

# Healthy Communities Newsletter

October 2020



CLARK COUNTY  
WASHINGTON

PUBLIC HEALTH

Community partners working *together*  
to build health and resilience

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subscribe

## Our Community Meetings

Scroll to bottom for a description of each group

### SAVE THIS DATE!

Safe Kids Clark County  
will not meet in October.

See you online in October!

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

#### October 7 & 8 - 2nd Annual Breastfeeding Conference

- Zoom meeting
- Find registration info  
in this newsletter

#### October 8 - Trauma- Informed Schools Workgroup meeting

- 1 - 3 pm
- Zoom meeting
- Find links and info in  
this newsletter

#### October 14 - CHARG

- 9 - 10:30 am
- Zoom meeting

### 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

**October 28 - ACEs Action Alliance**

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

**November 16 - Clark County Breastfeeding Coalition**

- 12:00 - 1:30 pm
- Zoom meeting



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



**Faith-Based Coffee**

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](mailto:Cyndie.Meyer@vancouver.k12.wa.us) 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](mailto:Cyndie.Meyer@vancouver.k12.wa.us).

**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](http://www.facebook.com/VancouverFaithBasedCoffee)

[www.facebook.com/groups/EvergreenFaithBasedCoffee](http://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 *no monthly meeting*

- [Follow us on Facebook](#)

## Child Car Seat Safety class and clinic

**Cancelled for October**

## 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.

## 2nd Annual Breastfeeding Conference October 7 & 8

No regular meeting in October

- **Next meeting: Noon to 1:30 pm**
- **Monday, November 16, 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/>

# Resources on ACEs, Resilience and Equity

**EMBRACE 2020**  
PEERS UNITED FOR HEALTH EQUITY

**EMBRACE HEALTH EQUITY 2020 SYMPOSIUM VIRTUAL WORKSHOPS**  
This full day symposium is presented by the Washington State Healthcare Authority and Excelsior to equip participants with education and resources to deliver culturally sensitive and responsive behavioral health services.

**Thursday, October 15, 2020**  
8:30 a.m. - 5:00 p.m.  
FREE REGISTRATION: [www.excelsiorwellness.org/embrace-equity](http://www.excelsiorwellness.org/embrace-equity)

**Winna Johnson**  
Chief Diversity Officer  
Excelsior  
Building on Equity  
Advocate

**Evelyn Clark**  
HCA Youth Peer  
Manager  
Increasing Your  
Cultural and Linguistic  
Competence

**Joan Alame**  
DEI Manager  
Washington State Health Care  
Authority  
Creating Cultural Safe  
Spaces in the Workplace

**Felecia Banks**  
Diversity and Inclusion  
Strategic Chief  
US Air Force, Chief of the Air  
Force Surgeon General  
7 C's of Inclusive Leadership

**Phillip Tyler**  
Suicide and Behavioral  
Health Advocate  
Addressing Barriers to  
Behavioral Health  
"The Strong NPBC  
Speakup"

**Danelle Cannon**  
Executive Director  
Excelsior  
Cultural Competence  
"An Inclusive and  
Assessments"

Questions or to register, contact Lauren Zunker at:  
☎ 509-555-3820  
✉ [Lauren.Zunker@excelsiorwellness.org](mailto:Lauren.Zunker@excelsiorwellness.org)

## Attend! Embrace Health Equity 2020 - Free Online Symposium

EMBRACE (stands for: Educating Myself for Better Racial Awareness and Cultural Empowerment) is sponsoring a full-day symposium presented by the Washington State Healthcare Authority and Excelsior. Hear amazing speakers inspire excellence, transformation and authenticity as they teach us about cultural sensitivity, diversity and inclusion.

[Register here.](#)

**[Free Workshop Series: Co-Regulation: Respecting the Power of Our Breath.](#)** National Lewis University's Master of Public Administration Program and the Community Capacity Building Network will host Teresa Posakony for "Co-Regulation: Respecting the Power of Our Breath". This multi-day workshop will highlight the role of co-regulation in creating self-healing and resilient individuals and communities. [Register here.](#) For more information, contact Jackie Samuel at [jsamuel@nl.edu](mailto:jsamuel@nl.edu) or 312. 261.3155

- **Self-Regulation** - 9 to 10:30 am, Oct. 2: Unlock gateways for your breath. Find EASE KEYS to navigate life with more EASE and less dis-EASE or tension. Discover your healing power.
- **Calm in Connection** - 9 to 10:30 am, Oct. 9: Our bodies adapt to danger and threat in profound ways. Activate your Social Engagement System to help cue safety and connection for yourself and those around.
- **Coming Out of the Panic-Zone** - 9 to 10:30 am, Oct. 16: Panic mode affects our ability to process language, organize thoughts, recognize safety, plan ahead, or do math. Specific sensory-motor cues help us down-regulate the nervous system.

**["Exploring Pre-Birth Household Challenges and Early Childhood ACE Scores: Implications for Upstream Prevention"](#)**, a webinar by University of Colorado Denver, will take place on Oct. 15, 10-11 am.

The National Institutes of Health recently conducted and archived the webinar: **["Protecting Our Children: COVID-19's Impact on Early Childhood and ACEs"](#)**. It is now available for viewing [here](#). The COVID pandemic has disrupted children's lives and exacerbated challenges to children's health and well-being. Children's poverty rates could increase by 53 percent during the end of the pandemic. The economic consequences include increased food insecurity and housing instability. Additionally, school closures are putting kids at risk for toxic stress, with one in three public school students lacking adequate access to the resources necessary for remote learning. The short- and long-term impact of this constantly evolving situation is not evenly distributed and may have massive consequences for the most vulnerable children.

The Mental Health Technology Transfer Center has published numerous online webinars including a series on **[Creating Trauma Responsive Schools](#)**. [Browse all the MHTTC videos on YouTube here.](#)

**[The DANA Foundation](#)** offers amazing resources to help educators and the community understand and build awareness about the amazing brain and how it works. [Check what they offer here](#). The foundation is also offering up to \$1,500 in financial awards to help fund brain awareness activities by community partners across the U.S. and Canada during **[Brain Awareness Week](#)**, March 15 - 21. [Learn how to become a partner and apply for a grant here.](#)

Part 2 of Providence Swindell Center's webinar: **["How to work with your child's challenging behavior during COVID"](#)** is free at 6:30 pm on October 14. 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.

### **More articles and info:**

- **[How Schools Are Meeting Social-Emotional Needs During the Pandemic..](#)**
- **[Why the dean of early childhood experts wants to get beyond the brain.](#)**
- **[The teaching that works for traumatized students.](#)**
- **[First Things First: Trauma Sensitivity Before Initiatives.](#)**
- **[ACEs Aware Provider Toolkit.](#)** For help with screening adolescents and adults for ACEs, and responding with evidence-based trauma-informed care, the kit created by the Office of the California Surgeon General and California Department of Health Care Services – includes tools to respond to the signs and potential consequences of trauma,

recommended clinical workflows for screening and more.

- [Core Practices, Strategies, and Resources for Supporting Social Emotional Development in Pediatric Care.](#) In this packet, NICHQ's *Learning Community for Pediatrics Supporting Parents* outlines the best tested strategies that pediatric providers can use to foster patients' social and emotional development from birth to age three. Includes additional resources developed as part of this initiative or identified as useful. [Access the Packet here.](#)
- [Helping Children Thrive: Early Childhood Development & ACEs.](#)
- [Protecting Our Children: Early Childhood Development, ACEs & COVID-19.](#)

## Community Announcements

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

**LIGHTHOUSE**  
RESOURCE CENTER

**FREE  
FINANCIAL  
COUNSELING**

The sudden 2020 economic downturn triggered by the Covid-19 pandemic has impacted many local residents. The Lighthouse Resource Center is currently available to provide financial counseling to residents looking for guidance on how to best manage their finances in this new economy.

We have been awarded a grant from the City of Vancouver to offer financial coaching services to any Vancouver resident at no cost to those who participate. These services are funded by the Building Financial Stability Community Development Block Grant through HUD. The coaching can be tailored to your particular needs, topics including the options listed to the right.

The Lighthouse Resource Center has been providing these services to Vancouver residence for over 25 years, improving the financial lives of residents in our community. We have expanded our capabilities by engaging Save First Financial Wellness to assist with these services.

**NO COST FINANCIAL COACHING**

**FINANCIAL EDUCATION**

**BUILDING CREDIT**

**FIRST TIME HOME BUYER WORKSHOPS**

**WORKING WITH SAVE FIRST FINANCIAL WELLNESS**

**Save First**  
financial wellness

**CONTACT US AT**

Via email at  
[lighthouse@SaveFirstFinancial.org](mailto:lighthouse@SaveFirstFinancial.org)

By phone at  
(360) 690-4496  
Option - 0

## Financial Wisdom Offered

With funding from the City of Vancouver, Lighthouse Resource Center is offering free financial counseling to anyone needing advice on how to manage finances during the COVID-related economic downturn.

Contact them at [Lighthouse@SaveFirstFinancial.org](mailto:Lighthouse@SaveFirstFinancial.org) or call 360.690.4496, Option "0".

## Washington State Food Security Survey Preliminary Report Published

Perhaps you participated in the recent survey regarding food security in our state. More than 2,600 Washington residents did! The survey explored impacts of the coronavirus pandemic on economic security and food access for Washington state residents.

You can read the full preliminary report [here](#). Additional information about Clark County will be available soon.

## Economic Security and Food Access in Washington State During the COVID-19 Pandemic

June to July 2020, Research Brief 1

### WAFOOD Survey

The Washington (WA) State Food Security Survey (WAFOOD) funded through the University of Washington (UW) Population Health Initiative (UWPHI) was deployed from June 18<sup>th</sup> to July 31<sup>st</sup>, 2020. The goal was to understand the impacts of the coronavirus (COVID-19) pandemic on economic security and food access of WA State residents. A total of 2,621 WA residents in 38 of 39 counties responded. This brief provides a snapshot of survey participant responses on the status and conditions of employment, income and food assistance, food security, and food shopping patterns. We also examine barriers to accessing both federal and State programs before and since the pandemic.

### Key Findings

1. Food insecurity was experienced in 30% of households and of those, 59% had children.
2. Food assistance was sought by 33% of households.
3. Most were satisfied with food assistance but some cited issues with food access and variety.
4. Fair or poor diets were reported by 33% and 40% said their diet worsened.
5. Greater consumption of rice, beans and eggs but less meat and fish.
6. Sporadic food shortages observed.
7. Rising food cost and reduced safety in food shopping were cited as barriers to food access.
8. Unemployment benefits sought by 38% of households 40% of which had issues applying.
9. Stimulus checks received by 77% of households.
10. More time to prepare and enjoy meals was viewed as one benefit.

### Critical Disparities in Food Insecurity

- Using the United States Department of Agriculture 6-item validated scale, 30% of households were food insecure (Figure 1).
- Of food insecure households, 59% had children.
- The prevalence of food insecurity ranged from 3% to as high as 58% by income.

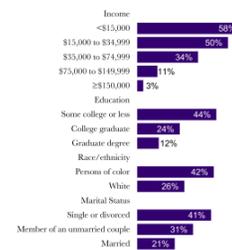


Figure 1. Food insecurity by socio-demographics

- The prevalence of food insecurity ranged from 12% to 44% depending on education.
- Respondents of color were more than 1.5 times likely to be food insecure as white respondents
- The prevalence of food insecurity was higher among single or divorced adults.

### 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**  
Helping the Hungry & Homeless

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

**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@ccvlp.org

This project was supported by a grant awarded by the Department of the Treasury. While copies of this document are being distributed and it is necessary to protect the digital content in public of the US Department of the Treasury, Social Security and other information is not to be disseminated by the local Government Committee. Help! Call 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.](https://www.councilforthehomeless.org/)

## YWCA Announces Support Group Schedule for 2020--2021

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.

**eliminating racism  
empowering women**  
**ywca**  
Clark County

3629 Main Street  
Vancouver, WA 98663  
Main 360.696.0167  
Hotline 360.695.0501  
Fax 360.693.1864  
[ywcaclarkcounty.org](http://ywcaclarkcounty.org)

### 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@ywcaclarkcounty.org](mailto:dstewart@ywcaclarkcounty.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@ywcaclarkcounty.org](mailto:dstewart@ywcaclarkcounty.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@ywcaclarkcounty.org](mailto:dstewart@ywcaclarkcounty.org).

#### Latina Women's Group (en Español)

For adult Latina 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 [lmagana@ywcaclarkcounty.org](mailto:lmagana@ywcaclarkcounty.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@ywcaclarkcounty.org](mailto:dstewart@ywcaclarkcounty.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](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.

## connection & substance use support group

**NEW 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.](#)

# COVID-19 and other Health & Safety Resources

# PublicAlerts

**SIGN UP TODAY!**

Clark Regional Alert and Notification System



## Have you signed up for Clark Public Alerts yet?

Clark Regional Emergency Services Agency (CRESA) offers a free emergency alert system that will text alerts and notifications directly to your cell phone. If you haven't signed up yet, [it is time to register here](#) so you can be notified immediately of any impending danger or disaster headed our way. Be ready! Be safe! Be informed!

# How to Help your Family Fight Flu

Flu shots! Everyone 6 months and up should get a flu shot each year.

Here are other ways to #FightFlu:

- Wash hands frequently
- Sanitize toys
- Teach kids to cough in their elbow (like a vampire!)
- Keep kids home from school & child care if they have any flu symptoms



**Keep your family and community healthy by getting vaccinated today!**

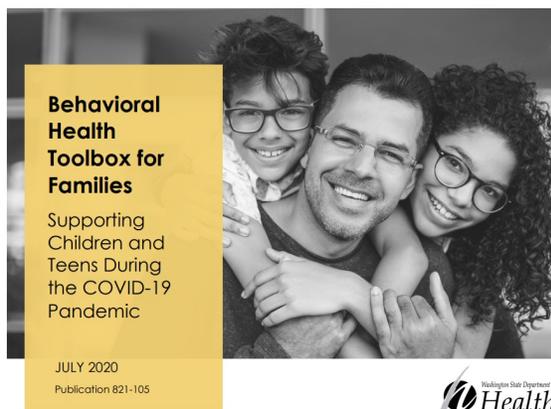


healthychildren.org  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®



## 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-ncov/index.html>
- 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](#).

## 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)