



The Breastfeeding Support Center of Butte County

Submitted by Lorna Humphreys, IBCLC, HES

The Breastfeeding Support Center has had a very busy two years and it seems we are just getting busier. One of the wonderful successes of these last two years has been our collaboration with WIC in conducting the mother-baby support group. We have seen over 156 women in this support group; some women have attended weekly for many months and some have attended only once or twice. Support groups provide a weekly time for BSC staff to meet women for a quick weight check or to follow up on the effectiveness of their breastfeeding plan. We often refer women to the group as a time saver as we can see more than one woman at a time but we know that many of the women will continue attending due to the support they receive from their nursing peers.

Support groups provide a place where women get support from other women; there is great comfort in sharing some of the universal feelings and uncer-



The growing Breastfeeding Center family!

tainties of early parenting. Women come and we have no idea whether they are Dentists, Veterinarians, Engineers, Stay at Home Mothers, Teachers, or WIC participants – they come together as Mothers. All have shed tears of frustration that their babies “don’t sleep”, haven’t had a stool in several days, that they have not been able to shower alone in three months, used a nipple shield for 3 weeks, or were concerned about their babies weight gain. Many of our mothers have feelings of in-

adequacy and think that they are not being a “good” mother to their baby; worse, some have experienced judgmental statements from others that their baby’s issues are due to breastfeeding.

What women have taken away from the group is friendship and comfort that they are not alone. The friendships forged during these transitional years have led some of these women to form walking groups, book clubs and play dates. And, once in a while, one of the older Mothers—one who has a toddler now—will bring her friend with a new baby so she can be nurtured, as she was, by these wonderful new Moms. I will always remember when the mothers were talking about sleep or rather the lack of and Brid, who traveled from Magalia weekly, spoke up to say that she “looked at getting up at night as a time of quiet that only she could spend with her infant.” The other

(Continued on page 5)

New Immunizations Now Available

Submitted by Christina Chavira and Jolene Nixon, CSHB Program

Up to date immunizations for children has been a focus for the Clean Start, Healthy Beginnings Team. “Keeping up to date and educating parents about new immunization recommendations for children is also a priority” states Dolores Marcotte, RN with the CSHB Team. There are several new vaccinations for infants, children and teens, reflecting recent changes in the Centers for Disease Control and Prevention. Two of these immunizations prevent against life-threatening diseases in very young children.

“Medicine at its best keeps progressing,” said Bill Sprotte, Nurse Practitioner at the Enloe Children’s Health Center and collaborator with the Clean Start, Healthy Beginnings Team. “Until re-

cently, kids were done with shots by about age six, but science has really improved and we can do a lot more for children.”

The new immunizations for infants are the rotavirus vaccine, given orally, and the varicella vaccine against chicken pox, administered as a shot.

The rotavirus is the most common cause of a severe gastroenteritis in infants and young children. Gastroenteritis is an illness ranging from mild, watery diarrhea of short duration to severe diarrhea with vomiting a fever that can result in dehydration leading to complications, requiring doctor/clinic visits and/or hospitalization in severe cases. The rotavirus infects almost

(Continued on page 4)

Inside this issue:



The Breastfeeding Support Center: Support Group Success	1
Clean Start, Healthy Beginnings: Immunization Update	1
A Look at Prevention: The CARS Program	2
Information: FREE Skin Cancer Prevention Education Package	2
The Get Ready Program: Making an Impact	3
HelpCentral.org: Updates to the Website	5
How to contact us (Please note our NEW address!)	6



“I feel surprised when Santa comes!”

-Brandon, 4 years old

A Look at Prevention: The CARS Program

Submitted by Brian Giles, CARS Family Support Worker

For the last three years, Butte County’s Department of Employment and Social Services, Children’s Services Division, has successfully joined forces with Youth for Change to work in collaboration with Northern Valley Catholic Social Service and Catalyst Domestic Violence Services in a First 5 Butte County Children and Families Commission funded program called Communities Accessing Responsive Services (CARS). This program is aimed at providing support and assistance for families with children (0-5), before family issues escalate to the legal level of intervention by Children’s Services.

We are all well aware that child abuse and neglect is one of the most costly and persistent social issues a community can face. Professionals have recognized for years that lower risk families are not getting the support and assistance they need, and are coming back into the child welfare system more damaged and requiring more and more services. In working with families, it can become increasingly challenging to market the idea of preventive services coming out of the very system that has been charged with the duty to protect the safety and well being of children.

Child abuse prevention can start when a family identifies and understands the stressors and needs that are present in their at risk homes. Referrals received by Children’s Services that do not meet the requirements for intervention by the child welfare system are offered the opportunity to participate in voluntary services through the CARS Program. CARS Program staff works with families

in identifying those stressors. The importance of partnering with other agencies and local community resources is essential to acting early to preserve and strengthen families before child abuse or maltreatment escalates due to stress or frustration.

Each family in the CARS Program participates in a comprehensive strength-based assessment to ensure that all identified concerns affecting the family’s ability to provide a safe and nurturing environment for their children are addressed. The parent(s) work together with program staff to develop reliable support systems, both socially and community wide. Barriers are addressed and realistic workable plans are made to work towards overcoming them. Once the family has identified the work they would like to do, the Family Support Worker can assist in advocacy and skill building so that the family begins to function as a healthy interdependent part of their community.

The Family Support Workers from CARS can also assist families by providing limited financial assistance for basic needs such as food or keeping the electricity turned on. These needs can be as unique as the families themselves. One family needed bus tickets to go to another county to clear traffic violations that kept the father from being able to drive to work. He now has a valid license and has been able to find and keep a job. Another woman needed a little guidance in writing a letter to the court. The letter has fallen upon the ears of an attorney who took her case and is representing her free of charge to get her fel-

ony removed from her record so she can pursue a career.

From October 2004 through December 2006, Butte County Children’s Services referred 166 families to the CARS Program. During that period of time, 101 Oroville and Paradise families (with 310 children) chose to participate in the program. These families have been monitored every six months to determine if they have become involved with the Child Welfare System after participating in the CARS Program. Only four of the families who participated in the program later became formally involved with Butte County Children’s Services. Through December 2006, 101 families benefited from their participation in the CARS Program, and 302 children have been able to remain safe at home, with their families, and out of the foster care system!

The CARS Program began as a pilot program in the Oroville area with funding from the First 5 Butte County Children and Families Commission. With other funding opportunities we were able to expand our target population to families with children up to age 18. This program is but one program striving to make a difference in families’ lives by providing skills to become self-sufficient. We believe it only takes one positive experience to act as catalyst for change.

For more information, or if you know of a family that might benefit from participation in the CARS Program, please call Brian Giles @ (530) 872-3896.

Free Skin Cancer Prevention Education Package

The California Department of Health Services, through its Skin Cancer Prevention Program (SCPP), is offering a free skin cancer prevention education package to all preschool and child care programs that serve children, ages 3 - 5. The package includes a curriculum, poster, video (DVD or VHS), and a sun-safety sample policy. The curriculum includes 20 activities for young children on the power of the sun and how they can protect themselves from over-exposure to harmful UV rays. Please take advantage of this fantastic free resource! The order form can be found at www.AvoidSkinCancer.com or can be requested by e-mail (amanthe@dhs.ca.gov) or telephone (916-449-5393).

"I feel happy when my doggy licks me."

-Nichole, 4 years old



Get Ready Makes an Impact!

Submitted by Lynn Haskell, Project Manager

Three years have flown by only because we were busy every minute of those 3 years. 912 Children in Butte County received Second Step lessons and not just one lesson but 24 lessons on emotion management, impulse control and problem solving. Lessons that will be useful during the child's whole life. Social skills that will help those children be successful not only in school but all their relationships.



Zane's dad, mom, and Zach make him happy!

in a row using only their staff. Valley Oak Children's Services will continue to provide the curriculum through their lending library for family childcare homes and sites not yet implementing a social emotional curriculum.



Logan would feel angry if he ate some dirt!



Exrah feels surprised when someone says boo!

Pictures are taken of the child and placed within a story about what is expected from the child such as sharing, caring or taking turns. Children love these stories and respond well to the specific skill they teach the child. Get Ready's interns from Chico State have been instrumental in putting these social stories together and we would not have been able to do the work with out them. THANK YOU!

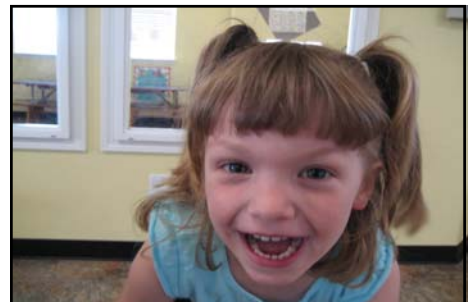
Over the last three years:

- 912 children received 2nd Step Lessons
- 806 children were screened for behaviors
- 75 providers trained
- 30 centers implemented S/E curriculum
- 16 CSUC Interns

We have found throughout the project that some children have a particularly hard time with learning some of these lessons. These may be children that are distracted by environmental factors such as divorce, incarcerated parents, foster placement, a sick parent or a death in the family.



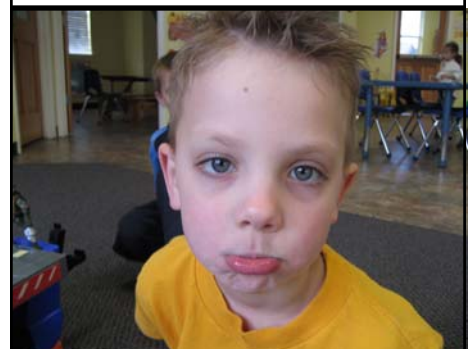
Anthony feels afraid of scary sounds!



Worms in Veronica's mouth make her angry! And Ryan feels sad when he can't watch movies! Can you blame them?



Yucky olives disgust Mackenzie! (Us too, Mackenzie ... Us, too!)



That is when we have turned to social stories. This is a positive behavior support practice that personalizes a lesson for a child.

It was a goal of the Get Ready! Program to introduce and implement social emotional curriculum to all pre-school centers in Butte County. We are half way there with 30 sites having participated in the program. Beth Wattenberg did an amazing job of outreach to all sites and trained 75 childcare providers with 30 hours of Incredible Years Classroom Management. It is the program's legacy that those sites have two social emotional curricula to choose from: Second Step or Woven Word. Several sites have earned their own kits by implementing the curriculum 2 years



“A sandwich makes me feel disgusted.”

-Bryant, 3 years old

(Immunizations...Continued from page 5)

all children by age 5, but the most severe illness occurs mostly among children aged 3 to 35 months. It is recommended by the Advisory Committee on Immunization Practices (ACIP) to vaccinate all infants with three doses of the rotavirus vaccine given orally at ages 2, 4 and 6 months.

Chickenpox is caused by the varicella-zoster virus. Chickenpox is very common and extremely contagious. Symptoms range from fever, headache, stomach ache, or loss of appetite before breaking out in the classic pox rash. The rash can consist of several hundred small, itchy, fluid-filled blisters over red spots on the skin. The blisters often appear first on the face, trunk, or scalp and then spread to other parts of the body. Generally, the infection is mild and not life-threatening, but there are thousands of cases each year in which people become seriously ill, requiring hospitalization, and some people do die from it. The American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) recommend that children receive two doses of the traditional chickenpox vaccine. The first should be given when the child is 12 - 15 months old. Children should receive the second dose when they are 4 - 6 years old. Children 13 and older who have not received the vaccine and have not had chickenpox should get 2 doses 4 to 8 weeks apart.

The human papillomavirus (HPV) vaccine is now also available. The Centers for Disease Control and Prevention recommends this vaccine for girls, ages 9 through 26 years old who have not been previously vaccinated for HPV or who have not completed the full vaccine series. The HPV vaccine protects against most cervical cancers and genital warts, for life, once the full vaccine series is given.

These vaccines and other childhood vaccinations are available at low or no cost through publicly funded sources, including the Vaccines for Children (VFC) Program, available through public health

departments and pediatric healthcare providers.

Ideally, all vaccines should be coordinated with routine well child care visits with your primary care provider. If vaccinations are received outside the primary care setting, it is important to let your primary care provider know. Your child's primary care provider will make sure your child has everything needed such as immunizations at the right times and also keep you informed of new developments as they become available.

Another note to Parents: Public Health Departments and many health care providers are participating in the statewide immunization (IZ) registry, a secure computer system that stores children's immunization records. The registry is voluntary and confidential. The information can only be used by doctors, hospitals, public health departments and other special programs that serve children. If you participate in the registry, your child's immunization records are readily available to you if you move, lose or misplace your child's IZ record.

There are many reliable resources available online about vaccines. Three are:

The American Academy of Pediatrics: www.cisimmunize.org/

Centers for Disease Control and Prevention's National Immunization Program: www.cdc.gov/nip/

Immunization Action Coalition: www.immunize.org/catg.d/p4017.htm

For more information or to make an appointment, parents have several options in Butte County: Call their primary care provider; call one of the two Butte County Public Health Dept. sites; or call Enloe Children's Health Center. Butte County Public Health sites are located at: 2445 Carmichael Drive, Chico, phone 891-2731; or 78 Table Mountain Blvd., Oroville, phone 538-7341. For Spanish or Hmong, call at no charge, 800-339-2941. For Enloe Children's Health Center call

332-6000, Spanish and Hmong translation is available through this line. The Enloe Children's Health Center is located at 277 Cohasset Road, Chico.

Clean Start, Healthy Beginnings (CSHB) provides nursing and social services support to pregnant women and families with children 0 to 5 years of age. **CSHB** is a grant program sponsored by Enloe Medical Center and funded by **First 5 Butte County Children & Families Commission**. If you would like to learn more about the Clean Start, Healthy Beginnings Program, please call (530) 332-3841. And for more information about First 5 Butte County programs, please call (530) 538-7964 or visit www.buttecounty.net/bccfc.

About the Enloe Children's Health Center: The Enloe Children's Health Center is a partnership with Chico pediatricians that cares for newborns, children and adolescents through 18 years old, providing same-day sick appointments, well-child exams, and physicals, including vision and hearing screenings, immunizations, sports and/or camp physicals, referrals to specialists if needed, and Hmong and Spanish interpreters. Our staff works with parents to help them make healthy choices for their family. Enloe Children's Health Center accepts all insurance, including Healthy Families, as well as Medi-Cal.

References:
Centers for Disease Control: *MMWR, Prevention of Rotavirus Gastroenteritis Among Infants and Children*
Medline Plus Medical Encyclopedia: Chickenpox - Vaccine
Statewide Immunization Information System: Frequently Asked Questions on Immunization Registries, (Parents)
National Vaccine Advisory Committee: Standards for Child and Adolescent Immunization Practice



At CSHB, everyone agrees:
It's All About the Kids!

"I feel surprised when I get a new present!"

-Kiara, 4 years old



Page 5



HelpCentral.org Search Page Revised - Easier To Use

Submitted by Bill Hubbard and Tara Sullivan-Hames

HelpCentral.org is Butte County's comprehensive directory of low cost and no cost community services. This free searchable directory is accessible and utilized by agency staff, clients and by people in need via the Internet at www.helpcentral.org. With over 1,000 searches per month to the web site, HelpCentral.org is an essential community asset in connecting people to needed services. We've added new features to the searchable directory that will make your online visit to HelpCentral.org more user-friendly.

To investigate these changes, go to the searchable directory by logging on to www.helpcentral.org and click the "Find Help Fast" button. Now, when searches are conducted by Category, information pops up in a side-by-side frame, making it easier to 1) see your search term options all on one page and 2) know where you have been and where

you are going on the site! Less toggling back and forth between pages saves you time and reduces that "getting lost" feeling while looking at multiple services and agencies. We've also eliminated the repetition of search terms by streamlining the results from your search by Keyword. This speeds up the process of zeroing in on the search term that meets your need.

Another new feature allows you to jump straight to snapshots of other programs offered by an agency when viewing a program detail page. This gives a complete picture of an agency's services, all in one place. No more backing out, and re-entering through a new search string.

Be sure to check out these and other changes to help get people connected to needed services. Click on the [search tips](#) link if you need help searching.

While the online searchable database of services is the most comprehensive and up to date directory on HelpCentral.org, we also maintain and post an abbreviated print directory of low cost and no cost services. This condensed version of services is available for you to print from the HelpCentral.org web site. Look for the open book icon in the News and Commentary box on the homepage. Updates for the Spanish and Hmong directories will follow during the summer.

Please check to make sure your agency information is kept current by going to www.helpcentral.org, click "Find Help Fast", type in your agency or program name in the appropriate search box, and look through the program, site and service information. Call 879-2455 or e-mail helpcentral@ncen.org with any changes.



(Breastfeeding...Continued from page 1)

Mothers were enlightened with another point of view. And the best part is that I didn't have to interfere, I just sat and agreed that some women enjoyed quiet times in the middle of the night! One of our Chico Dads shared that the "group saved his life", that having met other Mothers with children the same age was such a great thing for his wife. She would have been alone with a new baby and her feelings of inadequacy without the support of this group.

The support groups have also hosted non breastfeeding women. Nancy, a new immigrant with limited English language skills and mother of two young girls, has been attending the weekly group for over three months now. There is a definite language barrier but it is quite obvious that there is not an emotion barrier. Nancy is concerned that her older daughter is "jealous" of the new baby. The group has supported her and given ideas of how they have coped with an

older sibling when the new baby arrived. We also see adoptive mothers that want to breastfeed their new baby. Jerilee is one such mother from Oroville. She had the advantage of knowing about her adoption 4 months before Aaron was actually born. She contacted the Breastfeeding Center for the protocol for inducing lactation. Yes, you don't have to have a baby to make breastmilk! Jerilee came to the BSC and the mom's support group. The breastfeeding moms supported her effort and were envious when baby Aaron was born because she didn't have a sore bottom or stretch marks. Aaron was born three weeks ago and Jeri had enough breastmilk to take pumped breastmilk to the hospital at his delivery and now Aaron is exclusively breastfed without any supplementation. Jerilee's new friends at the breastfeeding support group celebrated right along with her!

What is next for our center? We are planning on continued combined efforts with "Healthy Mothers" to expand

our existing services to women who live in Paradise and to offer more services to Oroville Hospital. We also plan to increase services to mothers of toddlers by continuing our partnership with WIC and OPT for Fit Kids in the form of a Tuesday morning group for mothers and toddlers. The group will continue with the breastfeeding model of mother to mother support and we have added "move with your toddler", as well. We will have a thirty minute session of continuous movement and then the support portion for not only breastfeeding mothers but all mothers of toddlers who are interested.

It has been a long while since that first day waiting for our first phone call; we wondered, if we offered free breastfeeding services for women, would they take advantage? The answer has been a clear YES. What we have found is that women somehow find our services... and these women tell their friends!



82 Table Mountain Blvd, Suite 40, Oroville, CA 95965
530.538.7964 Fax: 530.538.5279
Web: www.buttecounty.net/bccfc Email: cfc@buttecounty.net



Butte County Commissioners

Phyllis Murdock, Commissioner - 06/07 Chair

Cathi Grams, Commissioner - 07/08 Chair

Linda Moore, Commissioner - Vice Chair

Maureen Kirk, Commissioner

Mark Lundberg, Commissioner

Sandra Machida, Commissioner

Karen Marlatt, Commissioner

Dave Scott, Commissioner

Yvonne Nenadal, Alternate Commissioner

Ger Vang, Alternate Commissioner



Commission Staff

Jill Blake, Program Manager

Susan Billings, Administrative Asst, Sr.

Anna Dove, Administrative Analyst

Liz Griffin, Administrative Analyst, Sr.

Eva Puciata, Administrative Analyst

How to reach us

Our **NEW OFFICE** is located at:

82 Table Mountain Blvd, Suite 40

Oroville, CA. 95965

Phone Number: 530-538-7964

Fax: 530-538-5279

Email: cfc@buttecounty.net

Website: www.buttecounty.net/bccfc