

Southern Nevada Early Childhood Advisory Council

Minutes from October 25, 2017

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1. Welcome & Introductions

Meeting began with welcome greeting. Members gave brief introductions of themselves and their agency/organization, including the community groups/coalitions they are involved in.

2. Overview of the Prenatal Mood and Anxiety Disorders Program

Jacqueline Kennedy from the Nevada Statewide Maternal Child Health Coalition gave an overview of their Prenatal Mood and Anxiety Disorders program/training and resources. The objective of the training is to

increase awareness of the signs and symptoms of perinatal mood and anxiety disorders to healthcare professionals in order to support and refer women and families. Their universal message is:

You are not alone

You are not to blame

With the right help you will get better

By the end of the PMAD training, participants will be able to:

- Understand perinatal mood and anxiety disorders and identify who is impacted.
- Know the risk factors associated with PMADs.
- Understand the related social issues.
- Describe how stigma often gets in the way of women getting care and help remove the stigma associated with mental health issues.
- Identify local resources and referral systems.

The PMAD overview presentation is attached. Jacqueline mentioned that they pay for therapy for those that do not have insurance or help pay any copays. If you would like to have this training given at your organization/agency or would like to become a trainer please contact Jacqueline at 702-676-4970 or jacqueline.kennedy@dignityhealth.org.

3. SNECAC Initiative: Screen Free Zone

The first Screen Free Zone took place at the Step Up for Kids Event on September 25, 2017 and was hosted by The Children's Cabinet as their vendor activity for the children to enjoy. The idea is to promote and encourage families to unplug from digital entertainment and spend that time playing, daydreaming, creating, exploring and connecting with family and friends.

Mikeala from The Children's Cabinet gave a brief recap of the zone and provided a few notes to take into consideration to be able to better prepare for future events:

- Try and have more tables available for paper activities. Not enough room for kids, volunteers, and staff.
- Have the area marked more noticeably, people had a hard time seeing where to enter from.
- Doing a better job with signage. Having bigger and more visible signs that identify the area and highlight the purpose. Parents were a little confused as to what the area was for. The Children's Cabinet table tried to explain the purpose, but got too busy at times that people were going in not know what the purpose was.
- For the volunteers, having the same volunteers for the entire event. Rotating them made it difficult as the Children's Cabinet table was not notified of when it happened, therefore, the new volunteers were not given specifics and were not aware of what to do. Paper Dolls made in the screen free area were not collected because of this.
- Position the booth towards the back, the speakers were too loud to do any story time reading.

Members were asked to if they had or knew of any upcoming event were we would be able to host another Screen Free Zone. There were no events identifies. Members were asked to think about the next steps and ways we will promote Screen Free Week (May 1st-7th) for our meeting in January.

4. Infant/Parent in the Workplace Policy

At the SNECAC meeting in August, Nicolet Palmer from ITCN asked if anyone knew about "infant in the work place" or "parent in the work place," which allows mothers to bring their children up to age 6 months to their work place when they return from maternity leave.

SNECAC members were interested in this topic and wanted to expand this to see what a company's family friendly policies were in place such as this one as well as maternity and paternity leave, areas to pump breast milk, child care subsidy, etc. Members were asked to individually look into their own policies in their workplace to be able to review and discuss in our meeting in January.

5. Strong Start for Nevada's Children Update

This year to help get kids more involved in the political process and its importance, Strong Start for Children hosted a Kid Mayor election during the Step up for Kids events in Las Vegas and Reno! Katie Hollingshead was elected as the 2017 Clark County Kid Mayor in Las Vegas and Lilliana Braxton was elected as the 2017 Washoe County Kid Mayor in Reno. Each Kid Mayor will be "in office" for a 1 year term until the next election takes place at Step Up for Kids 2018 event. Both Kid Mayors will be recognized at the City Council Meeting on November 15th.

As part of being Kid Mayor, each candidate selected issues in their communities that concerned them and wanted to work on. In order to have each Kid Mayor concretely work on their selected issue the Strong Start Advisory Council is working on a plan that will give them actionable items that will allow them to get traction on them. Shelby asked for the SNECAC member's input and the following were provided:

Clark County Kid Mayor Katie Hollingshead issues:

1. Children being hungry and being able to eat healthier especially being able to have access to more edible trees and shrubs.
 - a. Community garden concept – Three Square, Create a Change Now, Catch Nutritional Program, Green Our Planet, Vegas Roots.
2. Access to A/C during the hot summer.
 - a. Contact National Tech Institute, they have a school and they can have students work with Kid Mayor.
 - b. Burning man community has a DIY A/C on their website.
 - c. Fan Drive
 - d. Swamp Coolers

Washoe County Kid Mayor Lilliana Braxton issues:

1. Working with the homeless community – Partner with The Children's Cabinet in the North for clothing drive.
2. Fire prevention – contact forestry department for wild fires. Try to get connected with a park ranger and visit parks.
3. School Bullying – Week of Respect in September and October is Bullying Prevention Month.

Shelby will take these suggestions to the Strong Start Advisory Council to work on and will keep SNECAC updated and will continue ask for the member's input and guidance.

6. Recap of Step Up for Kids 2017

This year, there were four Step Up for Kids events hosted throughout Nevada in: Las Vegas, Carson City, Reno, and Elko. The Las Vegas Event was held on 9/25/17 from 3-7pm at Spring Preserve. The event was a huge success with over 650 attendees. The 1st Clark County Kid Mayor election was hosted and Katie Hollingshead was elected as the 2017 Clark County Kid Mayor. Stay up to date on her activities by visiting www.strongstartnv.org. Attached is our statewide summary of our events.

Please make sure to check out additional photos of the event on our Facebook page!

<https://www.facebook.com/NevadaInstituteForChildrensResearchAndPolicy/>

7. State ECAC Update

The last meeting was on Tuesday, October 3rd, 2017. Amanda provided a brief summary of the meeting:

- The main focus of the meeting is to continue to move forward with the strategic planning. They are going over the strategic planning process to really focus in on what we really need to do in our community, first, in order to get to the next 3-5 years, what does that look like, and what we need from the local councils to make that happen. On November 2nd there will be a strategic planning meeting in Reno. They received a grant that has allowed them to fly people in. It will not be a video conference meeting, it will be an in person meeting. Amanda will be attending this meeting.

The next ECAC meeting is scheduled for Tuesday, December 5th, 2017. For more information and meeting location visit their website at: <http://nvecac.com/meeting-information/>

8. Nevada's Early Childhood Obesity Prevention Plan Update

Shelby Henderson from the Children's Advocacy Alliance provided a brief update:

The Early Childhood Obesity Prevention Plan is work that is being done at the state level to insure that children are eating healthier and are less likely to be overweight or obese as adults. At our meeting in May, SNECAC members were asked to look over the Early Childhood Obesity Prevention Plan to determine if they could provide additional information that would be helpful to the plan. Shelby forwarded over the feedback provided to her Northern counterpart, Danielle, who is the lead on the obesity work. Based on that feedback, she has made some revision to the plan. She is currently looking at how to take actionable steps; what is currently going on in our community that can be highlighted and can be proud of and what else can be done with the limited/no funds available. The group will have a meeting sometime in November to be able to discuss what will be done.

Margarita DeSantos added that there is new research coming up that shows that education and nutrition alone are not doing much. There are findings that show that there are also other factors, such as, social justice, inequality, and populations that are marginalized or excluded in some way that result in raising of stress levels that raises cortisol levels that increases inflammation, which has a lot to do with obesity and shows to be generational. Margarita suggested including these factors.

9. Mini Case Study Review

Due to the lack of time, the members of SNECAC in attendance decided to post pone the case study review until the next meeting in March. As a reminder, the case study provided by Mikaela Cunningham from The Children' Cabinet is provided below and attached.

10. Volunteer for dessert

Nicole Anyadike with the Kidology Enterprises volunteered to bring dessert to the next meeting in January.

11. Open for Other Comments/Ideas...

- Nicole Anyadike from Kidology Enterprises introduced herself and gave a brief overview of their programs. Kidology's educational enrichment program provides aid in the positive growth and development of youths, offering a wide variety of programs in physical education, S.T.E.M, and life skills. For more information please visit their website at <https://www.kidologyenterprises.com/>.
- Shema Dannatt from the Children Advocacy Alliance introduced herself. She is the new Nevada Story Banking Coordinator, working on Nevadans Together for Medicaid. She is currently trying to target mothers, families, and children on Medicaid. Their goal is to create a digital scrapbook of

why health insurance is so important, as their main focus is “staying healthy.” She is looking for new partners and events she can attend to be able to access families to record stories, sending some stories to Catherine Cortez Masto. These stories also helps the community to stay involved, informing them of what is going on with their health insurance and any policy changes.

- Lori Ann Malina from NEIS talked about their digital portfolios trying to bridge some of the transitions between infant-toddler/preschool-school age. She is currently working on social emotional frame work, but has run into issues with the state issue media devices being older equipment that is not compatible with current updates. She thought it would be a create opportunity to collaborate with Shema from CAA to gather the stories. She also stated that she is interested in getting Strong Start materials and swag to be able to pass out at tabling events as they do two a month.

**All events flyers have been posted on the Nevada Events Calendar
and links are provided in the email with the minutes.**

2018 Meeting Dates

January 24, March 28, May 23, June 27, August 22, October 24

**Thanks to Cheryl Westfall for bringing dessert to the meeting and
to Nicole Anyadike for volunteering to bring Dessert in January!!!**