



KIDS NETWORK / RSBC

March 2, 2022

MINUTES

Members: Teresa Alvarez, Eulalia Apolinar, Ama Atiedu, Paige Batson, Bridget Baublits, Nicole Bennett, Jennifer Bergquist, Lisa Brabo, Holly Carmody, Tammie Castillo-Shiffer, Maria Chesley, Steven DeLira, Peggy Dodds, Chelsea Duffy, Joy Elizondo, Lori Goodman, Joan Hartmann, Farid Hassanpour, Alma Hernandez, Valerie Kissell, Amy Krueger, Steve Lavagnino, Alison Lindsey, Ann McCarty, Seth Miller, Patty Moore, Lorraine Neenan, Alice Villarreal Redit, Wendy Sims-Moten, Rachael Steidl, Kristen Sullivan, Nancy Tillie, Alana Walczak

Guests: Connie Alexander, Terri Allison, Miya Barnett, Emily Casarez, Alison Cerezo, Isabella Clark, Zabrina Cox, David Dooley, Gabriela Hanson-Lopez, Maryam Kia-Keating, Ellen Kwiatkowski, Brittany Nelson, Carl Palmer, Shana Pompa, Susan Rasmussen, Mary Ellen Rehse, Saul Serrano, Magaly Vazquez

Staff: Barbara Finch and Gloria Munoz

1. Welcome & Introductions

Barbara Finch welcomed everyone.

2. KIDS Network Executive & General Membership Reconsideration of the COVID-19 State of Emergency

- a) The Executives & General Membership reconsidered the circumstances of the COVID-19 state of emergency and whether state or local officials continue to impose or recommend measures to promote social distancing;
- b) It was found that the Executives & General Membership that State or local officials continue to impose or recommend measures to promote social distancing; and
- c) A motion was made by Supervisor Hartmann, seconded by Lisa Brabo to direct staff to continue to notice and hold hearings as remote hearings consistent with Government Code § 54953(e)(3). The motion carried by the following votes: YES-33 NO-0 ABSTAIN-0

3. Approve Minutes November 3, 2021

Peggy Dodds motioned to approve the November 3, 2021 minutes and Valerie Kissell seconded the motion. Tammie Castillo-Shiffer, Chelsea Duffy, Joy Elizondo, Farid Hassanpour, Amy Krueger, Steve Lavagnino, Alison Lindsey, Alice Villarreal Redit, and Kristen Sullivan abstained from voting; all others voted in favor and the minutes were approved.

4. Approve Minutes February 2, 2022

Ann McCarty motioned to approve the February 2, 2022 minutes and Bridget Baublits seconded the motion. Tammie Castillo-Shiffer, Chelsea Duffy, Joy Elizondo, Farid Hassanpour, Steve Lavagnino, Alison Lindsey, Alice Villarreal Redit, and Rachael Steidl abstained from voting; all others voted in favor and the minutes were approved.

5. Public Comment - Items not on the Agenda

There was no public comment.

6. Weaving Connections

Folks were divided triads and asked to discuss the following: Think of something that brings you joy... describe the experience to your partner and as you share, notice what happens in your body. Folks shared the following:

- Simple moments of connection and nature are important pieces to finding joy
- It was frustrating how thinking of what brings us joy was not automatic because our lives have been heavy over the last two years.
- (Chat) Felt joy in just hearing about each other's joy
- (Chat) appreciated that this space is held in a way that allows for vulnerability and sharing things that are true but difficult

7. CenCal's New Behavioral Health Department

Nicole Bennet, Sr. Community Relations Specialist at CenCal Health, gave a presentation on the Behavioral Health Carve-in. Starting January 1, 2022 the Holman Group is no longer responsible for the management of mild to moderate mental health and ABA services. These benefits will now be directly managed by CenCal Health (see attached).

Question:

- Are undocumented families eligible for Medi-Cal? Currently, only folks that are 0-26 but there is currently a lot of discussion at the state level and this may change very soon.

8. First 5's Framework for Racial Equity, Diversity & Inclusion

Wendy Sims-Moten, Executive Director at First 5, stated that First 5 adopted the Social Justice and Racial Equity statement in July of last year (attached). This came as a result of the racial turmoil that followed the George Floyd murder. First 5s in all 58 counties came together and created a statement to make sure that they continue conversations about the impacts of racial violence on young kids. When this was brought to the Commission, it was engaging in a way that was uncomfortable but necessary. She added that they incorporate the document in their conversations at the Commission, making sure that their 10 commitments align with the actions that they are bringing for approval, and that they keep the commitments at the forefront of what they do. Wendy asked folks to read the statement and welcomed any feedback. You can reach Wendy at wmoten@countyofsb.org.

Wendy then shared that the First 5 Association realized that they had to center race in the diversity, equity, and inclusion work. It has to be centered because often times we see racial disparities that we do not talk about. Wendy stated that the leaders have the power to make the change but must first be clear on how they are feeling about it. She mentioned that they first did an in depth with the leaders and it was hard to talk about it and share their experiences. They worked in pairs and during their conversations learned that there are some things that are frightening to share but this gave them confidence to move forward. Even in the 58 counties, they realized that with some of their leaders it was dangerous to talk about this at their level. They needed to make sure that they had information, opportunities, and resources for them to use when they felt comfortable so they brought consultants in to help them work their way through this. It is REDI because "always be ready" is part of the fabric, who you are, and it is ongoing, it is not static.

Lastly, Wendy shared some of the questions the consultants asked the leaders to ask themselves:

- Are you here because you are willing to self-reflect, learn, engage in the dialogue, in this conversation beyond today about the cause and effects of systemic racism in American society?

- Do you want to actively work to dismantle systemic racism, particularly at our organizations in our current and our future roles, to increase the positive outcomes of children and families in the communities that we serve?
- Do you understand that the work of racial equity requires individual and institutional action? You have to have both of them with regards to that.

She added that there are ongoing workshops that are helpful. At one of the workshops they mentioned that they have the power as leaders, as individuals, to understand the social construct of race and its social implications. They have the power to speak and/or question whenever they see racial injustice and discrimination. They have the power to support children, families, and communities fighting back against racial injustice and/or discrimination and prejudice to be seen and felt as an ally and have absolute power to live every day with racial consciousness and use their leadership and power to change the world.

This is an opportunity for us to continue to work this through and Wendy appreciates the fact that we are going to try to incorporate this in meetings. We have to make sure that we are facing these things and being mindful of those things in the work that we are doing so that we can better represent and serve the members of our community.

Questions:

- How long did the consultant work with you and how long do you think the consultant should have worked with you? Two years.
- Wendy will look into the survey that goes out, perhaps Healthy KIDS, to see if they include questions about experiencing racial incidents.
- Tammie mentioned that Santa Maria-Bonita gives the California Healthy Kids survey every year. They also give a survey through a company called Panorama that asks questions specifically on diversity and inclusion and that is given every year. You can ask the school district for their data and they usually release it after their school board has seen it.
- Patty mentioned that she has been participating on a four-part series with the Dialogue Company. It is hosted by WestEd Center for Prevention and Early Intervention and there is a lot of focus around early intervention services and those providers. It was moving and refreshing to be able to have real and honest conversations around racial anxiety and getting conversations going. For more information, you can go to <https://thediologuecompany.com>.

9. ACEs Aware: Network of Care Updates

- **Buffering Services**
- **IT Platform**
- **Affinity Groups**

Ama Atiedu shared that Santa Barbara County received an ACEs Aware Network of Care Implementation Grant. Cottage health is serving as the lead entity and it is co-led by Resilient Santa Barbara County and the Pediatric Resiliency Collaborative. Part of their work was to expand a network of care and they have been able to do this through their Buffering Services Grants. The first round was late last year, where they were able to fund seven organizations to provide buffering services to their clinic partners in the Network of Care. In January of this year, they launched the second round of Buffering Services Grants and had 19 organizations funded. On the second round, they were intentional about identifying resources where they saw gaps and that was in Mid County and North County. She was excited to announce that they have seen more Buffering Service Grants awarded in those areas. The 19 organizations that were funded are:

1. **AHA!** - Social-Emotional Learning Programs: In- and after-school programs for teens offer interactive, mentorship-based social-emotional learning opportunities. Trainings are also offered for educators and parents.
2. **Council on Alcoholism and Drug Abuse (CADA)** - Parenting Together Classes: Culturally relevant training helps parents understand the impact of traumatic stress, child development, and appropriate expectations for their child's behavior. **CADA's Lompoc Wellness Project:** Yoga, mindfulness meditation, and nutrition education classes are offered to youth and their families.
3. **Carpinteria Children's Project** – Multiple programs offered include Family Strengthening Field Trips, Family Classes, Nurturing Parent Classes, Grandparents' Group, and Parents as Teachers Home Visitation.
4. **Children and Family Resource Services** - Family Activities and Parenting Classes: Families participate in walking groups and hikes, a family community garden, and family yoga class. Parenting Class is focused on topics around healthy living, such as quality sleep, physical activity, and nutrition.
5. **Fighting Back Santa Maria Valley** - Sports Programs for Youth: Coaches receive trauma-informed training, and scholarships are available for participation in sports leagues.
6. **Family Service Agency** - Nurturing Skills for Families Classes and Parents as Teachers Home Visitation: Online nurturing skills classes help parents establish routines, develop skills to cope with stress, build confidence, enhance identification of feelings, and strengthen family connections. Home visitation assesses the needs of the family, enhances parent-child interactions, and fosters development centered parenting.
7. **Girls Inc.** - STRONG Program: Youth receive nutrition education and participate in a community garden, organized sports and outdoor adventures, and quarterly family nights.
8. **Harding School Foundation** - Friendship Social Support Groups: Students in need of additional social-emotional learning participate in interactive activities focused on self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Parent workshops are also offered.
9. **Isla Vista Youth Projects** - Herramientas Para Padres and Grand Connections: Parents learn about child development, communication skills, and positive discipline, while building supportive relationships with one another. A grandparenting class is also offered for grandparents of children ages 0–5.
10. **Lompoc Unified School District** - Nurturing Skills for Families Classes: Parents establish nurturing routines, develop skills to cope with stress, build confidence, enhance identification of feelings, and strengthen family connections.
11. **Lompoc Valley Community Healthcare Organization** - Nutrition education and Farmers Market incentives are offered for pediatric patients, families, and YMCA Staff and youth.
12. **People's Self-Help Housing** - Camino Scholars Education Program: At-risk youth receive afterschool tutoring and culturally-relevant mentorship to address academic disparities. Additional mental health workshops are offered for caregivers, parents, and their children.
13. **Santa Barbara Alternatives to Violence Project** - Youth Workshops: High-risk youth ages 12 and up participate in culturally relevant workshops to promote self-awareness and prosocial behavior.
14. **Santa Barbara Education Foundation** - Kind Mind Program: Students engage in restorative circles and one-on-one compassionate listening and mentoring in mindfulness and communication skills. Additional workshops are offered for parents and/or children in English and Spanish.
15. **Santa Barbara Neighborhood Clinics** - Wellness Navigation: Children and families receive support in connecting to social services, therapy, and parenting education.
16. **Santa Maria Swim Club** - Swimming for Health: Youth scholarships are offered for the swim club with additional support for families.

17. **Santa Ynez Valley People Helping People** - Supportive Relationships at Schools and Support for Parents: Case managers at Santa Ynez Valley High School provide education and linkages to local resources. Positive parenting classes and resource navigation are offered for families in need.
18. **University of California, Santa Barbara** - Hosford Counseling and Psychological Services Clinic: Families receive outpatient psychotherapy, including Parent-Child Interaction Therapy and specialized services addressing racial trauma, at low-cost, or no cost.
19. **Wilderness Youth Project** - Bridge to Nature Program: Children participate in weekly school day and after-school nature experiences in small group settings to deepen relationships with self, others, and their mentors.

They look forward to continue to provide connections to the pediatric practices that are screening for ACEs to other trauma informed resource services in our community.

Maria shared that many of the folks at the meeting joined in the community effort to select an electronic and IT referral platform for the ACEs Network of Care. Find Help has been selected and Cottage is working on contracts. They have a small pilot that they are aiming to start at the end of April with some of the PeRC partners and Buffering Services Grantees. After the pilot gets rolling, they are thinking about an expansion.

Terri announced that the second Monday of every month there are Lunch and Learns where there is a brief presentation by an expert followed by a community discussion. They are informational and network strengthening. The flyer with the registration links was put in the chat.

10. Buffering Services Highlight: Mental Health Supports UCSB Hosford Special Clinic Consortium

Drs. Miya Barnett and Maryam Kia-Keating and Alison Cerezo gave a presentation on the Hosford Counseling & Psychological Services Clinic. They have three specialty clinics that are located within the larger clinic, which has allowed them to expand their outreach. They are: Parent-Child Interaction Therapy Clinic (PCIT), Trauma, Adversity, Resilience, and Prevention Clinic (TARP), The Healing Center at Hosford (see attached).

Questions:

- Can families outside of Santa Barbara access them? For example, someone from Lompoc? Yes, if families are open to working via telehealth or in person.
- Do you have the ability to take on new families/new clients that are in need of this type of service? For the PCIT clinic, they do not have a waiting list yet. For the Healing Space, they are at capacity but they are hoping to begin more groups.
- Is there an age range that they are looking to serve in the Healing Space as far as youth? Right now, they do not have anybody who specializes in very young children. They have folks under the age of 10 through their 60s.

If you have any more questions, you can contact Dr. Barnett at mbarnett@ucsb.edu, Dr. Kia-Keating at maryamkk@ucsb.edu, and Dr. Cerezo at acerezo@ucsb.edu.

11. Closing

12. Meeting Adjourns

Next General Meeting: June 1, 2022 Executive Committee Meeting: May 4, 2022

The meeting adjourned at 11:04 a.m.



KIDS Network Meeting

3.2.2022





Meeting Agenda

3.2.2022

1. Welcome & Introductions
2. Covid-19 & future meeting location
3. Approve Minutes
4. Public Comment –Items not on the Agenda
5. Weaving Connections
6. CenCal Behavioral Health
7. First 5 REDI Framework
8. ACEs Aware NoC Updates
9. UCSB Hosford Special Clinic Consortium



Welcome & Introductions

Our vision is that all children will grow up in safe, healthy and nurturing homes, schools and communities with equitable access to resources. Empowered by feelings of self-worth, children will develop their unique potential with a strong sense of responsibility to self, culture, and society.

Circumstances of the Covid-19 State of Emergency



- KIDS Network is a Brown Act body
- Executive Order to transition back to public meetings
- AB 361 amends Government Code
- Public Health Social Distance Recommendation
- Report on circumstances of Covid-19 State of Emergency
- Reconsider circumstances every 30 days
- Additional requirements for remote participation after health order is lifted



Minutes Public Comment

11.3.2021



Weaving Connections

Think of something that brings you joy... describe the experience to your partner and as you share, notice what happens in your body



CenCal Health

- New Behavioral Health Department

First 5 REDI



Proposed Update to the KIDS Network Vision Statement

OLD... all children will grow up in safe, healthy, nurturing homes, schools, and communities. Their resultant sense of self-worth, along **with equal access to resources**, will empower children to develop their unique potential with a strong sense of responsibility to self, culture, and society.

NEW ... all children will grow up in safe, healthy and nurturing homes, schools and communities **with equitable access to resources**. Empowered by feelings of self-worth, children will develop their unique potential with a strong sense of responsibility to self, culture, and society.

ACEs Aware Updates

- Buffering Services
- IT Platform
- Affinity Groups
- Radical Resolve Summit

PAUSE for REFLECTION

A vibrant field of sunflowers under bright sunlight. The sunflowers have bright yellow petals and dark brown centers. The background is a soft-focus field of more sunflowers, creating a sense of depth. The text 'PAUSE for REFLECTION' is written in a clean, white, sans-serif font across the top of the image.

Closing Thoughts



Tomorrow belongs to those
of us who conceive of it as
belonging to everyone; who
lend the best of ourselves to
it, and with joy.

AUDRE LORDE



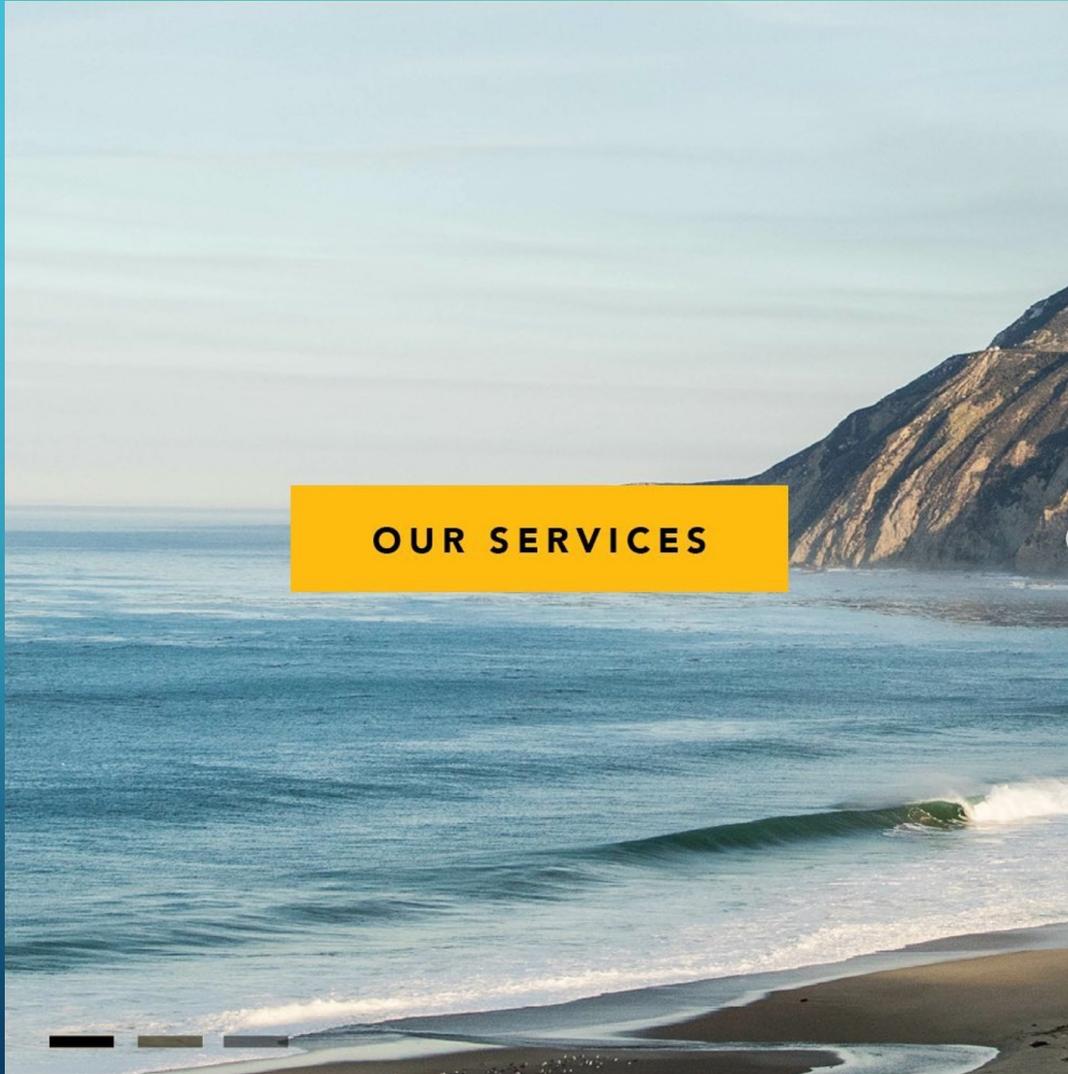
WELCOME!

Specialty Clinic Consortium

Drs. Miya Barnett, Maryam Kia-Keating, Alison Cerezo

**The Hosford Counseling &
Psychological Services Clinic**

Specialty Clinic Consortium



OUR SERVICES



**PARENT-CHILD INTERACTION
THERAPY CLINIC (PCIT)**

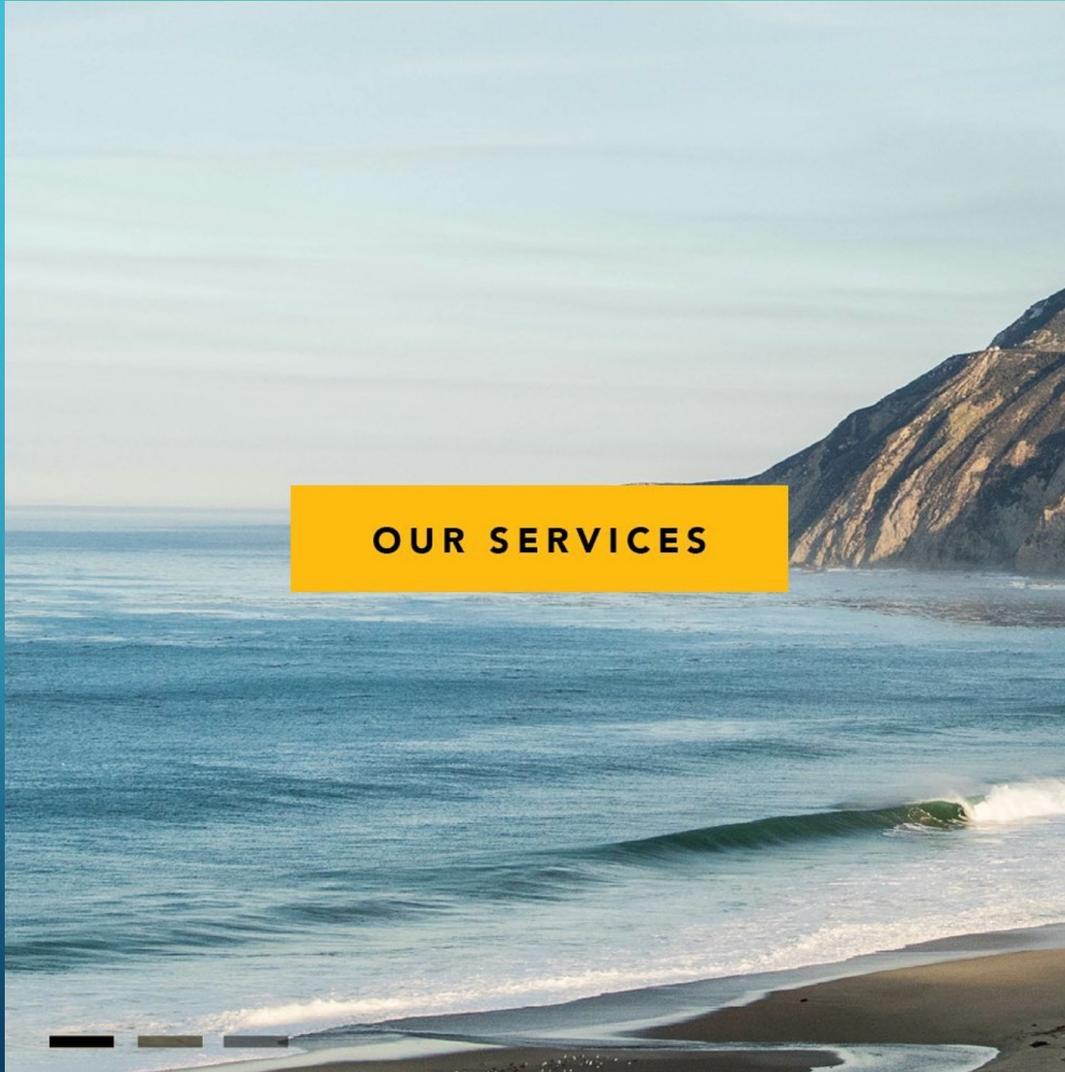


**TRAUMA, ADVERSITY,
RESILIENCE, AND
PREVENTION CLINIC (TARP)**



**THE HEALING CENTER
AT HOSFORD**

Specialty Clinic Consortium



- Training Clinic
 - Doctoral Students in Counseling, Clinical and School Psychology with supervision from faculty
- Sliding-Fee Scale
- Transportation fee support for families in Buffering Grant
- Tele-health
- Spanish and English speaking clinicians

PARENT-CHILD INTERACTION THERAPY CLINIC

DIRECTOR: DR. MIYA BARNETT



PARENT-CHILD INTERACTION THERAPY (PCIT)

Buffering Services focused on:

- Improving the parent-child relationship
- Decreases challenging behaviors in young children
- PCIT is effective for parents with substantiated physical abuse histories



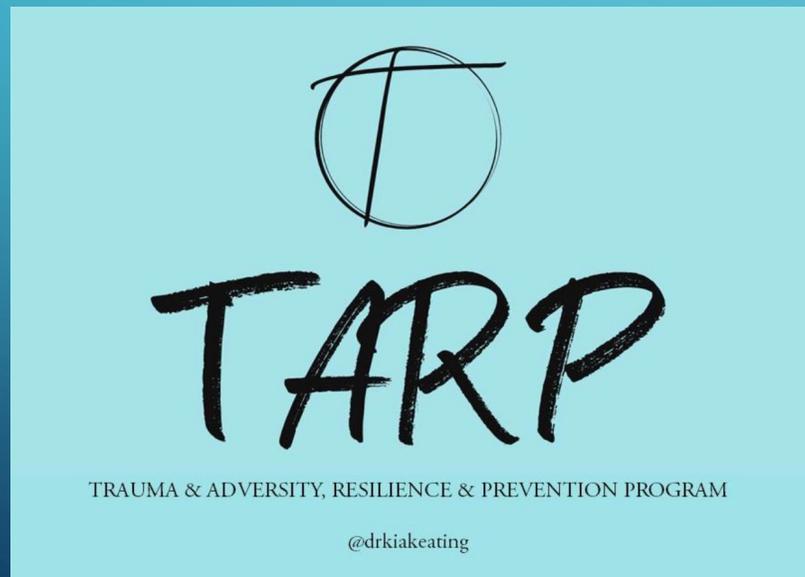


PCIT FORMAT

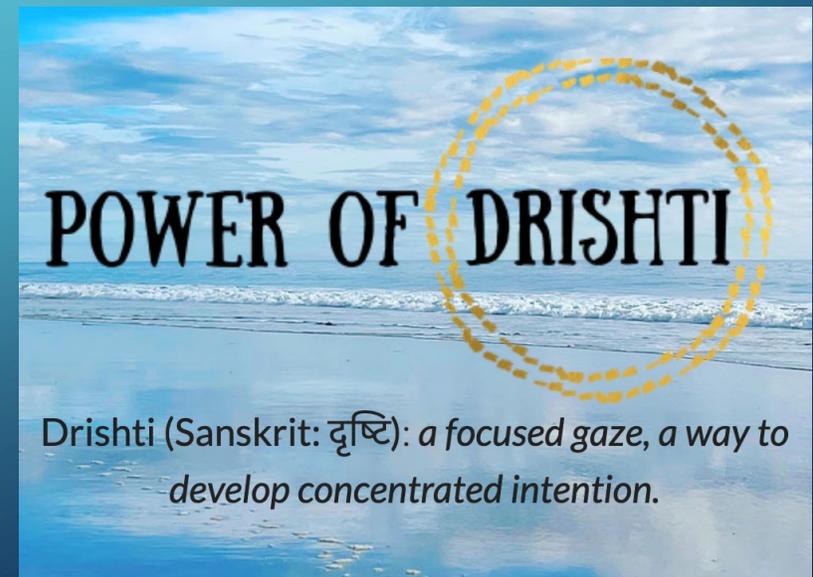
- Two Phases:
 - Child-Directed Interaction – relationship strengthening phase
 - Parent-Directed Interaction – effective/consistent discipline phase
- In-person and telehealth services available

TRAUMA, RECOVERY, & RESILIENCE CLINIC

DIRECTOR: DR. MARYAM KIA-KEATING



kiakeating.com



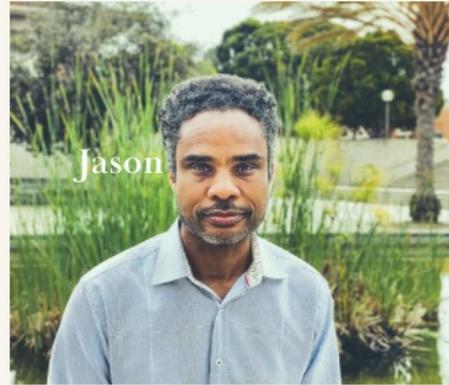
powerofdrishti.com

TRAUMA, RECOVERY, & RESILIENCE CLINIC (TRR)

- A trauma-informed approach to take into account clients' experiences, contexts, and cultures
- Shift the focus from 'what is wrong with you?' to '*what happened to you?*'
- Interventions informed by evidence and community partnerships
- To promote resilience and thriving among children, families, and communities facing toxic stress, adverse childhood experiences (ACEs), and interpersonal and collective trauma
- Therapeutic services focus on building strength and resilience, changing patterns and intergenerational cycles, and identifying pathways for healing and recovery.



Isabelle



Jason



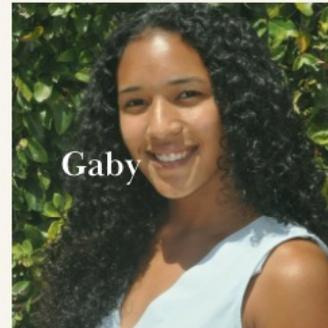
Jazzmyn



Jacquelyn



Isaiah



Gaby



Angela

DIRECTOR: DR. ALISON CEREZO

We need this.

Police brutality. Mass incarceration. Discrimination in the US healthcare system. The toll of anti-Black racism is widespread and devastating to our community. The Healing Space strives to provide a restorative therapeutic space that matches clients with mental health professionals that understand the true nature of racism as well as the unique, incredible resilience and strength of our community.

INDIVIDUAL THERAPY; HEALING CIRCLES; SOCIAL SUPPORT GROUPS

SERVICES ARE AT HOSFORD (UCSB), ONLINE, IN A SCHOOL-BASED SITE

YOUTH – FOCUS ON POSITIVE RACIAL IDENTITY DEVELOPMENT

ADULTS – TYPICALLY FOCUSED ON RACIAL TRAUMA HEALING

CONTACT US:

HOSFORD SPECIALTY CLINICS

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OUR INFORMATION



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Dr.
Cerezo



The First 5 Santa Barbara County Statement of Social Justice and Racial Equity

The longstanding decades of repeated individual and systemic racism and violence against people of color are contributing to a climate of intense sadness, fear, and outrage throughout the nation and in our community, with harmful consequences over many generations. We acknowledge that the effects of racism are a particular threat for young children from birth to age five who are undergoing a formative period of rapid development and are especially vulnerable to the very real and pervasive consequences of bigotry, poverty and violence that is a result of racist and classist systems and structures. Toxic stress develops when children and their communities experience prolonged adversity such as economic hardship, community disinvestment, the ongoing fear of violence, and constantly being reminded that they don't fully belong in our society. The lasting impacts on children's physical and emotional health and the limitations on future opportunity are certain, significant and unconscionable.

First 5 Santa Barbara County stands united with First 5's across California against injustice and racism, joining those who are working for change in policies and practices that perpetuate bias and discrimination. We want all children and families, appreciating their diverse backgrounds, to have access to high quality, culturally competent programming and services so that they can reach their full potential. We can best ensure all children's wellbeing in our county with our intent to structure services and opportunities accordingly to meet the individual needs of our most vulnerable children.

In this national moment of reckoning, we join our communities of color and all those that find themselves marginalized and disadvantaged. We invite you, along with our colleagues, partners, collaborators, and the entire Santa Barbara community to denounce racism and bigotry in all its forms. We further invite you to support and participate in the adopted commitments to the Children and Families of Santa Barbara County.

Racism and bigotry have no place in the world we're building for young children and families and will not go away unless we work together to do so.

Our children's future depends on the actions we take today.

Our Commitment to the Children and Families of Santa Barbara County

We commit to supporting and safeguarding the life-long potential of children and families by evolving, strengthening, and deepening our practices of:

1. Looking critically at all aspects of our organization to ensure our policies, procedures, and practices reflect a more just and equitable space.
2. Engaging in ongoing staff professional development and training on implicit bias and an anti-racist framework to inform agency practice regarding racial, economic and social justice.
3. Striving for equity and inclusion for every child, every family, and every member of society.
4. Doing more than close gaps and point to disparities. Striving in all of our work to achieve social and race equity, a state in which all children have the same opportunity to reach the potential we know they have.
5. Advocating for just systems and social policies through our policy agenda and membership in the First 5 State Association, advocacy at the local, state, and federal level, and as a partner and a resource to families and community organizations.
6. Along with our partners, investing in and advocating for programs and policies that address the structural causes of inequity, meeting basic needs with access to quality health, mental health, housing, food, transportation, jobs, childcare, and educational experiences, economically stable communities and opportunities for social connections.
7. Providing the tools and skills for parents, teachers, and families to have balanced discussions with their children to include compassion, empathy, racial and social justice.
8. Promoting parent leadership and civic engagement, and engaging community and parents in the selection of investments and the design of programs and evaluation, with opportunities for culturally and ethnically focused settings and forums to meet the cultural values of diverse ethnic communities throughout the County.
9. Documenting disparities through ongoing data collection and evaluation and using equity to guide our research questions and practices. Over 70% of births are to mothers of color. The adverse impacts of racism begin prenatally, and reflect in large disparities rates of maternal mortality, infant mortality, and childhood asthma.

First 5 Santa Barbara County Children and Families Commission

Adopted: **Monday, June 21, 2021**