

Kidz Time Preschool received the outdoor kitchen and furniture set where children ages 2-5 years continue to explore imaginations and creativity. Attached are pictures of the outdoor kitchen and furniture set where children have access to their new outdoor stations. Kidz Time would like to thank the Children and Families Commission for this funding opportunity to allow us to continue to enhance our center and give back to our community.

Ashley Weber
Kidz Time Preschool Director
Richland Site
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mind.ful.ness, *noun* – a mental state achieved by focusing one’s awareness on the present moment while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindful Youth Adventures with Sumiko Sprague (MYA) presented Mindful Yoga Community Outreach for Sutter and Yuba Counties during the 2019-2020 Sutter County Children & Families Commission (SCCFC). Beginning September of 2019, MYA hosted Mindful Mentor and Me Mondays at the Sutter County Library, transitional evening on-site classes for children and their families in the REST program, led transitional exercises between classes for SHARE Co-Op, as well as continued organization of Infant with Nursing Parent Mindfulness and Yoga classes.



Overall, classes have been an overwhelming success, as many families in our community are now



familiar with mindfulness and techniques to utilize as caregivers to lead children forward with lower stress levels, and tools to calm and focus. While in-class activities were cut short due the response to COVID19, this also brought opportunity to reach additional families with children 0-5, normally unable to participate in the in-person classes, through a different digital medium. Remaining classes for Infant with Nursing Parent mindfulness and yoga pop-up classes previously scheduled the third Wednesday of March, April, and May have

been put on hold to complete as soon as Adventist Health + Rideout Mom’s group re-starts. MYA, with thoughtful encouragement from the SCCFC staff, produced and distributed free digital online “mindful moments”, short, easy to follow, family classes created to assist children cope and focus during a very different and overwhelming moment in history. Classes were distributed through SCCFC media as well as Mindful Youth Adventures social media pages.

Budget is on target or below with material expenditures; most items were purchased in advance of classes in preparation (as with the thicker Yoga Mats purchased specifically for use with infants). Active hours doubled for REST classes. Administrative hours saw an increase to what was forecast due to additional planning, organizing/shifting events, as well as additional media interaction and editing of digital classes. (Budget audit spreadsheet attached.) Although budgeted hours are already used, in-person classes for the Infant with Nursing Parent classes will continue as planned when safe to do so.



I am so appreciative of this opportunity to outreach to so many families (nearly 460 views on one video being tracked). It continues to be a very challenging time for families, and our local community at large, but I believe we have found many silver linings in this. Before sheltering in place began, I was able to work with five REST families, some once or twice, and a couple kids that really showed positive emotional growth with the consistent classes, learning the reasons our brains cause upset, what tools we have with us all the time to manage, and being able to successfully utilize those abilities beyond class. The partnering with Sutter County Library to provide free keep or swap rotating lending library was a welcome addition to weekly visits.

Along with the rotating books, Mentor & Me Mondays at the Sutter County library in Yuba City continued to be welcome and successful, consistently bringing in 5-10 families each visit, sometimes reaching a very fun large group of 20 families – each with 1-3 children. Mother of two Audrey Gregory give this feedback: “My kids have been asking when they can go back to

the Sutter County library to do yoga with Sumiko and Mindful Adventures. We do yoga at home, but what Sumiko creates for this community is incredible. She gives my kids a space to talk about their feelings, and we take turns listening to other kids’ thoughts and feelings. She teaches them how to take deep breaths, and relax. The ability for kids to understand why they feel things and what tools to use to manage their emotions is critical for a mentally healthy child. Especially in the midst of this Pandemic, I hope what Sumiko has created can be widely shared with the community.”

These active and joyful classes are a great opportunity for mentors and families with children aged 0-5 to connect and learn through play; highlighting child development, emotional and social

competence in children, and allowing kids to see examples of the tools we’re teaching in action; then continue the learning and positive social connections after class.



SHARE Co-Op was a great test for the Mind-Up curriculum, and shows promise in implementing into additional group class settings. The techniques and presentation methods to help students calm and focus before and between classes not only showed immediate results, but when combined with the exit decompression segment at the end of day, ongoing abilities being put to use at home.

Homeschool parent Sara Nichols has this to say: "Having mindful moments in the space between classes gave my daughter the chance to unwind from one class period & come into the next recharged & focused. The time Sumiko spent with the kids, teaching them to breathe and re-center, is something we should all be taught to do, whether between breaks at work, or breaks between tasks at home. Her skills are a like a tool belt we should all be wearing." MYA worked with 8 families with children 0-5, for a total of 23 children during the grant period.



The opportunity to teach families in our community is an honor, and MYA is so appreciative of every moment spent engaging with children, their parents, and mentors in person, and at a distance. Creating parental resilience and positive social connections, enabling children to learn and practice social and emotional competence – to deal with conflict, make friends, understand and express emotion in a healthy and confident way. These concrete support networks gained, along with the lessons and tools taught during classes, are meaningful and important foundations to our future communities, local and beyond.

May the light in me see the light in you, and the light in you, see the light in me. (Namaste)



Category	Unit Cost	Total	Actual	note
Project Supplies and Material				
Cleaning Solution - Theives non-toxic	22.5	22.5	0	Used MYA Existing
Lavender Essential Oil	24.25	24.25	0	Used MYA Existing
Bergamot Essential Oil	27.75	27.75	0	Used MYA Existing
Standard Size Economy Yoga Mats, bulk pricing, 20	6.99	149.99	149.99	(utilized discount to purchase yoga blocks)
Thick TPE Yoga Mat bulk pricing, 10	14.99	149.99	149.99	(utilized discount to purchase yoga blocks)
Kinetic Rings, 6pk	18.99	18.99	17.99	
Astrobrights colored cardstock paper	6.99	6.99	0	Used MYA Existing
Elmers all purpose glue stick, 30 ct	9	9	0	Used MYA Existing
Yoga activity mat	17.89	17.89	14.48	
Handled play parachute	29.99	29.99	19.99	
Multi-color loose feathers	4.15	4.15	2.99	cash
Multi-color fuzzy pompom	8.99	8.99	7.99	cash
Tax, shipping - approximate	33.7	33.7	32.97	
***Additional COVID19 alternative video series materials	22.4	22.4	22.4	expandable tri-pod
Other				
Online Advertising (aproximate, 2 events)	45	70	38	Digital - Meetup, fb, printing
Studio Drop-in giveaway classes, 30	15	450		(TBD/classes on hold)
Labor Mindful Youth Adventures- Active, 86	75	6450	4650	62 (REST 36, SHARE 17, Nursing 3, Library 6)
Labor Mindful Youth Adventures - Admin, 77	25	1925	1875	75 (REST 27, SHARE 34, Nursing 12, Library 2)
***Additional COVID19 alternative video series	75		1575	21
***Additional COVID19 alternative video series	25		200	8+
In-Kind/Donation				
Essential oil diffuser & lighting by MYA	55	0		
Kid-sized mats, 40 by Mindful Youth Adventures	150	0		
Child size scissors 20 by SHARE Co-Op	28	0		
Construction paper roll by SHARE Co-Op	40	0		
Communications, access by Mindful Youth	512	0		
MindUp Curriculum by Mindful Youth Adventures	35	0		
Misc. cleaning supplies)	40	0		
First Aid Kit by Mindful Youth Adventures	15	0		
Advertising & Fliers, by Sutter County Library	150	0		
Yuba County First 5 Children & Families Division	2577.18		-1932.89	partial pmt of reduced total by YCF5
REST Locations organized by REST	5400			
Adventist Health + Rideout Mom's Group location	300	0		
SHARE Co-Op location	3400	0		
Total		9421.58	6827.9	(SCCFC grant \$4770.93)

Regional Emergency Shelter Team
SCCFC Community Mini Grant Final Report

Regional Emergency Shelter Team (REST) received a Community Mini Grant from Sutter County Children & Families Commission (SCCFC) for its 2019-2020 Emergency Winter Shelter program to address the Goal Area of Healthy Children and Families. This funding supported REST in providing safe, secure shelter, nourishing meals, and supportive case management to Sutter County families with children prenatal to age five. The shelter program, which operated from December 2, 2019 to April 3, 2020, served seven Sutter County family units with children prenatal to age five. This includes 16 individuals served, counting children prenatal to age five and their caretakers. The SCCFC target population served represents 20% of all individuals served by REST through the 2019-2020 winter shelter program, consistent with REST's estimates reflected in the original grant proposal and budget justification.

REST's shelter contributed to the Goal Area of Healthy Children and Families by providing a safe place in which families benefitted from sound sleep and nutritious food. The daily stresses of homelessness, along with the inability to afford or prepare nutritious meals or attain adequate rest, adversely affect children's health and development. During their stay with REST, all families received safe no-cost shelter in a supportive, drug-, alcohol-, and tobacco-free environment. Families also received nourishing meals, with daily dinners and breakfasts provided onsite as well as the opportunity and supplies to prepare a sack lunch.

REST's case management of these families helped connect them to services which improved their health, development and functioning. REST conducted an intake assessment for all clients, including caregivers and children, on their induction to the shelter. This tool gives REST staff an understanding of the needs of families experiencing homelessness to better be able to connect them to relevant services. REST referred families to health services such as Adventist Health & Rideout's street nurses. Community partners provided activities for young children and their families at the shelter. For example, Mindful Youth Adventures taught weekly classes on mindfulness and coping skills to young children and their caregivers at REST's shelter, giving Sutter County families resources for their improved development and family functioning. REST provided the Ready to Rent course to three of these households, empowering them to provide a secure living situation to their families by giving them skills to overcome barriers to housing and become successful renters. At least one of these families attained employment during their stay with REST.

REST believes meeting the basic needs of families and providing them supportive case management empowers them to exit homelessness, thus allowing them to improve the health and development of their children. The results of REST's 2019-2020 shelter season bear witness to this. While REST's shelter season has ended, these families are still benefitting from the services REST provided. All Sutter County families with children prenatal to age five served by REST transitioned to a healthier destination than when they entered the shelter. These destinations include permanent housing, residential programs and staying with family. This means that none of the families in SCCFC's target population who participated in REST's 2019-2020 shelter had to return to living in their vehicle, on the streets, or in an encampment. This success is due in part to REST meeting these families' basic health needs for food and shelter as well as connecting them to relevant services through its case management and partnerships with other local organizations. REST greatly appreciates SCCFC for its grant which helped make REST's 2019-2020 shelters season a success.

“2020 Maternal Mental Health Matters” Final Report:

Project Summary and Evaluation

Conference Planning Committee – Sarah Ludwick and Tina Lavy, TCBA

Project Summary:

The TriCounties Breastfeeding Alliance (TCBA) is pleased to provide our summary and this report to Yuba County First 5 and the Sutter County Children & Families Commission for the grant funded in 2020. The focus of the project was to increase awareness and support of our area’s health community in key aspects of perinatal depression and related mood disorders, such as anxiety and psychosis (PMADs).

PMADs are a leading complication of childbirth and have a significant impact on the mother, infant and family. Babies born to mothers who have experienced PMAD symptoms during pregnancy are at a higher risk for negative birth outcomes such as prematurity, low birthweight and small head circumference. Mothers experiencing symptoms after delivery are less likely to breastfeed and may have difficulty bonding with baby. Between 10% and 20% of new and expectant mothers suffer from PMADs and suicide is the second leading cause of mortality in postpartum women, accounting for 20% of postpartum deaths. All these factors play a role in an increased risk for developmental delays, behavioral problems and learning issues as these children age.

The central goal of the project was to increase the awareness and knowledge of local medical providers and adjunct staff about PMADs by providing a training opportunity that expanded the attendees understanding postpartum depression, grow the system of care to include PMAD-educated providers, support for families, and development of a protocol for follow-up utilizing evidenced based practices, and increased community awareness through the “Yuba Sutter Blue Shift” campaign by nurturing an integrated approach to changing the conversation and stigma that have historically surrounded PMADs.

Initially, the first component of the project was to host a two day in-person conference with 2-hour sessions (repeated) for hospital nurses, behavioral health therapists, prevention and early intervention counselors and adjunct staff as well as a 1-hour lunch session for local medical providers. The training was originally scheduled for May 6th and 7th 2020 to align with Maternal Mental Health month (May). The conference planning committee finalized a contract with Dr. Annell Mavrantonis in February 2020. Dr. Mavrantonis specializes in psychiatry and neurology and practices in Roseville. She also has experience in presenting on PMAD treatments, including pharmacological interventions, and as a presenter for Postpartum Support International’s (PSI) *Perinatal Mood and Anxiety Disorders Certificate Training*, an internationally recognized evidence-based program for health care providers.

The objectives of the Maternal Mental Health Matters (MMH) training by Dr. Mavrantonis were:

- 1) Identify two new statutes to California legislation that address MMH
- 2) Discuss the risks of not identifying and treating MMH
- 3) Classify and define perinatal mood and anxiety disorders (PMADs)
- 4) Identify tools commonly used to screen for PMADs
- 5) Discuss options for treatment of PMADs

After finalizing a contract with Dr. Mavrantonis, preparation for the conference continued: Rideout Foundation agreed to provide a location for the conference and promotional materials – “Save the Date” announcements - were sent to providers and adjunct health staff. Continuing Education Units (CEUs) were secured with assistance from the Yuba-Sutter Behavioral Health’s Executive Secretary Sue Hopper for both RNs and CCAAP (California Consortium of Addiction Programs and Professions). Yuba-Sutter Behavioral Health (YSBH) is currently a CEU registered provider and offered to underwrite the CEUs at no cost. The planning committee had collaborated with the Adventist Health Rideout Medical Staff office for three previous conferences and again approached their Medical Staff Coordinator to assist with the 2020 conference. Sumiko Newman assented to providing CMEs. The planning committee began to prepare supporting documents and required forms.

In mid-March, our nation and local community experienced unparalleled circumstances that would affect many aspects of well-laid plans for the conference. The committee discussed the possibility of an on-line webinar with our grantors, First 5 Yuba County and Sutter County Children & Families Commission, as an in-person conference with an expected attendance of 100+ attendees in three sessions did not appear to be practicable. Both commissions supported our proposed change. Dr. Mavrantonis graciously agreed to a recorded webinar rather than in-person presentation.

The platform that appeared best fit for a recorded and archived webinar for later viewing was Zoom Webinar. Originally, funds from the grant were budgeted to provide refreshments for those attending the 2-hour sessions and lunch for those attending the 1-hour medical provider session. Since the recorded sessions would be available for viewing in the office setting/home and at more convenient times, it was not necessary to provide lunch or refreshments. The committee felt purchasing a subscription for Zoom Webinar was a practical alternative as well as a long-term and useful tool for similar virtual meetings and workshops in the upcoming year. The Zoom Webinar subscription cost replaced what would have been budgeted for meal and refreshment expenses.

During the next several weeks, reduced work hours for the planning committee and other partnering staff affected the time that could be dedicated to continued preparation. Our contact (Sumiko Newman) at Adventist Health Rideout Medical Education office was furloughed for SIX weeks. The committee looked at other options to secure CMEs and were able to locate a private consulting group that could prepare the necessary documents and provide CMEs – but at a cost of over \$1200.00. In anticipation of the increased cost, the planning committee sought extra funds to offset a possible shortage. Harmony Health, a local federally qualified medical clinic and community resource center offered support with a sizeable grant of \$500. The committee was in the process of negotiating a contract with *CME Consulting* in mid-April when a message arrived from Sumiko: she had returned to work and could expedite the CME process via email and virtual correspondence with the CME Education Chair – and with no fees.

Dr. Mavrantonis sent her slide presentation for review and a date was set – May 6th - to record the webinar. *Zoom Webinar* was a new platform system for Dr. Mavrantonis as well as those who assisted with recording her presentation. That afternoon was dedicated to a “practice run-through”, a full recording of the 2-hour session for adjunct staff and the 1-hour recording of the medical providers and prescribers session. Dr. Mavrantonis recorded from her home in Roseville and two TCBA members joined remotely for logistics from Sutter County Public Health.

The final components of the 2-hour presentation (evaluation and feedback) were added to the presentation platform for distribution and the webinar was disseminated to local contacts via email on May 15th. As of May 25th, over 20 email requests to view the 2-hour webinar had already been received. The 1-hour webinar is now ready to download for viewing as well. Adventist Health Rideout just approved CMEs on May 26th for the 1-hour presentation. Both webinars will continue to be promoted throughout the medical community in newsletters and promotional flyers in May and June and will award CEUs and CMEs until June 30th, 2020. The webinar will then be archived (educational credit discontinued/evaluation closed), but still available for viewing.

Project Evaluation:

One component of the project's evaluation was to assess the webinar viewer's knowledge transfer, including instrumental and conceptual, as well as expectations of the conference. It was anticipated that the evaluation of the conference will receive "medium to high" or "high" satisfaction or rating of increased knowledge, met objectives of the conference, effectiveness of speaker, and skill transfer. Webinar listeners have the option of completing the evaluation through an on-line 10 question survey or written evaluation via email. In the near future, anticipated outcome will be continued engagement and lasting partnerships to increase the understanding of PMADs, diagnosis, referral pathways and integrated support with local partners and collaborative activities. Once the webinar is archived (June 30th), complete survey results will be tabulated, reviewed and shared.

The main goal of the project was to present a high-quality and timely training opportunity that increased participants understanding postpartum depression, described evidence-based tools available for screening and assessing maternal mental health, how to connect those in need with additional resources, and as appropriate, provide treatment. Educational materials were considered if the budget allowed. With the additional funds from Harmony Health and in-kind savings for procuring CMEs through Adventist Health Rideout Medical Staff office, the planning committee proposed to print and purchase, with additional funds from Sutter County Maternal, Child and Adolescent Health, a quantity of the PMAD handbook/office guide "Feelings in Motherhood" to distribute to local providers.

It is anticipated the didactic outcomes resulting from the 2020 grant funding, as well as the continued promotion of the "Yuba Sutter Blue Shift Project" will foster support and community responsiveness to PMADs, maternal mental care, and ultimately, the good health and success of our families and children for generations to come. The training and overall project has truly been a local bi-county effort befalling in extenuating circumstances.

In Appreciation

The planning committee for the 2020 *Maternal Mental Health Matters* grant unconditionally appreciates the funding of Yuba First 5 and the Sutter County Children & Families Commission as well as the assistance of the many partners from our community who facilitated in bringing the project to fruition:

Sumiko Newman, Adventist Health Rideout Medical Staff Coordinator

Sue Hopper, Sutter-Yuba Behavioral Health Executive Secretary

Tony Kildare, Sutter-Yuba Blue Shift Project visionary

Rachel Farrell, PA, LM, CEO, Harmony Health Medical Clinic and Family Resource Center

Ariston Dumaran, Sutter County Public Health Nurse and [Zoom Webinar](#) technology consultant

Dr. Annell Mavrantonis

Budget (modified)

Category	Unit Cost	Total Amount
Project Educational Materials “Feelings in Motherhood” (additional funding from Sutter County MCAH will be provided)	\$1100.00	\$1100.00
Zoom Webinar subscription	\$549	\$549
Honorarium speaker fees – Dr. Mavrantonis	\$4000	\$4000
IBCLE continuing education fee	\$55	\$55
Postage	\$4	\$4
Other		
In-kind donations: Continuing education units for nurses and medical providers through Adventist Health + Rideout, Continuing education units for behavioral health professionals through Sutter Yuba Behavioral Health, TCBA members volunteered time for planning, logistics and project development	\$0	\$0
Subtotal		\$5,704
First 5 Yuba County	\$2600	-\$2600
Sutter County Children & Families Commission	\$2600	-\$2600
Harmony Health (pledged)	\$500	-\$500
Total Budget		\$0

Sutter County MCAH Mini-Grant Report: Empowering Caregivers to Provide Safe and Loving Homes for
Sutter County Children
Fiscal Year 2019-2020

The Sutter County Public Health Maternal Child Adolescent Health program would like to thank the Sutter County Children and Families Commission for their generous sponsorship with which we were able to enhance our services to provide much needed assistance to Sutter County's youngest and most vulnerable children.

Due to unforeseen circumstances, caused by the COVID-19 pandemic the MCAH program had to modify home visiting and outreach practices in order to follow outbreak prevention guidance while still serving the needs of our target population. We are excited to share some of the innovative ways we were able to use funds to promote safe sleep practices, parent-child attachment, and healthy child development through leveraging resources and partnerships, including working closely with Sutter County Children and Families Commission staff, as explained in this report.

Prior to COVID19 public health nurses and social worker completed outreach at the Adventist Health +Rideout Birthing Center multiple times a week, providing safe sleep education to approximately 30 families a month on the postpartum unit. During interaction with families public health staff were able to identify 16 families who were without an appropriate safe sleep environment or the resources to obtain one. All families provided with a portable crib and sleep sack were given one-on-one education about safe sleep practices, instructed on proper use of portable crib and asked about intent to follow safe sleep recommendations. Most parents reported learning something new from the education and plans to use the portable crib as the primary sleep location for their infant. Attached are samples of the safe sleep education materials provided to the family, along with the tools used to assess parents' understanding and intent to follow infant safe sleep practices and SIDS risk reduction. Remaining portable cribs and sleep sacks will be provided to families in need as they are identified through MCAH outreach when COVID19 restrictions are lifted.

Healthy Families Sutter County program began enrolling families in home visiting services in October 2019. During this time frame 9 families have started receiving home visiting services. The social worker in the Healthy Families Sutter County has been certified to use and implement the evidence-based Growing Great Kids (GGK) curriculum. The social worker uses GGK materials in her weekly home visits to partner with parents to reduce their stress and help grow the essential parenting and life skills that will empower them to provide their children with a safe, loving home, and the inner strengths to reach their highest developmental potential. Some examples of how the materials were used: "E-Parenting Heart"- growing empathetic parenting skills and self-regulation in children; "Plates and Patterns"- To stimulate babies' curiosity, to form stronger connections between babies' eyes and brains; "Fly Away" -to build parent-child attachment by practicing the ready for play; "Action-Reaction Rattles"- to give babies opportunities to learn about cause-and effect, stimulate babies' brain development; "Kick Boxing"- cause and effect, by using their hands to bat and their feet to kick the toy. Two of the parents have placed the E-Parenting Heart by the baby's crib and it is a constant reminder for the parent to practice the empathetic parenting skills with their child and how it has impacted their life in a positive manner. While the Healthy Families Sutter County program was not able to achieve full caseload capacity due to an ongoing vacant home visitor position, we were able to enhance the number of families served by partnering with the Sutter County Child Welfare Public Health Nurse who is

implementing the same evidence-based Growing Great Kids (GGK) curriculum with home visiting families. During this time period, she provided intense home visiting services to 8 families. Materials were ordered to engage families in the GGK curriculum activities, which encourage parent-child interactions aimed at promoting bonding/attachment and child development. Some examples of how the materials were used: creating toys such as books about their child to support attachment, language development, and fine motor skills; a “talk box” to encourage language development and attachment; “Eye Spy” bottle to encourage attachment, gross motor, and cranial nerve development; pattern plates to support cranial nerve and vision acuity, sock puppets to encourage language development, imagination, and attachment, pulling colors to encourage fine and gross motor development and language development; Caring for Dolly, and Dolly and Teddy Have Feelings Too, to support social-emotional development; Flashlight Vocabulary for language development, and Kick Sock to encourage gross motor development. During the COVID19 shelter-in-place order Healthy Families Sutter County was able to continue to provide much needed support to home visiting families via telephone calls, texts, and virtual home visits (i.e. FaceTime). Mini grant funds were used in innovative ways to not only encourage parent-child interaction, but also encourage self-care and coping strategies for mothers. The Healthy Families Sutter County home visitor has been spending a lot more time checking in with how the clients are feeling, with a focus on mental well-being. Mothers were provided with inspirational coloring books for adults with inspiring quotes and positive affirmations, colored pencils, crayons, white blank books, and scrapbooking stickers. Healthy Families Sutter County partnered with the SCCFC to provide these items along with the supplies for “picture storybook”, an activity from the GGK curriculum, with the Census 2020 bags and delivered them directly to the clients’ doorstep. After families received the packets, the home visitor reviewed the importance and purpose of the materials with families through phone conversations, texting, and FaceTime. One mom reported, “I journal before I go to sleep and I’m sleeping thru the night now.” Another mom reported “I enjoy scrapbooking because it calms me down. I have extra stress at home because I have to live with my mom and I have made 2 books of my 6-month old.”

Once again Sutter County Public Health would like to express appreciation for the grant funds which have allowed and will continue to allow the program staff to provide resources and materials to support safe and healthy Sutter County moms and babies that would otherwise not be possible.

Respectfully submitted,

Sarah Ludwick RN PHN
Sutter County MCAH Director