stressful times with tips for gun owners. This topic is of particular importance right now, as reports of domestic violence, suicide and potential child abuse has increased during isolation related to the COVID-19 pandemic.

Firearm Safety Among Children and Teens fact sheets:

[www.icpsr.umich.edu/icpsrweb/content/facts/factsheets.html](http://www.icpsr.umich.edu/icpsrweb/content/facts/factsheets.html)

For more information about the Washington Firearm Tragedy Prevention Network:

<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/firearm-safety/washington-state-firearm-tragedy-prevention-network/>



### A PARENT'S CHECKLIST FOR PREVENTING INJURIES

During the Coronavirus Pandemic



#### SAFETY AT HOME — WHEN YOU'RE FOCUSING ON EVERYTHING AT ONCE

- Store household cleaning products safely to prevent poisoning and save the Poison Help number in your phone: 1-800-222-1222.
- Keep all medicine out of children's reach and sight, even medicine and vitamins you take every day.
- Make sure young children are within arm's reach of an adult during bath time and watch kids of all ages when they are swimming in backyard pools.
- Keep hot foods and beverages away from the edge of counters and tables.
- Separate toys by age and keep little game pieces away from little kids.
- Create a safe place for kids to play by installing safety gates on stairs and guards on windows to prevent falls, keeping small objects and cords to window blinds out of reach and securing top-heavy furniture and TVs.



#### KIDS AROUND CARS — IF YOU HAVE TO DRIVE

- Walk all the way around your parked car to check for children.
- Prevent heatstroke by never leaving a young child alone in a car.
- Slow down and avoid distractions when driving, especially in neighborhoods.
- Keep car doors and trunks locked and keep keys fobs out of reach.



#### STAYING ACTIVE AND INJURY FREE — WHILE SOCIAL DISTANCING

- Look left, right and left again before crossing the street.
- When crossing a street, make eye contact with drivers.
- Put phones and headphones down when crossing the street.
- Wear a properly-fitted helmet when biking, skateboarding, riding a scooter or in-line skating.

FOR MORE INFORMATION VISIT [SAFEKIDS.ORG](http://SAFEKIDS.ORG)

## Safe Kids Worldwide offers new Parent's Guide to Child Safety

This new [guide](#) has proven advice and tips from safety experts to help families reduce risks, prevent injuries and keep kids safe at home, at play and on the road.

[Safe Kids Worldwide](#) offers checklists for parents, and one is included in the guide.

With the advent of warm weather, please remember to never leave a child (or pet) alone in the car.

Install window guards or stops to prevent children from falling out of the window during warm weather.

## Clark County Breastfeeding Coalition Meeting

Clark County Breastfeeding Coalition strives to improve the health of our community by working collaboratively to protect, promote and support breastfeeding.



At the June meeting, the coalition will continue a conversation on maternal mental health and available resources. The group will also review and update the current Breastfeeding Resource Guide. All individuals and community partners are welcome to join the discussion.

- Next meeting: Noon to 1:30 pm, Monday, June 14, on-line via Zoom
- [Pre-registration required, click here](#)

## Partners in Action

### Community Foundation honors partners and supports local efforts

Southwest Washington is resilient. We are responding to the challenge of COVID-19 with creativity, compassion and hope.

The Community Foundation for Southwest Washington is capturing some of these acts of kindness on social media and has also created a way for local residents to respond with generosity.



[Click here to view the Community Foundation video of partners in action.](#)

The SW Washington COVID Response Fund is raising money for local relief efforts. Since launching in March, this fund has granted more than \$3.6 million to local nonprofits serving those hit hardest by the pandemic. Currently, donations are being matched through a generous challenge gift from the Ed and Dollie Lynch Fund.

If you'd like to make a contribution, visit [cfsww.org/respond](https://cfsww.org/respond).



## "SEWcial Distancing" club protects our community one stitch at a time

Clark County seamstresses have banded together across our community. They call themselves the SEWcial Distancing club and they meet outdoors on people's front porches to ensure their name is reflected in their practice.

With needles and ironing boards at the ready, they have stitched together and donated more than 20,000 masks to 150 organizations including hospitals, nursing homes, local food banks and more.

Barbara Rogers, one of the club founders, said that a side benefit of helping others has been the reduction in anxiety that volunteers feel when they have a way to help out.

The group was started through The Church of Jesus Christ of the Latter Day Saints, and is open to anyone with a heart and skills to help. If you would like to be involved, [you can connect through their FaceBook site.](#)

## Funds available to support academic success for students of African descent

The cost of outfitting a home classroom and maintaining an online connection to school can be expensive. The local office of the NAACP has stepped forward with funds to help students of African descent defray these costs. Please post and/or share the flier.



### YOUTH OUTREACH

NAACP wants to assure that the needs of students of African descent are met and that they understand their educational options and responsibilities. Funds are available to supplement internet services and materials for education at home for the success in school for youth of African descent. Students and parents should speak to their school's Family & Community Resource Center, VHA Counselor for referral to funds.

For students attending Clark College in the fall there is a Martin Luther King \$1000 Scholarship.

**News and resources you can use**

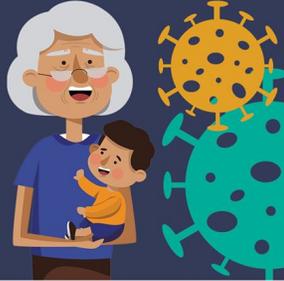
## COVID-19

### HACER

- ✓ Quédese en casa tanto como sea posible.
- ✓ Manténgase al menos a 6 pies de distancia de los demás.
- ✓ Solo salga por lo esencial (comestibles, atención médica, trabajo esencial).
- ✓ Haga ejercicio al aire libre (Excursionismo, ciclismo) solo si puede estar a 6 pies de distancia de otros.
- ✓ Tener video y conversaciones telefónicas.
- ✓ Dejar comida a los vecinos que no pueden salir.

### NO HACER

- ✗ Reunirse en grupos.
- ✗ Reunirse con amigos (sin bebiendo o tener cenas).
- ✗ Tener citas de juegos para los niños.
- ✗ Hacer viajes innecesarios.



LATINO YOUTH CONFERENCE | Community Equilibrium Partnership  
Council 47013 | coronavirus.wa.gov  
clarkcountylatinoyouthconference.com

## Keep up-to-date with factual information about COVID-19

- **Clark County Public Health:** <https://www.clark.wa.gov/public-health/novel-coronavirus>
- **WA Department of Health:** <https://www.doh.wa.gov/Emergencies/Coronavirus>
- As shared at Faith-Based Coffee: The Latino Youth Conference, LULAC, LCRG and NAACP joined together to create the **Compassion and Safety communication campaign** featuring linguistically and culturally sensitive graphics for People of Color. You can contact Diana Avalos-Leos to learn more at: [clark.co.latinoyouthconference@gmail.com](mailto:clark.co.latinoyouthconference@gmail.com) You can also follow the **Latino Youth Conference on FaceBook.**

- **Centers for Disease Control and Prevention:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- **Washington State Coronavirus Hotline:** 800.525.0127. Open 6 am-10 pm daily. This hotline is a partnership effort between Washington State Department of Health and Washington 211. This replaces the DOH novel coronavirus call center. *(Please note that the statewide 211 system differs from our local 211 system.)*

- **Joint Information Center for Washington State:** <https://coronavirus.wa.gov/>
- **SAMHSA Disaster Distress Helpline:** 24/7, 365-day-a-year crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters. Call 1.800.985.5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

- **National Suicide Prevention Lifeline:** 24/7, 365-day-a-year hotline for people experiencing suicidal crisis or emotional distress. Call 1.800.273.8255 or [click here](#) to chat.

- [School Meals List](#)

- [Resources for the Homebound](#)

- [Emergency Dental Services](#)

### Compassión y Seguridad para Todos

Protegeré a mis hijos desacelerando y estando presente con ellos para que se sientan seguros.

Ayudaré a mis hijos a sentirse seguros manteniéndome tranquilo y mostrándoles empatía cuando están teniendo grandes sentimientos.

Prestaré atención a las reglas cambiantes, el cierre de escuelas, los programas de comidas y otra información importante.

Protegeré a mis hijos respondiendo sus preguntas, limpiando las superficies que tocan y desinfectando regularmente.

LATINO YOUTH CONFERENCE | Community Equilibrium Partnership  
Council 47013 | coronavirus.wa.gov  
clarkcountylatinoyouthconference.com

## COVID-19

### Lo Que Está Abierto

- Tiendas de abarrotes
- Bancos
- Farmacias
- Bares y restaurantes (solo para llevar)
- Algunas otras tiendas (a 6 pies de distancia)
- Estaciones de servicio
- Personal de primeros auxilios

### Lo Que Está Cerrado

- Tiendas de cosméticos y salones de tatuajes
- Teatros, parques de atracciones, salas de juego, boleras, pistas de patinaje, y museos
- Conciertos, eventos deportivos, y festivales
- campamentos, piscinas, parques de patinaje y parques infantiles



LATINO YOUTH CONFERENCE | Community Equilibrium Partnership  
Council 47013 | coronavirus.wa.gov  
clarkcountylatinoyouthconference.com

## Trauma-informed resources for parents, leaders and community members

- [Parent Training to Support Behavior during Continuous Learning](#) is a free webinar series from the Office of the Superintendent of Public Instruction. It is designed for parents who need help in guiding their children toward expected behaviors while learning from home. Individual links to each webinar are included along with a description of what to expect.
- [Trauma-Informed Care: Putting Humanity Back Into Human Services](#). Scroll down to find the video.
- [Resilience: The Path to Hope and Meaning](#). This exclusive training webcast for people working in helper professions provides an overview of ACEs and trauma, explores ACEs data in Wisconsin, and highlights strategies to build resilience. (Scroll down the page to find link to video).
- [Thinking about racial disparities in COVID-19 impacts through a science-informed, early childhood lens](#). Dr. Jack Shonkoff, Director of Harvard University's Center on the Developing Child, and Dr. David Williams, Chair of the Department of Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health, partner to examine the emerging evidence of stark racial disparities in COVID-19 outcomes. They also reflect on why people of color are more likely to need hospitalization due to COVID-19, and how histories of personal and systemic trauma might be impacting the outcomes and future health of patients of color.
- Economic stress can affect families, in terms of their sense of safety, connectedness and hope. These fact sheets from the National Child Traumatic Stress Network offer tips for parents and youth on how to cope during uncertain times:
  - [Coping in Hard Times: Fact Sheet for Parents](#).
  - [Fact Sheet for Youth High School and College Age](#).
- [Trinka and Sam Fighting the Big Virus: Trinka, Sam, and Littleton Work Together](#) is a free download-able book designed to help young children and families talk about their experiences and feelings related to COVID-19 and the need to shelter in place. A caregiver guide is available in the back of the book that provides ways parents can use the story with their children. [Also available in Spanish](#).
- [Noggin](#), the learning research branch of Nickelodian, is offering a free 90-day subscription to their interactive episodes, activities and books to families with young children to help mitigate learning loss while children are at home, and also to support a strong learning summer. No credit card info needs to be entered for the free subscription, and there is content in both English and Spanish. [Click here to learn more](#).

### Providence Swindell's Resource Center offers online trauma-informed parenting programs

#### Supporting Your Child During COVID: Visual Schedules and other Supports for Individuals on the Autism Spectrum

Both parents and children are experiencing significant changes in their daily lives. For those who thrive on predictability and routine, this can be distressing. Join us for a presentation by Rowan Hill-Walko, MS, SOESD Regional Autism Specialist as she discusses prioritizing self care, useful tools to support children, and creating structure and routines. 6:30 - 7:45 pm on June 4. [Register here](#).

Understanding the ABC's of Behavior: A

**Supporting Your Child during COVID**

**Visual Schedules and other supports for individuals on the Autism Spectrum\***

*\*Techniques presented will benefit youth across disability areas*

We are all experiencing significant changes in our daily lives and are receiving information that is continuously changing. For students and families who thrive on predictability and routine, this can be distressing.

You are invited to a presentation by Rowan Hill-Walko, MS, SOESD Regional Autism Specialist. Join Rowan as she discusses:

- Prioritizing self care in the midst of change
- Tools necessary to support the child's overall well being
- Creating structure for your child
- Summer routines

**Event Details:**

THURSDAY  
June 4, 2020

6:30 - 7:45 pm

Online Presentation  
Link to join webinar to be emailed after registration

Free for parents and caregivers

**TO REGISTER:  
CLICK HERE**  
<https://conta.cc/2zgs4uz>

503-215-2429  
1-800-833-8899 ext 52429

[Swindells@Providence.org](mailto:Swindells@Providence.org)

**Closer Look at Addressing Challenging Behaviors**

Please join Alicia Like, M.Ed, BCBA, a clinical manager with the Center for Autism Related Disorders (CARD) for who will explore: Understanding the ABCs of Behavior (antecedent, behavior, consequence) How to identify the function or reason a behavior occurs and examples of strategies to address the behavior. 6 - 7:30 pm on June 10.

[Register here](#)

**Our health is influenced by where we live, work & play**

*Everyone should have the opportunity for good health in safe, accessible and inclusive environments*

Health & Social Services, Clean Air, Clean Water, Housing, Education, Transportation, Healthy Food, Jobs, Social Connection, Parks, Policy.

**Coming soon from Public Health: Healthier Clark County InfoMaps!**

**What is it?** The Healthier Clark County InfoMap tool offers a new way of learning about health issues and how they impact people in our communities. Through data visualized on maps and charts, users can explore how health and the circumstances and environments that influence health are distributed across the county.

**Healthier Clark County InfoMap -- Exploring Community Data**

Home | Demographics | Social Determinants of Health | Maternal Health | Child Abuse | Adverse Childhood Experiences | Youth Chronic Disease

**Youth Chronic Disease**

What are the contents of the Youth Chronic Disease tab?

Each of the following youth chronic disease topics can be viewed individually on a map by scrolling through this panel, or by clicking on the following links. These data points are collected by the Healthy Youth Survey, which is administered to sixth, eighth, 10th and 12th graders in schools across Clark County every other year. This tab includes data collected from 10th-graders.

1. Tobacco use
2. Eating fruits and vegetables
3. Binge drinking alcohol
4. Drinking sugar-sweetened beverages
5. Exercise
6. Screen time
7. Sleep habits
8. Physical abuse
9. Emotional abuse
10. Overweight/Obesity
11. Asthma\*

\*This topic was not included in the calculation of the Youth Chronic Disease Index.

**LEGEND**

Youth Chronic Disease Index

- Above Average Risk for Chronic Disease - High Opportunity for Positive Impact
- Average Risk for Chronic Disease
- Below Average Risk for Chronic Disease
- Data Unavailable

**INTERPRET**

**What data are in the tool?** Topic areas in the InfoMap include demographics and social factors that influence health, such as income, education and housing. The tool also features several public health focus areas, including maternal health, child health, adverse childhood experiences, chronic disease, substance use and behavioral health.

**When can I see it?** The tool will launch in June 2020 and will be available on the Clark County Public Health website.

**Contact Info:**  
**Health Assessment and Evaluation**, Public Health

# About our coalitions and community groups

## The ACEs Action Alliance is:

A multi-sector collaborative of public and private organizations and individuals. We raise awareness about adverse childhood experiences (ACEs) and their long-term impact. We promote trauma-informed approaches and policies to support resilience and healing for people of all ages. All are welcome at monthly meetings.

The Trauma-Informed Schools Team is open to anyone who works in or with schools in Clark County. We meet monthly to explore tools, resources and applications of trauma-informed principles for schools.

Check the calendar at [ACEsActionAlliance.org](https://www.acesactionalliance.org) for current meeting information and other resources.

[ACEsAction Alliance on Facebook](#)

### Faith-Based Coffee is:



FAITH-BASED COFFEE

A non-denominational bridge that joins faith partners, communities and local schools to share learning, meet the needs of children, families and neighborhoods, and address emergent needs that arise in our community. All are welcome. Members maintain the separation of church and state at meetings and when fulfilling needs by serving from the heart without promoting personal religious beliefs or engaging in religious recruitment.

[Evergreen Faith-Based Coffee on Facebook](#)

[Vancouver Faith Based Coffee on Facebook](#)

### Safe Kids Clark County is:



A member of [Safe Kids Worldwide](#), a grassroots network of more than 600 coalitions and chapters that work closely with law enforcement officers, firefighters, paramedics, health professionals, educators, businesses, public policy makers, and, most importantly, parents and kids to promote safety. Priorities include proper car seat use, baby's safe sleep, reducing child vehicular injuries and deaths, and water safety. Local coordination provided by American Medical Response (AMR).

[Safe Kids Clark County on Facebook](#)



### CHARG is:

A local forum for community members and health professionals to connect and collaborate in order to deliver appropriate services that meet the needs of the diverse populations of Clark County. At each of our bi-monthly forums, the Clark County Community Health Access Resource Group (CHARG) strives to illuminate and educate participants on a handful of themed topics relating to health access.

[CHARG! Website](#)

### Clark County Breastfeeding Coalition is:



A coalition that works to improve the health of our community by promoting, protecting and supporting breastfeeding. CCBC is committed to identify and eliminate barriers to breastfeeding among families of all races and ethnicities in Clark County in order to foster a culture of inclusion.

The coalition works collaboratively to connect, educate and promote breastfeeding practices in all Clark County communities. CCBC also works to create an environment that supports breastfeeding as the cultural norm for infant feeding.

[Clark County Breastfeeding Coalition](#)

The Healthy Communities Newsletter is published the first week of each month. To submit announcements or share information, please send complete information or attach a high resolution pdf file to [cyndie.meyer@clark.wa.gov](mailto:cyndie.meyer@clark.wa.gov) by the 20th of the month prior.

All submissions will be screened and may be edited prior to publication.

If you would like to receive the Healthy Communities Newsletter, please email [Jan.Dolph@clark.wa.gov](mailto:Jan.Dolph@clark.wa.gov)

