



Childhood Trauma

Why is this a Priority Area?

Childhood Trauma and adverse childhood experiences (ACEs) have extremely negative impact on the health, safety, and well-being of individuals and our community. They lead to harmful health behaviors, poor performance at school and work, and higher risk for serious health conditions in adulthood. The county's rates of child abuse and domestic violence calls for help are among the highest in California. Thousands of children are being raised by grandparents and 28% of county households face severe housing problems.

The Vision for Improvement

All children will have the support and opportunity to grow up in stable and supportive families, and families will have access to support in times of crisis.





Ukiah Childhood Trauma Action Team

Goal 1: Promote general awareness of the effects of Adverse Childhood Experiences and the importance of resiliency.

Objective 1: Develop consistent and collaborative message for explaining the impact of trauma.

Goal 2: Provide skills based trainings that address the impacts of Adverse Childhood Experiences and teaches resiliency.

Objective 1: Support a wide variety of skills-based trainings provided by team partners throughout the county.

Goal 3: Support direct services programs that provide hands-on assistance to families experiencing trauma.

Objective 1: Provide a wide variety of direct services programs that benefit families.



Ukiah Childhood Trauma Action Team

Indicator	Baseline Measurement	Goal (for most indicators, goal represents California average)
Number of substantiated cases of child abuse/neglect countywide	355 in 2015	Reduction of 20% by 2025
Students not completing high school	9.4% in 2015	A rate of 7% by 2025
High-school graduation rate	83.6% in 2015	A rate of 90% by 2025
Teen birth rate (rate per 1,000)	30.4 in 2013	A rate of 23 by 2025
Juvenile felony arrest rate	9.6 in 2015	A rate 5.0 by 2025
Substance abuse in teens: Alcohol use in past month – 11th grade	47% drank alcohol in past month	35% by 2025
Marijuana use in past month- 11th grade	25% used marijuana in past month	15% by 2025
Students suspended from school: rate per 100 students	7.8 in 2015	4.0 by 2025
Number of students expelled from school	27 in 2015	20 by 2025
Percentage of adults with childhood ACE scores higher than 2	Data still pending	



Key Strategies

1. Develop and distribute new posters for the Child Abuse Awareness walkabout in April 2019.
2. Facilitate at least six longer trainings (more than four hours) focused on trauma-informed communities, child abuse prevention, ACEs, and resiliency.
3. Develop a short Intro to ACEs presentation that is locally-specific and can be incorporated into a variety of existing meetings across a variety of settings.
4. Community Resiliency Model skills.
5. Signs of Safety.
6. Triple P Parenting classes.
7. Trauma Resiliency Model (TRM).
8. Mandated Reporter training.
9. Mental Health First Aid.
10. Cultural Competency.
11. Prenatal Exposure to Drugs/Alcohol.
12. Differential Response to Child Abuse Referrals – Mendocino County Health and Human Services Agency and partners.
13. Family Resource Centers – countywide.
14. Triple P Parenting Classes – Raise and Shine – First5 Mendocino.
15. Substance abuse treatment programs for pregnant women or families with children under five.
16. Wide array of direct service support to foster parents, birthparents, and the children they care for.



Ukiah Childhood Trauma Action Team

17. Support for foster and homeless students through MCOE.
18. Advocacy for children in the Child Welfare System – CASA.
19. Coping skills for 0-25 year old's through a VOCA grant.
20. The Champion Project – additional navigation and advocacy support for children at high risk of experiencing trauma.
21. Foster Kin Care – training for foster parents.
22. Crisis counseling for 12-24 year old's – RCS.
23. Shelter services for 18-24 year old's – RCS.
24. Mental health services for 0-24 year old's and their families – RCS, Tapestry, MCYP.
25. Behavioral health services provided in juvenile hall.
26. Home visitation program for brand-new parents through Healthy Families USA.

Team Members

Community Members

Court Appointed Special Advocates

Foster Kin Care

Healthy Families Mendocino County

Mendocino County Health and Human Services Agency

Mendocino County Office of Education

Mendocino County Youth Project

Raise and Shine – FIRST 5 Mendocino

Redwood Community Services

Tapestry



North Coast Childhood Trauma Action Team

Goal 1: Develop trauma-focused presentations and materials for parents, agencies, and the general community at the coast.

Objective 1: Create a resource map and packet for families that can be distributed at back to school night, health clinics, and to community members.

Measurement 1: Number of resource maps and packets distributed.

Objective 2: Offer two workshops a year on the prevention of and intervention for childhood trauma for families and parenting support groups.

Measurement 1: Pre and post questionnaire on the information gained from the workshop.

Measurement 2: Organize and create one teacher support group and one parent support group using connection-based techniques.

Goal 2: Support policy decisions that promote healthy children and families.

Objective 1: Attend policy meetings related meeting the basic needs of children and families such as shelter, food, and economic resources.

Measurement 1: Attend three local government and county government meetings a year.



North Coast Childhood Trauma Action Team

Goal 3: Improve self-regulation skills of coastal Mendocino County youth ages 12-18.

Objective 1: Coastal school sites will have access to and utilize an evidence based curriculum that teaches self-regulation and resiliency skills to youth ages 12-18.

Measurement 1: By 2020, train a minimum of 1 youth advocate, teacher, and/or counselors per school site in how to facilitate curriculum that teaches self-regulation and resiliency.

Measurement 2: Qualitative/quantitative pre/post surveys will indicate that youth are 50% more competent in self-regulation skills after participating in curriculum.

Key Strategies

1. Collaborate with agencies and service providers working to educate about, provide early intervention, and prevent childhood trauma.
2. Support trainings and classes in resiliency and self-regulation skills for youth.
3. Gather resource information about prevention and interventions for childhood trauma for a resource list.
4. Work with local agencies focused on supporting families and children's basic needs.
5. Promote youth leadership and peer counseling around childhood trauma.
6. Track policy, activities, and events related to the prevention and education of childhood trauma.



North Coast Childhood Trauma Action Team

Team Members

Community Members

FIRST 5 Mendocino

Mendocino Coast Child Abuse Prevention Council

Mendocino Coast Children's Fund

Mendocino Coast Clinics

Project Sanctuary

Redwood Community Services



South Coast/Redwood Coast Childhood Trauma Action Teams

Currently developing goals, objectives and measurements for the South Coast region of Mendocino County.



Willits/Laytonville/Leggett Childhood Trauma Action Teams

Currently forming Action Teams



Covelo and Round Valley Childhood Trauma Action Teams

Currently being organized to form Action Teams