

Healthy Communities Newsletter



CLARK COUNTY
WASHINGTON
PUBLIC HEALTH

December 2019

Community partners working together to build health and resilience

Greetings! Keep up with the ACEs Action Alliance, Trauma-Informed Schools, Evergreen and Vancouver Faith-Based Coffee groups and Safe Kids Clark County.

To subscribe to the Healthy Communities Newsletter, please email Jan.Dolph@clark.wa.gov.

Our Community Meetings

SAVE THESE DATES!

Please note: Due to server limitations, we can no longer send individual Outlook invitations and reminders for meetings.

Please NOTE the following dates on your personal calendar.

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

Dec. 17 - Safe Kids Clark County

- 10 - 11:30 am
- AMR office, 409 NE 76th St, Vancouver
- *(Note - different location for the December meeting.)*

No other meetings in

ACEs Action Alliance

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

- **Future meetings in 2020:** Will be announced soon and will move to quarterly schedule.
- **At our November meeting:** Jim Jensen, Clark College professor and director of the Clark County Opioid Task Force, discussed the background and future plans for this task force, facilitated by Southwest Washington Accountable Communities of Health (SWACH). Attendees identified additional groups for inclusion in the task force to extend reach to parents, children and youth. In 2020, the focus of the task force is enlarging beyond opioids to include all substance addictions. **ACTION:** To support the goal of reducing the stigma/shame of addiction, the Alliance will collaborate with the Opioid Task Force on a Community Conversation and possible movie screening later this year. Rosanne Ponzetti and Cyndie Meyer gave an overview of the proposed Center for Community Wellness and the Resilience Institute they are pursuing through Clark College Economic and Education Development. Attendees had an opportunity to help inform the direction and course offerings for the Center and Institute. Attendees discussed potential projects and the evolving role of the Alliance for 2020. Attendees agreed that the general meetings should be quarterly and should focus on education and cross-sector networking and problem solving.

Trauma-Informed Schools Team

December

Jan. 9 - Trauma-Informed Schools Team

- 1 - 3 pm
- ESD 112, 2500 NE 65th Ave., Vancouver

Jan. 13 - Vancouver Faith-Based Coffee Celebration Breakfast

- Doors open at 7 am
- Program: 7:30 - 9:30 am
- Adventist Community Church, 9711 St Johns Road, Vancouver
- By invitation

Jan. 15 - Evergreen Faith-Based Coffee Celebration Breakfast

- Door open at 7:15 am.
- Program from 7:30 - 9:30 am
- Cascade Park Baptist Church, 1201 SE 136th Ave, Vancouver
- By invitation

Jan. 21 - Safe Kids Clark County

- 10- 11 am
- ESD 112, 2500 NE 65th Ave, Vancouver

Meets from 1 to 3 pm on the second Thursday of each month at ESD 112, 2500 NE 65th St.

- **Next meeting: Jan. 9, 2020:** Cyndie will share what she learned from Ross Greene, Heather Forbes and others at the Trauma Informed Schools Conference in Denver. We will discuss the tool under development for a county-wide scan of trauma-informed practices and policies at local schools. Bring ideas and questions to share!
- **Future meetings in 2020:** Feb. 13, March 12, April 9
- **At our November meeting:** Guest speaker, Dr. David Pitonyak, shared insights into dealing with people who exhibit difficult behaviors. The basic message: All we need is love.



Above: Noted author and speaker, Heather Forbes, dons "Fear Glasses" at the Trauma-Informed Schools Conference to demonstrate the way children see the world when they have a trauma background. Join us at the January Trauma-Informed Schools meeting to hear what Cyndie learned at the conference.

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



Special Thanks!

To our planning teams members; to Adventist Community Church and Cascade Park Baptist Church for sharing their lovely meeting facilities and hospitality; to community partner, Thea Weber, for providing snacks and coffee at Vancouver Faith-Based Coffee; to Randy DeWater, East Vancouver

EVERGREEN Faith-Based Coffee

Meets from 8:30 to 10:30 am on the third Wednesday of each month at Cascade Park Baptist Church, 1201 SE 136th Ave, Vancouver.

No meetings in December, June, July, or August .

This year's theme: Growing Together.

- **No December meeting**
- **Wednesday, Jan.15: The Annual Celebration Breakfast** will be held in place of the regular January meeting. *Invitations will be sent in December (reservation required). Check in begins at 7:15 a.m.*
- **Future meetings in 2020:** Feb. 19, March 18, April 15, May 20
- **At our last meeting:** Katie Benzel and Tanisha Harris from the YWCA Clark County CASA program, discussed the important role of Court Appointed Special Advocates (CASA volunteers) for children who have been abused or neglected. Training and support is provided for these generous folks who provide an incredible service for children who need a caring adult to represent their needs.
- CASA volunteers are needed! For more information, scroll down to the announcement about upcoming CASA orientation sessions.

Community Church, for providing snacks and Dutch Bros for providing coffee for Evergreen Faith-Based Coffee.

VANCOUVER Faith-Based Coffee

Meets from 9 to 11 am on the fourth Thursday of each month at Adventist Community Church, 9711 NE St. Johns Road, Vancouver. **No meetings in June, July, August, November & December.**

- **No December meeting**
- **Monday, Jan. 13, 2020 : The Annual Celebration Breakfast** will be held in place of the regular meeting for January. *Invitations will be sent in December (reservation required). Check in will begin at 7:00 am.*
- **Future meetings in 2020:** Feb. 27, March 26, April 23, May 28

Follow us on Facebook for meeting updates and information:

www.facebook.com/VancouverFaithBasedCoffee

www.facebook.com/groups/EvergreenFaithBasedCoffee



Safe Kids Clark County Monthly Meeting

Meets from 10 - 11:30 am on the third Tuesday of each month at ESD 112, 2500 NE 65th Ave., Vancouver (except December's meeting)

- **Next meeting:** Tuesday, Dec. 17 - Different location for December meeting - AMR office, 409 NE 76th St, Vancouver, 98665
- **Future meetings:**, Jan 21, Feb. 18, March 17, 2020

Car Seat Safety Class & Clinic

Meets from 10 am - 2 pm on the third Saturday of each month at PeaceHealth Southwest Education Center, 400 NE Mother Joseph Place, Vancouver

- **Next class:** Saturday, Dec. 21
- More information [here](#)

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 recalls](#)

News you can use

New facts! The latest edition of the Centers for Disease Control and Prevention's (CDC) Vital Signs series presents the CDC's first comprehensive estimates of the potential to improve Americans' health by preventing adverse childhood experiences (ACEs). According to this report, preventing ACEs by creating safe, stable, nurturing relationships and environments for children and families could prevent 21 million cases of depression, 1.9 million cases of heart disease, and 2.5 million cases of obesity/overweight. [Read the report and view the video here.](#)

What happened to you? That is the title of a new podcast series on ACEs that uses one person's story as a lens to understanding trauma and resilience. Tune in!

- <https://www.tfa.org/episode/2019/11/05/85-what-happened-to-you-part-1>

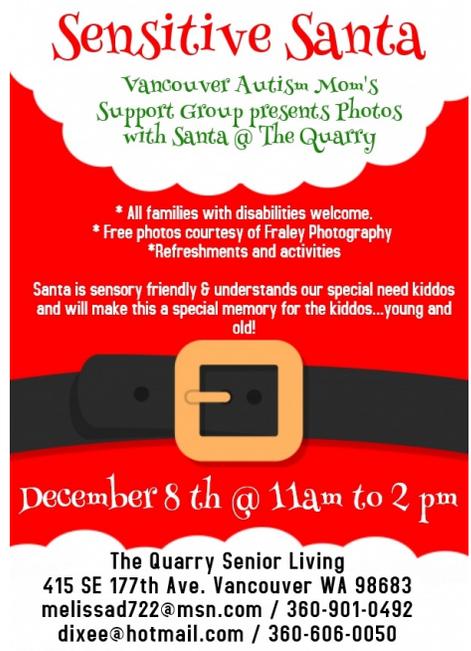
- <https://www.tffa.org/episode/2019/11/12/86-what-happened-to-you-part-2>
- <https://www.tffa.org/episode/2019/11/19/87-what-happened-to-you-part-3>

Got stress? Here is [a new video from the Harvard Center for the Developing Child](#) that can help you learn more about what toxic stress is, how it can affect you, and what you can do—both by yourself and in connection with your community—to deal with what you're experiencing.

Relationships first! The Search Institute recently released this beautiful publication that helps us understand the how and why behind putting relationships first. Every child needs a caring adult relationship to help them build resilience and strength for a lifetime. Read more (or download a copy) here: [Relationships First: Creating Connections That Help Young People Thrive.](#)

What does the research say? You can find out at <http://abusesearch.info> where Dr. Harise Stein of Stanford University posts the latest research regarding the health effects of abuse and neglect, including ACEs. No matter your professional arena (or personal interest) there is a growing abundance of research helping us to understand the lifelong impact of childhood trauma - and what we can do about it.

Announcements & Upcoming Events



Sensitive Santa
Vancouver Autism Mom's Support Group presents Photos with Santa @ The Quarry

* All families with disabilities welcome.
* Free photos courtesy of Fraley Photography
* Refreshments and activities

Santa is sensory friendly & understands our special need kiddos and will make this a special memory for the kiddos...young and old!

December 8th @ 11am to 2pm

The Quarry Senior Living
415 SE 177th Ave. Vancouver WA 98683
melissad722@msn.com / 360-901-0492
dixee@hotmail.com / 360-606-0050

Made with PosterMyWall.com

This Santa is Special!

Do you know someone who has special sensory needs? This Santa understands. The Vancouver Autism Mom's Support Group has helped Santa understand what it takes to make kids or adults who live with special needs feel comfortable. Free photos, refreshments and activities!

- 11 am to 2 pm
- December 8
- The Quarry Senior Living



Enlighten Our Community about Child Sexual Abuse as a #SHINE Ambassador

The Clark County Children's Justice Center wants to shed light on the issue of child sexual abuse. They are looking for adult survivors of childhood abuse who can pass on messages of healing and hope to others.

If you are interested in volunteering, please contact [Amy Russell](#).

Neuroscience to Fight Racism

Understanding can lead to change!
Dr. Larry Sherman from OHSU will explain how racism can be connected to neuroscience at a special presentation.

- Kiggins Theater
- December 4
- Doors open at 6:00 pm, event at 7:00 pm
- Cost: \$9.00 advance tickets
- \$10.00* suggested cover at the door
- Food and Drink: Beer, wine, popcorn, pizza slices, and snacks available
- For more info: visit [VIA Productions](#).



USING NEUROSCIENCE TO FIGHT RACISM

Kiggins Theater
7 pm, December 4, 2019

Racism is a system in which people are treated a particular way based on their race. Racism exists because of racial prejudice, where we make judgements about people based entirely on their race and not on actual experience. Our brains react to people who are different from us within milliseconds. At this Science on Tap, Dr. Larry Sherman, professor of neuroscience at Oregon Health & Science University, will explore how our brains engage in prejudice, the consequences of prejudice and racism for both racists and people who experience racism in their daily lives, and how understanding these processes suggest ways that we can overcome prejudice and racism in society.

Warm-hearted volunteers needed

Share your warm heart with others by volunteering to help staff a Winter Hospitality Shelter.

Warm hearts, warm families!

[Learn more here](#)

IT'S COLD OUTSIDE, AND PEOPLE AND FAMILIES NEED A WARM, SAFE PLACE TO SLEEP.

*Winter Shelter
Volunteers Needed*

Sign up to volunteer by visiting:
WWW.OUTSIDERSINN.ORG/SWS
WWW.WHOPROGRAM.ORG/VOLUNTEER

COUNCIL ON HOMELESS Methodist Center ST. MATTHEW LUTHERAN CHURCH
INMATEVILLE who winter hospitality overflow LIVING HOPE CHURCH Outsiders INN

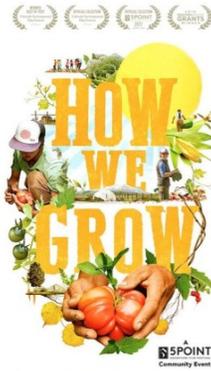


Urban Forestry offers In-School Classes

The City of Vancouver Urban Forestry Department seeks opportunities to teach kids at local schools about trees. Hands-on activities can be tailored to each class's specific needs.

Contact [Autumn Weir](#) or [Ashley Lehto](#) at the City of Vancouver.

Meaningful Movies in Ridgefield Presents:



HOW WE GROW seeks to tell the story that digs deeper- beyond the farmers' markets and local food access- into the ways in which communities rebuild themselves around agriculture.

Share thoughts and questions during our moderated post film community discussion featuring our local farmers.

Wednesday- January 22nd, 2020

Old Liberty Theater, 115 N. Main St., Ridgefield WA 98642

Lobby conversations with refreshments for sale 6:30 pm
Previews at 6:45 and film at 7 pm- FREE, donations appreciated



Volunteer mentors needed for Camp Mariposa



Call for Volunteer Mentors!

Camp Mariposa is a free, weekend camp program for children ages 9-12 who are affected by the substance use disorder of a loved one.

Youth participate in fun, traditional camp activities such as hiking and games, combined with education and support sessions led by mental health professionals and trained adult mentors. Camp is held four to six times a year from Friday evening to Sunday. Campers and adult mentors make a one-

year commitment to the program. Additional social activities are offered for children and their families throughout the year. All program activities are offered free of charge to families. Camp Mariposa provides a safe, fun and supportive environment critical to helping break the cycle of addiction.

Camp Mariposa is in need of volunteer mentors to help make this Camp possible!

Position Skills:

- Enjoy working with kids aged 9-12 years
- Hard-working, enthusiastic and committed to the safety and well-being of campers
- Adaptable and comfortable staying in a camp setting and interacting positively with campers and staff.
- Communication with campers, staff and parents.
- Friendly, happy, with a good sense of humor (laughter can be the best medicine)

Specific Responsibilities:

1. One year commitment to participate in camp preferred
2. Positive behavioral management
3. Developing positive mentor relationships with participating youth
4. Ensure camper safety
5. Participation in camp outdoor and therapeutic activities



Caring, compassionate adults are key in making Camp Mariposa successful. You can make a difference in someone's life; let this be your opportunity!

Please contact Trista Wolles, Program Supervisor for more information
(360) 605-7628
twolles@lifelineconnections.org

Camp Mariposa is a free, weekend camp program for children ages 9-12 who are affected by the substance use disorder of a loved one.

Responsibilities include a one year commitment, ability to develop positive mentor relationships with youth, ensure camper safety and participate in all activities. Volunteers should enjoy working with kids aged 9-12, be comfortable staying in a camp setting and interacting with campers and staff, be a good communicator, be committed to the safety and well-being of the campers, be friendly, happy and have a good sense of humor.

Volunteers make a difference in these campers lives. Contact Trista Wolles, Program Supervisor, for more information at 360.605.7628 or twolles@lifelineconnections.org

Camp Mariposa is a program with Lifeline Connections.

[For more information](#)

Please share: Youth Substance Use Survey

Do you live in the following zip codes: **98661**, **98662**, **98664**? The Central Vancouver Coalition wants to hear from **YOU!** We are asking community members to complete this survey to help [us understand your thoughts and feelings surrounding youth substance use](#). Your feedback will help us to better serve youth and families in our community. This survey is anonymous, and your responses will be kept confidential. If you're interested in learning more about the coalition, please join us at our monthly meeting on the 3rd Thursday of the month at



Fort Vancouver High School from 2:30–4:00 pm.

ONLINE SURVEY ENGLISH

<https://www.surveymonkey.com/r/CLCEVA2019EN>

¿Vive en los siguientes códigos postales: **98661, 98662, 98664**? ¡La Coalición de Central Vancouver quiere saber de **USTED!** Estamos pidiendo a los miembros de la comunidad que completen esta encuesta para ayudarnos a comprender sus pensamientos y sentimientos sobre el uso de sustancias entre los jóvenes. Sus comentarios nos ayudarán a servir mejor a los jóvenes y familias en nuestra comunidad. Esta encuesta es anónima. No sabremos quién es usted, ni cuáles son sus respuestas. Si está interesado en obtener más información sobre la coalición, únase a nosotros en nuestra reunión mensual el

tercer jueves del mes en Fort Vancouver High School de 2:30 p.m. a 4:00 p.m.

ENCUESTA EN ESPAÑOL

<https://es.surveymonkey.com/r/CLCEVA2019SP>

Free Preschool

EDUCATIONAL SERVICE DISTRICT 112

Early Childhood Education and Assistance Program (ECEAP)

Free Services Available to Eligible Families

- Preschool instruction (September – May)
- Developmental screenings and referrals
- Nutritious meals and snacks
- Health and dental screenings
- Home visits
- Parent leadership opportunities
- Family events
- Kindergarten readiness activities
- Transportation provided in some service areas
- Children are accepted into ECEAP based on their age, family income, and other developmental or environmental risk factors

Serving the Following School Districts

- Battle Ground Public Schools
- Evergreen Public Schools
- Vancouver Public Schools
- Washougal School District
- Woodland Public Schools

Gratis para Familias Elegibles!

El Programa de Aprendizaje Temprano y Asistencia (ECEAP) es un programa preescolar comprensivo del estado de Washington. El programa preescolar es gratis para familias elegibles. Para solicitar la inscripción y para aprender más del programa ¡llame ahora!

Call/Llame: 360.952.3466 to apply for enrollment

Early Care Education

ECEAP openings available

The Early Childhood Education and Assistance Program still has openings at:

- Captain Strong in Battle Ground (5)
- Hough ELC on Esther St. in downtown Vancouver (16)
- Lincoln on NW Daniels (13)
- Park Crest in Evergreen District (10)

For more info, call the Enrollment Team at 360.952.3466 or go to

<https://www.esd112.org/ece/eceap/>

R & R for grandma and grandpa

Children's Home Society is holding a respite event for grandparents raising grandchildren. Kids can enjoy a safe, fun day on:

- Saturday, Dec. 7
- 10:45 am to 5 pm
- Jim Parsley Center, 2901 Falk Rd.
- Includes swimming and lunch
- Call Sandy to sign up at 360.334.5578

Mentors needed at Fort Vancouver High School

Trappers4Trappers Mentor Group at Fort Vancouver High School needs adult mentors, snacks and small prizes. Time commitment: two Thursdays per month from 9:30 to 10:30 am.

Contact Tabby.Stokes@vansd.org

Clark County survey of low-income community needs

Clark County Department of Community Services (DCS) will started their annual survey on Nov. 1. It is available online in English, Spanish, Russian, Vietnamese and

Chuukese. Data collected will inform DCS's funding prioritization for the coming years. Last time the survey was administered, approximately 10% of our county's low-income population participated. Let's see if we can help get a broader voice represented.

Link to survey:

www.surveymonkey.com/r/2020CNANeedsSurvey

For more information, [click here](#) or contact Rebecca Royce at 564.397.7863 or rebecca.royce@clark.wa.gov

HAS YOUR VOICE BEEN HEARD?

Clark County Low-Income Community Needs Survey

What is it?

The Clark County Low-Income Community Needs Survey asks about needs and concerns you have around several key areas: employment, education, housing, income and asset building, physical health, behavioral health, and support services. It is estimated to take about 15 minutes to complete the survey. Please note, this is not the US Census.



When is the survey due?

Surveys will be collected through January 31, 2020.

Who should fill out the survey?

This survey should be completed by individuals, couples and families who identify as having a low income or are struggling financially.

How is my information used?

Feedback is used to help prioritize which programs and services will be funded in our community. Responses are confidential and anonymous.

How do I complete a survey?

The survey is available in English, Spanish, Russian, Vietnamese and Chuukese. You can complete the survey by:

1. Going online at www.surveymonkey.com/r/2020CNANeedsSurvey for all languages except Chuukese, OR
2. Getting a hard copy through community partners that provide services to people in need such as food pantries, housing providers, employment service providers and faith organizations, OR
3. Contacting Rebecca Royce at (564) 397-7863 or rebecca.royce@clark.wa.gov.

Where do I send the finished survey?

You can leave the finished survey with the agency that provided you a copy or ask them for a postage-paid return envelope. You can also drop them off at our office at the Center for Community Health, second floor, suite C214.

Who should I contact if I have questions?

Please contact Rebecca Royce with Clark County Community Services at (564) 397-7863 or rebecca.royce@clark.wa.gov.



Clark County Community Services
1601 E Fourth Plain Blvd, Bldg 17
PO Box 5000
Vancouver, WA 98666-5000



Become a CASA Volunteer!

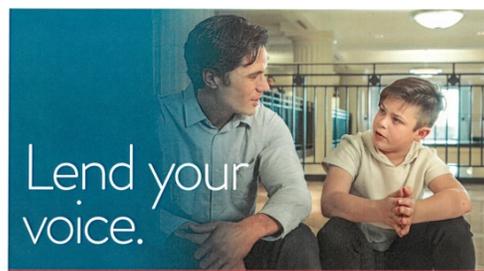
For those interested in helping foster youth engaged in the judicial process due to abuse or neglect, learn more about the CASA program. Find out how you can use your heart and skills to support these children. The Clark County CASA program is holding information sessions in November and December at the YWCA, 3609 Main Street, Vancouver:

- Monday, Dec. 2 at 6 pm
- Tuesday, Dec. 10 at 12 noon
- Monday, Jan. 6 at 12 noon
- Monday, Jan. 6 at 6 pm

For more information, contact Katie Benzel at 360.909.9142 or

kbenzel@ywcaclarkcounty.org

[More information here](#)



Become a CASA Volunteer.

Come and learn more about the Clark County CASA Program at one of our upcoming 1-hour Information Sessions.

Visit us at casaclarkcounty.org or call 360-906-9142 for more information.

Monday, December 2nd at 6:00pm
Tuesday, December 10th at 12:00pm
Monday, January 6th at 12:00pm
Monday, January 6th at 6:00pm

YWCA Clark County, 3609 Main Street, Vancouver

CASA (Court Appointed Special Advocate) volunteers advocate for the best interest of children who have come into the care of the state as a result of abuse or neglect. Volunteers receive over 50 hours of training and are asked to commit to at least 2 years with the program so they can provide consistency for the child.



eliminating racism
empowering women
ywca
Clark County

Don't face brain injury alone

The **Washington Traumatic Brain Injury Resource Management Program** is free to brain injury survivors and their families. Support Group meetings at 2 pm on the second and fourth Thursdays of each month at Legacy Salmon Creek Hospital, Conf. Rm B.

Contact CarlaJoW@BIAWA.org

ABCD Dental offers free dental resources for kids on Apple Health

The Access to Baby and Child Dentistry (ABCD) program, for children birth to 5 years old, provides resources and an updated list of dentists who accept Apple Health. For information, brochures or a presentation about ABCD dental, please connect with Anna Cruz at 564.397.7371 or via email at anna.cruz@clark.wa.gov

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](#)

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 .jpg or .png file to cyndie.meyer@clark.wa.gov by the 20th of the month prior.

All submissions will be screened prior to publication.

If you would like to receive the Healthy Communities Newsletter, please email Jan.Dolph@clark.wa.gov