

MEMORANDUM

TO: First 5 Lake County Commission

FROM: Carla Ritz, Executive Director

DATE: March 7, 2018

SUBJECT: Executive Director's Report

DIRECTOR'S COMMENTS – This month I attended Read Across America story times at the Middletown, Redbud, and Upper Lake Libraries and I was able to see the Healthy Start presentation shared with parents in attendance at Middletown Library. I also had the opportunity to share the Brain Architecture Game in a breakout session at the 2018 Quality Care Counts conference held by LCOE and hosted by the Lake County Campus of Woodland Community College. Twenty-one early childhood educators, administrators and parents attended the breakout session and I was humbled by how seriously they took the exercise and how moved they were by the experience. Many are interested in sharing the game in other settings in the future. One attendee from Colusa County asked me if her First 5 director could contact me about how they could acquire the game and use it there. She shared her own difficult childhood experiences and noted that “this activity was a game changer” for her personally and professionally.

At the QCC Conference, I also attended a breakout session led by Morgan Sedrick from NCO on the topic of Strengthening Families Protective Factors Framework. Morgan did an outstanding job sharing the information on the five protective factors and we spoke afterward about her desire to launch a regularly occurring Parent Café where topics like this could be further discussed and where support networks could be formed. I encouraged her to attend the April 25th Strategic Planning session and to share her wisdom and ideas in that important venue.

This Sunday on 60 Minutes, Oprah Winfrey will be bringing to the masses the message of trauma-informed care and the effects of toxic stress during childhood. This is one of those key moments in a movement with the potential to change the way society views an issue. I want to strongly encourage the Commission and all of our colleagues to watch the segment and share the link to learn more (<https://www.cbsnews.com/news/oprah-winfrey-childhood-trauma-ptsd-60-minutes-report/>).

FEDERAL LEVEL – Nothing to report at this time.

STATE LEVEL – The Executive Committee of the First 5 Association voted on a list of Assembly and Senate bill endorsements this week. I will provide that list via email and will have hard copies available at our March 14 meeting. I will also participate in a conference call with the Association's policy director prior to our meeting and share the information I glean on that call with the Commission.

