



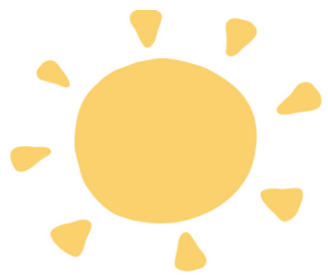
# ***Building Resilience through Community Hubs***

*Community Hubs are partners who provide prevention and early intervention strategies within our libraries and neighborhoods to help strengthen communities and families in El Dorado County.*

*A collaborative project between  
the First 5 El Dorado Commission, EDC Library,  
EDC Health and Human Services Agency and EDC Office of Education.*

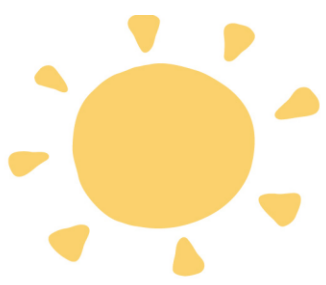
**El Dorado County Board of Supervisors  
June 5, 2018**





What is happening in  
El Dorado County?

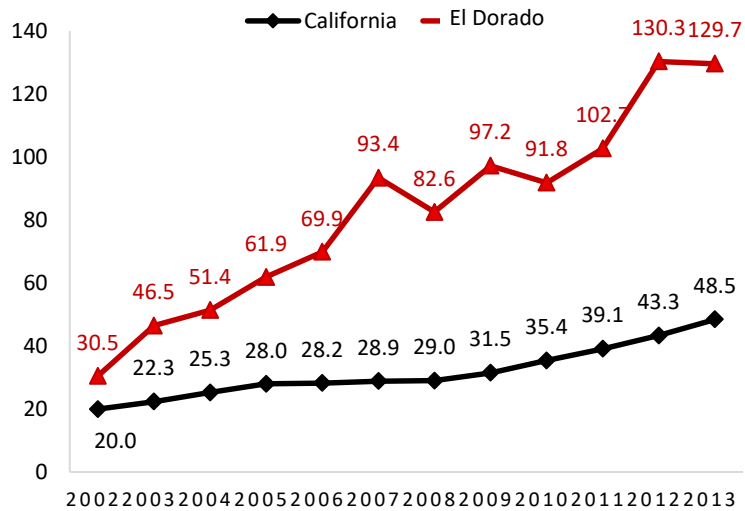




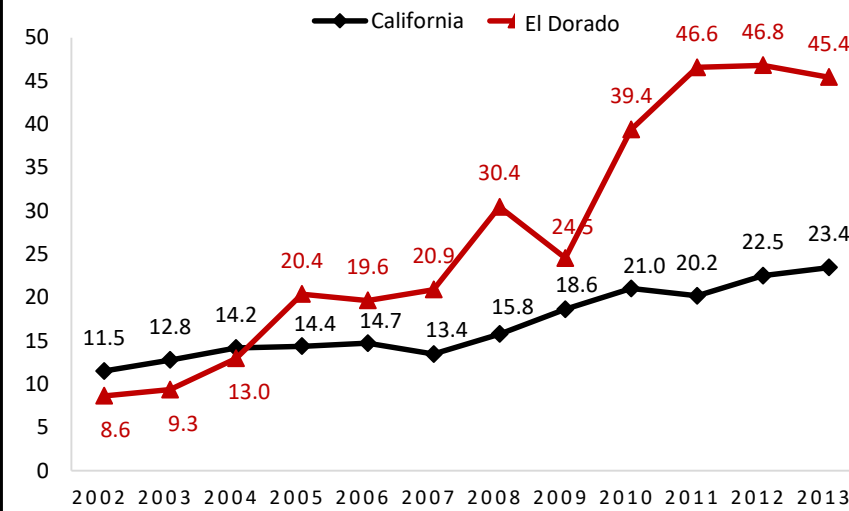
# Toxic Stress



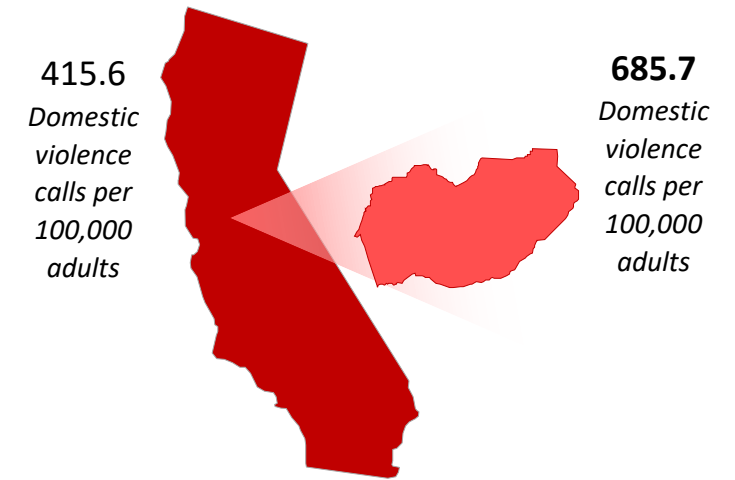
### Mental Health Diagnosis in Pregnant Women aged 15 to 44

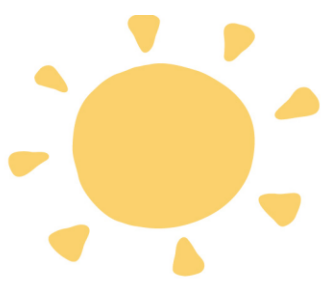


### Substance Affected Still or Live Born Infants per 1,000 Births



### Domestic Violence Calls for Assistance per 100,000 Adults





# Toxic Stress



Normal, essential and characterized by a brief increase in heart rate and mild elevations in hormones



Positive  
Stress  
Responses

Activates the body's alert systems to a greater degree and results from longer-lasting difficulties but can be buffered by supportive relationships

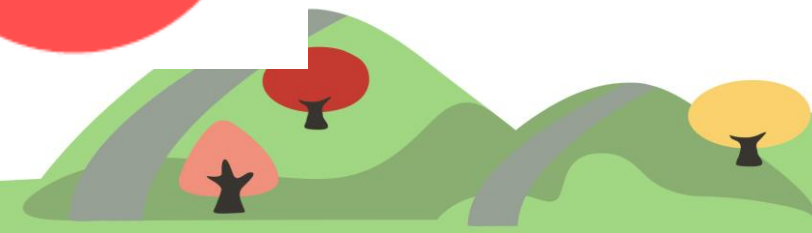


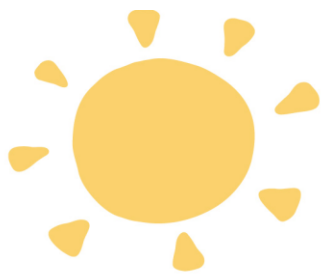
Tolerable  
Stress  
Response

Resulting from strong, frequent, prolonged adverse experiences without adequate support

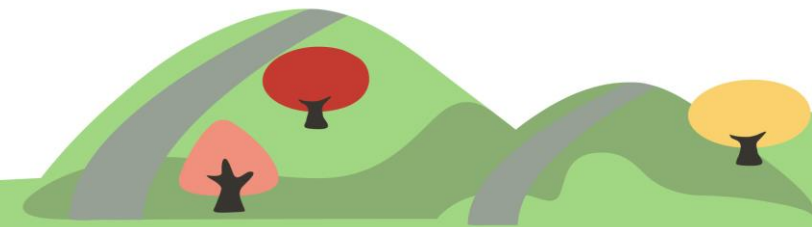


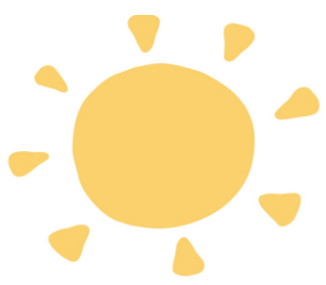
Toxic  
Stress  
Response



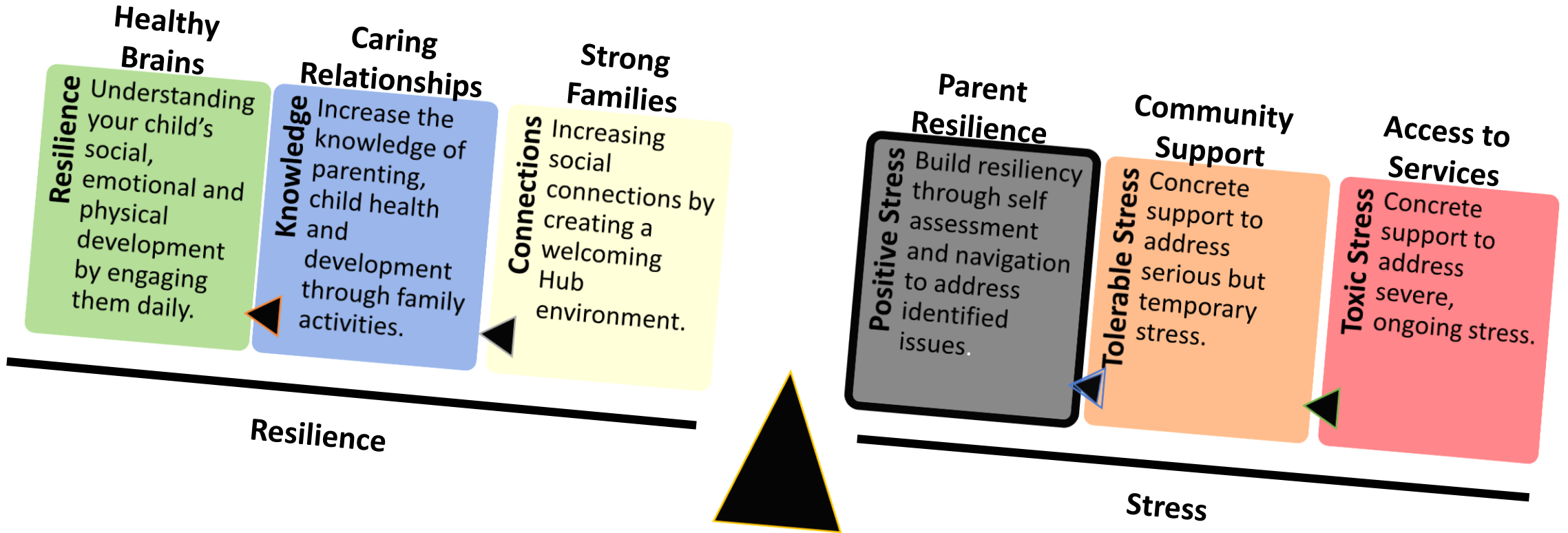


How do we address adverse  
childhood experiences?





# Resilience





# How will Community Hubs build resilience?





# Connections Matter

***Connections matter in building resilience including healthy brains, caring relationships and strong families.***

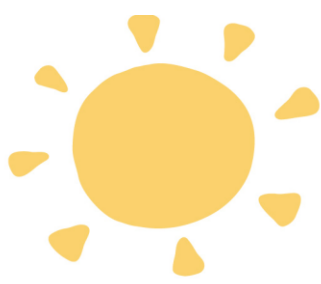
***Healthy Brains:*** Hubs offer community based, prevention and early intervention services for families with children ages 0-18 years in the County.

***Caring Relationships:*** There are 5 Hubs teams of public health nurses, community health advocates, family engagement and early literacy specialist, one for each of the County's Supervisorial Districts.

***Strong Families:*** Public Health Nurses have conducted needs assessments and outreach plans to build family resiliency for each Hub.







# Healthy Brains




Are you interested in learning more about nutrition and healthful choices for yourself and your family?

Have fun!

- Prepare healthy meals
- Plan and shop on a budget
- Read food labels and learn what they really mean
- Substitute sugary drinks with alternatives
- Help you prepare meals to feed your "icky eaters"

Please call to sign up for a fun and interactive workshop  
530.621.6194

May 10, 2018  
Thursdays, 6:00-7:30pm  
Federated Church  
1031 Thompson Way, Placerville  
\*Child care by reservation\*



For more information, contact Penny Smart, El Dorado County Public Health 530-421-4396

### Play and Learn COLOR YOUR FAMILY HEALTHY

It's a Play Group with a Purpose  
Featuring Betsy Bateson B.S., M.A.



**When:**  
Fridays  
9:00 am to 10:00 am  
January 26-March 2, 2018

**Where:**  
Placerville Library  
345 Fair Ln  
Placerville, CA 95667

Come explore new recipes and cooking with your family.

- Learn about healthy food choices your children will enjoy
- Tools & strategies to enhance mealtime with your family
- Learn about your child's growth & development

To reserve your spot, register online at <http://www.aldoradolibrary.org> or call Jessa Cordova at (530) 295-2458.

Who: Children ages 2-5 and their caregivers



Community Hubs are a partnership between Title I-D, District-200, Library, CDC Early Care and Education, Planning District 100, Child Health Improvement Strategy (CHIP), Health and Social Services Agency's Wellness Unit and Addressable Health Program and Health Services Area.



### MATH MATTERS!



#### Grandparent Workshop

Are you a grandparent caring for your grandchild? We invite you to our interactive 5-week workshop to build early math skills with the children you care for. Explore math concepts presented in an engaging, hands-on way. Enjoy free, developmentally appropriate resources to extend learning while at home. For additional information please contact 530-421-4347.

Monday, April 2, 9, 16, 23 & 30  
9:30 - 10:30 am

El Dorado County Library Program registration

Grandparent Name \_\_\_\_\_  
Email address \_\_\_\_\_  
Phone \_\_\_\_\_  
Child's name \_\_\_\_\_ Primary language \_\_\_\_\_  
Child's Age in Months \_\_\_\_\_ Primary language \_\_\_\_\_

Library: Central Hill  
Address: 1031 Thompson Way, Placerville, CA 95667  
Website: [www.aldoradolibrary.org](http://www.aldoradolibrary.org)




### Celebración de los Niños

ACTIVITIES, FOOD, GIVEAWAYS

Saturday, April 14  
2:00 pm

Enjoy a day out with your family and learn about the many community resources available to you. Participate in activities together and take home these goodies. For more information contact Jessa at 530-295-2456.

345 Fair Lane, Placerville

YOU'RE INVITED TO

## RAISING READERS


A STEAM based storytime for children age 0-5 and their families

Where: Pioneer Elementary School  
Old Band Room


When: February 28th - April 24th, 2018  
Tuesdays from 11:45 am to 12:45 pm  
NO PROGRAM March 27th

- Fun and engaging storytime
- Hands-on STEAM activities enjoyable for both caregivers and children
- Parenting tips and child development information relevant to this age group of children

Help us raise readers with a passion for learning!



FAMILIES CAN COME TO ONE OR ALL OF THE SESSIONS!



**EDCOE** EL DORADO COUNTY OFFICE OF EDUCATION  
Excellence in education for the 21<sup>st</sup> century

### Child Development Programs Head Start / Early Head Start / State Preschool



Join us on Friday, May 11, 2018  
At the Placerville Library  
From 10:00 a.m. - 1:00 p.m.  
To apply for Head Start & State Preschool

Bring the following documentation to complete your application:

- Birth Certificate for your grandchild
- Medical Insurance Card
- US Pa. Date Immunization Records
- Income Verification (for one full month dated after May 8th)
- Single Parent Documentation (if applicable)

We offer high quality, early education programs for families with children birth to 5 years old. Children learning 1 or 2 years old are not before September 1, 2018 and be eligible for preschool services. Part day and full day options are available to families at various locations throughout the county.

Note: All children accepted into our program will require a visit at a community physical exam, including a TB screen, or have one completed within 30 days of starting the program.

For questions or more information, please contact the Child Development Programs Central Office at (530) 295-2270.

Our program does not provide this document. However, every effort is made to convey guidance to resources in order to help meet this need.

### FREE Parenting Classes

Make your life easier and your family better


Join us for activities, learning and discussion about raising young children, ages birth to 5, which will incorporate your challenges and concerns as parents and caregivers. You are invited to attend any session but we hope to see you for all 3! All participants will receive a FREE workbook with tips and ideas to take home after the series is over.

where:  
Federated Church  
1031 Thompson Way, Placerville

when:  
Thursdays, 5-8p  
April 19, 26 and May 3  
sign-up  
530.676.0707  
<http://www.aldoradolibrary.org/active-parenting>  
[children@aldoradolibrary.org](mailto:children@aldoradolibrary.org)


Childcare available by reservation

Funded by El Dorado CAPC



**The Active Parenting, 3-part series will show you:**

- Discipline methods that work
- How to prevent tantrums
- Routines that make life easier
- How to make rules your child will follow
- How to take care of your child at different stages
- How to build a bond with your child
- Great ways to take care of yourself!





# Caring Relationships



## MEET THE HUB 1 TEAM

& CONNECT TO  
COMMUNITY RESOURCES

EL DORADO  
COMMUNITY  
**Hub**  
EL DORADO HILLS LIBRARY



### DEBBIE ARENAS

Early Childhood Literacy Specialist  
[debbie.arenas@edcgov.us](mailto:debbie.arenas@edcgov.us)  
(916) 358-3509  
Visit Debbie for weekly Storytimes and helpful tips on talking, reading and singing daily with your child.



### KATIE RINEHART

Family Engagement Specialist  
[krinehart@edcoe.org](mailto:krinehart@edcoe.org)  
(530) 919-6898  
Ask Katie about Play and Learn groups, developmental screens, parenting tips and resources.



### ADENA BLAIR

Public Health Nurse  
[adena.blair@edcgov.us](mailto:adena.blair@edcgov.us)  
(800) 844-4491  
Talk to Adena about individual health assessments, home visits, and connecting to community resources.

### COMMUNITY HEALTH ADVOCATES

(800) 844-4491 Bilingual Spanish  
Community Health Advocates are available to assist families in finding health insurance, local doctors, dentists, and connecting to health and community resources.

HUBS

For more information visit [www.First5ElDorado.com](http://www.First5ElDorado.com) and like us on Facebook  
[www.facebook.com/EDCCCommunityHub1](https://www.facebook.com/EDCCCommunityHub1)

Community Hubs are a partnership between First 5 El Dorado, EDC Library, EDC Early Care and Education Planning Council, EDC Child Abuse Prevention Council, EDC Health and Human Services Agency's Maternal Child and Adolescent Health Program and Mental Health Services Act.

## MEET THE HUB 2 TEAM

& CONNECT TO  
COMMUNITY RESOURCES

EL DORADO  
COMMUNITY  
**Hub**  
CAMERON PARK LIBRARY



### MARNI PRICE

Early Literacy Library Assistant  
[marni.price@edcgov.us](mailto:marni.price@edcgov.us)  
(530) 621-5113  
Visit Marni for weekly Storytimes and helpful tips on talking, reading and singing daily with your child.



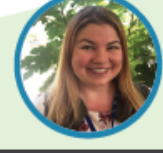
### JESUS CORDOVA Bilingual Spanish

Family Engagement Specialist  
[jcordova@edcoe.org](mailto:jcordova@edcoe.org)  
(530) 957-3153  
Ask Jesus about Play and Learn groups, developmental screens, parenting tips and resources.



### JAZMINE VICTORIA Bilingual Spanish

Community Health Advocate  
[jazmine\\_v@edcgov.us](mailto:jazmine_v@edcgov.us)  
(800) 844-4491  
Talk to Jazmine about finding health insurance, local doctors, dentists, and connecting to health and community resources.



### KAELA HATCHEL

Public Health Nurse  
[kaela.hatchel@edcgov.us](mailto:kaela.hatchel@edcgov.us)  
(800) 844-4491  
Kaela is available for individual health assessments, home visits, and connecting to community resources.

For more information visit [www.First5ElDorado.com](http://www.First5ElDorado.com) and like us on Facebook  
[www.facebook.com/EDCCCommunityHub2](https://www.facebook.com/EDCCCommunityHub2)

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## MEET THE HUB 3 TEAM

& CONNECT TO  
COMMUNITY RESOURCES

EL DORADO  
COMMUNITY  
**Hub**  
PLACERVILLE LIBRARY



### CHRISTINA ROSELI

Early Childhood Literacy Specialist  
[christina.roseli@edcgov.us](mailto:christina.roseli@edcgov.us)  
(530) 621-5547  
Visit Christina for weekly Storytimes and helpful tips on talking, reading and singing daily with your child.



### JESUS CORDOVA Bilingual Spanish

Family Engagement Specialist  
[jcordova@edcoe.org](mailto:jcordova@edcoe.org)  
(530) 957-3153  
Ask Jesus about Play and Learn groups, developmental screens, parenting tips and resources.



### MARIA LOERA Bilingual Spanish

Community Health Advocate  
[maria.loera@edcgov.us](mailto:maria.loera@edcgov.us)  
(800) 844-4491  
Talk to Maria about finding health insurance, local doctors, dentists, and connecting to health and community resources.



### PUBLIC HEALTH NURSES

(800) 844-4491 Bilingual Spanish  
Public Health Nurses are available for individual health assessments, home visits, and connecting to community resources.

For more information visit [www.First5ElDorado.com](http://www.First5ElDorado.com) and like us on Facebook  
[www.facebook.com/EDCCCommunityHub3](https://www.facebook.com/EDCCCommunityHub3)

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## MEET THE HUB 4 TEAM

& CONNECT TO  
COMMUNITY RESOURCES

EL DORADO  
COMMUNITY  
**Hub**  
GEORGETOWN LIBRARY



### KATRINA BRADY

Early Literacy Library Assistant  
[katrina\\_brady@edcgov.us](mailto:katrina_brady@edcgov.us)  
(530) 333-4724  
Visit Katrina for weekly Storytimes and helpful tips on talking, reading and singing daily with your child.



### KATIE RINEHART

Family Engagement Specialist  
[krinehart@edcoe.org](mailto:krinehart@edcoe.org)  
(530) 919-6898  
Ask Katie about Play and Learn groups, developmental screens, parenting tips and resources.



### NAOMIE HARRIS

Community Health Advocate  
[naomie.harris@edcgov.us](mailto:naomie.harris@edcgov.us)  
(800) 844-4491  
Talk to Naomie about finding health insurance, local doctors, dentists, and connecting to health and community resources.



### ADRIANA DEPERSIA

Public Health Nurse  
[adriana.depersia@edcgov.us](mailto:adriana.depersia@edcgov.us)  
(800) 844-4491  
Adriana is available for individual health assessments, home visits, and connecting families to community resources.

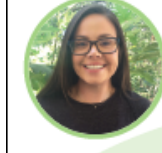
For more information visit [www.First5ElDorado.com](http://www.First5ElDorado.com) and like us on Facebook  
[www.facebook.com/EDCCCommunityHub4](https://www.facebook.com/EDCCCommunityHub4)

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## MEET THE HUB 5 TEAM

& CONNECT TO  
COMMUNITY RESOURCES

EL DORADO  
COMMUNITY  
**Hub**  
SOUTH LAKE TAHOE LIBRARY



### DIANA LOZANO

Early Childhood Literacy Specialist  
[diana.lozano@edcgov.us](mailto:diana.lozano@edcgov.us)  
(530) 573-3307  
Visit Diana for weekly Storytimes and helpful tips on talking, reading and singing daily with your child.



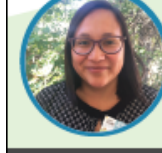
### LEIGH-ELLEN YARBROUGH

Family Engagement Specialist  
[lyarbrough@edcoe.org](mailto:lyarbrough@edcoe.org)  
(530) 295-2337  
Ask Leigh-ElLEN 'Lulu' about Play and Learn groups, developmental screens, parenting tips and resources.



### JUANA ANTHENIEN Bilingual Spanish

Community Health Advocate  
[juana.anthenien@edcgov.us](mailto:juana.anthenien@edcgov.us)  
(800) 844-4491  
Talk to Juana about finding health insurance, local doctors, dentists, and connecting to health and community resources.

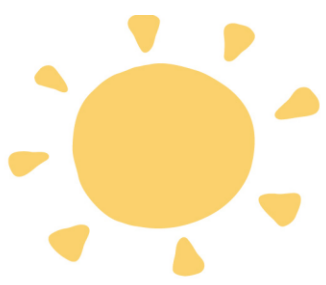


### JESSICA HERNANDEZ Bilingual Spanish

Public Health Nurse  
[jessica.hernandez@edcgov.us](mailto:jessica.hernandez@edcgov.us)  
(800) 844-4491  
Jessica is available for individual health assessments, home visits, and connecting to community resources.

For more information visit [www.First5ElDorado.com](http://www.First5ElDorado.com) and like us on Facebook  
[www.facebook.com/EDCCCommunityHub5](https://www.facebook.com/EDCCCommunityHub5)

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# Strong Families

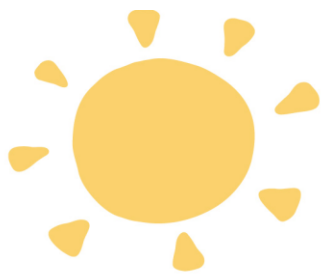
Priorities	Hub 1	Hub 2	Hub 3	Hub 4	Hub 5
Maladaptive Behavioral Health Amongst Adolescents	✓	✓			
Mental Health Risks for Ages 15-24	✓		✓	✓	✓
Risk of Health Disparities	✓		✓	✓	✓
Risk of Dental Disease	✓	✓		✓	✓
Inadequate Nutrition	✓	✓	✓	✓	
Need for Family Supports	✓				
Increased Health Risks Amongst Latino Families		✓	✓		✓
Need for Life Skills Supports		✓	✓	✓	
Substance Abuse Risks for Ages 15-24			✓	✓	
Risk for Homelessness			✓	✓	
Safety Risks				✓	
Risk of Substance Abuse among Pregnant Females					✓





# How can we expand upon Community Hubs?

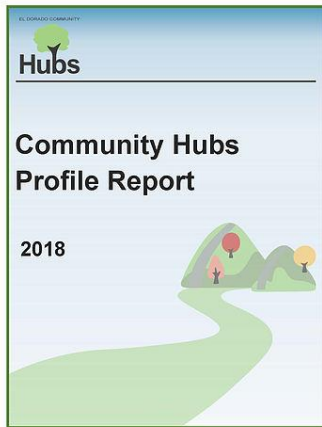




# Data Collection

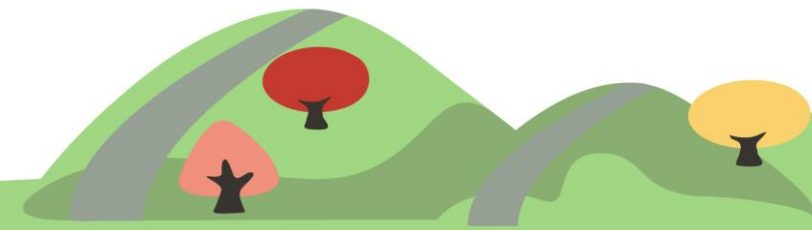


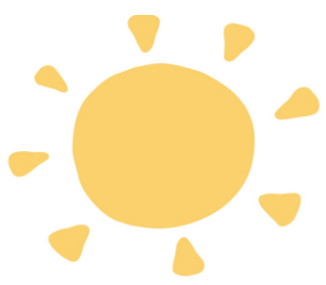
**The County has diverse and isolated communities often overlooked because data is aggregated countywide, neutralizing income, geography and language barriers impacting children and families.**



Hub level data provides the opportunity to identify barriers and strategies to address local issues that reduce long term costs:

- Encouraging *collaborative partnerships* and pooled resources rather than siloed approaches
- Prioritizing populations with *specific, cost effective strategies* rather than one size fits all
- Promoting *prevention* efforts, far more cost effective than treatment
- *Build relationships* that lead to support prior to crisis rather than providing crisis services





# Community Reporting



## EL DORADO COUNTY COMMUNITY HUBS

Community Hubs are partners who provide prevention and early intervention strategies within our libraries and neighborhoods to help strengthen communities and families in El Dorado County.

### OVERVIEW

El Dorado County has diverse and isolated communities often overlooked because data is aggregated countywide, neutralizing income, geography and language barriers impacting children and families. Hub data reflects the unique characteristics of each community.

### DEMOGRAPHICS



The average population within a Community Hub ranges from a high of 40,718 in Hub 4 to 30,597 in Hub 3.

- Hub 5 is the most diverse with 24% of the population identifying as Hispanic and 22% speaking a language other than English.
- Hub 1 is the second most diverse with 10% of families identifying as Asian/Pacific Islander and 16% speaking a language other than English.

### FAMILIES

Bordering Sacramento County, Hub 1 has the largest number of households with children (5,400).

- Encompassing one of two incorporated cities within the County, Hub 3 has less than half that of Hub 1 with 2,649 households with children.
- The central section of the County has the most grandparents raising their own grandchildren, Hub 2 (145), Hub 3 (125) and Hub 4 (166).



### ECONOMICS



The median family income in Hub 1 (\$133,016) is more than double that of Hub 5 (\$58,754).

- One in five children (21%) in Hub 5 live in poverty, followed by Hub 3 (15%) and Hub 4 (14%).
- Hub 3 has the highest unemployment rate (14%), followed by Hubs 2 and 5 (12%).

### EDUCATION

Hub 1 has the highest percentage of high school graduates (96%), while Hub 5's rate is 88%.

- 3 of 5 Hubs (2, 4, and 5) do not have the child care capacity to care for their children 0-5 while working.
- Hub 2 has the largest number of children 0-18 with a disability (383), followed by Hub 4 (281).
- Just over half (51%) of individuals in Hub 1 have a bachelor's degree, with Hub 3 having 23%.



### HEALTH

Hubs with incorporated cities have the highest rate of individuals without health insurance, 15% in Hub 5, followed by Hub 3 at 10%.

### PLANNING

Hub data is used to identify local barriers and strategies to guide local plans, reducing long-term health costs.

Priorities	Hub 1	Hub 2	Hub 3	Hub 4	Hub 5
Maladaptive Behavioral Health Amongst Adolescents	✓	✓			
Mental Health Risks for Ages 15-24			✓	✓	✓
Risk of Health Disparities	✓		✓	✓	✓
Risk of Dental Disease	✓	✓		✓	✓
Inadequate Nutrition	✓	✓	✓	✓	
Need for Family Supports	✓				
Increased Health Risks Amongst Latino Families		✓	✓		✓
Need for Life Skills Supports		✓	✓	✓	
Substance Abuse Risks for Ages 15-24			✓	✓	
Risk for Homelessness			✓	✓	
Safety Risks				✓	
Risk of Substance Abuse among Pregnant Females					✓

### IMPORTANCE OF RESILIENCE

Connections matter in building resilience including healthy brains, caring relationships and strong families.

Positive interactions are the foundation for healthy brain development at any age. When children are exposed to prolonged and frequent (toxic) stress responses, and lack caring relationships, their brain development can be damaged. Resilient families are better prepared to address toxic stress and are essential to healthy communities.

In the absence of a caring relationship, adverse childhood experiences can disrupt healthy brain development. Research tells us the higher number of adverse childhood experiences (ACEs) resulting from trauma and toxic stress over time, impacts long term health outcomes. People with high ACE scores are more likely to be violent, to have more divorces, more broken bones, more drug prescriptions, more depression, and more autoimmune diseases. Currently, El Dorado County exceeds the state in the number of precursors to toxic stress including domestic violence calls for assistance per 100,000 adults (685.7/415.6), substance affected still or live born infants per 1,000 (45.4/23.4) and mental health diagnoses in pregnancy (129.7/48.5).

Strong families are essential for healthy communities. Community Hub Teams have been established to build resilient families, empowering them to address stressors before they become toxic.

### HUBS BUILD RESILIENCE

Each Hub has a team that includes an Early Childhood Literacy Specialist, Family Engagement Specialist, Community Health Advocate and Public Health Nurse with the common goal to increase resiliency in families. Each Hub offers activities focused on early literacy and reading, child development and parenting, and preventative health services, all at no cost to the families.

### CONNECT WITH HUBS

The best way to request services from the Hub team is to call or visit them at the library. To find your team member or for more information about Community Hubs, visit <https://www.first5eldorado.com/community-hubs>.

Community Hubs are a partnership between First 5 El Dorado • EDC Library • EDC Early Care and Education Planning Council • EDC Child Abuse Prevention Council • EDC Health and Human Services Agency's Maternal Child and Adolescent Health Program and Mental Health Services Act.

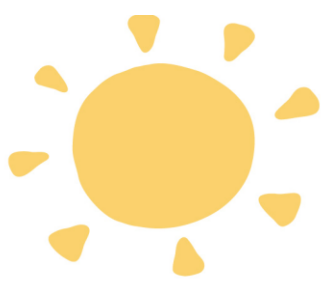
What are the Hub issues?

What does the data tell us?

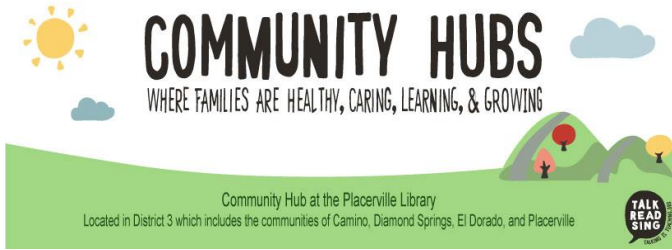
What is resilience?

How to connect with Hubs?





# Accessing Resources



FACEBOOK



BROCHURES



FLYERS





# Community Hubs: Opportunities

## Opportunities for Community Hub Partnerships:

1. Sustainability
2. Countywide Communications
3. Affiliate Partners
4. Town Hall Meetings
5. Countywide Professional Development

## Resources:

**Website:** Share our Resources

- Download Community Hub materials including brochures, flyers and rack cards
- Connect with Hub Team members and find local events

**Facebook:** Spread the Word

“EDC Community Hub #” “like” and “share” activities, information and resources

*Kathleen Guerrero, Executive Director, First 5 El Dorado Commission*

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