

**El Dorado County Child Abuse Prevention Council
08/09 Unintentional Injury Prevention Mini-Grant**

Program Narrative

A. Injury Problem

Several studies have demonstrated a causal link between bed sharing and an increased risk of infant suffocation and SIDS (*Committee on Child Abuse and Neglect*, 2001). A controversial topic bed sharing has benefits, enhanced maternal-infant bonding and dangers, accidental suffocation. Considering this dichotomy it is important to address proper education to the public so that each family has the necessary knowledge to make an informed decision with respect to bed sharing practice.

The El Dorado County Multi Agency Death Review Team (MDRT) identified 4 preventable infant deaths related to bed sharing practices. These fatalities occurred from 2005 through 2007. Characteristics of environmental and social-behavioral factors contributing to the deaths reviewed are consistent with features described in the international research literature. Specifically, in three of the four fatalities substance abuse was identified, two families had insufficient bedding available, two mothers were breastfeeding but were being pharmacologically treated for psychiatric conditions and three deaths are attributable to bed sharing on a couch. Soft bedding materials were also implicated in two of the four infant deaths.

In addition to the above, data collected through the review of public health nursing home visitation records and feedback from community based family service agencies suggests that a significant percentage of families in El Dorado County engage in bed sharing practices. Environmental assessments reveal that often these activities are carried out without insight to the potential hazards, lacking appropriate bedding materials and under the influence of medication and/or impairing substances. Risk of adverse outcome is increased when considering specific epidemiological data for El Dorado County.

During the time period of 2004 through 2006 a focused study was conducted to determine substance use in pregnant woman. Results of the study demonstrated that 41% of the 204 client sample tested positive for one or more drugs (El Dorado County Public Health Department, unpublished data). Public health field visit documentation and data from Child Protective Services suggests that substance use continues during the postpartum period in a majority of the woman initially screened. In addition, there is the belief among community workers that a strong cultural bias for bed sharing exists within the community however no objective data base exists for analysis.

The El Dorado County MDRT believes that each of the four fatalities could have been avoided had the families been educated, about the hazards of bed sharing and resources available for assistance with establishing a safe sleeping environment i.e., PHN early intervention, community worker programs. Further the MDRT supports the distribution of written educational material provided at the time of delivery and greater medical provider attention provided to the topic. In addition, the MDRT recommends that a mechanism of data collection be developed to facilitate a greater understanding of bed sharing practices in El Dorado County that can be used for planning future targeted intervention.

References: American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome (2005). The changing concept of sudden infant death syndrome: diagnostic coding shifts, controversies regarding sleeping environment and new variables to consider in reducing risk. *Pediatrics*, 116(5), 1245-1255.

El Dorado County Public Health Department (2006). [Prenatal toxicology screening at delivery time]. Unpublished raw data.

B. Program Description

Goals and Key Objectives

1. Reduce newborn and infant death and injury due to co-sleeping in El Dorado County.
2. Reduce and or eliminate unsafe co-bedding practice at the community level through enhanced education and awareness intervention.
3. Develop data instrument to further identify co-bedding practice occurrence and characteristics in our community for use by September 30, 2008.
4. Develop evaluation protocol to determine effect of additional education/awareness activities on behavior characteristics of co-bedding practice by September 30, 2009.
5. Develop and produce for community circulation a research based culturally and linguistically competent curriculum and campaign materials to include effective messaging for Trainings and inclusion into prenatal/postnatal, provider and home visitation parent information packets, and distribution sites by June 30, 2009.
6. Distribute data instrument to a minimum of 4 partnering community based agencies (El Dorado County Public Health, El Dorado Community Health Center, Tahoe Youth and Family Services, South Lake Tahoe Women's Center, El Dorado County Indian Council, Inc.) for use by June 30, 2009.
7. Provide two Training of the Trainers Workshops to partnering community based agencies. Western Slope-September 08; Eastern Slope Lake Tahoe-October 2008.
8. Distribute 500 informational brochures, posters, and parent tips bookmarks/door hangers to community based providers and families with expecting children 0-5 years of age on the Western and Eastern Lake Tahoe Slopes by June 30, 2009.
9. Market Kids' Plates program at three local Chamber of Commerce offices and two El Dorado County Libraries by June 30, 2009.

10. To provide monthly accurate/timely invoicing September 1, 2008 - June 30, 2009.

Target Population - Simple families/parents expecting or having children 0-5 years of age from all ethnic, cultural, linguistic, and socioeconomic backgrounds and provider services that care for this population. Parents and providers should be educated about the risks and benefits of co-sleeping/bedding and unsafe co-sleeping/bedding practices and should be allowed to make their own informed decision. Every appropriate provider-client interaction opportunity should include counseling about safe infant sleep environments to include research validated information.

Activity 1 - August 2008 the Child Abuse Prevention Council's (CAPC) Program Planning Committee will hold a 2.5 hour meeting as a group to design the data instrument and evaluation protocol by September 30, 2008 through June 30, 2009.

Activity 2 - September 2008 the CAPC will host a half day Curriculum and Materials Development Workshop at the El Dorado County Office of Education inviting partnering community based agency representatives to participate in developing culturally and linguistically appropriate, research based curriculum, data packets (sign-in sheets, pre/post tests, data instrument, evaluation tool), informational brochures, parent packets (brochures, parent tips bookmarks/door hangers), posters.

Activity 3 - Data instrument will be distributed at Training of the Trainers Workshop, September 1 - October 31, 2008, to partnering community based agencies as part of the curriculum/data packet.

Activity 4 - Two, 2.5 hour Safe Sleeping 101 Training of the Trainers Workshop for 25-50 educators and service providers of partnering community based agencies. Western Slope - El Dorado County Office of Education, September 2008. Eastern Slope Lake Tahoe - Lake Tahoe School District, October 2008. Curriculum/data packets, campaign materials, and parent packets (brochures; parent tips bookmarks/door hangers; certificate of commitment to co-sleep safely) will be distributed to partnering agencies. CAPC will keep activity/mileage log, sign-in sheet and give pre/post tests during activity.

Activity 5 - 500 informational brochures, posters, parent tips bookmarks/door hangers distributed to El Dorado County Libraries; Hospitals; Tribal programs; El Dorado County Office of Education; Head Start; Early Head Start; Department of Human Services; Public Health Department; El Dorado County Community Health Center; Department of Mental Health by June 30, 2009.

Immediate Outcome - through proper education to our target population we aim to bring awareness to the issue and educate a minimum of 300 parents in our County on best practice in developing a safe sleeping environment by June 30, 2009.

Long Term Outcome - Increased safety and elimination of preventable deaths. For parents to initiate all of the safeguards to insure that the hazards are reduced to the lowest possible extent. Result is a healthier and safer community.

Process Evaluation - A CAPC Data Packet will be kept (activity/mileage log, sign-in sheets, pre/post tests, data instruments, evaluation tools) to evaluate trainers and determine success of program. Each partnering agency will

receive Data Packets (sign-in sheets, pre/post tests, data instrument) to maintain and be collected by June 30, 2009 to assist CAPC in determining success of program.

Outcome Evaluation - Summary of participant numbers in each class, pre/post tests and data instruments for trainers and parents, evaluation tool results; trainers and parent comprehension and proficiency on pre/post tests will be measured for net increase.

Immediate impacts on target population include increased knowledge and awareness of families of the risks of co-sleeping arrangements as well as safer sleeping habits and therefore decrease in incidence of infant deaths attributable to co-bedding. Immediate community wide impacts include increased knowledge and awareness of community partners of safe sleeping habits, as well as improved interagency collaboration around a communitywide educational campaign. *Longterm impact* expected is a decrease in the number of deaths and injuries to children as a result of co-sleeping in our community by the end of year 2009. Evaluation tool will be used to determine impact of education and awareness activities on behavior characteristics of co-bedding practice.

Sustainability - Through existing partnerships, inclusion of this project into our 2009-10 Child Abuse Prevention Council budget, funding sources such as First 5, Community Strengthening Network, grants, and fundraising, as well as integration of educational materials into partnering agencies customary educational communication with families.

C. Spectrum of Prevention

1. *Strengthening Individual Knowledge and Skills* - Partnering community based agencies will instruct their families/parents using the Safe Sleeping curriculum in the risks and benefits of bed sharing including "best practice" discussion to enhance their knowledge and skills of bed sharing in their weekly/monthly meeting. This level is the best way to reach the maximum number of parents with children 0-5 years of age. A pre/post test will be administered during each class/session to determine parents understanding of our message.
2. *Promoting Community Education* - Announcement of Safe Sleeping Habits Campaign will be made on K.F.O.K. 95.1FM Radio of Georgetown and a schedule of prevention classes will be posted on their website in October 2008. Press Release will be issued in Mountain Democrat and Tahoe Tribune October 2008. Three primary means of reaching community members in our rural County.
3. *Training Providers* - Training of the Trainers Workshops for partnering agencies will be held on the Western and Eastern Slope Lake Tahoe. Partnering agencies will be providing our Safe Sleeping Habits education to parents during their parent/infant classes. Method of attack allows consistent message to be delivered to maximum number of partnering organizations and health care trainers.
4. *Fostering Coalitions and Networks* - The Child Abuse Prevention Council is a member of the Western Slope Community Strengthening Group, a community collaborative of 43 community based agencies serving families with children birth to 5 years old. The campaign to reduce preventable deaths will be shared with partner agencies during

Fall meetings to foster collaboration, sustainability and gather expert input. Educational materials will be provided to members for distribution to parents and families they serve by June 30, 2009.

5. *Changing Organizational Practices* - Partnering community based agencies will include as a "best practice" a routine discussion about safe sleeping practices/design and specifically bed sharing. Goal is to recognize co-sleeping as a common practice in the community and take the necessary steps to enhance knowledge and skills in carrying it out.
6. *Influencing Policy and Legislation* - The issue of co-sleeping deaths will be included in the El Dorado County Board of Supervisor's Multi Agency Death Review Team Annual Report.

D. Marketing Activities

1. Presentations - 1) Train the Trainers Workshop (Activity 4) - 15 minute presentation on Kids' Plates 2) Western Slope Community Strengthening Group - 15 minute presentation during Fall monthly meeting (Spectrum of Prevention - #4).
2. News Release - Mountain Democrat Newspaper and the Tahoe Tribune - The Mountain Democrat serves our Western and Eastern Slope communities and the Tahoe Tribune serves our Eastern Slope communities. Both are well circulated, the primary means of obtaining news and information in our County, and reach a large number of community parents, educators, and service providers.
3. Get Connected - Website link from our website, sierrascoalition.org to kidsplates.org - Our website is a coalition of 14 Counties, and is visited daily by community members throughout the Sacramento Valley and Foothill regions.
4. Adopt a Local Business - A poster will be displayed in the window of Placerville, El Dorado Hills and South Lake Tahoe Chamber of Commerce offices. Tourists from around the world pass through on our county on their way to Lake Tahoe.

5. Library Outreach - We will provide a table-top display to the Placerville Main Library and the South Lake Tahoe Library where First 5's Mother Goose on the Loose Reading Program groups meet; minimum of 40-50 children attend each session.

E. Organization Background and Capability

The El Dorado County Child Abuse Prevention Council (CAPC) was re-established by the El Dorado County board of Supervisors, April 9, 2002 and acts as an independent organization functioning within county government pursuant to Welfare and Institutions Code Section § 18983.5 and in accordance with State of California directives and mandates. The mission of the CAPC is to increase awareness and respect for the rights of children to be free of abuse and neglect. The CAPC is a community driven, multi-disciplinary collaborative made up of parents, consumers and representatives from public and private agencies. The CAPC is dedicated to integrating prevention and family support activities as a means for improving child and family well being. We have a strong relationship with County Human Services, Public Health, Office of Education and our community partners (First 5's Community Strengthening Group, Lake Tahoe Collaborative, Early Care and Education Planning Council, Public Health, Hospitals, Native American/Latino Community, Police Department, Women's Center, Youth and Family Services, CASA). Though this is our first endeavor, we do not anticipate any

problems in getting our message out and reaching our goals based on our collaboration. We plan to enlist the help of these community partners in developing and disseminating materials, implementing our program and activities, and assisting us in ensuring delivery of a culturally sensitive message.

F. Program Staff

1. Elizabeth Blakemore, MEd.
Early Care and Education Planning Council, Coordinator
Western Slope Community Strengthening Group, Facilitator
El Dorado County Child Abuse Prevention, Vice-Chair
Trainer; Curriculum Development
2. Michael Ungeheuer RN, MN, PHN
EL Dorado County Public Health Nursing Division Chief
El Dorado County Child Abuse Prevention Council
Multi Agency Death Review Team
Trainer; Curriculum Development
3. Elizabeth Velasco, AA
El Dorado County Child Abuse Prevention Council, Program Coordinator
El Dorado County Indian Council, Inc.
Developing/Distributing Materials; Coordinating Workshops, Trainings, Activities. Coordinator has more than three years experience managing grant funded prevention and education programs in both Native and non-Native communities.