

Healthy Communities Newsletter



CLARK COUNTY
WASHINGTON
PUBLIC HEALTH

October 2019

Community partners working together to build health and resilience

Greetings! October promises to be a busy month!
Learn what is happening with the ACEs Action Alliance, Trauma-Informed Schools, Evergreen and Vancouver Faith-Based Coffee groups and Safe Kids Clark County.

Updates and Meetings

SAVE THESE DATES!

Please note: Individual Outlook invitations will no longer be sent for coalition meetings. An updated calendar for all meetings can be found at <http://acesactionalliance.org/events/>

Oct. 10 - Trauma-Informed Schools Team. 1 - 3 pm at ESD 112, 2500 NE 65th Ave., Vancouver

Oct. 15 - Safe Kids Coalition. 10 - 11:30 am at ESD 112, 2500 NE 65th Ave., Vancouver

Oct. 16 - Evergreen Faith Based Coffee. 8:30 - 10:30 am at Cascade Park Baptist Church, 1201 SE 136th, Vancouver

Oct. 16 - CHARG. 9 - 11 am at Bridgeview Resource Center, 505 Omaha Way, Vancouver

Oct. 16 - Lunch and Learn with David Pitonyak. 12 - 2 at

ACEs Action Alliance

Meets from 1:30 to 3:30 pm on the fourth Tuesday of each month at the YWCA community room, 3609 Main St. The Alliance is open to all members of the community.

- **Next meeting:** Oct. 22. Topics: Early Childhood Education, Child Abuse Prevention
- **Future meetings:** Nov. 26, Jan. 28, Feb. 25.



Trauma Informed Schools Team

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

- **Next meeting:** Oct. 10. Topic: "Where are our schools on the Trauma-Informed Pathway?"
- **Future meetings:** Nov. 14, Jan. 9, Feb. 13.

At the September meeting,:

Tom Bates, director of student services for Battle Ground Public Schools, discussed the trauma-informed training provided to school bus drivers who serve the Battle Ground and Hockinson School Districts this summer. Drivers are now more aware of students' emotional health, reserve seats at the front of the bus for children who need more support, are shifting focus toward relationship building and positive reinforcement, and are sharing concerns with school counselors.

Mindy Davis, clinical supervisor at Children's Home Society, discussed ways educators can apply a trauma lens to their work with children and one another. Mindy reminded us that children learn self-regulation from adults. We can help and support children

YWCA, 3609 Main St.,
Vancouver. [Registration required.](#)

Oct. 22 - ACEs Action Alliance. 1:30 - 3:30 pm at YWCA Community Room, 3609 Main St., Vancouver

Oct. 24 - Vancouver Faith Based Coffee. 9 - 11 am at Adventist Community Church, 9711 NE St. Johns Rd., Vancouver

by being emotionally available, by being fully present when kids are experiencing emotions, by co-regulating, and by connecting vs. simply giving attention. We all have emotions we are more or less comfortable experiencing, so may need to "work on" those we prefer to avoid so we can be more available to others. She shared the following video clips to make her point:

- [Comfort Zones](#)
- [Attention vs. Connection](#)
- [Empathy v. Sympathy](#)



COMMUNITY PARTNER ANNOUNCEMENTS

ECEAP still has the following pre-school openings:

- 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/>

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

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

Teen Talk, a crisis line for youth,

Faith-Based Coffee

Follow us on Facebook for meeting updates and information:

- www.facebook.com/VancouverFaithBasedCoffee
- www.facebook.com/groups/EvergreenFaithBasedCoffee



Faith-Based Coffee planning team member, Laura Pascoe, stands ready to welcome partners to the Vancouver Faith-Based Coffee meetings. Photo by Cyndie Meyer.

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. This year's theme: Growing Together.

- **Next meeting:** Oct. 16. Topic: Suicide Prevention
- **Future meetings:** Nov. 20; Jan 15 (breakfast), Feb. 19

At the September meeting:

- Nearly 100 community members participated in a "speed dating" activity to meet other community partners.
- Evergreen's new school district superintendent, Mike Merlino, discussed the district's goals for students.
- Two faith partners, Orchards United Methodist and Mill Plain United Methodist shared stories of their partnership with schools, including Orchards Elementary, that supported school children, learning, and neighborhoods this summer. Read about national recommendations for summer youth programs [here](#).

has added a text line:

- Talk: 360.397.2428
- Text: 360.984.0936

The Flapjack Fundraiser for the Winter Hospitality Overflow Shelter program will take place from 8 - 10 am on Oct. 26. Enjoy a delicious breakfast at any of three Applebees locations:

- Orchards at 5111 NE 112th Ave
- Mill Plain at 12717 SE 2nd Circle.
- Salmon Creek at 13006 NE Hwy 99

You can attend, volunteer at a site, sell tickets or donate your ticket. Contact

whoprogram@gmail.com or call 360.200.8757 for more info.

CASA (Court Appointed Special Advocates for children who have experienced abuse or neglect) is looking for caring volunteers.

<https://casaclarkcounty.org/what-we-do/our-programs/casa/how-to-get-involved/>

The Access to Baby and Child Dentistry program 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

- Sheryl Stevens, founder of [Our City Cares](#), shared her personal story of loss and community service and discussed the signage campaign that promotes messages of hope and the phone number for the Clark County Crisis Line.

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 Rd., Vancouver. This year's theme: Partnering for Action.

- **Next meeting:** Oct. 24. Topic: Domestic Violence. Presenter: YWCA "In Her Shoes". Please join us at 9 am sharp for this powerful discussion.
- No meetings in November or December.
- **Celebration Breakfast:** Jan. 13

At the September meeting:

- Tabby Stokes, the prevention intervention specialist for Fort Vancouver High School, discussed childhood trauma, teen brain development, youth mental health, efforts at Fort Vancouver High, and how we can all support the resilience of our children and teens.



A special thank you!

To our planning team members; to Adventist Community Church and Cascade Baptist Church for sharing their lovely meeting facilities and hospitality; to community partner, Thea Webber, for providing snacks and coffee at Vancouver Faith Based Coffee; and to Dutch Bros. Coffee for providing beverages for Evergreen Faith Based Coffee.

Photo by Laura Pascoe.



Safe Kids Monthly Meeting

10 - 11:30 am on the third Tuesdays of each month at ESD 112, 2500 NE 65th Ave., Vancouver

- **Next meeting:** Tuesday, Oct. 15
- **Future meetings:** Nov. 19, Dec. 17, Jan 21, Feb. 18

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, Oct. 19
- 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

Did you know?

Firearms were the leading mechanism for suicide in Clark County last year

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](#)

The Washington Firearm Tragedy Prevention Network will hold its fall/winter meeting from 11 am - 4 pm on Nov. 6 at the Water Resources Education Center in Vancouver. Anyone with an interest in keeping communities safe, educated and informed about firearm tragedy prevention is welcome to register and attend. We encourage attendance by individuals, community organizations, businesses, government leaders, public health professionals, social services, law enforcement officers, first responders, educators, firearm advocates, parents, mental health and healthcare providers and community leaders. Learn more and register to attend by clicking [HERE](#) by October 28.

Upcoming Events

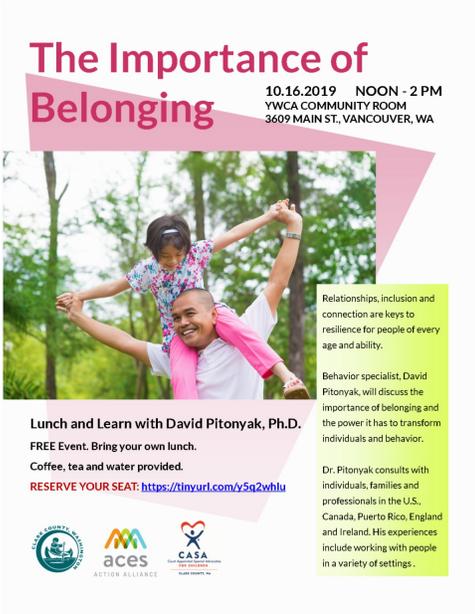
Lunch and learn event with David Pitonyak, Ph.D.

[Register now: Only 12 seats left!](#)

David Pitonyak, renowned speaker and international consultant on human behavior, specializes in the needs of people living with disability. His work informs the message he shares about the important role of inclusion and belonging for people of *all* ages and abilities.

Join the ACEs Action Alliance and the YWCA CASA program for this informative and inspirational program.

Bring your lunch. Beverages provided.



The Importance of Belonging
10.16.2019 NOON - 2 PM
YWCA COMMUNITY ROOM
3609 MAIN ST., VANCOUVER, WA

Relationships, inclusion and connection are keys to resilience for people of every age and ability.

Behavior specialist, David Pitonyak, will discuss the importance of belonging and the power it has to transform individuals and behavior.

Dr. Pitonyak consults with individuals, families and professionals in the U.S., Canada, Puerto Rico, England and Ireland. His experiences include working with people in a variety of settings.

Lunch and Learn with David Pitonyak, Ph.D.
FREE Event. Bring your own lunch.
Coffee, tea and water provided.
RESERVE YOUR SEAT: <https://tinyurl.com/y5q2whlu>



From Adversity to Resilience

Learn how childhood trauma and stress can impact health, relationships and choices for a lifetime. Explore ways to build personal, family and community resilience. Gain insight into working with others who may have experienced trauma. Learn about skills for self-care and self-regulation to improve wellbeing and health. STAR Credit and Clock hours available.

October 23 - November 6
4:00pm - 6:00pm (W)
Columbia Tech Center
\$79.00

 Clark College
ECONOMIC & COMMUNITY DEVELOPMENT

Register at ecd.clark.edu
Or Call 360-992-2939

[Register Here for Class F180](#)

STAR and Educator Clock hours available for class on ACEs and Resilience

Clark County Public Health and Clark College Economic and Community Development have collaborated to introduce a six-hour orientation to the science of childhood adversity, neurodevelopment, epigenetics and most importantly, resilience. Participants will explore ways to build personal, family, and community resilience and will gain insight into working with others who may have experienced trauma.

- Time: 4 - 6 pm
- Dates: Wednesday evenings Oct. 23 - Nov. 6
- Location: Clark College Eastside location at Columbia Tech Center
- Cost \$79
- Class number F180
- [Click for info and to register](#)

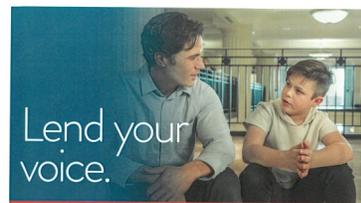
Become a CASA Volunteer!

Find out how you can use your heart and skills to support children

who have experienced abuse or neglect. The Clark County CASA program is holding two information sessions in October at the YWCA, 3406 Main Street, Vancouver:

- Wednesday, Oct. 9 at noon
- Tuesday, Oct. 15 at 6 pm

[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 casackcount.org or call 360-906-9142 for more information.

Monday, September 23rd at 6:00 pm

Wednesday, October 9th at 12:00 pm

Tuesday, October 15th at 6:00 pm



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.



Leadership In Advocacy Training

**Be a leader for kids & families!
Build your skills!**

Children's Alliance works to improve the lives of children by making positive changes in public policy. Leadership in advocacy training teaches essential skills you can use to be effective. This training is free and open to adults in WA who want to advocate for kids, improve their community, and build leadership skills.

Saturday, October 26th 10:00 am - 3:00pm

Location:
Water Resources Education Center
4600 SE Columbia Way
Vancouver, WA 98665

Contact:
Emijah Smith at 1.800.854.5437 (KIDS) x25
or emijah@childrensalliance.org

www.childrensalliance.org @childrnAlliance childrensalliancewa

FREE EVENT! REGISTER TODAY!

Free Advocacy Training on Oct. 26

The Children's Alliance will host a free advocacy training this month. Learn how to frame messages for political leaders to advocate on issues that impact the families we serve. The training is free and lunch will be provided.

Saturday, Oct. 26, 10 am - 3 pm at the Water Resource Education Center, 4600 SE Columbia Way, Vancouver.

For more information, contact Emijah Smith at 1.800.854.5437 x25 or emijah@childrensalliance.org

News you can use



Community Forum considers ripple effects of childhood adversity

On the evening of Sept. 18, more than 100 community members gathered at the Fort Vancouver Regional Library to deliberate community approaches to mitigate childhood trauma in our local community.

Panelists, facilitated by Delena Meyer of Way Enough Decision Coaching, shared data and narratives about the impact of adversity and racism on academic achievement, juvenile justice, health and wellbeing for a lifetime. Panelists identified restorative practices, quality early childhood education, informed

parenting approaches, and youth involvement opportunities as community resilience approaches. To set the foundation, participants recognized the need for safe and affordable housing, equity and inclusion for all, support for early learning and schools, adequate mental and behavioral health services, compassionate schools and widespread trauma awareness.

The event was hosted by the WSU Vancouver Initiative for Public Deliberation and FVRL Community Library.

ESD 112 Early Care and Education garners grant to address ACEs

A one-time grant of \$132,000 will help ESD 112 to provide trauma-informed training and supports to staff and to pilot a multi-tiered system of support to address behavior issues for children. The grant will focus on two of ESD 112's early learning centers and three before- and after-school programs for kids attending Kindergarten through fifth grade. Read the full story in [The Columbian](#).

Links to new resources:

- [Positive childhood experiences buffer kids' health against adversity.](#)
- [Get the latest news from the CDC on vaping health risks.](#)
- [Building a Trauma-Informed System of Care: A Toolkit from Building Strong Brains Tennessee.](#)
- [Build love not hate: How to talk to your children about Islamophobia and other hate-based violence](#) from the National Child Traumatic Stress Network

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](#)

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.