



Santa Barbara County
Public Health Department
345 Camino del Remedio
Santa Barbara, CA 93110
805-681-5280
FAX: 805-681-4069

Health Matters Newsletter

www.sbcphd.org

April 2017

April Is Child Abuse Prevention Month

In 2016, 5299 referrals (reports) were made alleging child abuse/ neglect to Child Welfare Services (CWS) in Santa Barbara County; of the 5299 cases reported, 574 cases (11%) resulted in open cases by Child Welfare Service. The data clearly shows that child abuse is unfortunately alive and well in our community. The children in our community need our help to make child abuse a thing of the past.

Research has shown that the Strengthening Families™ approach increases family strengths, enhances child development and reduces the likelihood of child abuse and neglect. The Strengthening Families™ research-informed approach can be used to engage families, programs, and communities in building five protective factors to help promote children's well-being. The five protective factors referenced are Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, and Social and Emotional Competence of Children. Details of the framework may be found at <http://www.cssp.org/reform/strengtheningfamilies>.

In an effort to bring awareness to child abuse prevention and the role of trauma and resilience in our health, the Child Abuse Prevention Council is offering FREE screenings throughout the County of the award winning documentary "Resilience: The Biology of Stress & the Science of Hope". The film speaks to how brain science can be used to disrupt the cycles of addiction, violence, and disease. The movie screening will be followed with a community discussion. A preview of the movie may be found at <http://kpirfilms.co/resilience/>. Screening locations, dates, and times are as follows:

April 4th: Santa Ynez

SYV Union High School, Little Theatre
2975 E. Highway 246
3:30-5:30pm

April 20th: Santa Barbara

La Cumbre Junior High, Theater
2255 Modoc Rd.
6:30-8:30pm

April 6th: Santa Maria

Public Library, Shepherd Hall
421 S. McClelland St.
3:00-5:00pm

April 24th: Lompoc

Dick DeWees Community Center
1120 W. Ocean Ave.
6:00-8:00pm

Carrie Topliffe, CPA
PHD Interim Director

Charity Dean, MD, MPH
Health Officer/TB Controller

Susan Klein-Rothschild, MSW
Deputy Director

Ellen Willis-Conger
Assistant Deputy Director

Paige A. Batson, MA, PHN, RN
Disease Control Manager

Ed Tran, RN, PHN, MSN
Maternal Child & Adolescent Health
Director

Adrienne Starr, RDN, CDE, CSG
Nutrition Services Site Supervisor

Michelle Wehmer, MPH
Epidemiologist

Carrick Adam, MD
SART Medical Director

Water Safety (<https://www.safekids.org/watersafety>)

Among preventable injuries, drowning is the leading cause of death for children 1 - 4 years old. Children less than a year old are more likely to drown at home in the bathroom or a bucket. We know water is everywhere. So to make it easy, we divided water safety into three categories: Water in the home, [swimming safety](#) and [boating safety](#). Here you'll find everything you need to know about water in the home. Whether bathing a baby in the

sink or splashing around with a toddler in the bathtub, water is great fun for kids. But it's also a place where safety must come first. Here are a few tips for kids who love to get wet and the parents and adults who care for them.



Top Tips for Adults:

1. Watch kids when they are in or around water, without being distracted. Keep young children within arm’s reach of an adult.
2. Empty all tubs, buckets, containers and kiddie pools immediately after use. Store them upside down so they don’t collect water .
3. Close toilet lids and use toilet seat locks to prevent drowning. Keep doors to bathrooms and laundry rooms closed .
4. Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates .
5. Know what to do in an emergency. Learning CPR and basic water rescue skills may help save a life .

Early Childhood Nutrition Educational Materials

No matter how much we think we know about food and keeping our kids safe, it’s always good to get a refresher! Listed below are information links to the California Department of Public Health’s WIC education materials. Each pamphlet lists important safety tips and appropriate foods for kids each year from 1-5 years old.

Food Safety and Nutrition Guidance for:	1 Year Olds:	2 Year Olds:	3 Year Olds:	4 Year Olds:
In English	https://goo.gl/pmUjM0	https://goo.gl/HDttvT	https://goo.gl/5a61x7	https://goo.gl/kQzTI5
In Spanish	https://goo.gl/WDed1M	https://goo.gl/vDekjE	https://goo.gl/BkMctG	https://goo.gl/8ZSRES

Adverse Childhood Events (ACE)

The landmark [Adverse Childhood Events \(ACE\) study](#) was a collaboration between the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente's Health Appraisal Clinic in San Diego - led by Vincent Felitti, MD and Robert Anda, MD, MS. Examining the data for over 17,000 HMO members, it became clear that adults from all walks of life – different socioeconomic status, race, etc – were at much higher risk of long-term physical, mental, and behavioral health issues as a result of their exposure to adverse childhood events, such as violence. The study asked patients 10 questions about adverse experiences (child abuse, parental substance abuse, etc) in the household (<http://www.ncjfcj.org/sites/default/files/Finding%20Your%20ACE%20Score.pdf>). For every positive answer, 1 point was given. The study found that adverse childhood experiences (ACES) are common. Almost 2/3 of study participants reported at least one ACE and more than 1 in 5 reported three or more ACES. Moreover, study findings repeatedly reveal a graded dose-response relationship between ACES and negative health outcomes across a lifespan and early death.

Nadine Burke Harris, a pediatrician, explaining ACES and childhood trauma.
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

Futures without Violence Website, General information: <https://www.futureswithoutviolence.org/>
 Order materials: (posters, handouts, manuals, etc. most of which is free) https://secure3.convio.net/fvpf/site/Ecommerce/15587835?FOLDER=0&store_id=1241

National Child Traumatic Stress Network: many resources like webinars, screening tools, <http://www.nctsn.org/>

American Academy of Pediatrics: portal for information for pediatricians on ACES and toxic Stress. (Gives a good quick review of ACES and then has links for pediatrician.) <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/ACES-and-Toxic-Stress.aspx>