

Mental Health and Substance Abuse Webinar

4/1/2015 2-3PM

Meeting Notes

The call recording can be accessed here: <https://cdphe.adobeconnect.com/p2lzbpg12h5/>

Attendees:

1. Heike Adams, Lincoln County
2. Patty Boyd, Tri-County
3. Jennifer Ludwig, Eagle County
4. Kristin Arkin, Eagle County
5. Summer Laws, Boulder County
6. Kristin Pulatie, Montrose County
7. Julie Hines, Grand County
8. Kindra Mulch, Kit Carson
9. Beverly Strnad, Alamosa County
10. Emily Yang, Garfield County
11. Cindy, Weld County
12. Alison Long OPP, CDPHE
13. Annie Jones, OPP, CDPHE
14. Shannon Breitzman, CDPHE
15. Cathy White, CDPHE
16. Greg Ranjowski, Mesa County
17. Lynn Ramey, Park County
18. Jordana Sabella, Pitkin County, CHAPS Specialist

Colorado Essentials for Childhood Safe, Stable & Nurturing Relationships and Environments
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Shannon Breitzman, Branch Chief

*Violence and Injury Prevention- Mental Health Promotion Branch
Colorado Department of Public Health and Environment*

**Please see attached PPT or above link to call recording for more details*

Essentials for Childhood is a strengths-based approach to look at how to improve early childhood (0-8) on a systems level. It calls for a paradigm shift- it looks at what families are lacking in terms of support or resources and takes the approach that parents want to be good parents and builds support for that, makes it a community responsibility. ESC- Essentials for Childhood –focuses on primary prevention and is a 5 year project funded by the CDC. CO is 1 of 5 states to receive funding (the other are CA, WA, NC & MA). All states have taken a different approach.

Elements:

- **Safe:** Free from fear and secure from physical or psychological harm within a social and physical environment
- **Stable:** Predictability and consistency in social, emotional, and physical environment

- **Nurturing:** A parent or caregiver is available and able to sensitively and consistently respond to and meet the needs of their child
- **Relationships:** Teachers, employers, mentors, friends, parents, peers...
- **Environments:** Home, school, work, and community

Essentials for Childhood Document: (Shannon has hard copies of this and is happy to mail you one- just email her with your request and include your address)

<http://www.cdc.gov/violenceprevention/pdf/efc-01-03-2013-a.pdf>

Also looking at environments outside the home- it provides a buffering effect if they are lacking at home.

4 Goal Areas:

- Raise Awareness and Commitment to Support Safe, Stable, Nurturing Relationships and Environments and Prevent Child Maltreatment
- Use Data to Inform Action
- Create the Context for Healthy Children and Families through Norms Change and Programs
- Create the Context for Healthy Children and Families through Policies

This initiative works to create changes at the societal level- not creating a program, but looking at efforts that are already underway and how they can utilize this approach of Policy, Systems and Norms change. This effort uses a two-generational approach- social capital, education, health & well-being and economic supports.

Large scale social impact is the goal and the way to work towards it is with a collective impact approach. There is a diverse team focused on finding innovative solutions. Through this process, they are learning how to work with business, education, faith-based, policy, community advocacy, family leaders, healthcare, non-profit, human services, public health and media sectors. For example, the business sector just want to know what actions to take; parents want to tell their stories.

An 18 month strategic plan has been developed and Shannon can send to you upon request. If you are interested in participating in the collective impact approach, please contact Shannon. shannon.breitzman@state.co.us

<h2>Discussion</h2>

How can we start implementing this at the local level?

- Each 4 priority areas have a workgroup that has just been formed. You can participate on as many as you wish. You can participate remotely.
- You can implement activities from the strategic plan at the local level.

If you can create a list of common language and definitions and share with the group, that would be helpful.

Health equity and 2 generation approach is very exciting- you could even expand it to 3 generations.

Next Webinar Topic: Education, Screening and Early Intervention

Next Webinar: June 3th, 2-3 PM
Notes submitted by Jordana Sabella