

The background of the slide features a blue gradient with silhouettes of approximately ten children of various ages holding hands in a circle. The children are positioned behind the main title text.

Yolo County Child Abuse Prevention Council

Karleen Jakowski
Yolo County CAPC Chair
April 2022

Yolo County Child Abuse Prevention Council (CAPC)



VISION

Every child in Yolo County is safe and thrives.

MISSION

Eliminate child abuse and neglect and the adversity it causes by strengthening families and communities.

VALUES

- ♥ Child-centered
- ♥ Prevention-focused
- ♥ Trauma-informed
- ♥ Evidence-informed
- ♥ Culturally responsive
- ♥ Collaborative
- ♥ Promoting resilience
- ♥ Prioritizing physical, emotional, and community safety

Yolo County Child Abuse Prevention Council (CAPC)



CAPC MEMBERSHIP

- Celina Alveraz, Empower Yolo
- Gina Daleiden, First 5 Yolo
- Mariah Ernst-Collins, Yolo County Office of Education
- Tracy Fauver, Yolo County Court Appointed Special Advocates (CASA)
- Sara Gavin, CommuniCare Health Centers
- Rachelle Gayton, Yolo County Probation
- Cecilia Lopez, Multi-Disciplinary Interview Center, Yolo County District Attorney's Office
- Karleen Jakowski, Yolo County HHSA
- Marialsabel Mandujano, Community Partner
- Rob Strange, West Sacramento Police Department
- Brian Vaughn, Yolo County HHSA
- Tessa Smith, Resilient Yolo/Yolo County HHSA

Ongoing CAPC Activities

- Regular CAPC meetings every other month
- Created Communications and Engagement Ad Hoc Committee
- Welcomed new CAPC Coordinator
- Distributed *Period of PURPLE Crying* materials to Yolo Birthing Hospitals
- Supported countywide community education
- Raised awareness during Child Abuse Prevention Month



STRONG FAMILIES YOLO

Strong Families Yolo offers free resources and education to everyone in our community. We all have a role to play in ending child abuse and neglect, and part of that role is taking care of ourselves. Scan the QR code for resources, educational tools, and more!



IN CRISIS? DON'T WAIT.

EMERGENCY
9-1-1

Yolo County Mental Health Crisis and Access Line (888) 965-6647

Yolo County Suicide Prevention (888) 233-0228

Crisis text line Text "Home" 741741

To talk to another teen Text "TEEN" to 839863

LGBTQ youth can Text "START" to 678678

To help a friend or yourself, download these [free apps](#): A Friend Asks, My3, Be Safe, and Help Seeker

1. <https://www.montana.edu/counseling/selfhelp/selfhelp/mentalwellness.html>
2. <https://www.apa.org/topics/resilience>
3. https://www.pacesconnection.com/g/mendocino/fileSendAction/fcType/0/fcCid/519101024495539967/filePointer/519101024495540013/fdocId/516426228450201769/Coping%20With%20Stress%20During%20the%20COVID-19%20Pandemic%20One-Page_ADA%20Compliant_English.pdf
4. <https://www.todaysciencetian.com/newarchives/ND2lp36.shtml>
5. <https://jedfoundation.org/resource/tips-for-managing-stress/>
6. <https://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm>
7. <https://www.helpguide.org/articles/stress/stress-management.htm>
8. <https://www.montana.edu/counseling/selfhelp/selfhelp/stressmanagement.html>
9. <https://www.apa.org/science/about/psa/2018/06/motivation>
10. <https://www.montana.edu/counseling/selfhelp/study.html>
11. <https://www.ucl.ac.uk/news/2015/nov/10-ways-motivate-yourself-study>

BUILDING YOUR RESILIENCE

Life is hard.

It takes a resilient person to accept a little extra support during times of high stress!

What is Resilience?

The process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress.²



This guide was produced by the Yolo County Children's Alliance as a project of the Yolo County Child Abuse Prevention Council. Learn more at www.yolokids.org/child-abuse-prevention-council

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Yolo County Suicide Prevention (888) 233-0228

For LGBTQ youth call (800) 246-7743

**For sexual assault or domestic violence call Empower Yolo
(530) 662-1133 or (916) 371-1907**

1. <https://www.montana.edu/counseling/selfhelp/selfhelp/mentalwellness.html>
2. <https://www.apa.org/topics/resilience>
3. https://www.pacesconnection.com/g/mendocino/fileSendAction/fcType/0/fcCid/510101024485530667/filePointer/510101024485540013/fodoid/516426228450201763/Coping%20With%20Stress%20During%20the%20COVID-19%20Pandemic%20One-Page_ADAA%20Compliant_English.pdf
4. <https://www.todaysdietitian.com/newarchives/ND21p38.shtml>
5. <https://jedfoundation.org/resource/tips-for-managing-stress/>
6. <https://www.yolokids.org/talkplayconnect-toolkit-families>
7. <https://mhanational.org/know-signs-recognizing-mental-health-concerns-kids-and-teens>
8. <https://www.helpguide.org/articles/stress/stress-management.htm>
9. <https://www.yolokids.org/handling-your-childs-challenging-behaviors-every-age>

BUILDING YOUTH RESILIENCE

FOR PARENTS & CAREGIVERS

Parenting is hard. It takes a **resilient** person to accept a little extra support during times of high stress!

What is Resilience?

The process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress.²



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Promote Concrete Supports for Families

- Strengthen economic supports for families
- Provide quality care and education in early life

Support Safe, Stable, Nurturing Relationships

- Change social norms to support parents and positive parenting
- Enhance parenting skills
- Support parent/caregiver mental health

Intervene to Lessen Harms and Prevent Future Risk

- Prevent/respond to parent/caregiver substance use
- Prevent/respond to intimate partner violence

Comprehensive Plan to Prevent and Respond to Child Abuse and Neglect



Supporting Safe, Stable, and Nurturing Relationships

Home Visiting



Link Between Home Visiting and Preventing Child Abuse and Neglect

- Provide parents/caregivers with child development education and support (1)
- Coach positive parenting skills (1)
- Support behavior management (1)

Yolo County Home Visitation Outcomes

- Strengthen parent-child interactions
- Reduction in child abuse and neglect
- Improved maternal/family mental health
- Improved child health outcomes
- Family economic self-sufficiency
- Child development and school readiness
- Reductions in juvenile delinquency, family violence and crime
- Linkages and referrals to community resources and supports

1 Preventing Child Abuse and Neglect: A Technical Package for Policy, Norm, and Programmatic Activities from the Centers for Disease Control and Prevention (CDC)- <https://www.cdc.gov/violenceprevention/pdf/can-prevention-technical-package.pdf>

Parent Education and Home Visiting: CAPPC Recommendations

IMPROVE COORDINATION

INCREASE ACCESS

SUPPORT WORKFORCE

PRIORITIZE PREVENTION

