



strengthening families
: washington

Engage. Connect. Inspire.

Newsletter

Fall 2020

Message from the Dining Room Table

My dining room table hasn't been used to dine for months now, sound familiar?

This part of my home has been a centerpiece for gatherings of my extended family and friends since we have lived in our home in Lacey. Our table has an extender leaf – allowing large groups to gather and eat on its rustic surface. Many memories on this table are carried on its surface and legs.

Now, the dining room table, this trusted friend in our home, has a new role as my “office,” our Kindergarten distance learning

station and arts and crafts toddler station.

changes sometimes feel like losses and other times gains – or both at the same time.

**GENERALLY, CHANGE
IN OUR SOCIETY
IS INCREMENTAL, I THINK.
REAL CHANGE,
ENDURING CHANGE,
HAPPENS ONE STEP
AT A TIME.**

-Ruth Bader Ginsberg

Nonetheless, they are changes and changes are often difficult as it requires new things from us.

For me, seeing the opportunity in change does not always come naturally, sometimes I first focus on the discomfort of the shift in my routine and fear of the new. And more change is around the corner as we peer ahead to fall. In this new season, as the colors change and temperatures drop, I hope to seek stillness to reflect on these changes and those to come and how I am or am not embracing change.

As I reflect, I continue to hold you in mind - managers, supervisors, community members, parents,

Continued on page 2

Strengthen
Families
Locally

3

DOC Success

4

COVID-19

6

Message Cont...

teachers, colleagues at DCYF and other state agencies, and the roles you fulfill in your personal lives as well. I (and many others) are holding in mind the impact the new school year has on your family, your work and your community, the impact of ongoing wildfires, the impact of continued racial inequity and my own privilege as a white person. We see the incredible support you are providing to the families in your community as you and they experience the world shifting together. Like my dining room table, the things it is supporting are slightly different – but its fundamental role remains unchanged. Thank you – thank you – for being fundamental supports for families in your community

and we know the way you are doing this work is often uncomfortable and challenging, at best – frustrating and disappointing, at worst.

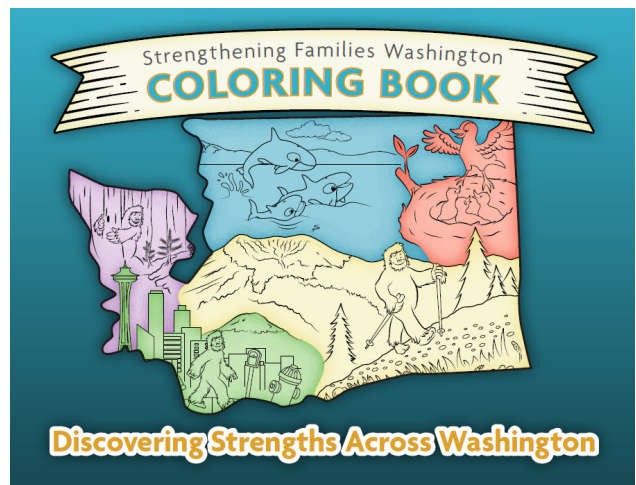
While you navigate change, thank you for pacing and modeling ways to slow down and seek supports you need during this time so families, in turn, can continue to access supports. Throughout this newsletter, we hope you find resources that will be useful for your working during this time, inspiration from around the state and opportunities for connection to continue as materials to support your work with your teams and families.


Laura Alfani
SFWA Administrator

Utilizing the Protective Factors During COVID-19

Right now is a time of change and stress for everyone. During times like these, it is important to focus on building protective factors for ourselves, our families, and the workplaces we are in. Some ideas include:

- Building social connections – what are the relationships that build you and your family up. Take a moment today to send a text, email or letter to one of those people and let them know how much they mean to you. This works on an organizational level too – which community partners have really been there for your agency and the families you serve? Take a moment to send them an email or call to let them know you appreciate their partnership.
- Concrete supports in times of need – think about what is the one thing that you need the most during this time? Are there ways to meet that need?



We are entering a time where people's energy and mental health are exhausted. Making time for you and your needs and accessing supports is critically important.

For more information on the [Protective Factors](#) you can visit our webpage or check out our coloring book, available in both [English](#) and [Spanish](#).

Get Your Flu Shot

We may not have a vaccine yet for COVID-19, but we do have a vaccine for the flu. The flu vaccine can keep you from getting sick with the flu or lessen the severity if you do get the flu, which is especially important during the COVID-19 pandemic. We can all do our part to prevent illness and hospitalizations caused by the flu. This will help save health care resources for the COVID-19 response in our communities.

It's best to get your family vaccinated for flu by October. Pharmacies, clinics and hospitals follow new safety measures to give vaccinations during the COVID-19 pandemic.

If you do get sick, it may be hard to tell the difference – either way, you need to stay home and rest. If you do need to see a doctor, let them know your symptoms before going into the office. Most clinical tests this fall will include flu and COVID-19 in a single test.

Your safety and health helps keep the mission of DCYF moving forward. Do your part and get a flu shot.

Additional resources:

- [Similarities and Differences between Flu and COVID-19](#)
- [Is it COVID-19?](#)
- [Frequently Asked Influenza \(Flu\) Questions: 2020-2021 Season](#)

Update on the Strengthening Families Locally

You can help DCYF Strengthening Families Locally! This five-year project is now up and running. The goals of the project are to reduce child maltreatment, reduce foster care intakes, eliminate racial disproportionalities in child welfare, and increase family resilience through community-driven approaches in four pilot communities. Planning teams are working to develop outreach and engagement activities to invite and amplify

community voice in this process. If you live or work in Bremerton, Port Angeles, Spokane or Stevens County, you can help by joining a planning team or spreading the word about the project. Planning teams meet twice monthly. Find out more at www.dcyf.wa.gov/services/child-development-supports/sfwa/sf-locally, or contact Joy Lile, the project coordinator, at joy.lile@dcyf.wa.gov.

Hear Her. Save a Life

The Centers for Disease Control and Prevention's (CDC) Division of Reproductive Health has released a national communication campaign that brings attention to maternal morbidity and mortality in the United States.

Hear Her seeks to raise awareness of potentially life-threatening warning signs during and in the year after pregnancy and encourages the people supporting pregnant and postpartum women to really listen and take action when she expresses concerns.

The Hear Her campaign is inspired by the people who have been personally affected by a severe pregnancy-related complication or death and features stories of women who have experienced urgent maternal

warning signs.

Women know their bodies and can often tell when something is not right. Listening and taking the concerns of pregnant and postpartum women seriously is a simple, yet powerful action to prevent serious health complications and even death.

The campaign is designed to increase awareness of urgent maternal warning signs and empower pregnant and postpartum women to speak up when they have concerns. Campaign materials are designed to enhance communication between pregnant and postpartum women, their support systems, and their healthcare providers.

Learn more at www.cdc.gov/HearHer.

Improving Public Safety & Changing Lives

An innovative partnership between the Washington State Department of Corrections (DOC) and the Washington State Department of Children, Youth, and Families (DCYF)

Dale was a well-known drug dealer in Kitsap County. He was in and out of prison several times since 2007. It was during his fourth incarceration in 2019 when he applied for the Community Parenting Alternative (CPA) program as a way to fight to keep his parental rights for his daughter, Airabella, who had been in foster care for four years – nearly her entire life.

CPA is a result of Parenting Sentencing Alternative, Substitute Senate Bill (SSB) 6639, and was enacted in June 2010. This law allows some incarcerated individuals who are parents of minor children the opportunity to avoid prison or transfer from incarceration in order to parent their children. One component of this law is the CPA, which allows DOC to transfer an incarcerated individual home on electronic monitoring for up to the last 12 months of their sentence.



In order to determine a parent's eligibility in the CPA program, DOC facilitates a committee of stakeholders including DCYF as a partner to assess participation. DCYF staff support DOC community corrections officers by providing training and professional development on the Strengthening Families Protective Factors, assessing and addressing domestic violence, providing referrals to early learning and early childhood services and more.

DCYF staff participate in the monthly screening panel for participants to determine the best interest of the child when transferring cases to CPA.

After transferring to the CPA program, Dale fought hard to prevent anything from coming between reunification with his daughter. He completed 10 months of CPA with no infractions and met all of the requirements of the CPA program.

Dale now works full-time at the Salvation Army. He helps those who are homeless receive detox, treatment and find sober housing. He keeps in touch with his DOC community corrections officer, and wants to be a mentor to anyone struggling with addiction or going through the process of regaining custody of their children.

On Sept. 1, 2020, Airabella permanently returned to Dale's custody. She is enrolled in preschool, and they're moving into a big house with a lot of space to enjoy together – as a family.

Without this program, Dale's parental rights would have undoubtedly been terminated and Airabella would have grown up without her dad. Both of their lives are changed forever because of the opportunity provided by CPA and because of Dale's hard work.

Dale's story highlights the importance of the partnerships DCYF has with DOC, and how prevention and intervention can work together to support systems, communities and families.

You can learn more about the program and hear other success stories through the documentary [*An Unlikely Partnership: Strengthening Families Touched by Incarceration*](#).

When Parents and Communities Work Together, Kids Win

What started as a worry shared amongst parents has now become a sustainable solution for families.

School is looking different in many communities across Washington this year. Children are engaging in their education remotely, at least part time, while dealing with the COVID-19 pandemic. In the Spokane community, the local Catholic Charities of Eastern Washington Childbirth and Parenting Assistance program (CAPA) heard the concern from parents about how to manage school with their children. Moms in the Prepared Moms group shared their anxiety by stating, “I don’t know if I can teach my kid.” The number of options in the local community for things such as day camp or child care were not adequate enough to address this need. In addition, CAPA works with families who may have some previous traumatic school or education experiences that may result in parents feeling less able to support their children.

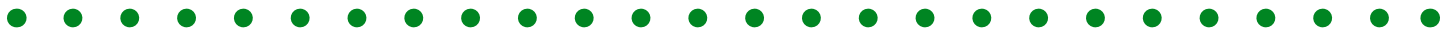
CAPA provides the Circle of Security Parenting program, which helps parents think about their past experiences and how that might influence their current practices with their children. Using this supportive, trauma-informed lens, the program listened and adapted to create the Homework Club – which helps parents navigate this new educational environment. Families are given one-on-one support by a staff member to not only help the children have a more positive educational experience, but aid parents in acknowledging and dealing with their own anxieties in order to be the best possible advocate for their children. CAPA was fortunate to find a former educator who has helped shape this program and reassured families that children are making progress and learning things at home.

The program has three primary elements that are used to provide a comprehensive support for families struggling with virtual education. First, parents are given support that can include virtual or in-person consultations to help navigate their children’s education. They are supported in learning skills for providing a friendly school environment at home, as well as connections to other resources that may be available to help with concrete needs such as quality internet access. Parents complete surveys as well to demonstrate how the program is helping their family.

Students are also given scheduled time in the CAPA facility that is equipped with a computer and other basic school supplies with supervision by CAPA educators and volunteers. A 90-minute time slot for the student includes support with educational activities, a snack, goal-setting and fun brain-break activities. During this hour and a half, parents are encouraged to receive additional onsite assistance or attend to self-care activities off site. Students also participate in reflection and goal-setting as they leave for the day.

Families are also offered support, even when students are learning from home. Technology devices can be checked out on an as-needed basis for short-term assistance. CAPA also offers a staff person who can provide support for the student and their family in using various technology equipment and platforms.

While this program started as a response to the pandemic, the program plans to continue some version of this service even when schools resume traditional learning environments.



Internet Resource: The newly launched OSPI K–12 Internet Access Program connects families in need of internet to providers with no cost to the student or their family. Families that are low-income and qualify can get connected through the end of the 2020–21 school year for free. Please visit <https://ntps.news/freeinternet> for more information.



News Clips: ‘Speak up!’ — [‘Sesame Street’ tackles racism in TV special](#), The Columbia Basin Herald

COVID-19 Can Spread by Airborne Transmission

Some infections can spread by exposure to a virus in small droplets and particles that can stay in the air for minutes to hours. These viruses may be able to infect people who are further than 6 feet away from the person who is infected or even after that person has left the space. When a virus is spread in this way, it is referred to as airborne transmission. Infections such as tuberculosis, measles and chickenpox are some of the most contagious viral illnesses that spread easily through airborne transmission.

There is evidence that some people with COVID-19 have infected others who were more than 6 feet away. These transmissions occurred within enclosed spaces that had inadequate ventilation. In some situations, the infected person was breathing heavily, for example, while singing or exercising.

Under these circumstances, scientists believe that the amount of infectious smaller droplets

and particles produced by the people with COVID-19 became concentrated enough to spread the virus to other people. The people who were infected were in the same space during the same time or shortly after the person with COVID-19 left.

Protect Yourself and Others

The best way to prevent illness is to avoid being exposed to the virus. You can take steps to slow the spread:

- Stay at least 6 feet away from others, whenever possible. This is very important in preventing the spread of COVID-19.
- Cover your mouth and nose with a mask when around others. This helps reduce the risk of spread both by close contact and by airborne transmission.
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid crowded indoor spaces and ensure indoor spaces are

properly ventilated by bringing in outdoor air as much as possible. In general, being outdoors and in spaces with good ventilation reduces the risk of exposure to infectious respiratory droplets.

- Stay home and isolate yourself from others when sick.
- Routinely clean and disinfect frequently touched surfaces.

This is still such a new virus that the medical field and scientists are still learning how the virus operates. And whether via close contact or airborne transmission — we need to remain vigilant with hand washing, wearing masks and social distancing. Learn more about what you can do to protect yourself and others.

Pandemics can be stressful, especially when you are staying away from others. During this time, it's important to maintain social connections and care for your mental health.



Staying the Course: Dealing with COVID-19

Change fatigue is real. To offset this fatigue, it is important to create a rigorous change strategy and build a culture of resilience. Think of resilience as a bucket of water. Change — even desired change — dips water from the bucket. If you don't replenish the bucket, you will run out of water (i.e., burn out).

Here are some things teams and individuals can do to fill their buckets:

- Focus on improving teamwork and togetherness.
- Build a team culture that supports a climate of personal well-being.
- Take stock of what's in control of the team and the individual employee and what's not.
- Clarify the organizational "why" of any change you

are undergoing and, on a team or personal level, intentionally seek how the organizational "why" aligns with your personal "why" (i.e., your vision, values, purpose and passion for the work) at some level.

- Before bedtime and/or during team gatherings, write down three good things that happened that day. It gets easier to do with time and you'll start looking for the positive.
- Steward your mind and emotions with a growth mindset — allow yourself space for growth, acknowledge discomfort and acknowledge progress, and remember that like COVID-19, emotions are contagious too! Be careful about what you spread.

COVID-19 (Coronavirus)

The Ingredients of Resilience

Resilience is the ability to bounce back from difficult experiences. You can practice self-care through the four ingredients of resilience.

Flexibility & adaptability

View changes as opportunities for growth.



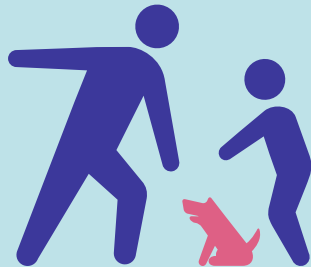
Purpose

Stay true to your core values. Identify what motivates you and let go of trying to meet other's expectations of you. Do more things that bring you a sense of peace or calm.



Connection

Hold on to healthy relationships in your life. This could be friends, family, social groups, pets, or a higher power.



Hope

Positivity is a powerful tool. It is okay to think about negative possibilities, but give equal attention to positive possibilities.



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Listens

If you are feeling stressed because of COVID-19, call Washington Listens at **1-833-681-0211**.

Spread the Facts

coronavirus.wa.gov

Tribal Key Terms

We wanted to introduce you to our new colleague Brian Frisina, the Tribal Program Consultant for our Early Support for Infants and Toddlers team. Brian will share key terms to help support us all in getting to know our tribal nations partners better.

Brian is a part of a state leadership team that works towards building new relationships and straightening existing relationships with their tribal nations as partners across the state of Washington. Brian comes to us with a master's degree in tribal governance from Evergreen State College and nearly 20 years working in state government. His work has focused on supporting information needs through research and effective communication. Brian has a depth of experience working with many diverse communities concentrating on tribal nations. Over the years, he has been a driving force in both his community, and the workplace promoting diversity, equality, equitability and inclusion related to all tribal nations especially those nations that allow him to live in their home territories.

Tribal Constitution

Modern tribal nations pass laws, exercise criminal jurisdiction and enjoy extensive powers when it comes to self-governance and matters of sovereignty. And of 566 tribal nations, just under half have adopted written constitutions. In the American tradition, a constitution limits the power yielded by governments over citizens, which raises a question: how can the rights of tribal citizens be protected if tribal nations have yet to codify their own functions and operations? Join us as we discuss government power, sovereign status and whether modern tribal nations are serving the needs of their citizens by adopting constitutions.

The Marshall Trilogy – U.S. Supreme Court and the Federal Trust Responsibility (1823-1832), named after Chief Justice John Marshall, who wrote the opinions for the U.S. Supreme Court, the Marshall Trilogy consists of three foundational cases that are based on the international law that existed during America's colonial period. The first decision, *Johnson v. M'Intosh*, proclaims that title to Indian lands belonged to the U.S. government and that Indians

enjoyed only a right of occupancy due to Doctrine of Discovery - established by the Spanish to justify the taking of aboriginal lands. This is the basis for the U.S. government to assert control over tribal land.



In *Cherokee Nation v. Georgia*, Marshall explained that Indians were not foreign nations but were “domestic dependent nation[s]” – small nations that have accepted the protection of a nation, yet still retain their sovereignty. Two doctrines result from the Cherokee decision: (1) the “duty of protection,” and (2) the “guardian/ward relationship” between the U.S. government and the Indian tribes.

The duty of protection means that the U.S., because it asserts ownership over Indian lands, must protect the Indians from all hostiles, including hostile U.S. citizens. The guardian/ward relationship means that the U.S. holds all land and resources in trust for the Indians, creating a fiduciary duty. It is this “trust relationship,” combined with the promises made through 370 treaties with the sovereign Indian nations, that continues to require the U.S. to keep the best interest of the Indians in mind when the federal government deals with the Indians. The trust relationship is perhaps the most pervasive and important doctrine in Indian law and current US Indian policy.

In the third case, *Worcester v. Georgia*, Marshall found that the individual states had no right to impose their laws on the Indians and, furthermore, federal Indian law “pre-empted” state laws. The result is that state law generally does not apply within Indian Country.