



## Weekly Update of Resources, and Online Events to Help Strengthen Families in Butte County

04.01.2020

Child Abuse Reporting Line: 800.400.0902

### Resources & Information:

Butte County Public Health site: <http://www.buttecounty.net/ph>

State of California COVID-19 Website: <https://covid19.ca.gov/>

See our separate ideas and resources pdf  
**For Families: When We Shelter in Place**

[https://drive.google.com/drive/folders/1OLCkBLczjSV8Azcv7S24r5es0\\_BgNgy1](https://drive.google.com/drive/folders/1OLCkBLczjSV8Azcv7S24r5es0_BgNgy1)

**New!** Hmong Talk-Line. 10:00am – 10:00pm, Seven days a week.

530.403.3978 and [info@hmongculturalcenter.net](mailto:info@hmongculturalcenter.net)

Events for April 2020 have been cancelled. See newsletter and flyers in Google-Drive

**New!** The California Emerging Technology Fund has provided access to affordable offers for internet service, as well as a number to call 1.844.841.4636 to assist parents: [http://www.internetforall.org/get\\_affordable\\_internet\\_today](http://www.internetforall.org/get_affordable_internet_today)

Northern Valley Talk Line (NVTL) in partnership with Butte County Behavior Health and MHSa, providing non-crisis peer to peer telephone service, 7 days a week from 11:30am – 9:30pm.

855.582.5554

Disaster Distress Helpline

800.985.5990

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Domestic Violence Hotline

800.799.7233

[www.thehotline.org](http://www.thehotline.org)



National Sexual Assault Hotline  
800.656.4673  
[www.rainn.org](http://www.rainn.org)

National Child Abuse Helpline  
800.422.4453  
[www.childhelp.org](http://www.childhelp.org)

National Suicide Prevention Lifeline  
800.273.8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Substance Abuse and Mental Health Services Administration (SAMHSA)  
800.985.5990  
[www.samhsa.gov](http://www.samhsa.gov)

**New!** Circumstances have changed for many families affected by COVID-19, and they may now qualify for the WIC (Women, Infant, Children) program. Pregnant women or a caretaker of a child under age 5 should contact WIC. It's easy to apply. [www.buttecounty.et/ph/programs/WIC](http://www.buttecounty.et/ph/programs/WIC) or 530.552.4025. See flyer.

**Unemployment Insurance** through the Employment Development Department (EDD). One-week unpaid waiting period is being waived. More info: [https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm)

**New!** Several programs to assist California workers who may be affected by COVID-19: [www.labor.ca.gov/coronavirus2019/](http://www.labor.ca.gov/coronavirus2019/) and [www.afwd.org](http://www.afwd.org). See flyer.

**New!** The Boys & Girls Club is currently offering curbside pick-up of supper for children up to 18 years at the Chico Ostrander Clubhouse and the Paradise Teen Center. Subject to change, so watch them on Facebook: Boys & Girls Club of the North Valley or contact Joe with any questions: [jhejl@bgcnv.org](mailto:jhejl@bgcnv.org)

**New!** Veterans receiving 30-day notices, etc. because of the mass layoffs occurring in direct response to COVID-19, please contact the Veterans Resource Centers of America to if you're eligible for the SSVF grant: Jennifer Zellers 530.492.0780. See flyer in Google-Drive.  
(Note: Governor Gavin Newsom today issued an executive order banning the enforcement of eviction orders for renters affected by COVID-19 through May 31, 2020.)



**Covered California Special Enrollment Period** Effectively immediately, anyone who is uninsured and meets eligibility requirements for health care coverage through Covered California can sign up through June 30, 2020. More info: <https://www.coveredca.com/>

**New!** Medi-Cal Dental Health tools and resources: <https://smilecalifornia.org>

**Tax Day** changed from April 15 to July 15.

**Small Business Administration (SBA) loans for small businesses** - Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. More Info: <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

**Chico DSA Mutual Aid During Pandemic.** This organization will help the elderly, disabled, or those with other health issues get groceries, prescriptions, groceries, etc. For assistance (or to volunteer): 530.645.2028. See flyer.

**TrustLine fees waived:** DSS has waived all state fees for all TrustLine applications starting March 18, 2020 until further notice. More info: <https://mailchi.mp/326085c41f8a/member-newsletter-february-1974833?e=710214fde1>

**Distance Learning Resources** – Provided by ProLiteracy (and our Butte County Library). A comprehensive list of free resources for continuing instruction from a distance. See Google-Drive.

## Online Training and Information

**New! Webinar/Recordings: Manifest Wellness: Series of Virtual Well-Being Workshops.** Join us as we help each other become resilient, transition into a positive mindset, maintain our health and move through this period together as a community. This event occurs daily March 30 - April 3 from 12pm - 1pm PST with 2 presenters. Watch live OR on your own time! <https://www.eventbrite.com/e/manifest-wellness-series-of-virtual-well-being-workshops-tickets-100302800376?aff=ebdssbonlinesearch>



# April

## Building Stronger Families

*A safe and healthy childhood lasts a lifetime*



### April is Child Abuse Prevention Month

Sexual Assault Awareness Month

Stress Awareness Month

National Library Week – April 7-13

National Volunteer Week – April 19-25

Administrative Professionals Week – April 19-25

National Medical Laboratory Professionals Week – April 19-25

Earth Day – April 22

Teach Children to Save Day – April 24

### **Flyers and Information for April 2020 on Google-Drive:**

[https://drive.google.com/drive/folders/1OLCkBLczjSV8Azcv7S24r5es0\\_BgNgy1](https://drive.google.com/drive/folders/1OLCkBLczjSV8Azcv7S24r5es0_BgNgy1)

We are inviting you to declare your pledge to prevent child abuse and making pledge cards available on Google-Drive. Please post pictures of yourself and/or your shelter-at-home crew with your pledge card and/or wearing blue on to social media using #pledge2protect2020.



*My Pledge to Children*

\_\_\_\_\_

*Name*

*I commit to prevent the abuse and neglect of children by*

\_\_\_\_\_



**KNOW**



**SEE**



**RESPOND**



APRIL IS NATIONAL  
**CHILD ABUSE**  
PREVENTION MONTH

*Child Abuse Prevention Council  
Butte County, California*

\_\_\_\_\_

*My Agency*

*2020*

**New! Webinars hosted by ATTACH. Free.**

**Normalizing the Stress Response During High Stress Experiences with Juli Alvarado.**

It is possible to calm yourself and others, even in the midst of this chaos. Orienting into five Brain-Based and Trauma-Informed strategies, we will learn, practice, experience, and calm our own nervous systems over these 50 minutes together. And, you will each take away skills that you can offer to others immediately. This is a powerful hour of healing and education wrapped up together as a gift to you

**April 1, 2020, 9:00am – <https://register.gotowebinar.com/register/8384009664100121613>**

**Webinar: How to Motivate and Engage the Extended Family** by the Family Trauma Institute. It takes a village to raise a child is an old African proverb. It means that a child needs both the immediate and extended family to overcome adverse experiences like trauma and to grow up in a safe and secure environment. Free.

[https://gopll.zoom.us/webinar/register/7115840717882/WN\\_3GMKCy3UTy-lDbHjJPR8iw](https://gopll.zoom.us/webinar/register/7115840717882/WN_3GMKCy3UTy-lDbHjJPR8iw)

**April 1, 2020** at 9:00am

**New! Webinar: Fullpower Emotional Safety Skills for adults and older teens** hosted by Kidpower Teenpower Fullpower International. Skills and strategies



about how to recognize and manage our emotional triggers during this intense and challenging time – and then a demonstration on how to practice 8 techniques for managing these triggers for yourself and others you want to support. Register: [https://zoom.us/webinar/register/WN\\_X9TlxslYRfeBcPF5GWr7GA](https://zoom.us/webinar/register/WN_X9TlxslYRfeBcPF5GWr7GA)  
**April 2, 2020** Choose a session: Noon or 6:00pm (1 hour)

**New! Webinars hosted by ATTACH. Free.**

**Virtual Access and Openness visits with Mary-Jo Land** Children need to stay connected with family and friends. This is complicated if they are foster or adopted children with access or openness to families of origin. Parents and professionals are welcome to join this webinar to consider together the complexities of virtual visits.

**April 3, 2020** at 10:00am. Registration limited to the first 100:  
<https://register.gotowebinar.com/rt/3791761911719539723>

**Broken Places** Premiering on PBS This poignant production represents the culmination of four decades of bringing PBS viewers powerful stories of young people struggling to overcome adversity.

**April 6, 2020** check local listings for time.

**Webinar: Flourishing Families** hosted by Strengthening Families

The curriculum is made up of activities that are designed to be used by home visitors and other family-serving professionals to engage parents in self-reflection about how protective factors show up (and can be built) in their lives. Register: [https://zoom.us/webinar/register/WN\\_rOAp\\_xwVRyGICscHq1gybQ?timezone\\_id=America%2FLos\\_Angeles](https://zoom.us/webinar/register/WN_rOAp_xwVRyGICscHq1gybQ?timezone_id=America%2FLos_Angeles)

**April 9, 2020** at noon

**New! Zoom meeting: Gather to Discuss Healing During this Time of Separation with Dr. Christina Bethell and Laura Porter** hosted by North Valley Community Foundation. Dial 669.900.9128. Meeting ID: 476 136 610. Password: 958730.

**April 9, 2020** from 10:00am to 11:30am

**Yoga Therapy and Preventing Burnout** Webinar from ACEs Connection- *Aggie Stewart, a counselor and yoga therapist, to discuss the role of yoga and other mindful practices in organizational wellness plans and in preventing burnout amongst staff.* <https://register.gotowebinar.com/register/3180496118066186509>

**April 9, 2020** from 8:00am-9:00am



Learning with Parents: Children on the Autism Spectrum and the Arts  
**April 15, 2020**

Marriage Equality and Same Sex Parenting: Families on the Frontlines  
**June 3, 2020**

**New! Webinars hosted by ATTACH. Free.**

**Self-Care During Times of Uncertainty with Sue Badeau**

This webinar will help participants to understand, express, and cope with their own emotions, as well as create a self-care plan to develop resilience in the face of uncertainty and circumstances that change daily for foster, kin, or adoptive parents.

**April 10, 2020** at 10:00am. Registration limited to the first 100:

<https://register.gotowebinar.com/register/3238645990385497358>

**New! Webinars hosted by ATTACH. Free.**

**Sensory Strategies for Calming Disregulation with Maude Le Roux**

Regulating children and youth can be challenging under any circumstance, and even more so in light of the current global health crisis. Learn strategies to use sensory integration techniques to calm and regulate the elevated nervous systems of those in your household.

**April 17, 2020** at 10:00am. Registration limited to the first 100:

<https://register.gotowebinar.com/register/8087548343970686478>

**New! Webinars hosted by ATTACH. Free.**

**Quieting the Fight, Flight, and Freeze Response in Times of High Stress with Liz Clark.**

The experience of trauma often makes mindfulness a more challenging goal as the post-trauma response of fight/flight/freeze pulls us into a past experience and prepares us to defend. Join us to explore effective and gentle ways to move from this experience of Chaos back to Calm during these stressful times.

**April 17, 2020** at 10:00 am. Registration limited to the first 100:

<https://register.gotowebinar.com/register/4920916373068842254>

**New! Webinars hosted by ATTACH. Free.**

**Care for Your Soul During COVID-19: The Grief and Loss Arising in Us All with Juli Alvarado**

Beyond unsettling our minds, this current pandemic unsettles our souls in ways that we are not yet talking about. In this 50-minute session, Jules will identify five manifestations of this: impotence, grief, loneliness, mistrust, and



displacement; and will offer meaningful ways by which we might care for our souls during this time of great uncertainty.

**April 24, 2020** at 10:00am. Registration limited to the first 100:

<https://register.gotowebinar.com/register/1756586779515566862>

**The American Professional Society on the Abuse of Children hosting free webinars learn more at [www.apsac.org/webinars](http://www.apsac.org/webinars)**

**April 29, 2020** – When does poor parenting cross into psychological maltreatment?

**June 4, 2020** – When Faith Hurts: Recognizing and Responding to the Spiritual Impact of Child Abuse

**September 14, 2020** – Cultural Norms, and Cultural Shifts, Regarding Physical Punishment

**November 4, 2020** – Interviewing the Child who is Recanting Sexual Abuse

**Tips for Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak:** <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

**Supporting Families During COVID-19 site** hosted by the Child Mind Institute with resources, daily tips, etc. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

**Centers for Disease Control and Prevention (CDC) website** an accurate source offering information about COVID-19: How to prepare, managing anxiety and stress, etc.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**We're in this Together – Promoting Positive Mental Health for Teens Feeling Isolated** hosted by Erika's Lighthouse website. Offering resources for teens, educators and parents. <https://secure.gqiv.com/event/inthistogether/>

Where to start?! I'll just give you the links:

**Strategies 2.0 online catalogs** of E-trainings and recordings:

<https://strategiesca.asentialms.com/catalog/>

Learning communities and webinars on YouTube:

<https://www.youtube.com/channel/UC2jbPPqPZtCAPOQho8ThuNA>





**COVID-10 Response: Using Telehealth for Maternal & Infant Healthcare.** Hosted by Mahmee on 03.20.2020. Webinar recording available <https://vimeo.com/399247667/dd9c37050a>

**Training and Technical Assistance Related to COVID-19 from SAMHSA.** Links to a variety of resources, trainings and webinars: <https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf>

The Search Institute offers a pdf on **Building Developmental Relationships During the COVID-19 Crisis** Checklist. See Google-Drive.

**New!** From the State of California, pdfs that are specific to persons experiencing homelessness and COVID-19 provided by Butte County DESS: <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Protocols-Homeless-Pop.pdf> and <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/flowchart-COVID19-homelessness.pdf>

**New!** Generously shared by the author free of charge: Sheltering in Place: Coping with COVID-19. It explains what COVID-19 is, how to social distance and shelter in place, how to follow WHO guidelines, how to maintain physical and mental health, how to create a schedule to balance life and work at home. See Google-Drive or <https://www.teacherspayteachers.com/Product/DLS-Sheltering-in-Place-Coping-with-COVID-19-Daily-Living-Skills-5361584>.

## Volunteer Opportunity

**New!** Blood supplies are low. If you are able, healthy and well contact Vitalant at 877.258.4825 for an appointment to give blood at their Chico location or at a blood drive near you.

“Giving blood is safe. Blood drives are not “gatherings”. FDA urges blood donations.”



Coronavirus Impacts Blood Supply  
DONORS WITH APPOINTMENTS NEEDED

MAKE YOUR APPOINTMENT

Giving Blood is Safe.  
Do not donate if you are sick. Vitalant does NOT test for COVID-19.  
Blood drives are not "gatherings". FDA urges blood donations.



## Funding Opportunities

**New! Emergency Response and Recovery Funds are available through First 5 Butte County** Children and Families Commission for the coronavirus disease (COVID-19) pandemic. Requests will be accepted only from individuals on behalf of 501c3, government, and private organizations. Funds are strictly for resources, supplies, and services that directly respond to the unmet needs of pregnant women and children 0-5. Application instructions can be found on the First 5 Butte County website via the following link: <http://first5butte.org/funding-opportunities/>

**Asthma Preventive Services Project:** <https://www.shfcenter.org/asthma>

The project by The Center at Sierra Health Foundation will support a statewide network of organizations providing asthma home visiting, education and environmental mitigation throughout California, with a focus on serving Medi-Cal patients. Proposals due by April 28 at 1pm

## Adverse Childhood Experiences (ACEs) and Trauma Informed Care

**New! See ATTACH's free April webinar support series above.**

**New! COVID-19 & Stress ACEs Aware** page with resources to lessen anxiety during this time of uncertainty. <https://www.acesaware.org/heal/covid19/>

**From the Center on the Developing Child at Harvard University-** Offers an amazing Resource Library. You can view and/or subscribe – all for free: <https://developingchild.harvard.edu/resources/>

**Stress Health Blogs** <https://www.stresshealth.org/blog/> **topics include:**

- Play and Kids with ACEs: "That's Where Everything Worked Out"
- Combating ACEs with... PCES? How Positive Experiences Help Heal Kids with Trauma
- And many more

**Attitudes Related to Trauma-Informed Care (ARTIC) Scale** – Free webinar. Hosted by The Traumatic Stress Institute. For leaders in health, trauma, and trauma-informed care (TIC) to preview the new Online ARTIC, a validated,



cutting-edge online tool for measuring TIC. Information, registration, other articles and pricing: <https://traumaticstressinstitute.org/online-artic-details/>

- **April 7 and April 9, 2020**

**Video: Stress and Resilience: How Toxic Stress Affects Us, and What We Can Do About It** by the Center on the Developing Child at Harvard University (English and Spanish) [https://developingchild.harvard.edu/resources/stress-and-resilience-how-toxic-stress-affects-us-and-what-we-can-do-about-it/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=february\\_2020](https://developingchild.harvard.edu/resources/stress-and-resilience-how-toxic-stress-affects-us-and-what-we-can-do-about-it/?utm_source=newsletter&utm_medium=email&utm_campaign=february_2020)

Also, see Google-Drive for What We Can Do About Toxic Stress infographic.

**Resiliency Zone Training** comes to your organization (class size 12 – 20) for no cost training with the Community Resiliency Model. See flyer and contact Butte College The Training Place: [thetrainingplace@buttecollege.edu](mailto:thetrainingplace@buttecollege.edu)

**The National Child Traumatic Stress Network** offer a vast collection of resources and some free classes. See: <https://www.nctsn.org/>

**Understanding Trauma: Learning Brain vs. Survival Brain.** Shared by Strategies 2.0. This video reframes a trauma perspective in terms of learning brain versus survival brain in a way to make it easier for teachers to talk about trauma with students. (5 minutes)

<https://www.youtube.com/watch?v=KogaUANGvpA&feature=youtu.be>

#### **Archived Webinars:**

Adverse Childhood Experiences and their Relationship to Adult Well-being, Biomedical Disease, and Premature Death

**The ACEs Aware website is now live!** Detecting ACEs early and connecting patients to interventions, resources, and other support can improve the health and well-being of individuals and families. <https://www.acesaware.org/>.

**Best Practices ACEs Prevention:** To learn more about Preventing ACEs and some of the best available practices, check out this toolkit from the CDC: <https://www.cdc.gov/violenceprevention/pdf/preventingACES-508.pdf>.



**National Child Abuse and Neglect Technical Assistance and Strategic Dissemination Center CANTASD** A service of the **Children's Bureau** offers Digital Dialogues on Trauma and Resilience  
[https://cantasd.acf.hhs.gov/explore-topics/trauma-and-resilience/?utm\\_campaign=website&utm\\_source=sendgrid.com&utm\\_medium=email](https://cantasd.acf.hhs.gov/explore-topics/trauma-and-resilience/?utm_campaign=website&utm_source=sendgrid.com&utm_medium=email)

**Save the Date – Maybe we'll be able to be out and about by May!**

**Empowered to Connect Conference** hosted by Lilliput Families. A webcast of the highly regarded Trust Based Relational Intervention (TBRI) training. TBRI is an attachment based, trauma informed, multi-systemic intervention offering parents and service providers practical tools for meeting the needs of children from hard places. Please attend both days. RSVP by **April 28<sup>th</sup>**, [ALynch@Lilliput.org](mailto:ALynch@Lilliput.org)  
**May 5 & 6, 2020** at Butte College Skyway Center on Notre Dame Blvd., 8:30am – 5:00pm

**Butte Thrives Steering Meeting** Butte Thrives exists to support and expand communitywide policies and practices that promote resiliency and address the impact of childhood trauma across all generations.

**May 12, 2020** at 535 Wall Street, Chico from 8:15am – 10:00am

**Barrels, Bites & Bounty** hosted by the **Boys & Girls Club of the North Valley (BGCNV)** **June 12, 2020**, Oroville. For more information contact [abeehner@bgcnv.org](mailto:abeehner@bgcnv.org)

**20 Years of Hope – Color 5K and Health Faire** hosted by **Children's Hope Foster Family Agency**, commemorating 20 years of making the difference, one child at a time. More details to come. To table at the event contact Roxie at 530.846.9455

**June 20, 2020**, 567 Virginia Street, Gridley from 10:00am – noon

**2020 California North State ACEs Summit.** See Google-Drive for information. Keynote speaker is Surgeon General Dr. Nadine Burke Harris. Questions, or to become a sponsor contact [Lisa.Tadlock@phi.org](mailto:Lisa.Tadlock@phi.org) . To register and/or updates: [www.NorthernACEs.org](http://www.NorthernACEs.org) . \$187. Some scholarships available for Butte County residents - only for people that truly don't have the professional or personal



budget to allow for attendance. Both days at Holiday Inn, 19000 Hilltop Dr., Redding

**June 24, 2020:** Regional Community Forum for community members 6:00pm – 8:30pm.

**June 25, 2020:** North State ACEs Summit for professionals and others interested in ACEs and trauma from 8:00am – 4:30pm.

**Pasta on the Plaza hosted by the Boys & Girls Club of the North Valley (BGCNV)**

**September 17, 2020,** Chico. For more information contact [abeehner@bgcnv.org](mailto:abeehner@bgcnv.org)

**Champions for Kids hosted by the Boys & Girls Club of the North Valley (BGCNV)**

**November 12, 2020,** Chico. For more information contact [abeehner@bgcnv.org](mailto:abeehner@bgcnv.org)

