Children's Health & Well-being

Virtual Event

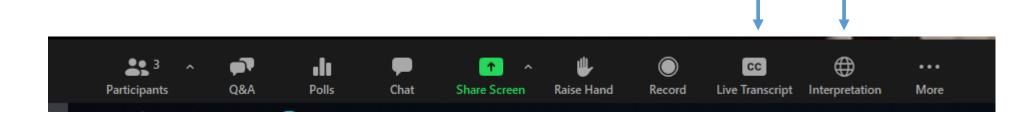
Tuesday, May 17, 2022 10:00 - 11:30am

Zoom Registration Link: https://bit.ly/BOS5_May172022Forum



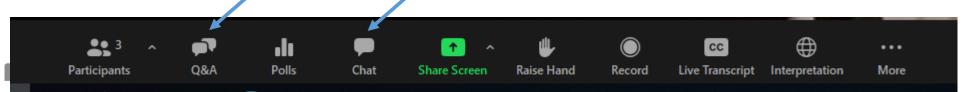
A Virtual Forum: How to Engage

- Closed Caption is Available Click on the "Live Transcript" icon in your tool bar
- Spanish interpretation is available by clicking on the "Globe" symbol and selecting the "Spanish" option
- La interpretación en español está disponible haciendo clic en el símbolo del "Globo" y seleccionando la opción "Español"
- American Sign Language interpretation is also available, and we will spotlight the interpreter throughout the session.



A Virtual Forum: How to Engage

- The forum is being recorded and it will be 90 minutes long.
- All attendees placed on mute.
- Please utilize the <u>Q&A</u> to submit questions throughout for the presenters.
- Please utilize the Chat to share ideas or comments with other participants and the panelists
- If in full screen mode and cannot access the chat either hit Esc on your keyboard or double-click your mouse to leave full screen mode.
- Due to limited time, we may not be able to respond to all comments and questions. We will follow-up to ensure questions are answered.
- All materials will be sent after the forum





Supervisor Bartlett Supervisor, Fifth District County of Orange Board of Supervisors





Agenda



Welcome



Introduction of the 27th Annual Conditions of Children's Report



Active Play and Health: Time for Growth and Joy



Community Resource Share



Provider and Parent Wellness: Building and Sustaining Personal Resilience



Self Care Activity



Wrap up



Dr. Clayton Chau

Director of Orange County Health Care Agency

Orange County Health Officer



Debra Baetz

Director of Orange County Social Services Agency

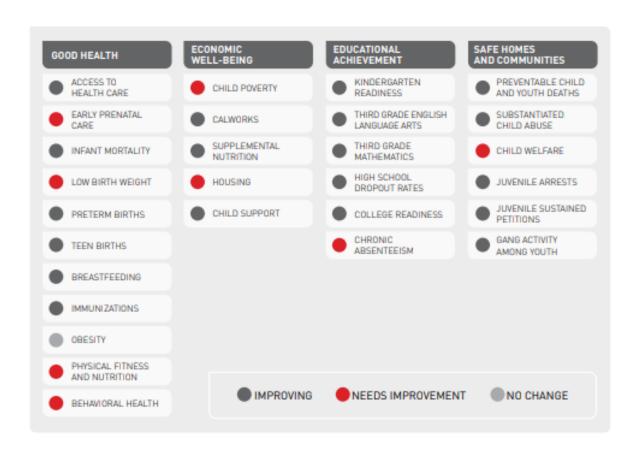


What is the Conditions of Children Report?

- A community resource
- A way to identify emerging trends:
 - What's working that we can build on?
 - What needs more focus, community attention, and investment?

Presents Data for Four Focus Areas on Children Health and Well-Being

- 27 Primary Indicators Presented in Four Areas
 - Good Health
 - Economic Well-Being
 - Educational Achievement
 - Safe Homes and Communities
- Special section explores
 Orange County's proactive
 response to the known and
 perceived impacts of COVID 19
- Orange County Snapshot
- Additional supplemental indicators also online



Summary of Report Highlights

- Prior to COVID-19, Good Health trends revealed a continued decline in uninsured children and teen birth rates.
- Pre-pandemic data for Educational Achievement revealed fewer students dropping out of high school, and more likely to be college-ready.
- Within Safe Homes and Communities, the **number of juvenile arrests**, **sustained petitions and gang-related prosecutions continue to decline** year-over-year.
- In Economic Well-Being, while poverty among children declined, those **eligible for but not receiving CalFresh and WIC increased**.
- The mental health of children remains a concern.
- Finally, the report continues to bring **disparities more clearly into view** with the introduction of the Equity Ratio, along with its reporting of data by race and ethnicity, age, and/or geography.



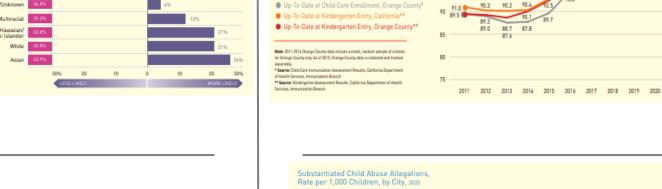
How can the community use the report?

To develop data-informed community solutions by:

- Learning about improving or worsening trends over 10 years across the four focus areas
- Learning where there are disparities by race/ethnicity, age, geography, among other demographics

Data Visualizations

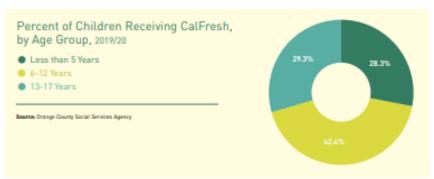


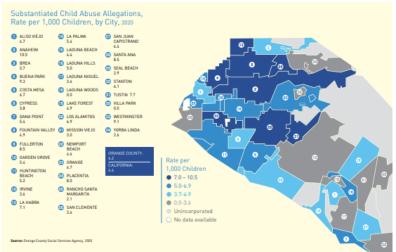


Percent of Adequately Immunized

Orange County and California, 2011 to 2020

Children Enrolling in School,





90.3 90.2

95.7 95.9 95.5 95.7



Online report is on the OC Social Services Agency (SSA) website at:

https://bit.ly/27th_CoCReport

Hard copies of the report:

Email Robyn Odendahl at rodendahl@healthmanagemen t.com



Dr. Candice Taylor Lucas

Active Play & Child Health: Time for **Growth & Joy**

Candice Taylor Lucas, MD, MPH, FAAP Pronouns: She/Her/Hers

HS Associate Clinical Professor

Department of Pediatrics & Pediatric Exercise and Genomics Research Center (PERC)

Co-Director, Leadership Education to Advance Diversity – African, Black, and Caribbean (LEAD-ABC)

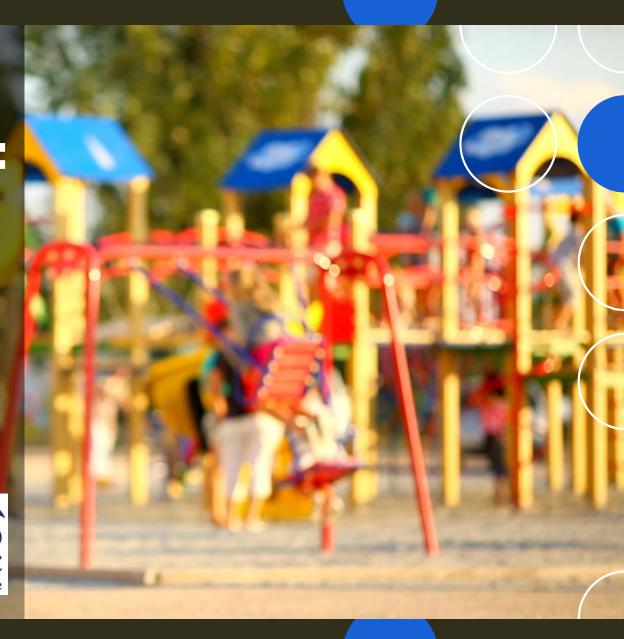
Associate Program Director, UCI/CHOC Pediatric Residency Program

UC Irvine School of Medicine

May 17, 2022







Disclosures

• I have no financial disclosures



Hardship Acknowledgment

We are in unique times

 Thank you to all in this room who continue to work to address the needs of children, women, men, families, and communities impacted by the visible and invisible implications of diverse forms of trauma, while facing your own unique narratives of lived experience



Now more than ever...

We have to protect opportunities for growth & joy!

Image Ref. https://activeforlife.com/benefits-active-play/



Access Granted

Let's enter...

Into a time of growth and joy
Close your eyes and make
believe
You are a little girl or little boy
Jumping in a puddle
Or dancing in the rain
Smiling just because
You are playing a fun game

Let's enter...

Into a time filled with love and peace
Where you are free to run and spin around
Safe to explore as you please
Jumping to play hopscotch
Or dancing in the breeze
Running as fast as an Olympian
And then freezing with ease

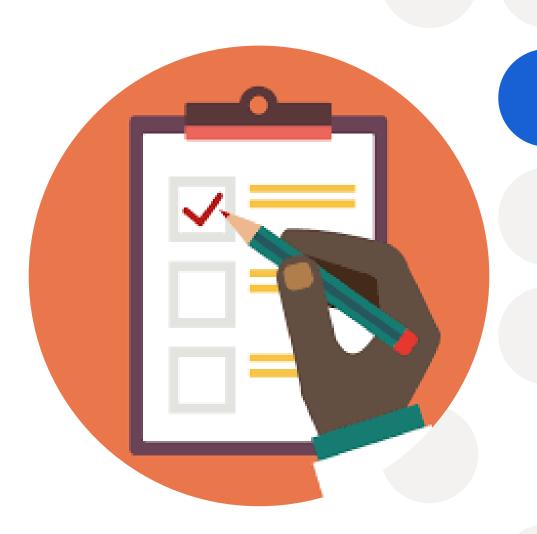
Let's enter...

Into a time of active play
When your body grows
And your mind is free
Of all the worries of the day

Written by, Candice Taylor Lucas, MD, MPH

Outline

- **□Terminology**
- **□Value of Active Play**
- **□Challenges & Necessity**
- **□Opportunities for Action**



Active Play

Any activity that involves moderate to vigorous bursts of high energy (using large muscle groups)

It's Joyful!!



Image courtesy of Turner, A. Family Fun Day

2018 JAMA Editorial

- You do not need to "get in shape to benefit from physical exertion..."
- Short bursts of active play add up

Ref. https://jamanetwork.com/journals/jama/article-abstract/2712934

EDITORIAL

New Physical Activity Guidelines A Call to Activity for Clinicians and Patients

Paul D. Thompson, MD; Thijs M. H. Eijsvogels, PhD

This issue of JAMA includes a summary of the new *Physical Activity Guidelines for Americans*, 2nd edition. These guidelines update those presented in 2008 and expand the medical conditions for which physical activity is likely beneficial. The final

 \leftarrow

Viewpoint page 1971



Related article page 2020

recommendations are based on a systematic literature review by a committee of exercise and health experts and include only those recommen-

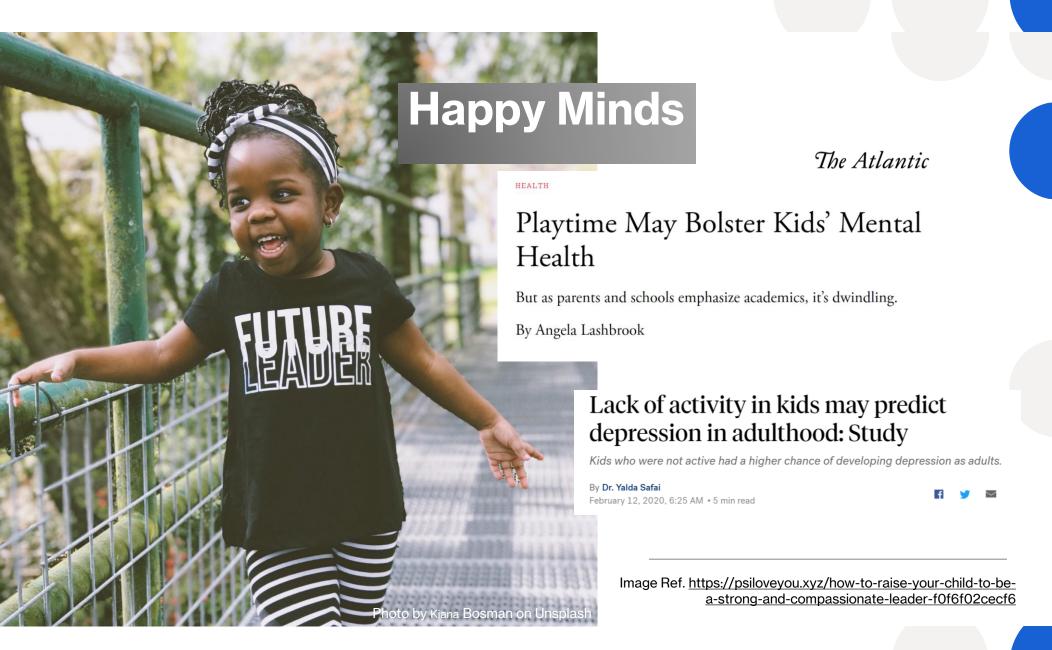
dations judged to have strong, or moderately strong, scientific support. Achieving the guideline-recommended levels of physical activity will be difficult for the entire nation, given that approximately 80% of US adults and adolescents do not presently accumulate sufficient physical activity for optimum health.¹ Efforts to increase physical activity among people in the United States will require the cooperation of many sectors of society including clinicians, other health care professionals, and health care organizations. Achieving these recommendations will substantially improve individual and population health. So what are the key messages for clinicians, and what should clinicians tell patients?

Probably the most important message from the 2018 guidelines is that the greatest health benefits accrue by moving from no, to even small amounts of, physical activity, especially if that activity is of moderate (eg, brisk walking) or vigorous (eg, jogging and running) intensity. Multiple studies demonstrate that the steepest reduction in disease risk, such as for coronary heart disease, occurs at the lowest levels of physical activity.² Patients need to understand that even small amounts ter than none. It is also possible to perform all activities on 1 or 2 days per week, because this yields health benefits similar to those achieved through activity on 3 or more days per week.³

Another important message for patients and clinicians is that some of the health benefits of physical activity are acute effects produced by recent exercise. It has long been known that a single exercise session acutely reduces blood pressure in men with hypertension for up to 13 hours after moderate-to-vigorous exertion. ^{4,5} Similarly, a single exercise session reduces triglyceride levels and improves insulin sensitivity measured 24 hours after exertion. ^{5,6} The magnitude of these effects depends on the amount and intensity of exercise so that the effects are small in physically unfit individuals because of their inability to tolerate high or intense exercise workloads, but

als, especially in trained athletes. Consequently, patients need to know that they do not need to "get into shape" to benefit from physical exertion, although these acute exercise effects increase as they are able to exercise more.

The new guidelines provide recommendations on the amount and type of physical activity for virtually all people and patient groups because of evidence that nearly all groups achieve health benefits from physical activity. Preschool children aged 3 through 5 years are encouraged to be physically active throughout the day. Children and adolescents aged 6 through 17 years should perform at least 60 minutes of moderate-intensity to vigorous-intensity physical activity daily. The recommended levels of physical activity for adults (150-300)



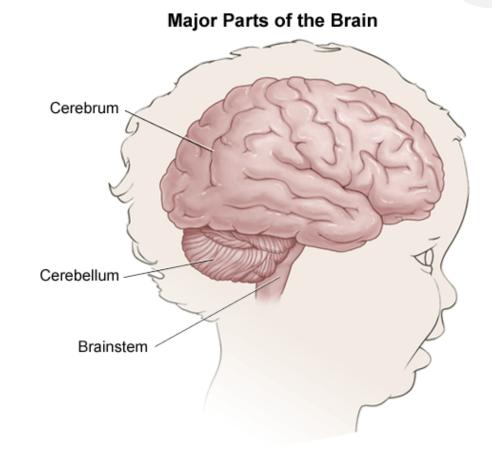


Play and the Brain

- Play activates systems that release norepinephrine (i.e., adrenaline)
 - Facilitates learning
 - Attention
 - Improves brain plasticity
- Unlike real life stressors, play does not increase cortisol

Active Play & the Brain

- Cardiovascular fitness and gross motor skill performance are associated with improved neurocognitive function in children
- Participation in active play may modify white matter integrity and activation of regions key to cognitive processes



Ref. Meijer A, et. al. The relationship between white matter microstructure, cardiovascular fitness, gross motor skills, and neurocognitive functioning in children. J Neurosci Res. 2021 Sep;99(9):2201-2215

Image Ref.

https://www.stanfordchildrens.org/en/topic/default?id=anatomy-of-a-childs-brain-90-P02588

Active Play, Health & Well-Being

- Promotes Healthy Bodies
 - Muscles, bones & joints
- Prevents Chronic Diseases
 - Diabetes & hypertension
- Optimizes Well-Being
 - Fosters supportive social environments
 - Supports healthy sleep

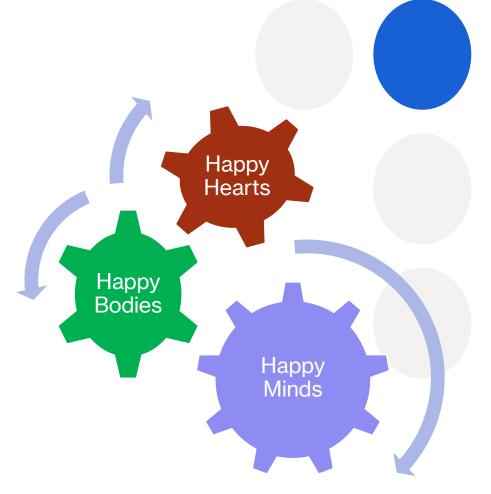


Ref. https://www.healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx

Active Play Promotes Happy Children

"It is very important that our children grow up healthy. The more they run, the happier they are. The more they play together with other children, the better people they will be in the future. Parks and school yards are a place for peace, a place where life-long values are built."

Rigoberta Menchú Tum, Nobel Peace Prize Laureate, speaking about the work of The City Project and Anahuak Youth Soccer Association to bring parks, school fields, and green space to the children of Southern California.



https://scag.ca.gov/sites/main/files/file-attachments/thecityprojsouthern_california_report_final_medium_res.2.pdf?1605983124



Consider a Goldfish in a Fish Bowl

Policies
Systems
Environments

Ref. Toni Morrison

Social & Structural Determinants of Health

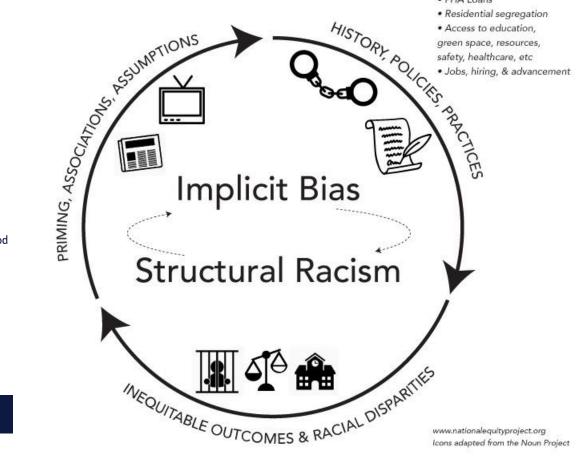
Social Determinants of Health



Social Determinants of Health

Copyright-free

Healthy People 2030



Inequities Exist in OC



Santa Ana Irvine

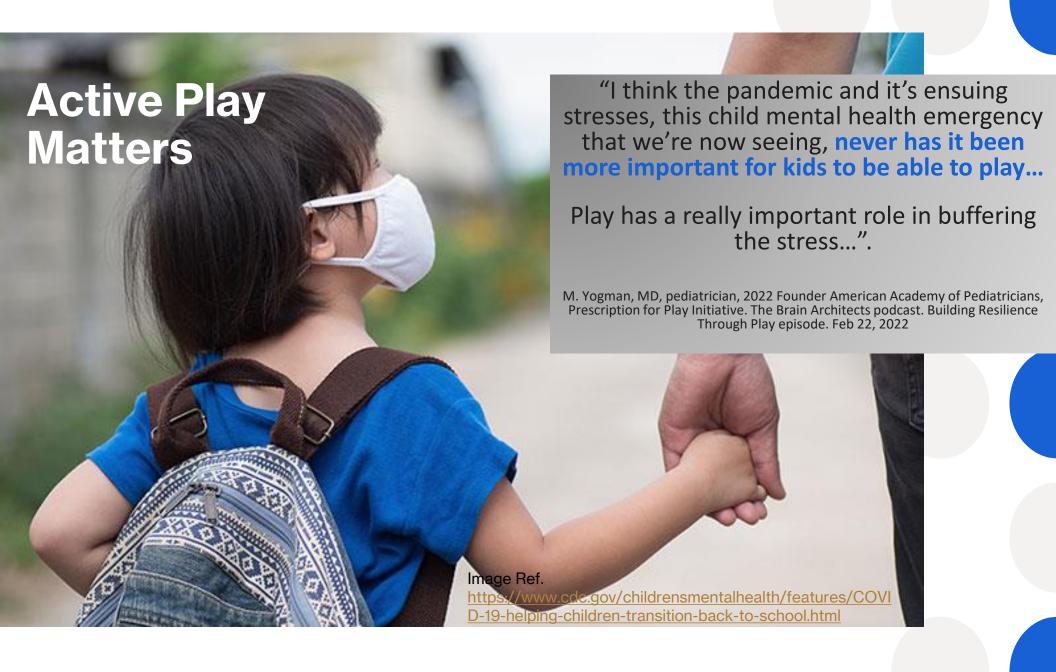
Barriers

Challenges to Overcome

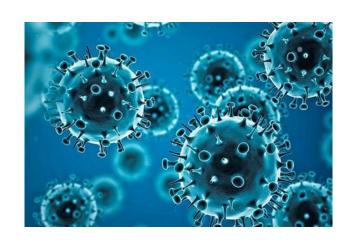
- Time
- Green Space
- Extreme Weather
- Air Quality
- Safe Play Spaces (Indoor & Outdoor)
- Inclusive Play Spaces



Image Ref. https://www.seattletimes.com/sports/seattle-gymnast-virginia-wade-conquers-another-challenge-wins-her-division-in-all-around-at-special-olympics-usa-games/



ACESAdverse Childhood Experiences



The three types of ACEs include

ABUSE

NEGLECT

HOUSEHOLD DYSFUNCTION



Physical

Emotional

Sexual





Emotional



Mental Illness



Incarcerated Relative



Mother treated violently

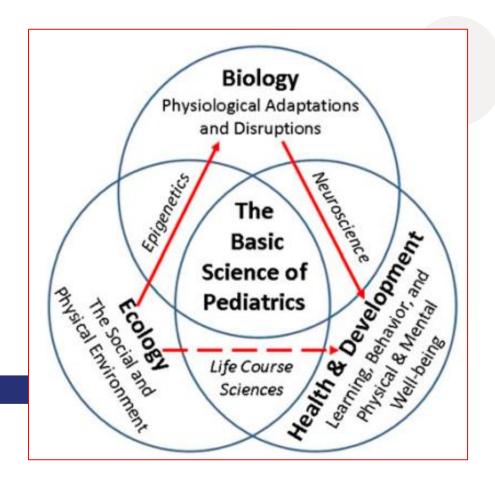


Substance Abuse



Divorce

Toxic Stress



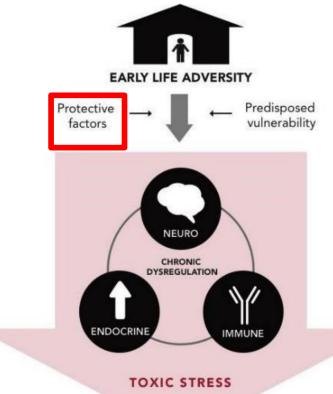


TECHNICAL REPORT

The Lifelong Effects of Early Childhood Adversity and Toxic Stress

Shonkoff et al. Pediatrics. 2012

Early Life Adversity



CLINICAL IMPLICATIONS

Epigenetic		
Endocrine	Neurologic	Immune
Metabolic	Psychiatric	Inflammatory
Reproductive	Behavioral	Cardiovascular

Active Play is a "Toxic Stress Buster"

- Promotes resilience
- Supports all Six ACES protective factors
 - 1. Nurturing and attachment
 - 2. Knowledge of parenting and of child and youth development
 - 3. Parental resilience
 - Social connections
 - 5. Concrete supports for parents
 - 6. Social and emotional competence of children



Ref. https://www.childwelfare.gov/topics/preventing/preventionmonth/about/protective-factors-aces/

Power of Play

"Children need to develop a variety of skill sets to optimize development and manage toxic stress"

 ${\tt CLINICAL\ REPORT\ Guidance\ for\ the\ Clinician\ in\ Rendering\ Pediatric\ Care}$



DEDICATED TO THE HEALTH OF ALL CHILDREN

The Power of Play: A Pediatric Role in Enhancing Development in Young Children

Michael Yogman, MD, FAAP,^a Andrew Garner, MD, PhD, FAAP,^b Jeffrey Hutchinson, MD, FAAP,^c Kathy Hirsh-Pasek, PhD,^d Roberta Michnick Golinkoff, PhD,^a COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH. COUNCIL ON COMMUNICATIONS AND MEDIA

Children need to develop a variety of skill sets to optimize their development and manage toxic stress. Research demonstrates that developmentally appropriate play with parents and peers is a singular opportunity to promote the social-emotional, cognitive, language, and self-regulation skills that build executive function and a prosocial brain. Furthermore, play supports the formation of the safe, stable, and nurturing relationships with all caregivers that children need to thrive.

Play is not frivolous: it enhances brain structure and function and promotes executive function (ie, the process of learning, rather than the content), which allow us to pursue goals and ignore distractions.

When play and safe, stable, nurturing relationships are missing in a child's life, toxic stress can disrupt the development of executive function and the learning of processal behavior; in the presence of childhood adversity play.

abstract



"Department of Pediatrics, Harvard Medical School, Harvard University and Mount Auburn Hospital, Cambridge, Massachusetts; "Department of Pediatrics, School of Medicine, Case Western Reserve University and University Hospitals Medical Practices, Cleveland, Ohio; "Department of Pediatrics, E Edward Hebert School of Medicine, Uniformed Services University, Bethesda, Maryland; "Department of Psychology, Brookings Institution and Temple University, Philadelphia, Pennsylvania; and "School of Education, University of Delaware, Newark, Delaware

Dr Yogman prepared the first draft of this report and took the lead in reconciling the numerous edits, contributions, and suggestions from the other authors: Drs Garner, Hutchinson, Hirsh-Pasek, and Golinkoft made significant contributions to the manuscript by revising multiple drafts and responding to all reviewer concerns; and all authors announced the final manuscript as exhaunted.

Active Play Starts Early

- Tummy Time
- Reaching
- Rolling
- Crawling
- Walking
- Running
- Climbing



Image Ref. https://first5oc.org/resources/professional-resources/

Adult-Led Active Play (Structured)

Adult guides the activity

- Facilitates opportunities for active play
- Structures active play experience

Engages in play

Role models behaviors

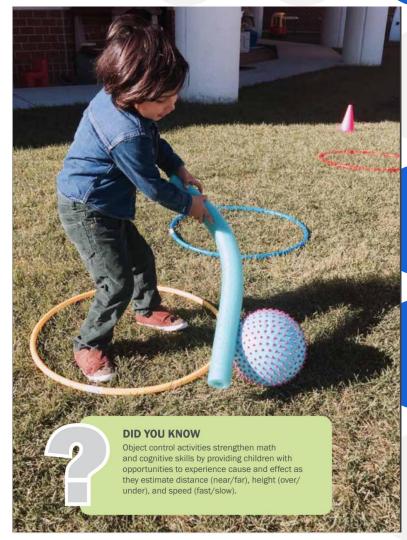


Image Ref. Childcare Aware of North Dakota. A Best Practice Guide to Active Play for Early Childhood. 2016

Child-Led Active Play (Unstructured)

- Child directed experience
- Independent activities
- Promotes learning, empathy, and psychological growth



Image Ref. https://www.theatlantic.com/health/archive/2011/10/all-work-and-no-play-why-your-kids-are-more-anxious-depressed/246422/

Key Tips

Start Positive!

Have Fun!

Mix it Up!

Raise your Heartbeat!

Just Move!

Stay Active!

Engage in Active Play Every Day for Happy Hearts from the Start!

Ten Tips for Building Fit Kids

The Big Picture Physical activity (PA) is a learned behavior that is influenced by a child's family, friends and environment.



Have Fun! participate in PA to have fun, make friends and learn something new.

Mix it up Sport diversification early in life should expose children to a wide variety of physical activity and movement experiences



Improve Physical Fitness

Children should participate in exercise and sport programs to enhance both health- and skill-related components of physical fitness



Develop Movement

Fundamental movement skills such as jumping, kicking and throwing are learned movement pattern



Build Strong Muscles and Bones

With qualified instruction, resistance training using bodyweight, simple equipment or free weights, can be a safe, effective and entovable activity for children.



Raise the pulse Children should regularly take

part in vigorous exercise, which requires activities that really raise heart rate and get children out of breath.



Just Move! All types of PA - whether continuous, sporadic or in bouts - are beneficial



Stay Active Children should engage in PA throughout the day with active transportation, physical education recess, recreational exercise, sport activities and outdoor play.







AMERICAN COLLEGE of SPORTS MEDICINE LEADING THE WAY

www.acsm.org/read-research/books/essentials-of-youth-fitness

Benefits of Active Play Go Beyond Fitness

- Strengthens optimism and enthusiasm
- Boosts social interactions
- Helps self-esteem, school performance, attention & behavior
- Reduces anxiety, depression and tension



Ref. https://www.healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx
lmage Ref. https://www.healthychildren.org/English/safety-prevention/at-play/Pages/default.aspx

Opportunities for Action - Community Engagement

Take Time to Listen...



-Image ref. https://www.cityandstateny.com/power-lists/2021/08/community-engagement-power-50/184592/

Community School Yards Report 2021

Of the 90,000 public schools in the United States, only a fraction are attractive, healthy, and green—and also open to the public during nonschool hours.

Photo credit: Timothy Schenck

Opening all public schoolyards in the

U.S. to the community during nonschool hours would give

19.6 MILLION AMERICANS

including

5.2 MILLION CHILDREN

access to park space within a 10-minute walk.

Ref. https://www.tpl.org/community-schoolyards-report-2021

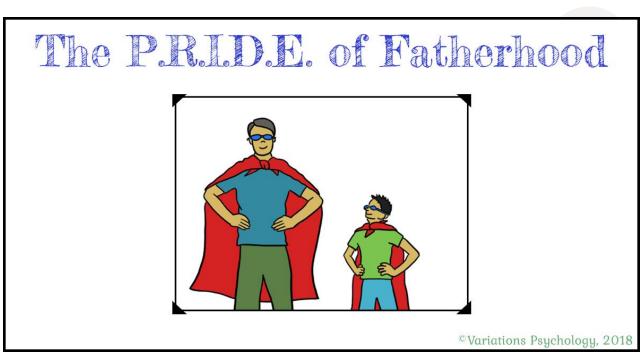
Partner to Promote Active Play Opportunities



Image Ref. https://www.anaheimymca.org/news-release-city-anaheim-anaheim-family-ymca-disney-kaboom-partner-increase-play-opportunities-anaheim-kids/

Caregiver Coaching to use PRIDE Skills to Promote Active Play

- Praise
- Reflect
- Imitate
- Describe
- Enjoy



Ref. https://www.variationspsychology.com/blogs/the-pride-of-fatherhood-5-ways-that-great-dads-shape-our-mental-health

Research with Consideration of Lived Experiences

- Limited space
- Limited Time (20 minutes)
- Toddlers observed time active: 75% (SD: 41-96%) of a 20-minute Active Play Session

79% of mothers in this pilot study (n=33) preferred the term "Active Play" over "Physical Activity"

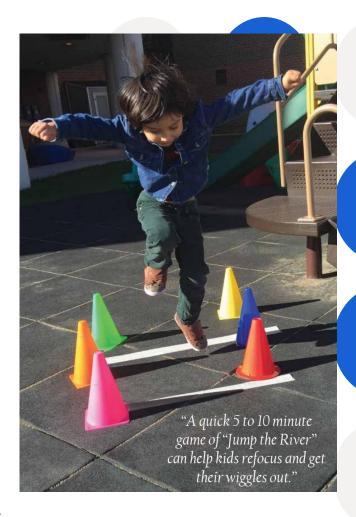


Mobile First Thousand (FiT) Days Promoting Lives of Active Youth (PLAY) Lab in UC Irvine Health Family Health Center, Santa Ana Unpublished study - Candice Taylor Lucas, MD (Principal Investigator): Funding: UL1 TR001414

Changes Matter - They Add Up!

Create opportunities for movement...

- Active Walkways and Active Play Spaces
 - Grocery Stores
 - Waiting rooms
 - Clinical spaces
- Active Play Transitions
 - Pause for a 3-minute dance break
 - Show off your animal moves



Ref. Childcare Aware of North Dakota. A Best Practice Guide to Active Play for Early Childhood. 2016

Opportunities for Action:
Counseling in Clinical & Educational Settings

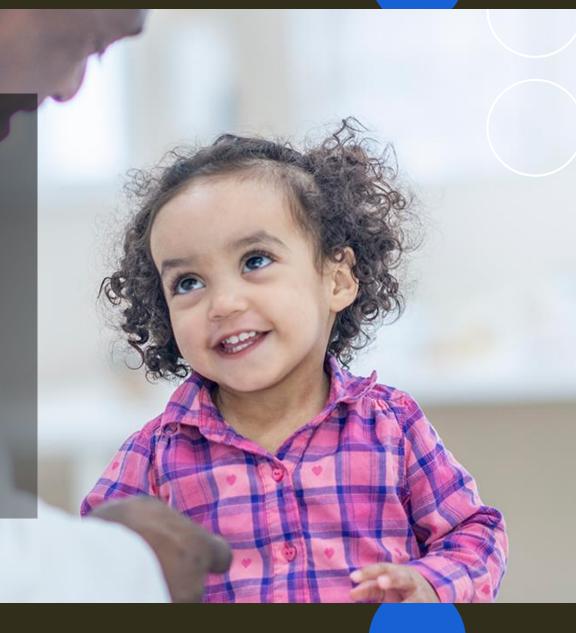
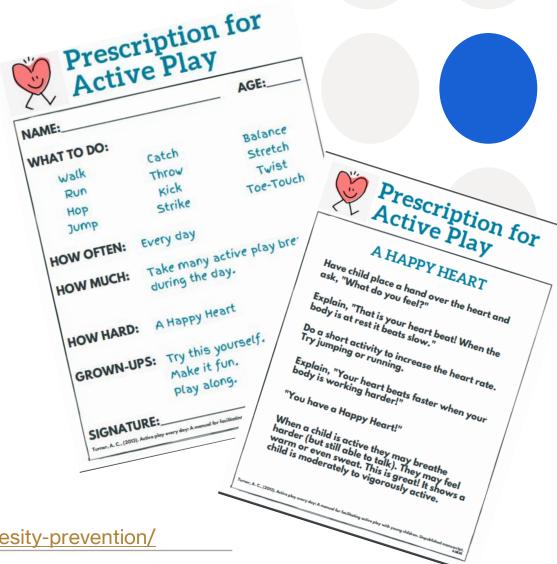


Image ref. https://www.acesaware.org/

Rx for Active Play

- Healthcare providers could...write a Rx for active play during well child visits
- Early care providers and educators could...assign a Rx for active play as homework



Ref. https://www.aap-oc.org/childhood-obesity-prevention/

Consistent Messaging

Talk. Read. Sing. ... could become ...

Talk. Read. Sing. Play. Every Day!

Your words and actions have power!



Ref. https://www.ccfc.ca.gov/

In Summary

- Active play is a protective factor supporting the resilience of young children
- It promotes
 - Confidence
 - Healthy development
 - · Physiological health
 - Socio-emotional health
 - · Mental Health & Well-being

Active play offers time for growth and joy!



Promote & Enter into Moments of Active Play – They add up!

Create
Opportunities for
Growth & Joy!



Image Ref. https://childmind.org/about-us/our-impact/breaking-down-barriers/

Create an Active Play Moment!

It's time for joy!

It's time to smile...
It's time to dream...

Get up and move!

Get up and breathe!



Happy hearts are beating!

It's time to learn...

It's time to grow...

Get up and smile!

Get up and dream!

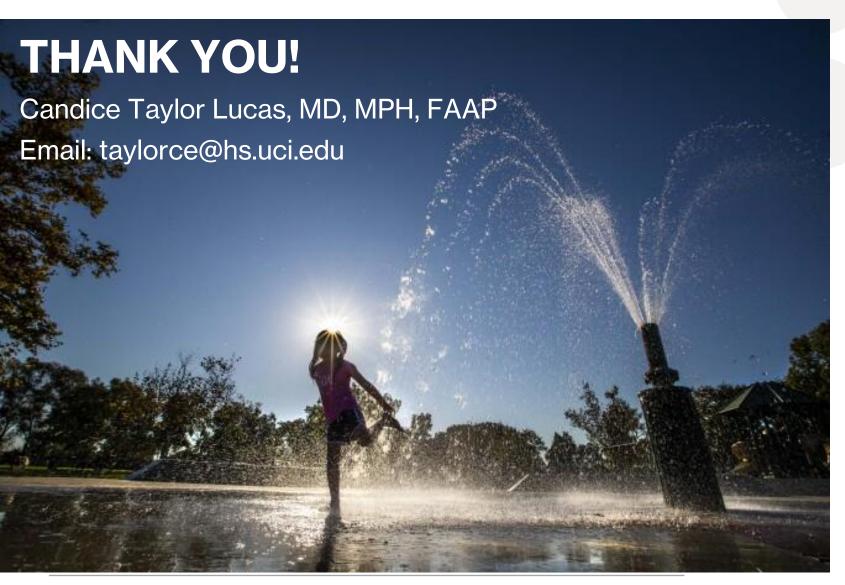
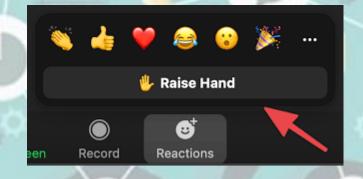


Image ref. https://www.kcet.org/shows/power-health/santa-ana-green-space-and-affordable-housing

Community Resource Share

- Use the Chat
- "Raise your Hand"



Provider and Parent Wellness: Building and Sustaining Personal Resilience

Kate Bono, Ph.D.

California State University, Fullerton

California COVID-19 By The Numbers

Numbers as of March 31, 2020

CALIFORNIA COVID-19 SPREAD 8,155

Total Cases

Ages of Confirmed Coses

- 10-40-4130
- 80-64-2331
- Unknown/Missing: 33

Gender of Confirmed Cases

- a Security A 20%
- 1 Modes 4,357
- Unknown/Missing: 155

Hospitalizations

Confirmed COVID-17 Suspected COVID-19

171

Stay Home, Save Lives.

covid19.co.go.







Los Angeles Times

Tracking the coronavirus in California





Burnout

- Accumulation of stress leads to burnout
- Burnout across contexts (work, parenting) is extremely common right now



Symptoms of Burnout

- Emotional Exhaustion
- Depersonalization
- Decreased sense of accomplishment

(Freudenberger, 1975)



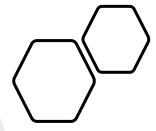
Writing emails in 2022 is like,

Hi X

How's the burnout going? I hope less burny? Unfortunately, I also have burnout so can't do the thing I said I'd do. I realise this will make your burnout worse and I'm sorry about that.

Hoping for less burnout for you soon! Warmly





Burnout

"This book made me cry with gratitude and relief. It is that revolutionary."

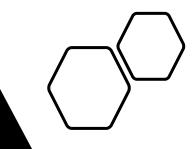
—PEGGY ORENSTEIN

Burnout THE SECRET Burnout

to UNTOCKING

the STRESS CYCLE

Emily Nagoski, PhD
New York Times bestselling author of COME AS YOU ARE
Amelia Nagoski, DMA





Symptoms of Burnout

How does burnout show up for you?

How do we stay resilient in the face of stress?

resilience:

"[t]he capacity of a dynamic system to adapt successfully to challenges that threaten the function, survival, or future development of the system."

 Ann Masten, Professor, University of Minnesota College of Education and Human Development

Building Personal Resilience



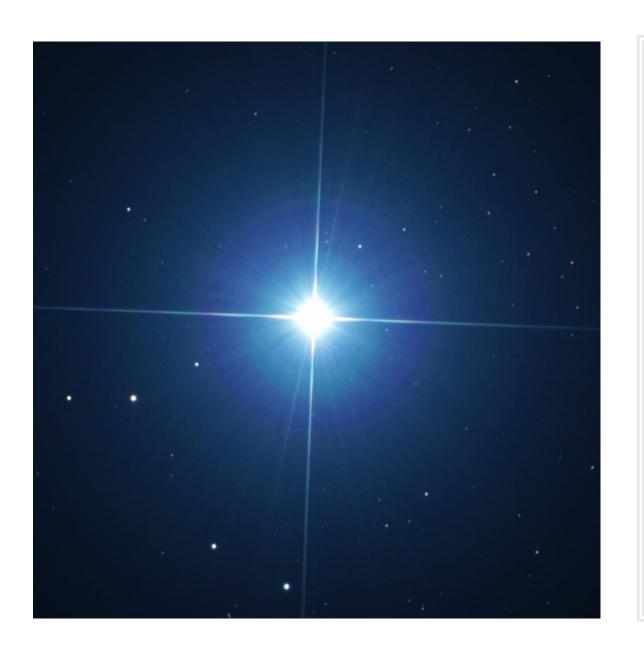
Clarity of Purpose



Personal Well-Being



Connected Community



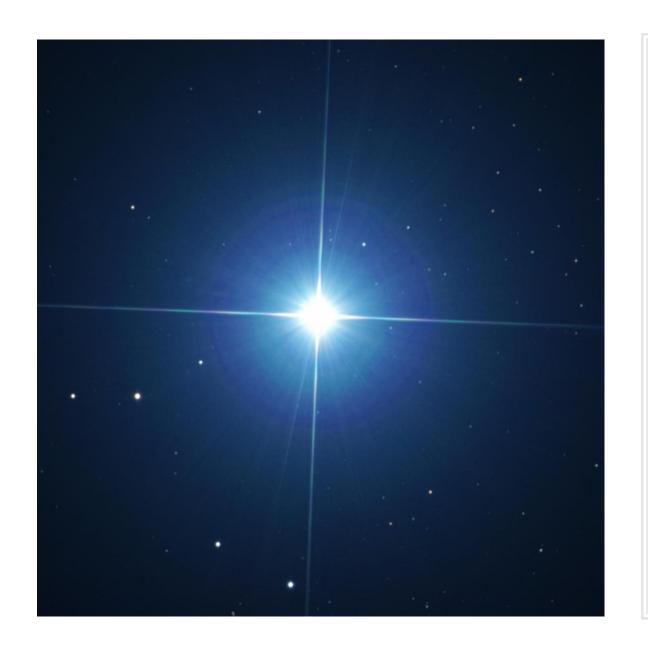
Clarity of Purpose: Values

- What are the two or three values that are most important to you?
- Harmony?Teamwork?Knowledge?Integrity? Equity?

"There is not a set of professional values and personal values. We only have one set. We don't shift our values based on context."

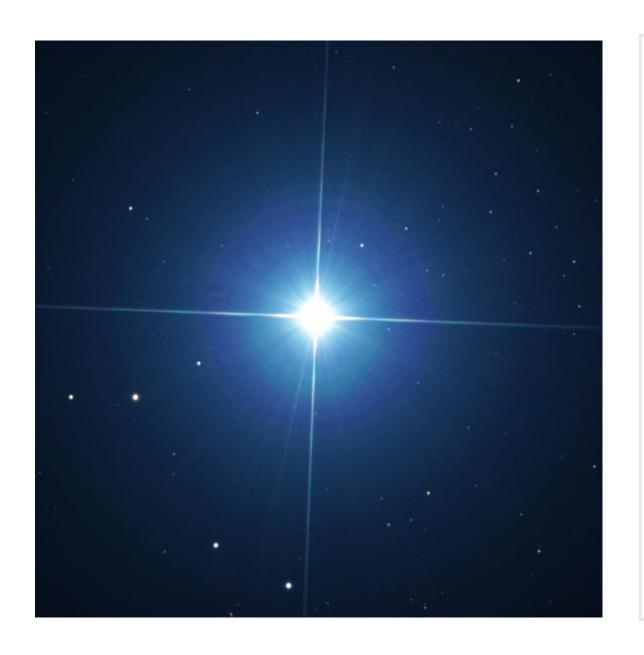
"Conflicts in our lives come in when our values are in conflict with your place of work, your family, the stranger in line at the store. Our values don't change in situations."

Brene Brown



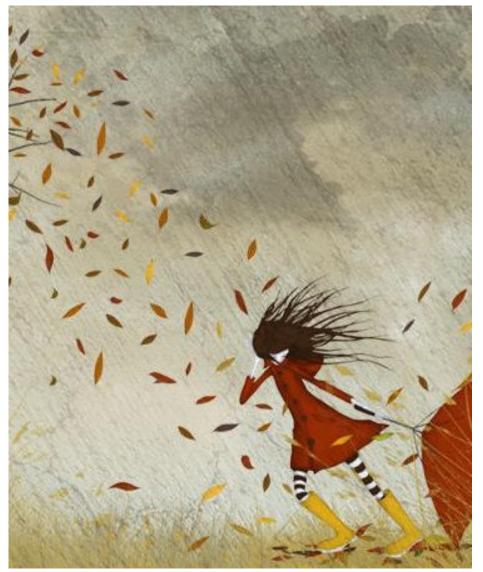
Clarity of Purpose: Strengths

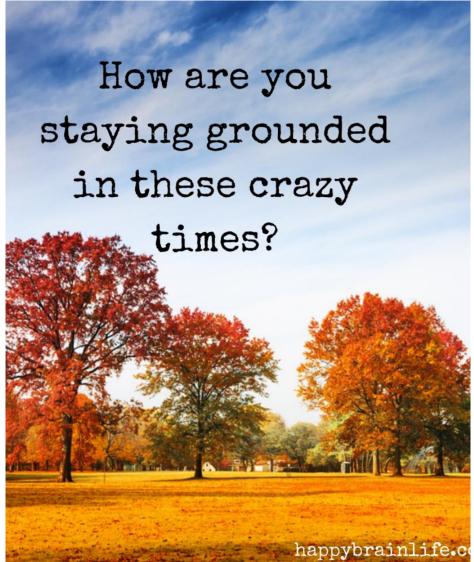
- What are you good at?
- What do you enjoy doing?
- What is difficult or boring?



Clarity of Purpose: Mission

 How do you want to transform your values and strengths into your mission or purpose at work or at home?









Leadership

- A leader is the one in charge, the person who convinces other people to follow.
- A great *leader* inspires confidence in other people and moves them to action.



Professional and Personal Well-Being

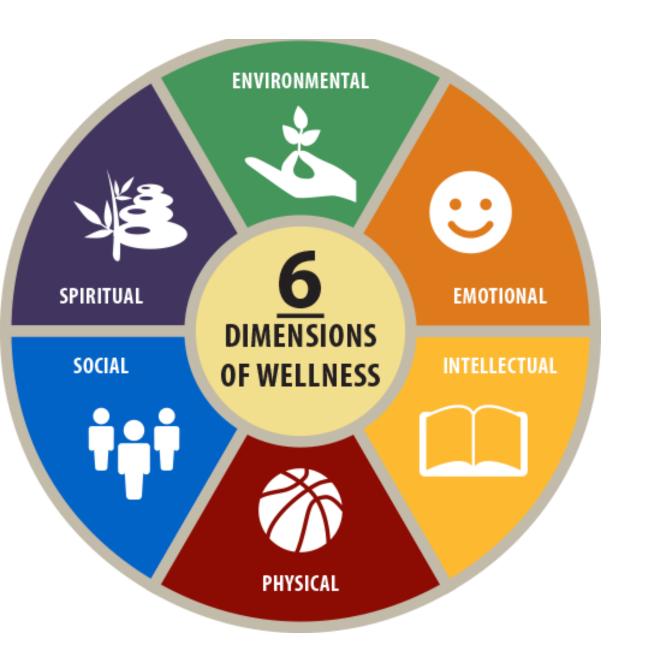
What does this look like for you?

Mindfulness in Well-Being

Mindfulness = Paying Attention

What do you need to be well?

How can you incorporate these things into your life?



What do you do for professional and personal well-being?

How is it going?
Give yourself a score on each of these dimensions.

Connected Community: Why do we need it?

- Love and support
- Advice
- Laughter and fun



Connected Community: How do we get it?

- Being vulnerable
- Being empathetic
- Helping others
- Taking care of each other
- Helping each other take care of ourselves



Importance of Resilience

- Your own well-being
- Well-being of those you care for
- Well-being of our collective community



Thank you!



Dr. Veronica Kelley

Chief, Mental Health and Recovery Services

Breathing and Mindfulness Exercises

- The 4-7-8 Breathing Technique
 - Breathe in through your nose for a count of 4 seconds
 - Hold that breath for a count of 7 seconds
 - Exhale through your mouth for a count of 8 seconds
 - Repeat the exercise 4 times



- The 3 Minute Breathing Space Meditation
 - Minute 1: ask yourself how you are doing and answer in your mind. Focus on feelings, thoughts, sensations and consider identifying these for yourself.
 - Minute 2: pay attention to your breathing. Is it shallow, deep quick or slow.
 - Minute 3: pay attention to how your breathing affects the rest of your body. Is your chest rising, tummy expanding or clothing moving.

Breathing and Mindfulness Exercises

- The 1 Minute Mindfulness Exercise
 - Set a timer for 1 minute
 - Sit in a comfortable position with your feet on the ground
 - Put hands and arms in a natural and comfortable position
 - Close your eyes
 - Focus on the in and out of your breathing. If your mind wanders then stop thinking and just pay attention to your breathing
- The 5-4-3-2-1 Grounding Technique
 - Nothing 5 things you can see around your that you don't usually pay attention to.
 - Notice 4 things you can feel right now.
 - Notice 3 things you can hear aside from the obvious.
 - Notice 2 things you can smell right now
 - Notice 1 thing you can taste right now. Open your mouth to taste the air if nothing else.



Breathing and Mindfulness Exercises

• Yawn – when we yawn thoughts stop and increases cerebral blood flow. Pay attention to the sensations in your mouth, throat, chest and belly.

All of these exercises can be done at any time, quickly and can help us re-set our brains to provide selfcare in very chaotic times. The idea is to take what you want and leave what you don't.

Mental Health Resources

- Triple P Online a Free online program that shows you practical steps you can take to help you child or teenager to feel calmer and more capable. www.triplep-parenting.com
- OC Links Behavioral Health Information and Referral Line is available 24/7 via telephone and chat services and provides linkage mental health resources (855) OC-Links (625-4657) or via chat at https://ochealthinfo.com/oclinks
- OC Equity Map https://www.equityinoc.com/map

Prevention Resources

- https://wrongforyou.com
- https://lifeisgreaterthandrugs.com
- https://stigmafreeOC.com

Thank You!

Dr. Veronica Kelley, LCSW, Chief of Mental Health & Recovery Services, Orange County Health Care Agency

vkelley@ochca.com