

Healthy Communities Newsletter

September 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 September.

See you online in October!

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

Sept. 21 - Clark County Breastfeeding Coalition

- Noon - 1:30 pm
- ZOOM meeting

October 8 - Trauma Informed Schools Workgroup Meeting

- 1 - 3 pm
- Zoom meeting:
- Find links and info in
this newsletter
- No meeting in
September

ACEs Action Alliance*

*ACEs: Adverse Childhood Experiences

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

Next meeting:

- **Wednesday, October 28**
- **12:30 - 2:30 pm**
- [CLICK here on Oct. 28](#) to join online or copy and
paste this info into your calendar.
- **YOU WILL NEED THE MEETING ID AND
PASSCODE whether joining online or by phone.**
 - **ID: 827 4841 1877**
 - **Passcode: 445966**
- Connect ONLINE
[https://us02web.zoom.us/j/82748411877?
pwd=dmJwU2F5TktWUWpVZmMydHhwTU0rQT09](https://us02web.zoom.us/j/82748411877?pwd=dmJwU2F5TktWUWpVZmMydHhwTU0rQT09)
- Or connect by PHONE
 - +1 253 215 8782 or
 - +1 669 900 9128



Trauma-Informed Schools Workgroup meeting

- The TI Schools Workgroup is intended for people
who work in or with early childhood education and K-

October 22 - Faith Based Coffee
Combined meeting for Evergreen and Vancouver School Districts!

- 9 to 10:30 am
- Zoom meeting
- Find links and info in this newsletter
- No meeting in September

October 28 - ACEs Action Alliance

- 12:30 - 2:30 pm
- Zoom meeting
- Find links and info in this newsletter

12 schools. Meetings are held on the second Thursday of the month from 1 to 3 pm beginning in October.

Next meeting:

- **Thursday, October 8, 2020**
- **1 - 3 pm**
- Our agenda will include a collaborative discussion of how schools are implementing mandated trauma screening tools for students, the survey of trauma-informed approaches, a demo of an online trauma-informed academy, Handle with Care, and self-care topics to prioritize.
- [CLICK HERE on Oct. 8 to join the meeting](#) or copy and paste this info into your calendar.
- **YOU WILL NEED THE MEETING AND ID PASSCODE** whether joining online or by phone.
 - **Meeting ID: 811 2687 0294**
 - **Passcode: 157719**
- Connect ONLINE
- <https://us02web.zoom.us/j/81126870294?pwd=L0JQRWZQMTJUdjNUT2k0UWpieElndz09>
- Or connect by PHONE
 - +1 253 215 8782 US (Tacoma)
 - +1 669 900 9128 US (San Jose)

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

www.ACEsActionAlliance.org or follow us on Facebook at www.facebook.com/ACEsActionAlliance.



FAITH-BASED COFFEE

Faith-Based Coffee

Faith-Based Coffee will not meet in September due to the intense focus required for back-to-school this year.

- **Please join us on Oct. 22** for a *combined* virtual Faith-Based Coffee meeting for BOTH Vancouver and Evergreen School Districts. Please email [Cyndie Meyer](#) if you wish to make an announcement at the meeting. We would like to hear how faith partners have been coping, adapting and supporting the community during the past six months. If you have a story to share, please let [Cyndie know](#).

NEXT meeting:

- **Thursday, October 22**
- **9 - 10:30 am**
- [CLICK HERE on Oct. 22](#) to join the meeting or copy and past this information into your calendar.
- **YOU WILL NEED THE MEETING ID AND PASSCODE TO JOIN** whether online or by phone.
 - **Meeting ID: 847 0848 2664**
 - **Passcode: 860466**

- Connect ONLINE
- <https://us02web.zoom.us/j/84708482664?pwd=UzVJL3JiR0hhNUhETk9hd01xQ2lhQT09>
- Connect by PHONE
 - +1 253 215 8782
 - +1 346 248 7799

Follow us on Facebook for meeting updates and information

www.facebook.com/VancouverFaithBasedCoffee

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

- [Follow us on Facebook](#)

Child Car Seat Safety class and clinic

Cancelled for September
Potentially may resume this fall

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.

- **Next meeting: Noon to 1:30 pm, Monday, September 21, on-line via Zoom**
- If interested, please contact [Yasmina Aknin](#)

Save the date! 2nd Annual Breastfeeding Conference
Clark County Breastfeeding Coalition presents:
Creating A Connected Breastfeeding Community

Scott Winn
Racial Equity Consultant
Leading with a Racial Equity Lens for Structural Transformation

Melissa Cole
MS, IBCLC, RLC
Tongue Tie Assessment and Post-Frenectomy Care

Bryna Sampey
IBCLC
Parenting in a Pandemic: Breastfeeding and COVID-19

Wednesday, October 7, 2020 & Thursday, October 8, 2020

Registration details coming soon!
Follow us on Facebook
<https://www.facebook.com/TheCCBC/>

COVID-19 Resources

CLARK COUNTY, WA Emergency Rental Assistance Program (ERAP)*
*Resources are limited and assistance is not guaranteed.

RENT ASSISTANCE ACCESS POINTS
Please call either:

Housing Hotline | 360-695-9677
Monday-Friday | 9am-5pm • Saturday | 11am-5pm
Se habla Español.

OR

Share
English | 360-952-8317 Ext 387
Español | 360-952-8318 Ext 386
Monday-Friday | 9am-5pm

Additional info: CouncilForTheHomeless.com/ERAP

HOW HOUSEHOLDS QUALIFY:

- Income is below 50% of Area Median Income (\$46,050 for family of 4) in the last 2 months
- Owe past due rent since March 1, 2020
- Renting in Clark County, WA
- Additional screening requirements must be met

WHAT YOU WILL NEED*:

- Documentation of Income, if possible
- A W-9 Form and agreement signature will be requested from the landlord

*Citizenship not required.

Landlord-Tenant Issues?
Clark Co. Volunteer Lawyers Program
360-334-4007 or info@ccvp.org

This project was supported by a grant awarded by US Department of the Treasury. Receipt of this document by those of the author and do not necessarily represent the official position or policies of the US Department of the Treasury. Grant funds are administered by the Local Government Community Relief Fund thru the Washington State Department of Commerce. 8.12.2020

Know someone who needs emergency assistance to pay rent?

Click on image to download the flier for posting.

For more information, visit the [website for Council for the Homeless.](#)

Children should never go hungry!

Children who received free/reduced cost meals at K-12 schools may be eligible for Pandemic-EBT benefits during COVID.

Application Deadline is Friday, Sept. 11.

[Learn more here.](#)



Time is running out and we need your help to spread the word!

September 11, 2020, is the last date to apply for Pandemic EBT (P-EBT). The Office of Superintendent of Public Instruction and the Department of Social and Health Services have teamed up to create a new program called Pandemic EBT, or P-EBT, for short. These benefits will help families most impacted by the COVID-19 crisis to continue to have access to nutritious meals.

P-EBT is available for students, including children of immigrant households, who were enrolled in a K-12 school that offered a school lunch program during the 2019-20 school year AND were eligible for free or reduced-price school meals; or attended a school where meals were free for all students.

There are two ways to apply:

1. Online: www.WashingtonConnection.org (on the application, choose "Pandemic EBT – Emergency School Meals Program" box in the Food Assistance section); or,
2. Call: 877-501-2233 (DSHS Customer Service Contact Center – interpreter services are available)

Additional information and translated documents are available [here](#) (k12.wa.us). Don't miss out, apply today!

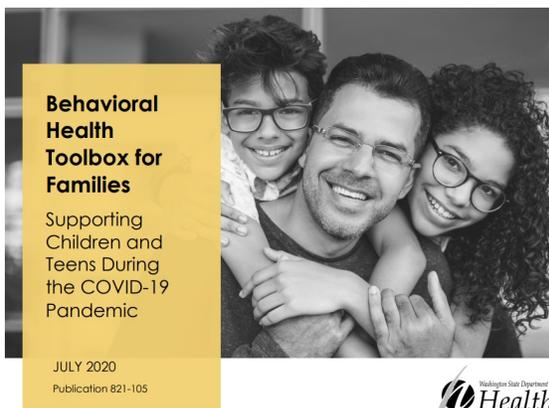
Washington State Department of Social and Health Services

DSHS Community Services Division Office of Communications & Community Relations
August 7, 2020

Distance Learning Day Camps open this fall to help working families

Vancouver Parks and Recreation is launching distance learning day camps starting Sept. 8 to support working families this fall. Registration opens Tuesday morning for Vancouver residents and Thursday morning for non-residents. [Click here to learn more](#) and to link to online registration.

- Open to students entering grades 1-5
- 8 am to 5 pm Weekdays.
- Designed in partnership with local school districts
- A safe, supervised environment for distance learning
- Small, isolated camp groups to limit contacts
- Firstenburg Center = Evergreen Public Schools schedule
- Marshall Center = Vancouver School District schedule
- Cost \$190 for city residents; \$210 for non-residents



Washington Department of Health/Health Care Authority publish a COVID Toolkit for Families

The [COVID-19 Behavioral Health Toolbox for Families](#) gives tips on how to understand emotional responses to the COVID-19 pandemic.

This beautiful resource is designed to help families and children to recognize the signs of pandemic stress and know what actions to take.

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->

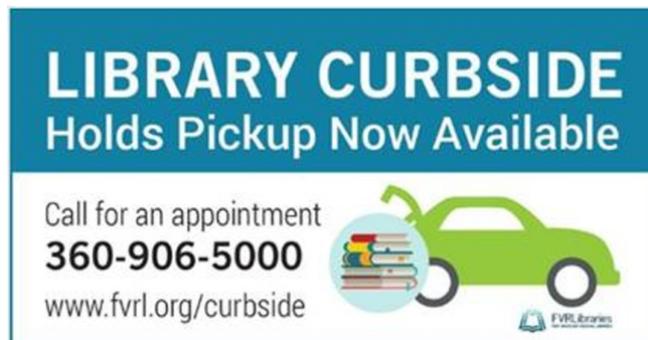
- **Washington State Coronavirus Hotline: 800.525.0127.** Open 6 am-10 pm Monday through Friday and 8 am to 6 pm on weekends and holidays. This hotline is a partnership effort between Washington State Department of Health and Washington 211. This replaces the DOH novel coronavirus call center. (*Please 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

 FVRLibraries

Resources on ACEs & Resilience

FOR PARENTS:

- **Part 2 of Providence Swindell Center's webinar on how to work with your child's challenging behavior during COVID is free at 6:30 pm on October 14 - [REGISTER HERE.](#)** Learn: 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; and more practical strategies you can use immediately.
- **The AMAZING Positive Parenting Conference** is a FREE opportunity to learn from some of the best experts and authors in the field of trauma-informed, brain-based parenting. All sessions will stream live from Sept. 22 through Sept. 29. Registration will open on Sept.

8. [Check out the website for more information](#) and the link to registration on Sept. 8. You can also sign up for registration reminders at: [PostiveParentingConference.com](https://www.postiveparentingconference.com).

- The National Federation of Families for Children's Mental Health offers resources to support families and children during the COVID pandemic. [See their website for details and supports.](#)
- **Washington Health Care Authority (HCA)** just launched a [COVID Family Toolbox](#) to support families of children and teens. It is an impressive publication stuffed with great information.
- As families return to online school this fall, remember the adage about "all work and no play". New (and old) studies teach us that play is not only fun and stress-relieving, it is essential for discovery and learning. [Read more here.](#)
- Cyberbullying is a concern while children and youth spend more time online during COVID. The [Cyberbullying Research Center](#) offers [resources and information](#) to help parents and educators support good cyber citizenship and to identify when their child might be the victim or perpetrator of cyberbullying.

FOR SCHOOLS:

- How can schools be trauma-informed online? The [National Child Traumatic Stress Network](#) recently published comprehensive guidance on how to implement TI School strategies during COVID that can be used in-person or online. [CLICK here for the PDF.](#) The [NCTSN website](#) is very helpful, deep with resources, including free online training on trauma and resilience.
- [Kindness in the Classroom](#) is a program of the [The Random Acts of Kindness Foundation](#). Resources on their website include CASEL-approved lessons in respect, caring, integrity, inclusiveness, and courage. Learn more and view the [new grade level appropriate curricula here.](#), including a new curriculum for high-school students.
- The State of Alaska recently published a toolkit called ["Transforming Schools: A Framework for Trauma-Engaged Practice."](#) This valuable resource gives step-by-step advice on how to move your school or district further down the TI pathway. An excellent tool.

ACEs and RESILIENCE:

- The National Indian Health Board, in collaboration with CDC, has launched a new resource hub. Many Tribal individuals, families, and communities have been impacted by childhood experiences causing physical and mental health adversities throughout the lifespan. However, with understanding and effort, individuals and communities can confront Adverse Childhood Experiences (ACES) for positive health outcomes. This information hub, launched by the National Indian Health Board includes a "resource basket" designed for American Indian and Alaska Native individuals, families, communities, professionals, and leaders to rummage through, harvesting resources. This Hub can assist Tribes to learn more about ACEs, research, tools, and interventions. [Visit the ACES hub here.](#)
- [Keys to Well-Being.](#) These are Greater Good's ten building blocks of individual and community well-being — the behaviors that research suggests will support your health and happiness, and foster positive connections with other people. <https://greatergood.berkeley.edu/key>

Community Announcements

Please send announcements and fliers for publication to [Cyndie Meyer](#)
before the last week of the month.

YWCA Clark County continues to provide services for survivors of sexual assault and/or domestic violence during the Covid-19 crisis. The YWCA Community Office is once again open. In order to ensure social distancing, staffing and office hours are limited. Phone/video advocacy continues, and program participants are encouraged to use these options whenever possible. However, face-to-face meetings with program participants are available on an appointment basis.

The Sexual Assault Program is excited to offer a [range of support groups](#) during this time when social distancing and stay-at-home orders have contributed to increased risk for sexual, physical and emotional abuse, all the while increasing the feeling of isolation for many survivors. Support groups can make a world of difference for a survivor's pathway to healing.

2020 – 2021 UPCOMING AND CURRENT SUPPORT GROUPS

Due to Covid-19 restrictions, all support groups will be held virtually until further notice. Participation is confidential. Groups are offered at no charge. Pre-registration is required for all groups.

Teen Girl's Group

For adolescent women (13-17) who have been sexually assaulted at any time in their lives. Groups are inclusive regardless of sexual identity. Groups currently meet on Thursdays.
For more information contact De - 360.906.9151 or email dstewart@ywcacklarkcounty.org.

Adult Women's Group

For adult women who have been sexually assaulted at any time in their lifetime. Groups are inclusive regardless of sexual identity. This is an eight-week group. Pre-registration is required.
For more information contact De - 360.906.9151 or email dstewart@ywcacklarkcounty.org.

Parent's Group (non-offending)

For parents whose children have been sexually assaulted at any time in their lifetime. Groups are inclusive regardless of sexual identity. This is a four-week group. Pre-registration is required.
For more information contact De - 360.906.9151 or email dstewart@ywcacklarkcounty.org.

Latina Women's Group (en Español)

For adult Latino women who have been sexually assaulted at any time in their lifetime. Groups are inclusive regardless of sexual identity. Due to COVID-19 the group meets telephonically.
For more information contact Irma - 360.906.9118 or email imagana@ywcacklarkcounty.org.

Workshop Series for Community Members and Parents

Where We Live (non-offending parents and community members)

Where We Live is a set of four workshops for adults who want to learn skills for keeping kids safer. Topics include potential perpetrators and their tactics, effective ways to address suspicious behaviors and tools for comfortably discussing healthy relationships with children. This workshop is free but pre-registration is required. Do you have a group or organization that would benefit from Where We Live? We may be able to bring the series to your location.
For more information contact De - 360.906.9151 or email dstewart@ywcacklarkcounty.org.

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 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

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 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




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

Washington State Department of CHILDREN, YOUTH & FAMILIES

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

For more information, please go to
www.innovativeservicesnw.org/about-eceap



Innovative Services NW

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
- » Preescolar 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

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 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 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

For other formats, contact the Clark County ADA Office
Voice 564.397.2322 /Relay 711 or 800.833.6388 /Email ADA@clark.wa.gov