

JANUARY 2022 | VOL. 1



REGIONAL VIOLENCE PREVENTION COALITION MONTHLY

Monthly Newsletter

What's in this newsletter:

- RVPC PROGRAM UPDATES
- TRAUMA INFORMED CARE TIP
- DATA UPDATE
- COVID-19 UPDATES



Launch of the Regional Violence Prevention Coalitions

Following much anticipation, the LA County Office of Violence Prevention's Regional Violence Prevention Coalitions officially launched in November 2021. Five community-based agencies and organizations were selected from an extensive application process to lead and facilitate regional Violence Prevention Coalitions throughout seven LA County Service Planning Areas (SPAs).

Each lead agency that has been selected will be responsible for identifying and implementing violence prevention-related activities and initiatives, guided by findings from a comprehensive landscape analysis. Lead agencies will form and facilitate monthly coalition meetings to address these priorities, inviting youth, parents, community residents, and additional stakeholders to the table for shared decision making.

RVPC CONTRACTED LEAD AGENCIES

**SPA 1 - Antelope Valley
Partners for Health**

SPA 2 - Strength United

SPA 3 - Day One

**SPA 4 - Divinity Prophet
& Associates**

**SPA 6, 7, 8 - Southern
California Crossroads**

RVPC UPDATES



UPCOMING DELIVERABLES

Landscape Analysis Submission Date:

Friday, Feb 11 2022

Community Action Plan & Evaluation Plan Submission Dates:

Friday, March 4, 2022 (for
Review)

Friday, March 18, 2022 (Final
Submission)



COALITION BUILDING

Tips for Starting a Regional Violence Prevention Coalition

1. Be intentional about recruiting parents, youth, neighborhood elders, residents along with membership from local advocacy groups, community and faith based organizations, parks, & libraries.
2. Identify coalition leads/steering committee and member roles.
3. Establish a coalition mission statement, goals, objectives, and group agreements.
4. Determine meeting frequency and create a shared agenda.
5. Facilitate safe and diplomatic group discussions.

UPCOMING DATES

RVPC Learning Collaborative

Tuesday, Feb 8 2022

10:30am-12:00 pm

Microsoft Teams

Would you like to Co-Host the March RVPC Learning Collaborative?

Please let us know!

RVPC Monthly/Invoice Reports

Next Submission Date:

February 15, 2022

SELF-CARE TIP

Finger Tracing Grounding Activity



We invite you to put aside **5 minutes** to try a new grounding technique! Grounding techniques can help us stay present in moments of stress or when we are overwhelmed.

This breathing technique is called **finger-tracing**:

Use the index finger of one hand to trace the outline of the opposite hand. As you trace up a finger, breathe in. As you trace down, breathe out. Once you've traced the entire hand, reverse directions, making sure to inhale as you trace up and exhale as you trace down.

DATA CORNER

Recommended Email Subscriptions

Each month we'll be sharing data-related updates or research related to coalition building and violence prevention work here.

This month, we're sharing a few websites we appreciate that send frequent emails with newsletters, training opportunities, or reports relating to violence and/or racial health equity.

The Trace: a Nonprofit Journal Organization that reports on firearm/gun violence throughout the United States.

American Public Health Association: Public health related updates covering topics like racial equity, COVID-19, public health advocacy, and more.

Suicide Prevention Resource Center: News, research, and announcements from the only federally supported suicide resource center.

California Partnership to End Domestic Violence: California's largest domestic violence coalition, representing over 1,000 advocates, organizations and allied groups.





SUPPORT FOR PARENTS

Parents are managing a lot during this "new normal." Changing virtual/physical school schedules, managing safety at home, and navigating challenging conversations with young people can be overwhelming. UNICEF has created a helpful parent portal to answer questions about COVID-19, provide helpful suggestions, and to offer tips about navigating parenthood during an unpredictable time.

[UNICEF Guide for Parents](#)



UPDATED MASK RECOMMENDATIONS

The Centers for Disease Control, along with the California Department of Public Health, have issued new guidelines regarding effective mask use at workplace and other indoor settings. Please read the link below to learn about these new recommendations and the way they may impact you..

[Read CDPH Mask Guidance](#)



COUNTY MENTAL HEALTH RESOURCES

The COVID-19 pandemic has had an insurmountable impact on our own mental health and on the mental health of those we love. The Los Angeles County Department of Mental Health has put together a list of resources to address concerns and provide support for mental health and wellbeing during the pandemic.

[DMH COVID-19 Mental Health Resources](#)



MAILED AT-HOME TEST KITS

Due to increased rates of COVID-19 transmission and to increase testing accessibility, the County of Los Angeles has implemented an at home COVID-19 testing program. At-home kits can now be picked up at various LA County Testing Sites. The Federal Government has also now launched a similar program to mail 4 test kits to individual residences. Use the links below to sign up for either test.

[LA County Test Pick Up Registration](#)

[USPS Mail Home Test Link](#)