

# Executive Director Report

small hands,  
BIG RESULTS




KAREN E. SCOTT  
EXECUTIVE DIRECTOR



## A Message from the ED



 A recent headline read that “Toxic Stress Crisis Poised to Take Center Stage on National Health”. To underscore his commitment in the days after he took office, Governor Gavin Newsom named Dr. Nadine Burke Harris, a pediatrician, researcher and advocate, who specializes in the

impacts of trauma and toxic stress on the health of children, as the State’s first-ever Surgeon General. Through her medical practice and research, Burke Harris has become recognized as a pioneer in the study of how adverse childhood experiences affect the developing brain and can lead to lifelong health and mental health problems. Upon her appointment in January 2019, Dr. Nadine Burke Harris stated that “Governor Newsom’s vision to address healthcare from a preventive, rather than reactive frame, reflects a keen appreciation of the latest science as well as a deep commitment to the health of California children and families.” She went on to state that she was honored to serve in this capacity

and would work hard to support the health of all Californians.”

Dr. Nadine Burke Harris hit the ground running! “As California’s first Surgeon General, one of my top priorities is to raise awareness that Adverse Childhood Experiences, like emotional abuse or witnessing domestic violence, can increase the risk of major health problems like asthma, diabetes and heart disease. But adversity is not destiny,” said Surgeon General Dr. Burke Harris. “The science is clear: early intervention improves outcomes.

In April, she launched a statewide listening tour to raise awareness about the link between Adverse Childhood Experiences (ACE), toxic stress and serious health conditions. Her goal was to travel the state and listen to the unique challenges that communities in each region face when addressing the root causes of serious health conditions and health disparities, bringing together community members, healthcare providers, and leaders to roundtables to better understand how the root causes



June  
2019

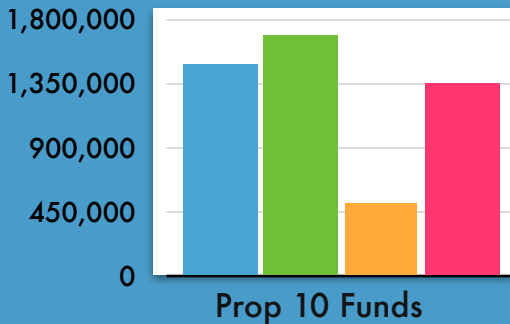
*(continued on page 3)*



## Updates

### Fiscal Update

F5SB received Prop 10 funds in the amount of \$1,346,898 in the month of February. This revenue funds First 5 San Bernardino programs and services.



- November - \$1,493,953
- December - 1,694,351
- January - \$516,944
- February - \$1,346,898

### Follow us on LinkedIn

Are you on LinkedIn? Connect with First 5 San Bernardino for professional news at [www.linkedin.com/in/first5sanbernardino](http://www.linkedin.com/in/first5sanbernardino)

## Dr. Bruce Perry Speaks at 2nd Annual Symposium



2nd Annual Symposium on Infant and Toddler Mental Health and Adverse Childhood Experiences



First 5 San Bernardino joined First 5 Riverside, California Baptist University School of Education and Help Me Grow Inland Empire in presenting Dr. Bruce Perry at the 2nd Annual Symposium on Infant and Toddler Mental Health and Adverse Childhood Experiences on May 20th, 2019 at the Riverside Convention Center.

Dr. Perry is Principal Member of the Neurosequential Model Network, LLC and Senior Fellow of The ChildTrauma Academy. He has presented about child maltreatment, children's mental health, neurodevelopment and youth violence in a variety of venues including policy-making bodies such as the White House Summit on Violence, the California Assembly and U.S. House Committee on Education. Dr. Perry has been featured in a wide range of media including 60 Minutes, National Public Radio, The Today Show, Good Morning America, Nightline, CNN, MSNBC, NBC, ABC and CBS News and the Oprah Winfrey Show. In addition to Dr. Perry's presentation, representatives from Riverside University Health System, Help Me Grow National Center, and First 5 Association shared projects and topics related to local and regional initiatives on early childhood development.

More than 1,500 for were in attendance for the symposium. For more information on Dr. Bruce Perry, visit [www.neurosequential.com](http://www.neurosequential.com).

## SUMMER SWIM FEST!

JUNE 15

### Save the Date!

We're bringing water safety awareness to the Towne of Apple Valley Civic Center Aquatic Center on **Saturday, June 15th**

## First 5 San Bernardino Attends First 5 Advocacy Day & Día de los Niños at the State Capitol



First 5 San Bernardino staff and partners including Child Care Resource Center joined other First 5 Commissions across the state for First 5 Advocacy Day & Día de los Niños at the Capitol in Sacramento, California on Tuesday, April 30, 2019. First 5 staff and partners visited more than 10 legislators, including former First 5 San Bernardino commissioner, Assemblymember James C. Ramos, District 40; Assemblymember Eloise Gomez Reyes, District 47; and Senator Connie Leyva, District 20. For photos and advocacy topics that were championed throughout the day, visit our social media pages on LinkedIn, Twitter, and Facebook.

### ED Message (continued from page 1)

of serious health conditions and health disparities, bringing together community members, healthcare providers, and leaders to roundtables to better understand how the Office of the Surgeon General can support communities with prevention and treatment. Dr. Burke Harris' statewide tour took her to stops in the counties of Alameda, Butte, Fresno, Kern, Los Angeles, Orange, San Diego and San Francisco.

On Monday, June 3rd, we had the pleasure of Dr. Burke Harris' presence in the Inland Empire for the last leg of her listening tour making visits to both Riverside and San Bernardino County. We jokingly told her that the Inland Empire would like to believe that she saved the best for last!

First 5 Riverside organized and hosted the first of 2 informal listening sessions in the IE, in partnership with the Riverside University Health System at the brand new Jurupa Community Health Center. This event was by invitation only and was billed as an opportunity to lift up high-quality programming and community

leadership around health equity and trauma-informed care, as well as provide feedback on the kind of support we need from the state in support of our vibrant region.



Dr. Nadine Burke Harris met with and listened to over 40 Riverside County community partners including First 5 Riverside, Riverside University Health Systems, County Office of Education, University of California Riverside, IEHP, Loma Linda University Children's Hospital, Child Abuse Prevention leaders, Foster Care agencies, child care providers and workforce trainers,

non-profit agencies, community based organizations, and others. Dr. Burke Harris toured the brand new Jurupa Community Health Center, an important asset to that community, and was very impressed with how the clinic is set up to serve the community in a transdisciplinary approach, with pods for physicians and supporting health teams in the middle of the space. In the afternoon, Dr. Nadine Burke Harris traveled to San Bernardino to better understand the challenges that [\(continued on page 4\)](#)

our region faced when addressing the root causes of serious health conditions and health disparities. Dr. Diana Rodriguez, President of San Bernardino Valley College organized and hosted the second informal listening session. Dr. Rodriguez was excited to share with the new Surgeon General, the opportunities available through SBVC with courses and programs that ready students and our workforce to serve and strengthen communities. The highlight of the visit was a tour of the Early Childhood Development Department which prepares, educates and helps students interested in pursuing careers or transfers in the fields of early childhood education, child development, human development, education or early intervention. Dr. Burke Harris also had an opportunity to visit the beautiful classrooms where amazing early childhood education through infant/toddler and preschool education programs is provided to the community.



As occurred in the morning listening session, about 40 San Bernardino Community partners convened, again to share with the new Surgeon General how the unique County of San Bernardino is approaching the work to serve children and families and improve long term outcomes with the understanding of the effects of Adverse Childhood Experiences, trauma, as well as the social determinants of health. This group of community partners included First 5 San Bernardino San Bernardino Valley College Administrative and Support staff, SBVC Student representation, San Bernardino City Unified School District Board members, San Bernardino County Department of Behavioral Health,

Children’s Fund, Loma Linda University – Children’s Assessment Center, California Association of Health and Education Linked Professions (CAHELP)/Desert Mountain SELPA, and other non-profit and community based organizations.

Dr. Burke Harris stated that “In our educational system, in our health system, in our justice system – across the board – we need to have broad-scale and coordinated efforts to address the impact of early adversity on health and development. Healthcare and early education go hand-in-hand. San Bernardino County partners demonstrated very well

that we do indeed strive to support the much needed coordinated efforts to address the impacts of early diversity. We are innovative and collaborative and our leaders are committed to equitably working in collaboration with other community partners dedicated to improving physical, mental, emotional and social health outcomes for all.

Dr. Burke Harris discussed the work that the State is doing to ensure better health outcomes with Governor Newsom’s early childhood budget proposals that are focused on developmental screenings, support for home-visiting initiatives and improving infant and maternal health. She ended her visit to the County of San Bernardino by sharing a very important analogy, that trauma informed care is to the 21st Century what vaccinations were to the 20th Century. She also shared that she was anxious to get home to her own children so that she did not cause them “toxic stress.”! It was a pleasure meeting with Dr. Nadine Burke Harris and she assures us that she will be back again!