



KIDS NETWORK / RSBC  
September 2, 2020

### MINUTES

**Attendance:** Elizabeth Adams, Sarah Adams, Connie Alexander, Terri Allison, Eulalia Apolinar, Jacqui Banta, Kelley Barragan, Bridget Baublits, Florene Bednersh, Nicole Bennett, Jennifer Bergquist, Lisa Brabo, Jenny Bruell, Holly Carmody, Emily Casarez, Maria Chesley, Steven DeLira, Peggy Dodds, Audrey Gamble, Lori Goodman, Gabriela Hanson-Lopez, Alma Hernandez, Anne Hubbard, Valerie Kissell, Amy Krueger, Ann McCarty, Seth Miller, Karyn Milligan, Lorraine Neenan, Carl Palmer, Taundra Pitchford, Shana Pompa, Christopher Ragland, Mayra Ramos, Saul Serrano, Rachael Steidl, Kimberly Valenzuela, Alana Walczak, Elaine Webber, John Winckler

**Staff:** Barbara Finch and Gloria Munoz

#### **1. Welcome**

Barbara Finch welcomed everyone.

#### **2. Roll Call & Approve Minutes: June 3, 2020**

Peggy Dodds motioned to approve the June 3, 2020 minutes; Florene Bednersh seconded the motion and the minutes were approved unanimously.

#### **3. Public Comment - Items not on the Agenda**

There was no public comment.

#### **4. Centering in the Virtual Space**

- **Meeting structure**

Carl encouraged everyone to use the chat or the shared Google Doc for thoughts, questions, suggestions or reflections.

- **Principles – adding a commitment to leadership**

The ACEs Steering Committee recommended adding a new principle and a new objective to the Resilient Santa Barbara County statements to reflect a commitment to intentional leadership development:

- Principles – how we will be together
  - *Nurture and support diversity, equity and inclusion in leadership*
- Objectives – what we will do together
  - *Expand leadership to include community voices at all levels of participation*

Members agreed to add the new Principle and Objective.

#### **5. Weaving Connections**

We come together today feeling the weight of the COVID pandemic, the struggling economy, the fight for racial justice, and the natural disasters fueled by global warming. Small breakouts discussed the following:  
*How are you modeling resilience and where are you focusing your energy?*

Folks shared the following:

- We need to take care of ourselves in order to model resilience and to take care of others
- Drink water, go for a walk
- Stay positive... so glad to get reminded

## 6. The Evolution of a Network

- **New connections**
- **Critical components of RSBC**

The RSBC network is built with the science of Adverse Childhood Experiences (ACEs) at the center and resilient community as a focus. Folks show up because they know the work is important and because no one organization or system can do it alone. The connections made in the network and the principles that guide us give us hope that we can have a positive impact. This network has been evolving since October 2017, when the Santa Barbara ACEs Connection Community Group was created on the ACEs Connection website. In June 2018, a Steering Committee was formed to start working on a multi-year cross sector plan for organizing the ACEs implementation efforts across the county. The initial focus was to draft statements of purpose, principles and objectives. In September of last year, Resilient Santa Barbara County (RSBC) was launched and offered a Community Partner Agreement to organizations that wanted to work together to become more trauma-informed and resiliency-focused. The next step is to identify issues of mutual concern within the network, and to find out what matters to the communities that are most affected by ACEs. We are learning together through these meetings and through our connections outside of these meetings. We want to be sure that we are asking what is working and what we want to take on.

Barbara shared the graphic of the RSBC vision with Resilient Santa Barbara at the center. When the Steering Committee was formed they placed key sectors that might engage and support the work around that hub. Currently, members represent eight of the thirteen sectors. KIDS Network does not yet have representation from financial institutions, academia, business sector, civic groups and associations, and the faith community. Barbara mentioned that RSBC statements are living documents that will evolve with the network. Acknowledging recent discussions about youth, the suggestion was made to add "Youth" as a sector, and to find a way to engage youth in the network. Barbara stated that the needs of youth are different than the needs of families, and asked about organizations that are specifically focused on youth. Folks shared the following organizations:

- **Rachael Steidl** - Workshops for parents, teens, providers, and educators...  
<https://youthwell.org/workshops/> YouthWell is focused on supporting mental health and wellness, linking youth to services, and engaging them in conversations so they have a voice in deciding what is working and not working in the community and in their schools.
- **Lorraine Neenan** - CommUnify serves youth, children and families!
- **Lori Goodman** - Saul Serrano's work with the South Coast Youth Safety Partnership is specifically focused on youth. Also Channel Islands Youth and Family Services used to be here (Valerie Kissell) - but she is now at PHP. (Ashleigh Erving will replace Valerie at CIYMCA)
- **Seth Miller** - My sister Rebecca is a manager with Evolve Treatment and could be a valuable member of this network [Rmiller@evolvreatment.com](mailto:Rmiller@evolvreatment.com)

Barbara shared a slide with four network diagrams that offer a visual representation of what it looks like when people and organizations begin to form alliances. As the network evolves, we will have opportunities to engage with local initiatives and with other networks that can serve as conduits for information and ideas.

One opportunity is the ACEs Aware initiative, a statewide initiative that was launched by the Office of the Surgeon General and the California Department of Health Care Services. The KIDS Network received a provider engagement grant through the ACEs Aware initiative to scale the Bridges to Resilience Conference to include Ventura and San Luis Obispo counties. The conference will be virtual and will be held in the spring. The focus will be on networks of care, and the goal is to include Medi-Cal providers who will begin screening for ACEs, to increase their knowledge of community partners who can support their patients.

The ACEs Connection Cooperative Communities is another opportunity. We have had a relationship with ACEs Connection since 2017 and the founder has been very supportive of Santa Barbara County's local initiative. The ACEs Connection Cooperative of Communities will provide RSBC Community Partners with data tracking tools, access to new research and information, and invitations to meet with other affiliates to share ideas and resources.

### **Developing the concept of a Care Network:**

Folks were divided into six breakout groups of four people and were asked to discuss the following:

- **What sectors are most important for addressing the ACEs epidemic? Who are the key partners and what role would they play?**
  - All sectors are important and they all play a vital role.
  - People respect their physicians and have a relationship with them - they play a key role in connecting people to services. Physicians should know what the community offers.
  - Social services, families, schools - all of these sectors play a part in addressing issues of ACEs.
  - Understanding the cultures in our community is important. Cultural brokers can bridge gaps (ex: Promotores) Can approach a community to ask who is the expert/ambassador/elder, etc. who would be the best to communicate with, someone who is trusted.
  - Important to include LGBTQ community.
  - Families – support whatever the family structure is.
  - Youth – peer support with adult guidance.
  - CALM and others that do developmental screening and early intervention
  - PeRC - SB Neighborhood Clinics, CALM and UCSB – include other clinics as they begin screening for ACEs (Sansum, Franklin, Lompoc Pediatrics, SM Public Health)
  - Behavioral Wellness has early intervention piece as well.
  - Schools – trauma-informed classrooms and longitudinal data to track children's success.
- **What programs, services and activities are essential for mitigating or preventing ACEs and strengthening resilience?**
  - Parent training
  - Peer Support among teens with adult guidance - safe spaces
  - Work on systemic issues - they are the game changers - poverty, institutional racism.
  - Reimagining services in different ways... a system of care that doesn't create additional ACEs
  - Behavioral changes in children, what children can change and manage
    - Focus on how they deal with trauma internally, learn to meditate...
    - Coping skills for difficult environments
  - Importance of resources for families; food, drug & alcohol TX, mental health TX, housing, etc
  - Family resource centers for building awareness and being an early entry point for resources
  - Having one location to go for resources -cut down on confusion and difficulty of access
  - Building connections among service providers (as in these meetings- connect and identify needs)
  - Develop a common language among ACEs system
  - Create a policy center on prevention

### **Programs & services, cont.**

- Funding evidence based interventions
- Early intervention (0-5)
- Access to technology/internet access particularly for low income families
- Connecting with non-traditional community support - churches, extended family... be aware of and maintain and develop those connections
- Reimagining services in the “new normal” knowing that families are experiencing something different than what our services were originally designed for
- Ensuring that referrals are made to culturally relevant locations/services
- **What characteristics are most important for organizations within the care network? Describe the culture and best practices of organizations to succeed within the network.**
  - Collaboration - partnerships - build relationships
  - Representation of a wide range of stakeholders - cultural competencies - supporting equity
  - Learning culture - being open - inclusive
  - Communication - dialogue - transparency
  - Stay in your lane
  - Weave connections - exposure to varied resources
  - Be curious about others work; awareness
  - Utilize technology to break down barriers, include more people
  - Recognize the importance of the work
  - Organizations that follow the objectives and characteristics (principles of engagement) discussed this morning.
  - As adults we can't assume what we know what is best for kids. We need to ask them.
  - In order to build leadership of youth we need to include them. We should follow their lead.
    - Safe spaces to cultivate the youth voice without intimidation

## **7. The Stress Test of Convergent Crises**

- **How are we experiencing the care network?**
- **What actions could make it stronger?**

Terri reviewed the stress continuum and asked folks to reflect and discuss:

- How are we experiencing the care network?
- What are we learning on the stress test?
- What would be helpful?
- What actions could make our network stronger?

Due to lack of time, Terri asked folks for brief feedback or share their thoughts through the Google Doc:

- Here in the Kids Network, I'm experiencing the care network as a loving community...
- Good energy
- This space helps bring me back to baseline
- This is a beautiful flock!
- For me....even if it's a brief 3 minutes in a "breakout room" .... being able to release that valve with folks that understand...is helpful.

This topic will be discussed further at the next meeting.

## 8. Self-Healing Communities

- **Showing up in service to emerging needs**

Laura Porter's concept of Self-Healing Communities is something that the network has been exploring since the Bridges to Resilience Conference last year. Her phases of community engagement may be helpful as members consider new projects. She stressed the importance of the following four elements:

- Leadership expansion & reciprocity
  - reciprocal exchange - not just one way
  - looking to include parents, youth and community beyond KIDS members
- Coming together to focus on what matters most
  - come with humility
  - ask the right questions
  - create opportunities for people to talk about what matters to them
- Learning & opportunity, knowledge & skill-building
  - be willing to build skills, build knowledge; not only about resilience and trauma-informed care but also communication, leadership and what it means to show up with integrity
- Reflection & critical analysis – new models for improving results
  - look at what we have done, what has worked, and what we can carry forward

We will revisit the Self-Healing Communities ideas as projects develop. If you are working with another network or youth leadership group, you can take what we have built together and share those ideas with others.

Terri shared that the California ACEs Academy, a statewide ACEs Aware grantee, is offering free webinars and the first is with Dr. Filetti. Their 10 webinars will be recorded and available on their website. Barbara added that if you are part of an organization that operates in Ventura or San Luis Obispo, please let her know because the KIDS Network grant activities will include strengthening care networks in those communities and inviting new partners to contribute to the Bridges to Resilience Conference.

## 9. Closing

Shana shared that they are planning a Youth Empowerment Summit for foster and homeless youth on October 28th. It is for providers, families, parents and it will be virtual. The keynote speaker will be Father Greg Boyle, founder of Homeboy Industries. There will be trainings on trauma informed care, Commercial Sexual Exploitation of Children (CSEC), foster and homeless youth education rights, self-care, and a youth panel.

Rachel announced that they are getting the Youth Mental Health First Aid training going with FSA, Mental Wellness Center and YouthWell for this upcoming year. It is a great resource for parents, educators and providers. They are going into their third year on this grant and having it virtually now is making it much more accessible. <https://bethedifferencesb.org/>

Alma mentioned that the county released 2.1 million of the CARES funding for housing, rental assistance, and utility assistance. There is a deadline for Goleta and Santa Maria on Friday or until funds are exhausted. Another one is opening up today for unincorporated areas of Santa Barbara County. If anybody has questions or would like access to the application process, feel free to email her at [ahernandez@countyofsb.org](mailto:ahernandez@countyofsb.org)

## 10. General Meeting Adjourns – Executive Committee will take a 15 minute break and reconvene for a brief check-in on priorities and scheduling

**Next Meeting – November 4, 2020**

*The meeting adjourned at 11:01 a.m.*

## RESILIENT SANTA BARBARA COUNTY

*A Steering Committee was formed in June 2018 to begin working on a multi-year, cross-sector plan for organizing ACEs implementation efforts across the county. KIDS Network serves as a hub for gathering community input and reporting progress. Follow us on ACEs Connection.*

<https://www.acesconnection.com/g/santa-barbara-county-aces-connection>

### OUR VISION



### OUR PURPOSE

Resilient Santa Barbara County is a network dedicated to holding the space and the vision to collaboratively create an integrated and resilient community built upon a foundation of relational health and wholeness.

*August 19, 2020*

## PRINCIPLES

- Build trust and healthy relationships as a foundation for resilience
- Create a supportive, safe, equitable, accessible and inclusive network
- Bring our whole selves with fidelity and integrity
- Welcome, hear and honor all voices
- *Nurture and support diversity, equity and inclusion in leadership (8/20)*
- Innovate and experiment with imagination and creativity
- Use data and stories to inform decisions and direction
- Embrace trial and error to learn and grow (make it ok to try + fail)
- Grow our capacity to collaborate

## OBJECTIVES

- Strengthen relationships within organizations and throughout the network
- *Expand leadership to include community voices at all levels of participation (added 8/20)*
- Collectively shift our community focus toward a shared vision that promotes multiple pathways to resilience
- Support organizations in operating from shared vision, purpose and principles as they become trauma-informed and resiliency-focused
- Ease our individual and collective ability to move between organizational and network realities, responsibilities and priorities
- Coordinate existing actions for greater impact
- Collaborate at higher levels across sectors for community level systems change
- Articulate a theory of change that shows the link between a resilient community and improved outcomes for children, youth, and families

*This living document will be updated as our movement grows. Please join our community group on ACEs Connection (<https://www.acesconnection.com/g/santa-barbara-county-aces-connection> )*

*August 19, 2020*





# KIDS Network Meeting

9.2.2020







Introductions

Minutes

Public Comment

9.2.2020

*Our vision is that all children will  
grow up in safe, healthy and  
nurturing homes, schools and  
communities with equal access to  
resources and opportunities  
to develop their unique potential*



# Meeting Agenda

9.2.2020

1. Welcome
2. Roll Call & Approve Minutes June 3, 2020
3. Public Comment –Items not on the Agenda
4. Centering in the Virtual Space
5. Weaving Connections
6. The Evolution of a Network
7. The Stress Test of Convergent Crises
8. Self-Healing Communities
9. Closing

# Centering in the Virtual Space

## Meeting Structure

- Zoom for connection
- Shared Google Doc with the agenda and for participation - please contribute!
- Please use the chat function to reach out - Carl will monitor
- Please feel free to use Zoom's nonverbal participation icons

# Our Resilient Santa Barbara County Principles

- Build trust and healthy relationships as a foundation for resilience
- Create a supportive, safe, equitable, accessible and inclusive network
- Bring our whole selves with fidelity and integrity
- Use data and stories to inform decisions and direction
- Welcome, hear and honor all voices
- Innovate and experiment with imagination and creativity
- Embrace trial and error to learn and grow
- Grow our capacity to collaborate

# Adding an Intention for Leadership

Principles - how we will be together

- Nurture and support diversity, equity and inclusion in leadership

Objectives - what we will do together

- Expand leadership to include community voices at all levels of participation



# Weaving Connections

We come together today feeling the weight of the COVID pandemic, the struggling economy, the fight for racial justice, and the natural disasters fueled by global warming...

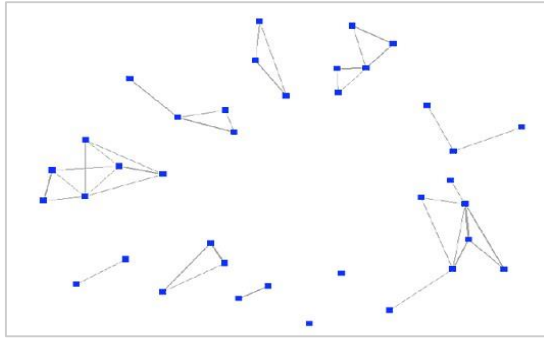
How are you modeling resilience and where are you focusing your energy?

# The Evolution of a Network

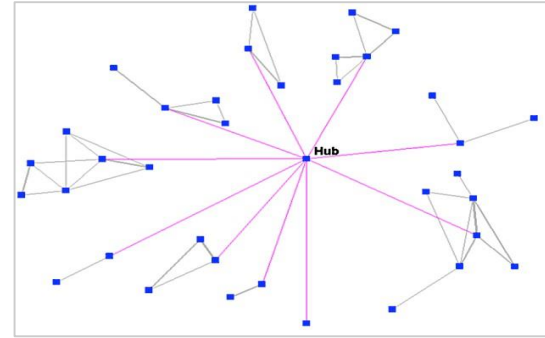
- Weaving connections
- Expanding leadership
- Focusing on what matters
- Learning together
- Asking what is working & what wants to change



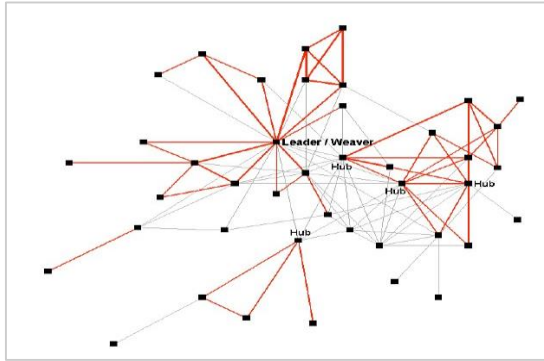
# Many Kinds of Networks across Evolutionary Spectrum



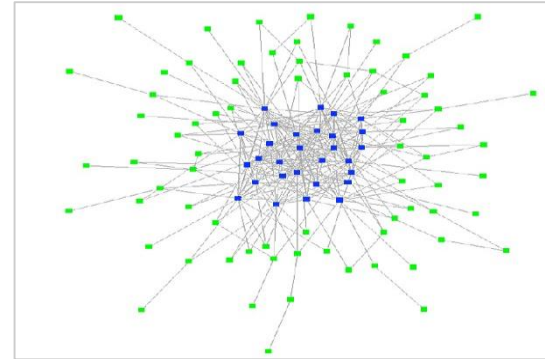
Scattered Fragments



Hub and Spoke Network



Multi-Hub Network



Core/Periphery Network

# Connecting to Bigger Networks

- **ACEs Aware Initiative**
  - Statewide initiative to engage health care providers
  - Communications
  - Provider training
  - Provider engagement and learning communities
- **ACEs Connection Cooperative of Communities**
  - National cooperative
  - Affiliates shape activities and focus



# Networks of Care

- What sectors are most important for addressing the ACEs epidemic?
  - Who are the key partners and what role would they play?
- What programs, services, and activities are essential for mitigating or preventing ACEs and strengthening resilience?
- What characteristics are most important for organizations within the care network?
  - Describe the organizational culture and best practices



### In Reflective Supervision, Consultation & Facilitation (RSCF)

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# The Stress Test of Convergent Crises

- How are we experiencing the care network?
- What are we learning from the stress test?
- What would be helpful?
- What actions could make it stronger?

# Self Healing Communities

- Leadership expansion & reciprocity
- Coming together to focus on what matters most
- Learning & opportunity, knowledge & skill-building
- Reflection & critical analysis - new models for improving results



# Closing

How are you leaving today?



A close-up photograph of several hands of different skin tones (dark brown, light brown, and fair) stacked together in a circle, palm up. The hands are positioned in the center of the frame, with fingers slightly curled. The background is a soft, out-of-focus green, suggesting an outdoor setting. The text "There are enough of us to make a difference!" is overlaid in a large, bold, black, italicized font across the middle of the image.

***There are enough of us to  
make a difference!***