



The Blue Ribbon

**An Important Update for Orange County
Child Abuse Prevention Council Newsletter**



Child Abuse Prevention Council Member Spotlight:

Jana Hoffmann

Jana Hoffmann is the Assistant District Attorney in charge of the Family Protection, Child Abduction and Human Trafficking Prosecution Unit at the Orange County District Attorney's (OCDAs) office. She has served as a Deputy District Attorney in Orange County for 26 years and has conducted nearly 100 trials. Before managing the Family Protection, Child Abduction and Human Trafficking Prosecution unit, she was an Assistant Head of Court for multiple OCDA branch court offices for 10 years. She is passionate about empowering victims who bravely report physical and sexual abuse; reports which largely go unreported. According to Jana, prosecutors' highest good is to seek justice, and it is an even greater challenge and responsibility to seek justice on behalf of child victims.

Jana grew up in Whittier, CA, graduated cum laude from the University of California at San Diego, and went on to graduate from Loyola Law School in Los Angeles, where she was a member of the Byrne Trial Advocacy Team. Her interest in criminal justice did not develop until she began working in the Los Angeles DA's office during law school as part of the Hobbs District Attorney Clinic. As a certified law clerk, she conducted felony preliminary hearings at the Criminal Courts Building in downtown LA, near her apartment. Each day at court, she interacted with district attorneys, police officers, court clerks, judges, bailiffs, victims, witnesses and defense attorneys. The fast-paced energy of that environment was both thrilling and fulfilling. When she conducted hearings regarding crimes in her area and spoke with officers and victims, she felt a special connection to the neighborhood, and knew that her work was making a difference in keeping the community safe.

Hoffmann was hired by the OCDA in 1994. With a passion for trial work, she embraced the challenges of trials involving victims of domestic violence in this new role. Learning about the "cycle of violence," and understanding the reasons why victims often become uncooperative with police and prosecutors – during a time when some offices still allowed victims to drop charges against their abuser after an arrest -- motivated her to take difficult cases to trial. She was hopeful that her passion for fighting for victims could help break the cycle of violence.

Hoffmann says that she admires the strength of sexual assault victims who come forward at any age and have the courage to testify, so that their abuser can be held accountable and that others can be safer. She was assigned to the Sexual Assault Unit (SAU) for eight years, and most of her caseload involved child victims. "Imagine the stress and pressure a child must conquer to report and then to testify against abusive family members, friends and relatives, teachers, pastors, and coaches," she states.

Jana has always worked hard to make sure that the prosecution process, though challenging, is also empowering for survivors of abuse. She notes that in the quest for justice, jury trials allow an opportunity to teach jurors about the cycle of violence, the commonality of late reporting, child sexual assault accommodation syndrome, rape trauma syndrome, and how a "victim" becomes a "survivor" through different methods of coping.

According to Hoffmann, protecting children is the responsibility of a civilized society and it takes a whole community to care for the whole child. She believes that, "preventing and responding to

violence against children and raising public awareness through a collaborative approach by multiple public agencies, criminal justice organizations, non-profit groups, health care workers and members of the community working together can be a powerful force for the protection of our children.” She also notes that the OCDA values its participation in the Child Abuse Prevention Council, and that she personally enjoys the variation of perspectives and the passion that the council members bring.

As the community faces the COVID-19 crisis and civil unrest, Hoffmann notes that, “citizens should be assured that the mission of the OCDA remains steadfast - to enhance public safety and welfare and create a sense of security in the community through the vigorous enforcement of criminal and civil laws in a just, honest, efficient and ethical manner.”



Watch for the Child Abuse Prevention Council spotlight on Dr. Daphne Wong in the next newsletter!

Here is a timely excerpt with her thoughts regarding the safety of children and families during COVID-19:

The children we see at Children’s Hospital of Orange County (CHOC) are the more serious cases. When guidelines started to ease with regards to stay-at-home orders, cases of COVID-19 spiked. I would encourage adults and children to continue wearing masks and practice social distancing to help prevent the spread—especially to the vulnerable elderly population. As a society and a people, please try and protect yourselves and fellow human beings—your neighbors and whole community.

I would also like parents to watch for signs of anxiety or depression in their children, which can be due to the uncertainty of COVID-19 and the isolation. If you have concerns, please reach out for mental health services.

I must also emphasize that it is still so important for parents and guardians to bring in their children for their regular well-check visits and keep them up-to-date with vaccinations. We’ve seen a decrease in such appointments and as a result, a substantial drop in the number of children vaccinated which could increase the risk for an outbreak of measles or other vaccine preventable diseases. Please know the medical community is keeping their medical offices sanitized and screening people for COVID-19 symptoms.



Orange County Food Distributions and Resources for COVID-19

An important part of prevention is community-based support for children and families. In response to the increased need created by COVID-19, the Boys & Girls Club of Greater Anaheim-Cypress is one of many local organizations that have increased their services. Along with community partners like the City of Anaheim, Each One Teach One, Dilliwala Indian Kitchen, the Los Angeles Angels, the Raise Foundation, Caterina's Club, the Anaheim White House and more, the B&GCGAC was able to serve 13,459 people and 2,848 families from March through May.

The B&GCGAC has continued to increase the frequency of distributions in order to meet the growing need and is currently distributing meals and groceries three days a week. Information about times and locations for these distributions is listed below:

Tuesdays

Manzanita Club
1260 N. Riviera

Anaheim, CA 92801

4:00 p.m. to 5 p.m.

Wednesdays

Keviet Clubhouse

320 S. Beach Blvd.

Anaheim, CA 92804

4:00 p.m. to 5 p.m.

Thursdays

Clara King Elementary School

8701 Moody St.

Cypress, CA 90630

4:00 p.m. to 5 p.m.

Additional COVID-19 resources for families:

- **First 5 Orange County COVID-19:** [Resources for Families with Young Children](#)
- **Summer Food Service Program**
 - To ensure that children who rely on free or reduced-price meals at school are able to get the nutrition they need when schools are closed, a new interactive map was developed by the United States Department of Agriculture Food and Nutrition Services. Additionally, the Summer Food Service Program provides free meals to kids and teens in low-income areas.
 - Enter an address in the interactive map and the results show nearby locations. Filters include miles and summer meal sites. Click [here](#) to access the map or you can also text “Summer Meals” to 97779 or call 1-866-348-6479 to find a site near you.



OC Conservation Corps Video of Food Distributions

Eldon Baber, Executive Director of The Raise Foundation, and John Machiaverna, CEO of Boys & Girls Clubs of Greater Anaheim-Cypress talk about the partnership of their agencies and their weekly food distributions.

Use this link to view video, courtesy of Orange County Conservation Corps.

<https://www.facebook.com/OCConservationCorps/videos/227573015359478/UzpfSTeYmJezNjYyMTE1MTlwODozMTY3MDQyMzk5OTkzOTMz/>



Blue Ribbon Art Contest 2020

Hosted by the Orange County Child Abuse Prevention Council (CAPC), the Blue Ribbon Youth Art Contest encourages children ages six to 18 to create a picture of what childhood should look like and one that reminds people, whether or not they have children, that it takes the whole community to care for the whole child. This year, nearly 140 children submitted entries.

Earning first place overall and first place in the high school age category is Guadalupe G. from Santa Ana High School. In addition, for being well known on campus for her artistic talents, the 17-year-old is a champion on the school's speech and debate team. Her artwork depicts three hands holding two children. On each arm are the groups of people who keep children safe, healthy, and happy. Her artwork has since appeared on the front cover of the Orange County Business Journal and on yard signs throughout the county. Guadalupe says she felt compelled to enter knowing that children don't often get to speak up for themselves and she wants children to have as loving of a childhood as she does.

First place in the middle school age category is Max N. from Pioneer Middle School in Tustin. The 12-year-old hopes to be a professional artist and soccer player when he grows up. He has entered and won many local and national art contests over the years and placed first in the elementary age category of the Blue Ribbon Art Contest a few years ago. Max was inspired to enter again after

seeing a documentary about Gabriel Fernandez, a California boy who was the victim of child abuse and died as a result. “I want to help all children in the same situation in hopes it will save their lives,” Max shared. He also said the Blue Ribbon Art Contest is especially great because it helps people remember what childhood should be like. His artwork depicts a child safely riding a bike, a child making a healthy fruit drink and a child happily listening to music.

Riley P. from John Marshall Elementary in Anaheim is the first-place winner in the elementary age category. The Boys and Girls Club of Greater Anaheim-Cypress inspired Riley to enter the contest as they saw first-hand how much she loved to draw, paint and do other arts and crafts. The 11-year-old has been recognized by her school over the years for excelling in the arts, as well as in reading, writing and math. When Riley grows up, she wants to be an artist and hopes to open a gallery to display her work. She says she inherited her artistic talent from her mom, who has an equal love of the arts. Her artwork shows how important it is for friends and other family members to create a safe, healthy, and happy place for kids to grow.

All youth who entered the contest were scheduled to be honored at a Blue Ribbon Family Fun Day, but due to social distancing measures the top three winners were recognized during a recent Zoom call with The Raise Foundation staff instead. Eldon Baber, Executive Director, shared, “You should be very proud of your work and accomplishments. You are the voice for all children out there!”

Plans are in the works to feature the top three entries as well as up to 30 other entries in a roaming countywide art exhibit in libraries, banks, hospitals and other locations as locations open safely to the public. If you are interested in featuring Blue Ribbon youth artwork, please contact The Raise Foundation at info@theraisefoundation.org.



Positive Parenting Program: “Raising Resilient Children”

One of the most challenging aspects of parenting can be helping children to process and confront emotions, especially during difficult times. Positive Parenting Program, also known as Triple P, encourages building emotional resilience in children, so that they are better equipped to deal with some of life’s more difficult moments.

Raising Resilient Children focuses on six essential building blocks:

- **Recognition, understanding and acceptance of feelings.**
 - First, help children to accept the different feelings that they may encounter and that these feelings are okay.
 - Take time to discuss feelings—talk about the spectrum of different emotions and some of the many things that precipitate the emotions. For example, when we don’t get enough sleep, we tend to be a little more grumpy.
 - Share your own personal feelings. Children learn about how to process emotions through mirroring parent behaviors. Take opportunities to be emotionally expressive and share testimonies about times you have felt different emotions.

- **Expressing feelings appropriately.**
 - Find the right prompts for encouraging children to discuss their emotions. Use the most gentle and comfortable method to elicit these conversations.

- Reward appropriate expression through positive reinforcement. For example, you could take the child for a walk to the park when they tell you that they had a tough day at school and are feeling dejected.
- Deal with inappropriate expressions of feelings by acknowledging the child's emotions, giving an opportunity for cessation of undesired behavior and following through with a logical and consistent consequence if the inappropriate behavior persists.
- **Building a positive outlook.**
 - Inspire optimistic thinking! Encourage children to break larger, more demanding tasks into more digestible bits and provide praise for a job well done. Parents who model being optimistic encourage their children to process similarly. Also, offer praise and encouragement for things they do well prior to pointing out areas for improvement.
 - Engage your child in the activities that you are doing such as grocery shopping or doing chores around the house. Allow your child the opportunity to choose from a selection of potential activities to do together. Even with busy work schedules and management of family life, try to make yourself available when your child wants to show you something or demonstrate a new skill.
 - Help children to be accepting and appreciative of what they have in their lives through taking time to be grateful, discussing concepts such as empathy and gratitude and asking the child what the highlight of their day was—focusing on optimistic thinking. Reinforcing that it is okay to slow down and occasionally be still is an important concept for adults and children alike.
- **Develop coping skills.**
 - Let your child solve some problems through breaking complex tasks down into smaller tasks and encouraging their gradual progress. Congratulate them when they solve problems on their own. Ask them how they came to their solution.
 - Promote positive thinking by encouraging positive self-reflection after completion of tasks and how thinking the exact same thing but in a different way can affect our mood.

- Develop comfortable relaxation techniques for children to implement through role modeling. Going for a nice walk, doing yoga or listening to music are all great examples of activities parents and children can do together to manage stress.
- Identify support networks that your child can rely on when they need to talk about their feelings or mood. Start with reminding them that parents are their first source, but that grandparents, siblings, teachers and friends can also lend an ear when they need someone to talk to.
- **Dealing with negative feelings.**
 - Take steps to help the child manage negative emotions through recognition of when the child is having a rough day, stopping the current activity to give full attention to the child, using probing questions to find out what is wrong and providing encouragement when they share. Reiterate what the child has said to assure them that you understand and support them.
 - If the child remains frustrated, parents can suggest taking some time to cool down and may provide a distraction or new activity. When time has passed and the child has cooled down, find an appropriate time to discuss the incident with the child and discuss different ways that the child might deal with the situation if it were to happen again.
 - Parents can talk to their child about negative feelings and how to recognize them. Parents can also teach children positive coping strategies like positive self-talk and focusing on their favorite activity, like reading or drawing, when stressed.
 - Try to remain calm while parenting an anxious or stressed child and praise them for their efforts in dealing with difficult emotions.
- **Coping with stressful life events.**
 - With so much going on in the world, it is important for parents to reassure children of their safety and be as available as possible to them to explain what is happening in terms they understand. Give your child permission to express when they are angry, sad or scared. These feelings are normal and are shared by many adults. Let the child know how you personally feel about the same set of circumstances or stressful events.

- After the child has had an opportunity to vent or share feelings, the parent could suggest a fun activity to help boost morale and cheer them up. Encourage the child to continue to share feelings and use their learned coping skills when they feel comfortable.
- If you are feeling overwhelmed or if your stress persists, please seek professional advice or support such as parenting classes and resources, counseling and/or therapy.
- Being able to cope with emotions is vitally important to physical and mental well-being, happiness and developing healthy relationships, especially during periods of high stress or anxiety. Help children to express themselves constructively and model what a positive outlook on life looks like!

For more resources and information about Triple P Seminars such as “Raising Resilient Children”, “Raising Confident, Competent Children”, and “The Power of Positive Parenting”, please contact Gary Taylor at gary@theraisefoundation.org.

Triple P is a parenting program developed by Professor Matthew R. Sanders and colleagues in the Parenting and Family Support Centre, School of Psychology at The University of Queensland.

Matthew R. Sanders and Karen M.T. Turner

2004, The University of Queensland

2004, Triple P International Pty Ltd.



Drowning Prevention Tips from Orange County Drowning Prevention Task Force

Drowning consistently remains the leading cause of death for children one to four years of age, and among the top-five leading causes for those under the age of 18 years, both in Orange County and California. Each year, near drowning incidents also result in life-long disabilities.

This summer, take the necessary steps to keep your children safe. Drowning is preventable. Young children are more at risk and can drown in any body of water, including a bucket, bathtub, sink, pool or spa.

Drowning Prevention is most effective with a “layers of protection” approach:

- Never leave a child alone near water, even for a few seconds.
- A supervising adult should be close enough to touch the child under four years old near water.
- Keep a constant adult eye on young children of all ages.
- All collections of water are dangerous for infants and toddlers, including bathtubs, buckets, toilets, ponds, spas, swimming pools, and natural water sites.
- Swimming pools should have fences, alarms, and drains that meet regulations.
- Pool gates should be self-latching, opening outward, with the latch out-of-reach for a child.
- Keep reaching and throwing aids near a swimming pool.
- All children should wear a personal floatation device while playing near bodies of water.
- Parents and child caregivers should know how to perform rescue techniques and strategies to respond in an emergency.
- If a child is missing, check the pool first.

For more information on helpful tips and other ways that you can prevent drowning, visit DrowningPreventionOC.org.