



2018 Report on Children

The Child Abuse Prevention Council of Napa County is pleased to make public this annual report on the health and well-being of Napa County's children. With the goal of educating, informing and recommending child abuse prevention, and child and family friendly policies to the Napa County Board of Supervisors, it is the mission of the Council to present these findings as a measure of the health and well being of our children and families. In doing so, it is also our intention to offer objective analysis of the information and recommendations in areas where we believe we as a community can better serve our children.

In producing this Report on Children, the Council compiled data from local, regional, state and other viable sources using the most current information available at the time of its writing. These sources are acknowledged in the endnote section of the document.

The report covers a range of key indicators that present a broad and comprehensive review of children's health and wellness in the following focus areas; *Economic Security, Housing, Immigration, Health, Health Effects of Cannabis and Cannabinoids, Maternal Health, Mental Health, Food Security, Juvenile Crime and Probation*. The recommendations in the report are for various jurisdictions, including the County, Cities, and School Districts and include specific legislative actions members of the community can take in support of children and families.

It is the sincere hope of the Child Abuse Prevention Council of Napa County that this report will be used as a source of information that provides insight and stimulates collective, ongoing conversation and efforts to enhance the lives of children and families in Napa County.

Respectfully,
The Napa County Child Abuse Prevention Council

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2016-2017 Accomplishments

- Delivered Mandated Reporter training to professionals in the community at the following locations: First 5 Napa County, Touro University, Aldea Children & Family Services and Planned Parenthood.
- Partnered with Child Welfare Services to enhance our Mandated Reporter training. The CAPC Coordinator offered the trainings with CWS Director. The purpose of this was to build trust and establish relationships between the community and CWS. The CAPC Coordinator also updated the training materials with each target audience in mind to make it more relatable and interactive. This often resulted in providing 1.5 hours of training as opposed to 1 hour.
- Conducted the 2017 Blue Ribbon Child Abuse Prevention Awareness campaign (April 1st – 30th), focusing on upstream prevention and early intervention as an investment in community health, our economy and the development of our workforce.
 - The campaign included presenting the Napa County Child Abuse Prevention Council 2017 Report on Children to the Napa County Board of Supervisors with recommendations on April 4, 2017 to approximately 60 people.
 - 120 attended Napa Resilience Screening
 - 50 adults viewed and participated in Q&A afterwards
 - 70 children participated in guided interactive childcare that was designed and led by our AmeriCorps team member. A variety of blue ribbon-themed developmentally appropriate activities were available for children ages 2+
 - 150 adults attending the UpValley Resilience Screening and Q&A afterwards.
 - 264 view of *Children's Bill of Rights Video* to date
 - 3 presentations to service clubs, reaching an estimated 180 individuals
 - Email campaign that had 1615 opens or 20.64% open rate
 - Student lead art project based on Child Abuse Prevention Awareness painted on Cope's windows.
 - Social Media/Digital campaign for April included both Blue Ribbon and other activities
 - Facebook Engagement: 327
 - Twitter Impressions: 3797
 - Twitter Profile Visits: 275
 - Website Visits: 2323
- Collaborated with County Health and Human Services and several community based organizations to develop a countywide system for the implementation of Triple P, a premier, evidence based parent education program. In the first year and a half of service, 27 Triple P providers were trained, serving over 800 families countywide.
- Enhanced community participation in child abuse prevention through expansion of CAPC Steering Committee with representatives from the faith based community, education field, and community partners.
- Worked collaboratively with the Greater Bay Area Child Abuse Prevention Council to build awareness throughout the 10 Bay Area counties. Specifically launched regional announcement of the 10 county "Economics of Abuse Report" on April 4, 2017 and shared Napa County Executive Summary with the community at outreach events.



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In a recent study by the San Francisco Child Abuse Prevention Council (in conjunction with the Haas School of Business at UC Berkeley) the economic cost of child abuse was calculated for ten of the Greater Bay Area counties (*attachment A*). In Napa County, the cost per victim of child abuse is \$300,000 over a lifetime. In 2017, there were 314 cases of substantiated abuseⁱ, which is a **\$94.2 million dollar cost over the lifetime of these victims**. The number one way that we can protect children is to support their parents, in an effort to reduce stressors and promote a sense of connectedness between parents and children.

The recommendations in this report move us in the direction of supporting families in a way that promotes self-sufficiency and community. Thank you for your partnership in protecting and prioritizing Napa County's children.

Economic Security

Parents who experience social and economic disadvantages face particular challenges in trying to meet the needs of their children. Although the State of California recently raised the minimum wage in 2017ⁱⁱ it does not adequately address the needs of children and families in Napa County. Escalating costs for housing, food, and childcare combined with poor California Self-Sufficiency Standard (SSS) scores make it difficult for Napa families to make ends meet – a sure recipe for toxic stress in the household. Napa's SSS for a family of three is \$55,288, and currently Napa residents are living below the SSS at the following rates: 56% for single mothers; 27% for a family of 3; and 10% completely below the Federal Poverty Level of \$20,420.ⁱⁱⁱ

Recommendations:

Community leaders support self-sufficiency wages by leading our community in the pursuit of a living wage. **As the 7th least affordable county in the United States**, employers have a responsibility to provide adequate wages to those who work here. **Until living wages are the norm, taxpayers will continue to subsidize employers** who pay substandard wages, by paying for subsidy programs that serve poor, working families. Additionally, our county can support legislation that brings additional childcare resources from the state and provides additional resources for primary prevention programs that address economic security.

Legislation in support of recommendations:

- AB2626 (Mullin): Child Care and Development Services Act.
- AB992 (Arambula): CalWORKs: Baby Wellness and Family Support Home Visiting Program

Housing

Housing typically is considered a financial burden if it comprises 30% or more of a family's income. In Napa County, over 40% of residents experience such a burden. **Low-income parents with high housing cost burdens are more likely to report that their children have fair or poor health** than low-income parents in more affordable housing situations.



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Children experiencing residential instability demonstrate worse academic and social outcomes than their residentially-stable peers, such as lower vocabulary skills, problem behaviors, grade retention, increased high school drop-out rates, and lower adult educational attainment^{iv}. The median cost of housing in Napa County rose from \$580,000 to \$625,000 in 2017. Rental costs continue to soar each year. From 2016 – 2017, rentals rose by 5%, which has been further compounded by of the 2017 Napa Complex Fires. In 2017, monthly averages for rentals were: Studio apartments \$1,000, 1 BR \$1,713, and 2 BR \$2,085.

Recommendations:

- **The County and Cities make housing that is affordable a priority** in Napa county, by exploring any and all ways to create such housing in cities, and near services. Although we are slowly moving forward, many of the **Joint City/County Affordable Housing Task Force (2013)** recommendations have not been implemented. A refocus on these activities could help to expedite our progress toward the creation of additional housing.
- The County has indicated its support for housing on their Old Sonoma Road property, and we encourage you to take every step available and necessary to ensure housing on this site that maximizes units for those with low or fixed incomes.

Immigration

The recent threats of ICE activity in our community have a traumatizing impact on children and their families. It is important for employers to train their employees what to do in the event of an ICE raid. Also important is that our local cities/chambers of commerce educate the employers about the changes in the law and how to find reputable immigration resources, which are available within Napa County.

Recommendations:

- County provides Employers with reputable immigration resources (https://legalaidatwork.org/wp-content/uploads/2017/08/compressed_workplace-raids-employer-FINAL-00502084-1.pdf) and local community based organizations (Napa Citizenship Legal Services Collaborative (<https://napacitizens.org>).)
- Cities and Chambers of Commerce educate employers about the changes in state immigration laws and share [worker's rights fact sheets](#) with employees.
- Ensure that mental health and financial resources are available for children and families impacted by the ICE raids and related toxic stress.

Legislative actions to support recommendations

- Maintain or increase funding for bilingual/bicultural County Mental Health Services.

Health

97% of children in Napa County are enrolled in healthcare, of which 46% are in subsidized care. The Affordable Care Act has greatly enhanced the capacity of low income and Latino families to



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access care. Latino families, however, have the lowest rate of insurance coverage in Napa county of all demographic groups, with almost 14% still uninsured and between the ages of 19-64. It is estimated that 10,000 of the uninsured are undocumented individuals who are not eligible for subsidized insurance programs and cannot afford employer based coverage.

Concerns Regarding the Potential Repeal of ACA

Although a recent repeal attempt was stymied, we will continue to see attacks on the ACA. If the ACA is repealed, the consumer projections are:

- Insurers will no longer have to cover essential benefits (preventive care, hospitalization, prescriptions, etc).
- Annual or lifetime caps will be eliminated.
- Out-of-pocket costs will rise.
- And women will be charged a different rate than men.
- Denied coverage for having a pre-existing condition or pay a higher premium.

The passage of the Tax Plan in 2018 did not remove the individual mandate but instead removed the penalty in order to destabilize the sustainability of ACA and its efforts to keep premiums affordable. California is currently going through the process of identifying opportunities to minimize the impact the new tax plan will have on enrollment numbers. In addition, California legislators are supporting Health4All Act by Senate Bill 974 (Lara) to expand Medi-Cal for all adults regardless of immigration status.⁵

Recommendations:

- Maintain Napa County's community enrollment and infrastructure by supporting Community Health Initiative in tracking changes in health insurance. Encourage employers to instruct their employees on how to obtain affordable healthcare coverage, in both the public and private sectors, and provide education to their insured employees, regarding utilization of prevention services.
- Support Live Healthy Napa County in promoting policies that support and acknowledge that Access to Health Care is a social determinant of health and a basic human right in alignment with Live Healthy Napa County.

Legislative action in support of recommendations:

- Continue to support ACA legislation as outlined in the BOS Legislative Platform.

Health Effects of Cannabis and Cannabinoids

Over the last four decades, the percentage of THC in marijuana has increased, with one study indicating that THC concentration rose from an average of 3.4% to 8.8% between 1993 and 2008. The impacts of children's exposure to cannabis—both prenatally and through their adolescent development—could be more severe than previous studies have suggested, given the higher concentrations of THC in cannabis in recent years.

According to the 2016/17 California Healthy Kids Survey, marijuana is easily accessed among high school students in Napa County, with 17% of 11th graders reporting that they used



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marijuana within 30 days of taking the survey, and 69% of them stating it was “very easy” to “fairly easy” to obtain marijuana. Further, too few middle and high school students talk to their parents about the dangers of marijuana use, with 56%-57% of 7th and 11th graders reporting they had not talked to their parents about the dangers of marijuana.^{vi} Heavy marijuana use also impairs young people’s ability to concentrate and retain information.^{vii}

With regards to the effects of marijuana use during pregnancy, the Colorado Department of Health’s guidance to health providers is to tell pregnant mothers that “there is no known safe amount of marijuana for your baby.” Although studies about birth outcomes are limited, research suggests using marijuana during pregnancy is associated with a higher risk of stillbirth. One study of fetal growth among over 7,000 pregnant mothers found that maternal marijuana use during pregnancy was associated with growth restriction in mid and late pregnancy, and with lower birth weight. Indicators of restricted growth in the uterus, such as decreased birth weight, have been linked to a greater risk of adverse long-term developmental outcomes. Studies from Colorado also showed a 133% increase risk of poisonings from accidental ingestion of marijuana by young children. We make the following recommendations to protect Napa children.

Recommendations:

- Ensure outdoor grow policies stipulate that **there are barriers in place to prevent theft.**
- We encourage the County to **offer educational opportunities to residents who wish to grow indoor, or outdoors, for personal use.** Since residential structures are not designed to function as greenhouses, contamination by pesticides and fertilizers is more difficult to control, moisture can cause damage to building materials and result in excessive mold growth, and the risk of fire is significantly increased.
- **Educate parents** on youth substance use prevention and local social host ordinances that prohibit adults from serving minors in their homes.
- The county and cities that allow cannabis commerce will receive a portion of the state tax revenue. In addition, cities and **counties can levy their own fees and taxes.** While we know that revenues will cover regulation, evaluation of impacts, a DUI study, law enforcement training and environmental restoration, funds will be set aside for youth education, prevention, intervention and treatment surrounding drug use. It is important that we **focus prevention dollars on young children and their families, and pregnant women.**

Maternal Health

Efforts continue in Napa County to ensure that women continue to have access to prenatal care through medi-cal, of which about 40% utilized in the last several years. About 88% of pregnant women in Napa County successfully entered into prenatal care in the first trimester, and the teen pregnancy rate continues to remain lower than average across the State of California.



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In 2015, in-hospital breastfeeding initiation data showed that more than 80% of women were exclusively breastfeeding in the hospital, and messaging around breastfeeding and maternal health continues in order to increase the percentage of women who exclusively breastfeed their infants.^{viii}

The following measures were tracked^{ix}

Measure	Statistic
1. % of women early entry to prenatal care (1 st trimester)	88% (69% of teens)
2. % of women aged 18-64 with no health insurance	14%
3. Gestational diabetes	15% (increased and still higher than the state)
4. % of 5 th , 7 th , 9 th graders who are obese	Approximately 18%
5. % of 5 th , 7 th , 9 th graders who are obese/overweight	Approximately 38%
6. % not meeting national fitness standards	35%

Recommendations:

- Support efforts for universal developmental and social emotional screening for children and families with timely referral into an integrated system of care and intervention.
- Support efforts for community-wide awareness and education regarding trauma and building resilience.
- Support policy efforts and leveraging of funding to maintain critical primary prevention programs for children and families.

Legislative actions to support recommendations:

- AB11 (McCarthy): Relation to Medi-Cal: Developmental Screenings
- AB992 (Arambula): CalWORKs: Baby Wellness and Family Support Home Visiting Program

Mental Health

Our California Healthy Kids Survey data suggests that our **youth experience more depression than youth in most communities**. Referrals to our Crisis Centers remain significantly higher than historic trends, and community stressors related to recent disasters and crisis events remain a significant stressor for youth in Napa County.^x

Recommendations:

- Support programs that seek to eliminate the stigma of asking for help. We seek to change the culture from it being seen as a weakness to a strength, and a sign of courage.



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- Publicize methods of accessing supports in our community that are available to assist those struggling with depression or anxiety.
- Educate and engage the community to support Napa’s emotional wellness.
- Support adoption of community-wide screening for suicide using a validated, standardized tool.

Legislative actions in support of recommendations:

- SBI004 (Weiner): Mental Health Services Act: Prevention and Early Diagnosis
- SBI019 (Beall): Relating to youth mental health

Food Security

When a family is food insecure, there is a limited or uncertain availability of an adequate amount of nutritious food for the family. **Food insecurity is a high risk factor for poor development, low educational attainment and other negative health and social outcomes.** In Napa County, 11% of all households and **19% of all children living here live in food insecure homes^{xi}**; however, Cal Fresh serves less than 7,500 and WIC is even less and is declining. This means **barely more than half of the food insecure households in Napa are accessing these programs.** This strongly suggests that there are unaddressed barriers to access. Live Healthy Napa County is in the process of conducting a study to analyze and determine effective solutions for families and individuals who are food insecure.

Recommendations:

- Continue to support the development of a user-centered understanding of the barriers to access to free and low cost food sources, including cash aid programs, through a comprehensive study of Napa’s Emergency Food System.
- Support Live Healthy Napa County’s focus area of “food insecurity” as the collaborative builds a community wide system through policies and programming.

Juvenile Crime and Probation

For the last two years, the probation department has been working collaboratively with the Child Welfare and Mental Health divisions to implement significant reforms outlined in the Continuum of Care Reform act (CCR) legislation. The goal of CCR is to identify permanent homes for youth entering foster care and to reduce the utilization of group homes. As part of this process, the Probation Department implemented Child and Family Team (CFT) meetings for youth identified as at risk for out of home placement. At these CFT meetings the family, parent partners, public health providers, school personnel, mental health, and informal support people (friends, neighbors, coaches, clergy etc.), meet together for the purpose of supporting youth to address their challenges and meet their goals.

This process has given families a larger voice, more support, and greater buy-in relating to their rehabilitative goals. Probation has also been able to identify family and friends who have stepped



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in to provide homes and stable supervision for youth when the Court has determined they need to be removed from their home. This new form of foster care or Resource Family Approval (RFA) provides the identified caregiver with training and support needed to assist them in taking on this major responsibility. As a result, the Probation Department has been able to keep several youth in the community to receive treatment instead of sending them to Group Homes out of the area. The Probation Department is planning to expand their utilization of the CFT model to more youth on probation over the next year.^{xii}

Recommendations

- Continue to support policies that expand the utilization of the CFT model for Napa's youth on probation.
- Expand prevention efforts throughout Napa County to include lowering ACEs (Adverse Childhood Experiences).

ⁱ Napa County Child Welfare Services

ⁱⁱ <https://www.govdocs.com/california-15-statewide-minimum-wage/>

ⁱⁱⁱ <http://livingwage.mit.edu/counties/06055>

^{iv} 2013; The Negative Effects of Instability on Child Development: A research Synthesis; Urban Institute.

^v CHI, Napa

^{vi} https://www.napacoe.org/wp-content/uploads/2015/09/Napa_County_1617_Sec_CHKS.pdf

^{vii} <https://www.cnn.com/2017/08/14/health/marijuana-intoxication-children-france-study/index.html>

^{viii} Napa County Public Health

^{ix} Napa County Public Health

^x Napa County Mental Health

^{xi} <http://www.livehealthynapacounty.org/food-insecurity.html>

^{xii} Napa County Probation Department