



The Blue Ribbon

An Important Update for Orange County

Child Abuse Prevention Council Newsletter



Child Abuse Prevention Council Member Spotlight:

Dr. Daphne Wong

Please share a little bit about yourself and your professional background.

As a child, I saw my parents giving back to the community and helping people in need. They were generous with their time and energy by helping relatives, neighbors and the community. I realized then that by being helpful, hardworking and doing your best, you can make a difference in the world around you. My father was a physician, an anesthesiologist, and opened up the first surgical centers in the country. My first job was cleaning equipment at one of his centers. My mother served on the board of the Assistance League, and involved our family in a variety of service projects.

Given my upbringing and love for children, I felt compelled to pursue a career in pediatric medicine; however, I didn't know what sub-specialty to pursue. It wasn't until my third year of residency at UCLA when I discovered my sub-specialty -- the moment I shared my suspicions to my colleague about a child's "rash" actually being bruises. My colleague agreed, but what affected me was watching how she, as one of my main mentors, navigated the situation compassionately with the parents while protecting the child at the same time really affected me. Since children don't often speak up for themselves when experiencing traumatic events, the sub-specialty of child abuse pediatrics piqued my interest, and my chief residency year was spent in this area. To help children, support families and interact with a variety of agencies outside of medicine, in addition to the medical team, has since been a very interesting, worthwhile and meaningful profession for me.

Being a voice for a vulnerable population and seeing them smile continually inspires me to do my part in keeping kids safe so they can have what every child deserves—a chance to have fun, to be happy and to be loved.

Please describe your role at Children’s Hospital of Orange County (CHOC).

I am a pediatrician and educator who specializes in children who have been abused or neglected, including babies withdrawing from prenatal drug exposure. I’ve been with CHOC for 18 years and served as the Medical Director of the Suspected Child Abuse and Neglect (SCAN) Team. I teach pediatric and family practice residents on recognizing and treating child abuse and neglect and how to support a family while protecting the child. I also consult on cases that come through the emergency room, such as children who have fallen out of a window, been sickened by ingesting medicine not stored properly and those who have nearly drowned.

What is your and CHOC’s role in child abuse prevention?

For those children suffering from injuries that stem from neglect and accidents, it often comes down to educating the family on safety measures so it doesn’t happen again. If we learn that a family is suffering from such issues as food insecurities or lacking financial stability, we refer them to community resources. The goal is to make sure each family has the resources they need to keep their child safe. Sometimes, however, a child needs to be removed from their family in order to keep the child out of harm’s way. In these instances, we work very closely with the County of Orange Social Services Agency (SSA).

CHOC has an ongoing initiative in the Emergency Department to educate and alert providers using the Electronic Medical Records (EMRs) on what signs to look for that may indicate child abuse. For example, could a child’s injuries be the result of a caregiver’s reaction when a child is excessively crying? We inform families that a baby crying is normal and that some babies will cry more than others. We explain calming measures such as how to rock a baby, play comforting music, make sure they are fed and dry, and also to ensure the child doesn’t have a fever. Most importantly, we share that if a caregiver is getting to the point where they themselves can’t tolerate the crying anymore, it is okay to let the baby cry and alright to take a break after ensuring the child is in a secure place. It is also appropriate to reach out and ask someone else to help; a parent should never be afraid or feel like a failure for doing so.

CHOC’s Panda Clinic, which is a collaboration I helped start between the hospital and the SSA, is a program to help children who have been exposed to drugs (some while in utero). The clinic also educates foster, adoptive and biological parents, as well as relatives about the possible immediate and long-term challenges the child may experience, what to watch for and strategies to help the child. The clinic makes sure families are referred early for services. We find many of the children exposed to drugs are at high risk for Attention Deficit Hyperactivity Disorder (ADHD) and we’ve seen families make great strides with their children based on the help they’ve received from being in the Panda Clinic. Another positive outcome has been the ability to help reunify some families. The clinic is open two days a week, supported one day by the SSA and the other by CHOC.

CHOC is very involved in raising awareness during National Child Abuse Prevention Month each April and participating in communitywide awareness efforts all year long. Since reports of suspected child abuse have dropped while families stay-at-home during COVID-19, we know it's more important than ever for members of the community to reach out to families who we think may be struggling and let them know we care. We encourage you: if you see something, say something.

In addition to serving on the Orange County Child Abuse Prevention Council (CAPC) convened by The Raise Foundation, I also serve on Orange County's WE CAN Coalition—a county-wide collaboration consisting of more than 100 different public and private programs and departments that address the intersecting needs of children, families and communities touched by abuse. For the past two years, WE CAN has hosted a conference focused on child maltreatment. In addition to presenting at many local and national conferences, I also serve on Orange County's Child Death Review Committee.

Please share about the importance of serving on the Orange County Child Abuse Prevention Council (CAPC).

I find it very important to participate on the CAPC, which includes experts in a variety of professions related to the well-being of children and families. It is helpful to interact with the others to learn about what they are doing to address abuse and neglect and how we might work together on key initiatives. We all are doing good work, yet often in silos. By collaborating together, we can reach so many more people and cover much more ground. When we work together, we don't have to reinvent the wheel and instead can build upon proven successes and best practices. When you have such great leaders in different areas come together, you are able to make a bigger difference and ultimately make a bigger impact than you could have achieved alone.

What are your 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 still wear masks and practice social distancing to help prevent the spread. 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, which can be caused by the uncertainty of COVID-19 and associated 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 ensure their vaccinations are kept up-to-date. 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.

CHOC Child Abuse Pediatrician Dr. Rood is gathering data and looking for trends during COVID-19 related to child abuse. We also are on a Listserv where many in the field are sharing observations and trends during this challenging time. The findings will be very useful to help the medical field, parents and guardians and ultimately children.

Is there any other information you'd like to share that the community would benefit from?

There is a shortage of board certified pediatricians who have a sub-specialty in child abuse pediatrics. As of October 2019, there were only 350 nationally and only four practice in Orange County. Those who are board certified who have pioneered this area are getting to retirement age. I would encourage those interested in becoming a pediatrician to consider this sub-specialty. It is very important and personally gratifying work. I realize people don't like to talk about child abuse—the conversations we have with parents and the patients can be so difficult, but they also can be lifesaving. If anyone has interest and desire in pursuing this sub-specialty, there are plenty of mentors in this tight knit field who will be supportive and collegial.



Six Stress-Busting Strategies for Kids
from the California Surgeon General

According to the California Surgeon General’s Playbook for Stress Relief During COVID-19, there are a number of things you can do to help your children, and yourself, combat stress.

Fostering safe, stable, and nurturing relationships and environments in which children feel emotionally and physically safe can protect children’s brains and bodies from the harmful effects of stress. You can help your child be healthier by managing your own stress response and helping your child do the same. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building social supports and getting mental health care can help to decrease stress hormones and prevent health problems.

1. SUPPORTIVE RELATIONSHIPS

- a. Double down on supportive relationships within your household and help your kids maintain connections with friends and loved ones outside of the home by phone, video chat, old-fashioned letter writing or age-appropriate social media. Turn off media and devices for high-quality time together making art, dancing, cooking or reading at home. Remain in touch with mentors, friends and family by phone or video chat, including connections from schools and community- or faith-based organizations.

2. EXERCISE DAILY

- a. Engage in 60 minutes of physical activity every day; it doesn't have to be all at one time. Have a dance party in your bedroom, do 35 jumping jacks here and there, have a 20 minute hula hooping contest, power walk around the block twice, go running, do bedtime yoga, do 10 pushups, do some Double Dutch jump rope, the list can go on and on. Bottom line: it is important to get your and your kids' bodies moving and heart rates up to burn off stress.

3. HEALTHY SLEEP

- a. Get sufficient, high-quality sleep. This may be particularly hard right now, but things that help are going to sleep and waking up at the same time each day.
- b. Making a routine of reading a book to or with kids before bed.
- c. Create a calm place for sleep that is cool, quiet and free of distractions.
- d. Turn off electronics at least a half hour before bed.
- e. Limit food and beverages containing caffeine, like soda and chocolate.

4. NUTRITION

- a. This is not about losing weight. This is about ensuring you are getting proper nutrition to help combat stress. Keep regular mealtimes, and include snacks for kids. Minimize refined carbohydrates, high-fat, high-sugar foods and reduce your alcohol intake.
- b. General rule of thumb includes 5-9 servings of fruits and vegetables per day and foods rich in omega-3-fatty acids, including fish, nuts and fiber.

5. MENTAL AND BEHAVIORAL HEALTH SUPPORT

- a. Engage in mental health care for yourself and/or for your child.
- b. Minimize the amount of exposure/consumption of news or other media content that could be potentially upsetting for both you and your child.
- c. If your child currently sees a mental health professional, ask that those sessions can continue via video or phone sessions for psychotherapy, psychiatric care or substance use treatment. There are new laws to support your provider to conduct phone and/or video visits.
- d. Keep your own mental health appointments via video or phone calls, as well.
- e. Have open conversations as a family about emotional and mental health.
- e. If you do not have a regular mental health professional, the following link provides some resources to help you get started:
<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

6. MINDFULNESS, MEDITATION, OR PRAYER

- a. Practice mindfulness, such as meditation, yoga, or prayer for 20 minutes, two times a day. Apps like Headspace and Calm are easy, accessible ways to get started. Meditations

can be found online, as well. These channels both offer specialty programs for kids of all ages.

- b. Mindfulness can help strengthen the brain pathways that actively buffer the stress response, helping you regulate your body more easily.
- c. Take moments throughout the day with kids to notice and talk about how they are feeling, both physically and emotionally.
- d. Talk about, write out or draw five or more things you are all grateful for each day.

To access the full playbook, please visit:

https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook--en.pdf



OC Health Care Agency Launches “What You Feel is Real” Campaign

The OC Health Care Agency (HCA) has created a new campaign encouraging Orange County residents impacted by COVID-19 to care for their mental health by reaching out and seeking support to take care of themselves and those around them.

You might be experiencing multiple disruptions in your life, disappointment, uncertainty, isolation, financial worries -- and concern for your health and the health of your loved ones – and you are not alone.

We all need help sometimes, and reaching out is the first step in taking care of your mental health.

Behavioral health services are available to help you and your loved ones cope with these stresses. Resources include telephone and telehealth support, extended hours of support and community educational resources.

For flyers, videos and more information in multiple languages, including tips for what to do if you or your loved ones are experiencing anxiety or depression, go to www.ocgov.com/covid for help. For community members seeking immediate emotional support, the National Alliance on Mental Illness (NAMI) Warmline (877-910- 9276), a free and confidential telephone service, is available 24/7.

It is important now more than ever to take care of yourself and each other, supporting all of our mental and physical health. We are all in this together.

Be strong and reach out.



OC Health Care Agency Launches “Face, Hands, Feet” Campaign

The OC Health Care Agency (HCA) has also created a new campaign to encourage Orange County residents to take care of their health and the health of those around them during COVID-19.

The “Face. Hands. Feet. Protect Each Other” campaign centers around the steps you can take to do your part in slowing down the spread of illness. Until there is a vaccine, there are things we can all do to stay healthy and to keep our families, friends and co-workers well:

- Stay home if you are sick
- Wear a face cover in public
- Stay at least 6 feet apart from others
- Wash your hands often
- Clean and disinfect surfaces
- Cover coughs and sneezes
- Avoid touching your face

For flyers, videos and more information in multiple languages including tips for what to do if you live in a large household and what to do if you test positive for COVID-19, go to:

www.ochealthinfo.com/protecteachother

Please help protect yourself and others!



Schedule a Presentation for Your Group!

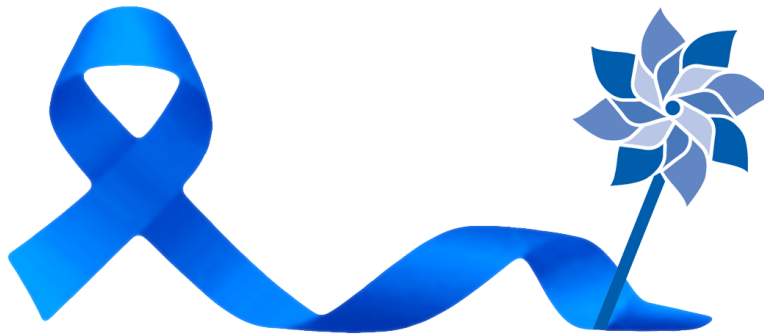
Are you involved at a school, a business, a nonprofit or community-based organization, a place of worship, in a social service club or part of a grassroots group of concerned citizens? If so, we encourage you to schedule one or more educational presentations provided by Orange County's Child Abuse Prevention Council.

These no-cost, interactive presentations are conducted by staff and volunteer ambassadors from The Raise Foundation and are currently being offered via Zoom. Each presentation will be tailored in length and scope to specifically fit your group's needs. While additional topics are being developed, currently available presentations include:

- What is Orange County's Child Abuse Prevention Council (CAPC)? (covers current initiatives)
- Keep Kids Safe, Healthy, and Happy – A Community Approach
- Positive Parenting Program (Triple P)
- Adverse Childhood Experiences (ACEs)

To learn more about these presentations and to schedule them for your group, please email kerigee@theraisefoundation.org.

The more aware the community, the safer all children will be!



Blue Ribbon Committee Update

In late August, the Blue Ribbon Committee held its first planning meeting for the 27th annual awareness campaign set for April 2021.

Orange County's Child Abuse Prevention Council (CAPC) coordinates and conducts Blue Ribbon Month, also known as National Child Abuse Prevention Month, every April. The CAPC relies upon the Blue Ribbon Committee to plan and coordinate this awareness campaign and related events, and develop materials in support of all activities. These activities take place annually leading up to and during the month of April, while the planning and message of prevention is deployed year-round.

As part of its many activities, the Blue Ribbon Committee will soon announce a call for entries for its annual Youth Art Contest. Children ages 6 to 18 are encouraged to participate. To see the top entries for 2020, please go to: <http://theraisefoundation.org/blue-ribbon/>

The Blue Ribbon Committee is currently composed of representatives from the American Academy of Pediatrics Orange County Chapter, Boys & Girls Clubs of Greater Anaheim-Cypress, Bikers Against Child Abuse, County of Orange Social Services Agency, Junior League of Orange County, Downtown Family Resource Center, Latino Health Access, Orange County Department of Education, Orange County Fire Authority, Orange County Sheriff's Department, Palm Lane Elementary Charter School and The Raise Foundation. The committee is currently looking for a parent representative and a college student to join the collaboration, and if you, your organization or group is interested in serving on the committee, please email info@theraisefoundation.org.



First District's Drive-Thru Food Bank

8 a.m. to 11:30 a.m. (while supplies last)

Held monthly, upcoming dates are as follows:

Wednesday, November 4

Wednesday, December 9

Mile Square Park
16801 Euclid St.
Fountain Valley, CA 92708

Grab N' Go Food Distributions (Boys & Girls Clubs of Greater Anaheim-Cypress)

4 p.m. to 5 p.m. (while supplies last)

Tuesdays:

La Palma Park
1125 N. La Palma Parkway
Anaheim, CA 92801

Wednesdays:

West Anaheim Youth Center
320 S. Beach Boulevard
Anaheim, CA 92804

Thursdays:

Clara King Elementary School

8710 Moody Street
Cypress, CA 90630

Friday Food Distribution (Latino Health Access)

Fridays from 12 p.m. to 4 p.m.

Latino Health Access
450 W. 4th Street
Santa Ana, CA 92701

Drive-Thru Food Pantry (First Christian Church of Huntington Beach)

Second and fourth Sundays of each month, 1 p.m. to 3 p.m.

1207 Main Street
Huntington Beach, CA 92648

For additional information about additional and upcoming distributions, please follow The Raise Foundation on Facebook, Instagram and Twitter. If you would like to submit information about other food distributions or community resources, please email info@theraisefoundation.org.