

Healthy Communities Newsletter



CLARK COUNTY
WASHINGTON

PUBLIC HEALTH

April 2020

Community partners working together to build health and resilience

*To subscribe to the Healthy Communities Newsletter or to share an announcement, please email
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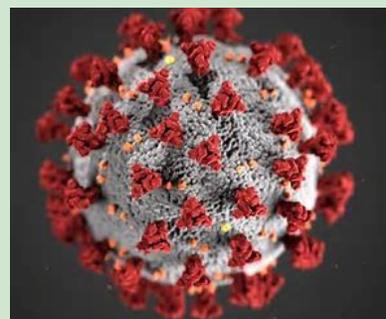
Community Meetings - Temporarily Suspended

Due to COVID-19, April meetings of the ACEs Action Alliance, Trauma-Informed Schools, Evergreen and Vancouver Faith-Based Coffee groups, Safe Kids Clark County, CHARG!, Car Seat classes at PeaceHealth and the Clark County Breastfeeding Coalition are cancelled.

Coronavirus Updates and Resources

Public Health and our community partners are working hard to keep you safe.

Please do *your* part by practicing social distancing, frequent hand washing and following stay-at-home guidelines.



Clark County Public Health announced the first local case of COVID-19 in early March, but our work to prepare began weeks earlier. Now that the virus is in our community, our team has shifted into a response similar to that of the measles outbreak last year. We follow up on every COVID-19 case to identify close contacts, who are then instructed to quarantine for 14 days. We coordinate our response with the state health department and neighboring county health departments, and we work closely with the Clark County Emergency Operations Center and other county departments, local health care providers and community partners.

COVID-19: General information and advice

- [State of Washington COVID-19 information and resources for families.](#)
- [Clark County Public Health webpage on COVID-19](#)
- Local city governments in Clark County offer information and resources for their residents. Search online by city name.
- [COVID-19 Recommended Preventive Practices and FAQs for Faith-based and Community Leaders](#) from the US Dept. of Health and Human Services.
- COVID-19 [Information in non-English languages](#). The Asian & Pacific Islander American Health Forum offers a crowd-sourced project to share COVID-19 resources in multiple languages.
- [Information from the CDC on COVID-19 during pregnancy, infant care and breastfeeding.](#)

Basic needs and economic support

- [Links to community resources](#) including SNAP and TANF applications, list of operational food pantries, the COVID-19 page for unemployment benefits, housing hotline, Clark PUD financial assistance info, crisis lines, and more. Created and updated by Vancouver Public Schools.
- Need emergency food? Visit one of [Clark County Food Bank's](#) partner sites. [The complete list of sites is updated daily here.](#) Food delivery may be arranged in special circumstances. Inquire [here.](#)
- The [Vancouver Chamber of Commerce](#) lists COVID-19 resources for businesses and residents.
- Free meals for students are offered by most local school districts. Check the website for your district to find times and locations for meal pick-up.
- [Betancourt Macias Family Foundation](#) is accepting donations and offering support for undocumented individuals and families.
- [Workforce of Southwest Washington](#) offers updates on COVID-19 and a list of financial resources and other supports for workers and employers.
- The Small Business Association offers an [Economic Injury Disaster Loan Program](#) for small businesses in Clark County.
- [Camp Evergreen](#) is providing free child care for our community's children (30 months - 12 year old) of first responders and healthcare professionals at Crestline Elementary, Monday-Friday 6 AM - 8PM. Must register on their website, no drop-ins.

COVID-19 training resources

- [TRAIN Learning Network](#) aggregates training opportunities for public health, healthcare, and preparedness professionals from thousands of training providers. This includes training from the Centers for Disease Control and Prevention (CDC), World Health Organization, European Centre for Disease Prevention and Control, and other organizations. [Connect here.](#)
- American Nursing Association offers [free online training](#) for members and non-members about the latest clinical and protective information regarding COVID-19.
- [Region 9 Head Start Association](#) offers multiple pre-recorded webinars and lectures on supporting families and children during COVID-19. For [Free ECE Continuing Education Units](#) enter promo code: FREESUPPORT.

Want to help?

- [Clark County Food Bank](#) needs volunteers and the criteria for volunteers has changed. Check their website for how to volunteer right now.
- For other local organizations needing volunteers, [The Columbian](#) has a list in a recent article.

Can COVID-19 impact your health, even if you don't catch the virus?

Situations and events that are unexpected, unpredictable and over which we have minimal or no control can trigger our bodies' stress responses. When this type of situation persists over time, stress becomes potentially traumatic and particularly toxic. As the original ACE study demonstrated, if unmitigated, toxic stress can lead to mental, physical and behavioral health issues.

Sound familiar? The worldwide situation related to COVID-19 fits this definition well. The things we know (and what we don't know) about this virus, combined with concerns about our jobs and the economy, our own or our children's education, the safety of friends and family — and even our supply of toilet paper — has the

Crisis support

- Mental health crisis services are available 24 hours a day, seven days a week by calling the [Southwest Washington Crisis Line](#) at: 800.626.8137 | TTY 866.835.2755. The Clark County Youth Mobile Crisis Unit is also accessed at this number and continues to provide services for any youth or child in Clark County regardless of insurance or medicaid coverage.
- [SAMHSA Disaster Distress Helpline](#): 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

cumulative potential to cause toxic, damaging stress. Combined with the loneliness of isolation, this stress can re-trigger past trauma in adults and potentially cause ACEs for our children.

Unmitigated stress can trigger our bodies' natural protective responses of flight, freeze and flight. Stress can impair our brains' ability to see the world as it is and to respond appropriately. It can strain our capacity to communicate, understand information, feel compassion and problem-solve. Instead, toxic stress often cues misguided coping mechanisms and responses such as aggression, clinging, self-medication, hoarding and withdrawal. For members of our community who live with racism, poverty, violence, isolation or homelessness, the impact is multiplied.

Adults are not the only ones experiencing this stress. Children overhear news blaring from the TV, they absorb the anxious chatter around their homes and neighborhoods. The closure of schools and faith communities disrupt the predictability of their lives and isolates them from their friends and teachers. Like you, they fear for their own and their family's safety, and they may imagine the worst. For children whose parents are not coping well, who cannot be emotionally present, or who display anger, violence or are overusing alcohol or drugs, the problem is far worse.

Like adults, when children are stressed, their anxiety often translates into behavior. This may be in the form of nightmares, tantrums, misbehavior, defiance, or complaints. They may withdraw, shut down, cry and cling. They may even behave in a cavalier way, as if they don't care at all or by acting out scenes of illness or death.

As adults, it is our responsibility at this time to practice self-care and self-regulation, so we can compassionately view these behaviors for what they are: symptoms of stress. If we manage our own stress, we are in a better place to draw upon our skills and resilience to listen and be present for our kids, to remind them of their strengths, and to reassure them that we are there for them and are keeping them safe and protected. By focusing on our strengths, reaching out for connection, remembering our brain science, and practicing self-regulation such as mindfulness, breathing, and exercise, we can react to our children and to one another — not punitively, judgmentally or aggressively — but compassionately and with love.

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](#).
- The **National Domestic Violence Hotline** provides 24/7 support for survivors and their loved ones. Call 1-800-799-7233, use the website's [live chat function](#), or text LOVEIS to 22522. They also provide [services for those who are deaf and hard of hearing](#).

Resilience, coping and self-regulation

- [ACEs Aware offers COVID-19 related resources](#) for employers, professionals, families and children.
- [Smiling Mind](#): A wide variety of programs for all ages. Free!
- [Thrive Global: Five ways to personally cope with the stress of coronavirus](#)
- [Ten ways to avoid ACEs during the pandemic](#)
- [Advice from Robert Anda and Laura Porter on building community resilience during the pandemic](#).
- [Webinar: Three Ways to Manage Stress in Uncertain Times, Free](#). Offered April 1 and April 28.
- From Region 9 Head Start: [At a Time of Crisis: The Best of Us to the Front!](#) An informal conversation on how to recognize and expand our courageous qualities. 10 – 11 AM on April 1. [Click here to register](#)

Resources for educators, parents and caregivers

- [Trauma-Informed Educators Network Podcast](#): "Six Principles of Compassionate, Trauma-Informed Schools, including during the current school closures from COVID."
- [Teaching children about social distancing](#)

- [Child Trends: Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic](#)
- [Common Sense Media: Resources for Families During the Coronavirus Pandemic](#)
- [Consideration of developmental stage when helping children during emergencies](#)
- [Early Learning Nation: A Parent’s Guide to Surviving COVID-19: 8 Strategies to Keep Children Healthy and Happy](#)
- [Harvard Graduate School of Education: Helping Children Cope with Coronavirus and Uncertainty](#)
- [National Association of School Psychologists: Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [ZERO to THREE: Tips for Families: Coronavirus](#)
- [Early Childhood Development Action Network: Early Childhood Focused COVID-19 Resources](#)
- [Health Outcomes of Positive Experiences \(HOPE\) Initiative: Blog series about Love in the Time of Coronavirus with practical tips for parents.](#)
- [Be Strong Families: Virtual Parent Cafes and professional development opportunities.](#)
- [Prevent Child Abuse America : Tips and resources for families to stay connected and manage stress.](#)
- [Generations United: COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families](#)

Fun tips and activities for children and families

- Care package of indoor [games and activities from Big Life Journal](#)
- [Center on the Developing Child: Activities Guide: Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence.](#)
- [25 Ways to Get Moving at Home Infographic](#) from the American Heart Association
- [Kinedu: Age-appropriate activities that support baby’s development from pregnancy to four years old.](#)
- [PBS Daily Activities for Families](#)
- [Peep and the Big Wide World](#) Games and videos for children and parents to explore science.
- [Vroom: Fun brain-building tips and activities for parents and kids ages zero to five.](#)
- The Pacific Science Center has great online resources to spark [Curiosity at Home.](#)
- [Online Education Resources: Education companies offering free subscriptions](#)
- [Things to do at home with your children](#) A giant list!
- [Webinar: Math Strategies for Home Settings](#), 1 PM, April 2.
- [YMCA 360 On-demand classes](#) Free for a limited time.
- [Totally the Bomb: Resource page offering social information, free online college courses, parenting advice and video fitness classes for children.](#)



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.

Concern over Coronavirus Gun Surge

Americans are responding to the coronavirus pandemic by stocking-up on guns and ammunition, a trend that could increase suicides, and unintentional shootings as well as increase the risk of domestic violence.

- On March 10, the day the U.S. reached 1,000 cases of coronavirus, the gun industry saw an unprecedented **276% sales surge** in ammunition nationwide, according to a data study published by <http://Ammo.com> [See their map [here](#)]
- Federal background checks when a firearm is sold at retail showed that such checks were up 300% on March 16, compared with the same date last year, according to Mark Oliva, a spokesman for the National Shooting Sports Foundation. [[Source](#)]
- The National Instant Criminal Background Check System said it responded to inquiries on 2.8 million prospective gun-buyers last month — the third-highest monthly total since the system was created in 1998, and up from 2 million in February last year. [[Source](#)]

Help to stop this surge in gun buying by talking to your friends, neighbors and relatives by asking them to not purchase guns.

News you can use



Child Care COVID-19 Communications, Response and Referral Center

1-800-446-1114

The Child Care Aware of Washington Family Center has expanded its operations to serve as the statewide child care response, resource and referral hub during the COVID-19 pandemic. The Family Center, operated by Child Care Resources, will support families seeking child care, child care providers needing up-to-date COVID-19 information and safety supports, as well as employers needing child care options for their workforce. Our expanded call center can serve callers immediately and in their home languages.

The Child Care COVID-19 Communications, Response and Referral Center:

- **Connects families directly to vacant child care slots**, with a specific focus on essential workers, first responders and families using child care subsidies to pay for care
- **Tracks child care openings and closures** to ensure we have the most up to date child care openings to best match families to care – we even have the ability to accept and respond to text messages directly through our 1-800 number so providers can text us in real time with current openings or closures
- **Helps child care programs remain open, if they so choose, and adapt their care** to incorporate new safety measures, school-aged children, trauma-informed care, and other emerging needs, and connect programs to local coaching supports and resources

Our work with families and child care providers over the past 30 years makes us a trusted source for those who find themselves overwhelmingly and disproportionately impacted by the COVID-19 pandemic. Our response work is informed by regular communication and updates from our six regional partners across Washington and from state and local public health officials, the Department of Children, Youth and Families, school districts and other response partners. **We are here to help you.**



<https://childcareawarewa.org/families>

Special Message from ABCD Coordinator

On March 20, Delta Dental of Washington announced two programs to support member dentist partners: one a grant program and another that provides loans against future claims payments. With offices across the state closing temporarily due to COVID-19, it is important to identify ways to help with cash flow so that offices are positioned to reopen their doors and serve patients as soon as this passes.

Please help to share this information to assist eligible ABCD providers and other dentists in your county and region. For more information, [please click here](#).

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 identifying and eliminating 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