

# Healthy Communities Newsletter

August 2020



CLARK COUNTY  
WASHINGTON

PUBLIC HEALTH

Community partners working *together*  
to build health and resilience

Click here to  
subscribe

## Our Community Meetings

Scroll to bottom for a description of each group

### SAVE THIS DATE!

Faith-Based Coffee, CHARG, the ACEs Alliance, Trauma-Informed Schools and Safe Kids Clark County will not meet in August.

See you in the fall!

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

#### August 17 - Clark County Breastfeeding Coalition

- Noon - 1:30 pm
- ZOOM meeting

#### Sept. 16 - Evergreen Faith Based Coffee

- 8:30 to 10:30 am
- Zoom meeting: registration link and more info coming in September newsletter

#### Sept. 24 - Vancouver Faith-Based Coffee

- 9 to 11 am
- Zoom meeting: registration link and more info coming in the September newsletter

### ACEs Action Alliance\*

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

- Virtual meetings of the ACEs Alliance will resume in October.
- Date to be announced in the September newsletter.



\*ACEs: Adverse Childhood Experiences

### Trauma-Informed Schools Workgroup meeting

- The TI Schools Workgroup is intended for people who work in or with early childhood education and K-12 schools.
- Meetings are held on the second Thursday of the month from 1 to 3 pm.
- Save the date for the first meeting for the 2020-21 school year: 1 to 3 pm on October 8. More details in the September newsletter.

## October 8 - Trauma Informed Schools Workgroup Meeting

- 1 - 3 pm
- Zoom meeting: registration link and more info coming in the September newsletter
- No meeting in September

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

- Next meeting: Wednesday, September 16
- 8:30 to 10:30 am
- Meeting will be held via zoom. Registration link and meeting details will be shared in the September newsletter.

## VANCOUVER Faith-Based Coffee

- Next meeting: Thursday, September 24
- 9 to 11 am
- Meeting will be held via zoom. Registration link and meeting details will be shared in the September newsletter.

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.



## Safe Kids Clark County monthly meeting

Safe Kids Clark County does not meet in July and August

- [Follow us on Facebook](#)

Child Car Seat Safety class and clinic

Cancelled for August  
*Potentially may resume this fall*

## Safe Kids Reminders

[Keep kids safe around water](#), including home pools. Always use life jackets in open water.

Kids or pets in your car? [Never leave them alone in the car](#), even for a minute.

## FDA's list of dangerous hand sanitizers grown to more than 100

The list of dangerous hand sanitizers has been expanded to over 100 brands, including one called Hello Kitty (contains methanol). Most of these are manufactured in Mexico and either contain methanol (toxic) or do not have enough alcohol. The CDC recommends hand sanitizer with at least 60% alcohol.

For more information on ingredients, [see FDA's detailed list](#).

## 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. Join us on August 17 for a special presentation.



### Healthy Starts Act-Lactation Accommodation in the Workplace

Presented by:

Alma Poletti, Investigator Supervisor (Civil Rights Division) and  
Ashely Dowell (WA State Attorney) from the WA State Attorney General's Office

- Next meeting: Noon to 1:30 pm, Monday, August 17, on-line via Zoom
- If interested, please register <https://us02web.zoom.us/meeting/register/tZYvd-ivrz4pG93zZ-js0qrsqmlglEZMIQh->

## COVID-19 Resources



Press here to connect to the CDC's advice on facemasks

### Washington State Department of Health launches CORONA survey

The Washington State Department of Health (DOH) recently launched the Community Recovery-Oriented Needs Assessment, or the CORONA survey to assess the behavioral, economic, social, and emotional impacts and needs of communities across the state as a result of the COVID-19 outbreak. Survey results will inform immediate, long-term, and ongoing actions that DOH and local health jurisdictions can take to address the impacts of the COVID-19 outbreak on Washingtonians.

In order to appropriately and equitably inform recovery plans at the state and local levels, DOH is requesting residents from across Washington to go to [www.wacoronasurvey.com](http://www.wacoronasurvey.com) to take part in the survey. (To take the survey by phone, call 855-530-5787—interpreters are available to assist.)

The survey is voluntary and confidential. At the end of the survey, participants will be given the option to provide their name, phone number and/or email address. Each week of the survey, three participants will receive a \$100 Amazon.com gift code as a thank you for their time and participation.

If you have additional questions about the CORONA Survey, you can call the Washington State Department of Health at 1-800-525-0127

### What is contact tracing and how does it work?

Contact tracing is a critical tool for suppressing COVID-19, but how much do you know about it? Learn more through the Public Health Institutes conversation with Dr. Marta Induni, of PHI's Tracing Health initiative, who



talked about how it works, how they keep information protected, and how they help people stay at home when they need to. PHI provides all contract tracing for COVID cases in Clark County. [Read Part 1 of the interview, along with video clips.](#)

## Swindell's Center offers two-part webinar on How to deal with your child or teen's challenging behaviors during COVID-19

Both webinars are FREE and are held at 6:30 pm

### September 9 - [REGISTER HERE](#)

- Basics of supporting children with challenging behaviors or cognitive struggles during COVID-19
- Why many attempted strategies fail to work The Cognitive Supports™ model and practical strategies you can use immediately

### October 14 - [REGISTER HERE](#)

- How to take a bigger view of your child's behavior and consider the factors and situations that lead to challenging behaviors.
- How to reinterpret behavior and move forward in a brain-based direction.
- More practical strategies you can use immediately



### Dealing with Challenging Behaviors during COVID-19

Join Nate Sheets from Oregon Behavior Consultation for this two part series to learn:

- Part 1:**
- Basics of supporting children with challenging behaviors or cognitive struggles during COVID-19
  - Why many attempted strategies fail to work
  - The Cognitive Supports™ model and practical strategies you can use immediately

- Part 2:**
- How to take a bigger view of your child's behavior and consider the factors and situations that lead to challenging behaviors.
  - How to reinterpret behavior and move forward in a brain-based direction.
  - More practical strategies you can use immediately



WEDNESDAY  
SEPTEMBER 9  
OCTOBER 14

Event Details: 6:30 - 7:30 PM

online presentation link to join will be email prior to event

FREE TRAINING

Register here for  
SEPTEMBER 9

TO REGISTER

Register here for  
OCTOBER 14

503-215-2429

These events are free thanks to the generous support of our donors.

Swindells@Providence.org

### Esisinen Coronavirus (COVID-19)

Sinei ekkewe esisinen COVID-19, mei tetenitiw faan:

Ekkena esisin mei tongeni kukkun ika watten samwau, me e fis nefinen 2-14 raan me murin an nomw reomw ewe monu mei aworato COVID-19.

\*Noo ngeni pioing ika pwe a wor mei semwen me ekkewe esisinen COVID-19 won.

- Mwii ika weiresin ngasangas
- Metekin faanimwar ika weiresin faanimwar
- Sokuk
- Weiresin pwaata ika neneno
- kieriunon won maas ika tunaaw

Eapw ikkei tichikin meinstin ekkel esisin. Kokori noume doctor ika sou safel ika pwe e wor esisinen samwau mei watte en mei eureka me noninen ren.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## COVID-19 Communication Toolkit available from the CDC for migrants, refugees and other limited-English populations

Resources, such as the sample in Chukese shown here, are available in 26 languages to help public health professionals, health departments, community organizations, and healthcare systems and providers reach populations who may need COVID-19 prevention messaging in their native languages.

[Connect to the toolkit here.](#)

## 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>

- [The COVID-19 dashboard](#) lets you track case numbers statewide, county by county. Numbers are updated daily.
- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Washington State Coronavirus Hotline: **800.525.0127**. **NEW HOURS:** Open 6 am-10 pm Monday through Friday and 8 am to 6 pm on weekends and holidays. 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/>
- Washington Listens is a new non-clinical crisis line for people feeling elevated stress due to COVID-19. [Click here for more details.](#)
- 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.
- Council for the Homeless – [What's Open](#)
- Clark County Food Bank partners' [complete list, updated daily.](#)

## Let summer reading continue! Fort Vancouver Libraries offer curbside pick-up

What would the lazy days of summer be without a good book to read? Our amazing local librarians have been trained on safety protocols in order to provide contact-free service to get books, movies and other materials to you and your family while we all stay safe together.

### Here's how it works:

- **Step 1:** Place a hold on the item you want using the [library catalog](#) or [library app](#), or by [calling](#) the library between 10 am and 5 pm Monday through Saturday.
- **Step 2:** When you receive notice that your hold is available, call the library to schedule a pick-up appointment.
- **Step 3:** Visit the library at your appointment time, look for the curbside pickup sign, and call the number on the sign. Library staff will bring your items out and place them in your trunk (or other agreed upon location).

## LIBRARY CURBSIDE

### Holds Pickup Now Available

Call for an appointment  
**360-906-5000**  
[www.fvrl.org/curbside](http://www.fvrl.org/curbside)



## Resources on ACEs & Resilience



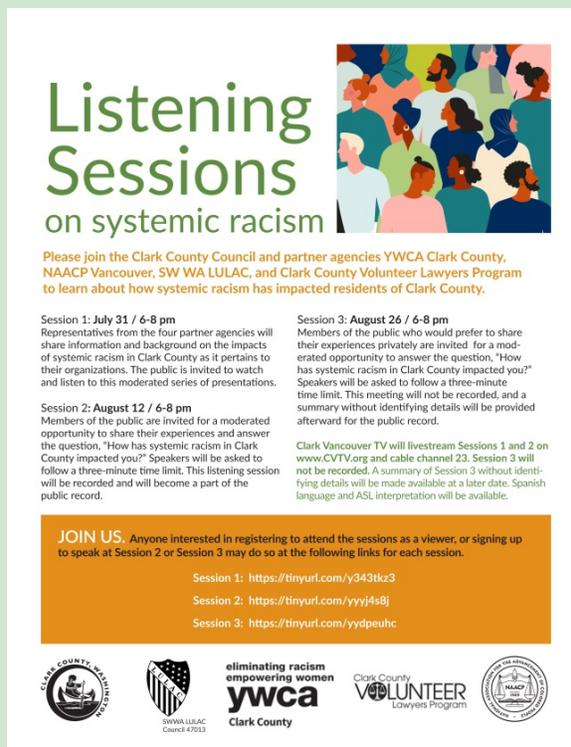
### Vantalks: "Listen to Lead and Learn"

Approximately 1000 listeners tuned in to this discussion of what it is like to be a person of color in Clark County, Washington. Tyler Monk from [Ready to Rise](#) organized and hosted the discussion for our community. [You](#)

## Listening sessions shed light on systemic racism in Clark County

Learn more about systemic racism in Clark County. Three listening sessions, coordinated by the Clark County Council and partner agencies YWCA Clark County, NAACP Vancouver, SW WA LULAC, and Clark County Volunteer Lawyers Program, are a first step to greater understanding and action around racial injustice, system inequity and structural racism in our county.

- [View the recording of Session 1 here.](#)
- [Register here](#) to attend the second session at 6 to 8 pm on August 12.



**Listening Sessions on systemic racism**

Please join the Clark County Council and partner agencies YWCA Clark County, NAACP Vancouver, SW WA LULAC, and Clark County Volunteer Lawyers Program to learn about how systemic racism has impacted residents of Clark County.

**Session 1: July 31 / 6-8 pm**  
Representatives from the four partner agencies will share information and background on the impacts of systemic racism in Clark County as it pertains to their organizations. The public is invited to watch and listen to this moderated series of presentations.

**Session 2: August 12 / 6-8 pm**  
Members of the public are invited for a moderated opportunity to share their experiences and answer the question, "How has systemic racism in Clark County impacted you?" Speakers will be asked to follow a three-minute time limit. This listening session will be recorded and will become a part of the public record.

**Session 3: August 26 / 6-8 pm**  
Members of the public who would prefer to share their experiences privately are invited for a moderated opportunity to answer the question, "How has systemic racism in Clark County impacted you?" Speakers will be asked to follow a three-minute time limit. This meeting will not be recorded, and a summary without identifying details will be provided afterward for the public record.

Clark Vancouver TV will livestream Sessions 1 and 2 on [www.CVTV.org](http://www.CVTV.org) and cable channel 22. Session 3 will not be recorded. A summary of Session 3 without identifying details will be made available at a later date. Spanish language and ASL interpretation will be available.

**JOIN US.** Anyone interested in registering to attend the sessions as a viewer, or signing up to speak at Session 2 or Session 3 may do so at the following links for each session.

Session 1: <https://tinyurl.com/y343tkz3>  
Session 2: <https://tinyurl.com/yyyy4s8j>  
Session 3: <https://tinyurl.com/yydpeuhc>

CLARK COUNTY COUNCIL  
eliminating racism empowering women  
ywca Clark County  
Clark County VOLUNTEER Lawyers Program  
SWWA LULAC Council 47013

- **SOON!** The Connecting Communities session, "[Who Will Mind the Children: The Impact of COVID-19 on the Child Care Market.](#)" is coming up **at noon on Aug. 6.** Learn how public policy and non-government organizations can address child care challenges that existed before and are exaggerated during the COVID-19 pandemic. Child care plays a critical role in people's ability to work, but many lower-income households do not have the economic resources to afford high-quality child care. On the provider side, already-low margins mean many providers may close due to pandemic-related cost increases and revenue reductions.
- **SOON!** [School-Based Summer Virtual Learning Series: Building Trauma-Sensitive Environments in Schools](#) starts at **10 am on Aug. 9.** Webinar will discuss best practices for establishing positive relationships with schools, focusing on trauma-sensitive strategies. Participants will gain a foundational understanding of trauma, practice using strengths-based language to facilitate difficult conversations, and will examine opportunities for collaboration between schools and SBHCs. [Register here.](#)
- **SOON!** Join the Health and Human Services Office of Disease Prevention and Health Promotion and the Administration for Community Living Office of Nutrition and Health Promotion Programs for a [Spotlight on Health webinar](#) on **August 10th.** The webinar will highlight innovative solutions to address social isolation in older adults during the COVID-19 pandemic. [Register here.](#)
- **SOON!** The Academy of Nutrition and Dietetics and the Congressional Black Caucus Health Braintrust will discuss the important role of nutrition in promoting health equity and reducing health disparities at the second annual [Nutrition and Health Equity Summit](#) on Tuesday, **August 25 from 11 am to 1 pm.** [Learn more and register here.](#)
- **SOON!** The NAACP Vancouver Branch is presenting a virtual education event specifically intended for parents of African American children. Part 1: Becoming a trauma-informed parent is from **10:30 am to noon, Aug. 22.** Part 2: Strategies for addressing racially traumatic experiences is from **10:30 to noon, Aug. 29.** [Click here to register for both events.](#)
- **SOON!** The 2020 Suicide Prevention Summit is coming up on August 29-30. Registration is free and the entire conference is online. The intended audience is mental health

professionals and students. [Learn more and register here.](#)

- The ACEs Connection recently hosted a virtual discussion with Rebecca Lewis-Pankartz regarding trauma, ACEs and poverty. Her compelling story and presentation on successful programs to address poverty in her community are well worth the time to view this recorded video. [You can see it here.](#)
- Are you asking yourself, "How should parents prepare for Coronavirus, potential school closures, and getting anything done?" Sound advice from EdNavigator.com: [Click here for English.](#) [Click here for Spanish.](#)
- Local schools have found that teaching mindfulness practice is another effective tool that can help children and youth to self-regulate. Wondering how to continue this work when schools return to virtual platforms this fall? Read more in the Edutopia article "[Translating Mindfulness to Distance Learning](#)" by Michael Ray.
- Pre-K children can also benefit from mindfulness. [Zero to Three](#) recently released [Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations](#) to help early childhood educators and child care staff to learn more about the case for implementing mindfulness. You can download this beautiful, 58-page toolkit for free and learn techniques that will fit into your daily work and organizational culture. The toolkit provides hands-on strategies and tips from organizations that have already started the journey. Information in the toolkit can easily be adapted to other types of organizations with questions for leaders to consider, brief survey examples to get staff input, and resources for developing emotional competence skills during supervision.
- The Office of the Superintendent of Public Instruction (OSPI) for our state adopted standards for teaching social-emotional learning (SEL) in 2019. [The OSPI website for Social-Emotional Learning](#) offers terrific resources and information regarding SEL for teachers, parents and the community.
- "[Culturally-Responsive Approaches to Serve Latin American Children who Experience Traumatic Separation](#)" will explore trauma-informed, culturally-responsive strategies for serving separated children who have migrated to the US from countries in Latin America. Speakers discuss policies and practices relevant to the protection and best interests of unaccompanied and separated immigrant children. This webinar provides an overview of a project providing mental health care and family navigation services for Latino immigrant families along the US southern border and community-based interventions in rural northern New Mexico. In addition, speakers identify clinical challenges and strategies for serving migrant children and families in a primary health care setting.
- [Advancing trauma-informed care within and across child-serving systems](#) is an outstanding toolkit that offers a framework for system-level and cross-system strategic planning and implementation processes for supporting trauma-informed systems change. The guide is intended for an audience of state or local policymakers, public agency administrators, trauma experts, provider partners, and other stakeholders who seek to advance trauma-informed care within and across their child-serving systems.

## Community Announcements

Calling all Lesbian, Gay, Bi, Trans, Queer, & Questioning (LGBTQ+) youth in Middle & High School!

# TRIPLE POINT

& Gender Blender

NOW HOSTING VIRTUAL SUPPORT GROUP MEETINGS!

Like minded LGBTQ+ youth come together to talk about today's issues, tomorrow's solutions, & a future without limitations. COME JOIN US VIRTUALLY!

Group	Day	Time
Drop-In (13-18)	Tue	4:30-5:30pm
Gender Blender (14-18)	Wed	4:30-5:30pm
Middle School (11-14)	Thu	4:30-5:30pm

SIGN UP TODAY! Email: [stephen.herndon@chs-wa.org](mailto:stephen.herndon@chs-wa.org) or Call: (360) 334-5560

### Triple Point is now hosting virtual support group

For more information or to sign up for Triple Point, contact [Stephen.herndon@chs-wa.org](mailto:Stephen.herndon@chs-wa.org)

Or call: 360.334.5560

### NAMI introduces virtual recovery support group

NAMI Connection & Substance Use Support Group is a recovery support group program for adults living with a dual diagnosis of mental illness and substance use disorder. These group meetings provide a place that offers respect, understanding, encouragement, and hope. All NAMI Support Groups are confidential – participants can share as much or as little personal information as they wish. Meetings will be guided by NAMI Connection’s Principles of Support. Prospective participants are welcome to drop-in and check the group out.



**NEW GROUP!** connection & substance use support group

Group meets on Zoom  
**Mondays 6:00-7:30 pm**  
 Addresses Addiction, Depression, Anxiety, Bipolar, Schizophrenia, Alcohol, and other Substance Use.  
**Starts Monday, August 3**

First meeting is at 6 pm, Monday Aug. 3. [Preregister here.](#)



EOCF™ connect | empower | transform

**Now Enrolling!**  
 FREE PRESCHOOL  
 APPLY ONLINE AT [EOCFWA.ORG](https://eocfwa.org)  
 For Eligible Families

### EOCF open for fall preschool enrollment

EOCF is now enrolling for free preschool for the fall term. Enrollment specialists are taking online applications, and making telephone appointments.

For more information, please visit <https://eocfwa.org/programs/apply/>

### Innovative Services accepting enrollment for fall programs and preschool



Your child might qualify for free preschool!

Innovative Services NW ECEAP program provides:

- Preschool
- Family support
- Nutritious meals and snacks
- Health screenings

We are conveniently located near the Vancouver Mall, open Monday - Friday, 7 AM - 6 PM, year round

Want to enroll? Have questions?  
 Call Stephanie Oman at (360) 823-5156  
 Hablamos español  
 or email [soman@innovativeservicesnw.org](mailto:soman@innovativeservicesnw.org)

For more information, please go to [www.innovativeservicesnw.org/about-eceap](http://www.innovativeservicesnw.org/about-eceap)

### ESD 112 Early Care and Education is open for enrollment!



**Apply Now**  
**Aplique Ahora**

While slots are still available!  
 ¡Mientras haya espacio disponible!

\*Some families are eligible to receive FREE services.  
 Algunas Familias son elegibles para recibir servicios gratis.

Clark County Services We Offer:  
 Servicios del condado de Clark que ofrecemos:

- » FREE Preschool\*
- » Accepting Child Care Subsidies
- » Playgroups
- » Prenatal Support
- » Developmental Screenings
- » Home Visits
- » Prescolar GRATIS\*
- » Aceptando Subsidios de Cuidado Infantil
- » Grupos de Juego
- » Apoyo Prenatal
- » Evaluacion de Desarrollo
- » Visitas al Hogar

**Early Care Education**  
 EDUCATIONAL SERVICE DISTRICT 112

(360) 952-3466    [www.esd112.org/ece](http://www.esd112.org/ece)    Your local partners in Early Learning

# 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:

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)

For other formats, contact the Clark County ADA Office  
Voice 564.397.2322 / Relay 711 or 800.833.6388 / Email [ADA@clark.wa.gov](mailto:ADA@clark.wa.gov)