

FEBRUARY 2022 | VOL. 2



# REGIONAL VIOLENCE PREVENTION COALITION MONTHLY

*Monthly Newsletter*

## *What's in this newsletter:*

- RVPC PROGRAM UPDATES
- ROOTS OF VIOLENCE
- TRAUMA INFORMED CARE TIP
- RVPC AGENCY SPOTLIGHT



## Launch of the Regional Violence Prevention Coalitions

The LA County Office of Violence Prevention's Regional Violence Prevention (RVPC) Coalitions officially launched in November 2021. Five community-based agencies and organizations were selected to lead and facilitate Regional Violence Prevention Coalitions throughout seven LA County Service Planning Areas (SPAs).

Over the last few months, the RVPC lead agencies have successfully recruited a variety of stakeholders to their regional violence prevention coalition including community members/leaders, local organizations and policy makers. The lead agencies have utilized multiple coalition recruitment strategies such as emails, phone calls, flyers, social media and community presentations to promote their coalitions. Each coalition is now identifying the most prevalent violence-related issues in their SPA using a comprehensive regional landscape analysis and will use this tool to determine place-based priorities to develop a community action plan.

### 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

### **Community Action Plan**

violence prevention activities, objectives, goals, expected timeline, and intended outcomes

### **Submission (for Review) Date**

Friday, March 4, 2022

### **Final Submission Date**

Friday, March 18, 2022

## ONLINE COALITION BUILDING RESOURCES

### **Community Tool Box**

A free, online resource with a coalition building toolkit for building healthier communities and bringing about social change.  
<https://ctb.ku.edu/en>

### **CDC Division of Violence Prevention**

A website with resources to plan, implement, evaluate violence prevention efforts and promote the adoption and dissemination of violence prevention strategies.  
<https://www.cdc.gov/violenceprevention/index.html>

## DEVELOPING AN ACTION PLAN FOR IMPLEMENTATION

**Developing an action plan can include details such as:**

- **Key Stakeholder Roles and Responsibilities**

Identifying coalition members responsible for various aspects of implementation, their roles and contact information

- **Action Steps/Timeline**

Include the goals, tasks, required resources, key people responsible, a schedule with tasks and how you know the goal has been accomplished

- **Communication Plan**

Identify who needs to know about coalition activities and progress. Include stakeholders and coalition members who are involved in the day to-day activities

- **Potential Barriers and Facilitators**

It is helpful to identify potential barriers as early as possible and look for potential strategies to address them.



# DIGGING DEEP:

## Understanding the Root Causes of Violence

With any challenge an individual or community faces, there is always more to the problem than what can be seen on the surface.

The Root Cause Analysis Approach is a tool used to understand the underlying cause of a specific problem in order to identify the best possible solution. Root Causes Analyses allow us to look upstream to the deeper issues that lead to certain outcomes or experiences, rather than focusing only on the causes that may be more apparent. If we don't look upstream at the deeper systems, cultures, beliefs, and institutions that uphold inequities and injustices, we will continue to create solutions that target only half of the real issue.

For example, we may think we could reduce cyberbullying of LGBTQ+ youth only by implementing social media campaigns in schools towards bullying, when the deeper issue is addressing a culture that focuses on "othering" individuals based on their sexual and/or gender identity.

To help us create meaningful approaches to violence prevention, we must first identify and target the deeper, systemic issues that contribute to high incidents of violence, stigma towards asking for health, social isolation, and more.

The **Root Causes of Violence Tree Activity** can be used to label the root causes (**tree roots**) that lead to the contributing factors (**tree trunk**) that lead to a specific experience or outcome (**tree branches**).

*Ex: Gender Based Violence*

**Tree Branches:** Domestic Violence, Stalking, Sexual Harrassment

**Tree Trunk:** Poverty, Isolation, Lack of Education

**Tree Roots:** Sexism, Gender Inequality, Power Inequity

**Links:** [Tree Activity Background](#) | [Tree Activity Sample & Blank Copy](#)

## Suggested Further Reading

**[A PUBLIC HEALTH APPROACH TO THE VIOLENCE EPIDEMIC IN THE UNITED STATES - COHEN & SWIFT](#)**

**[CONNECTING THE DOTS AN OVERVIEW OF THE LINKS AMONG MULTIPLE FORMS OF VIOLENCE - CDC](#)**

**[HOW SOCIAL FACTORS SHAPE HEALTH VIOLENCE, SOCIAL DISADVANTAGE AND HEALTH - RWJ FOUNDATION](#)**

**[SOCIAL AND STRUCTURAL DETERMINANTS OF HEALTH AND YOUTH VIOLENCE SHIFTING THE PARADIGM OF YOUTH VIOLENCE PREVENTION - APHA](#)**

**[VIOLENCE AND HEALTH EQUITY - PREVENTION INSTITUTE](#)**



# SELF-CARE TIP

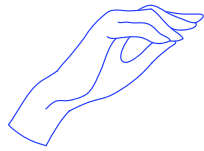
## Five Senses Activity

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.

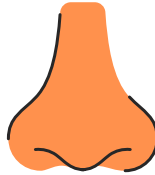
This month's technique is called **Five Senses**.

Find a comfortable position, take a couple of deep breaths, and spend a few moments focusing on the following:

### 5 Things You Can See



### 3 Things You Can Hear



### 4 Things You Can Feel



### 2 Things You Can Smell



### 1 Thing You Can Taste

## DATA CORNER

### Community Safety Across Los Angeles County

As the temperature gradually warms this spring, more children and families will have the privilege of spending time outside in the beautiful Los Angeles weather.

When making the decision to do so, families will consider their children's experiences of community safety in addition to what resources they have easily accessible within their neighborhoods.

We invite you to read the following two examples of community safety related-data and reflect on the way they may impact communities' perceptions of safety within their neighborhoods.

**Sources (Data taken from OVP Violence Prevention-Related Indicators Data Package):**

a. UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019 (Comparing Los Angeles County Service Planning Areas). Available at <http://ask.chis.ucla.edu>. Exported on September 23, 2021.

b. 2018 Los Angeles County Health Survey; Office of Health Assessment and Epidemiology, Los Angeles County Department of Public Health.

Data labeled \*\* is statistically unstable.

Percent of children and teens who walked/biked/skated from school in past week. <sup>a</sup>		Percent of children (ages 1 to 17 years) with easy access to a park, playground or other safe place to play. <sup>b</sup>	
LA County Overall	41.4%	LA County Overall	90.4%
Antelope Valley	23.7%**	Antelope Valley	86.6%
San Fernando Valley	37.5%	San Fernando Valley	92.2%
San Gabriel Valley	32.6%	San Gabriel Valley	93.9%
Metro	46.6%	Metro	83.5%
West LA	47.7%	West LA	96.7%
South LA	55.5%	South LA	82.0%
East LA	54.5%	East LA	94.8%
South Bay	36.1%	South Bay	90.8%



# RVPC Agency Spotlight



## SOUTHERN CALIFORNIA CROSSROADS

Southern California Crossroads is a non-profit organization whose mission is to provide **SAFETY & HEALING** for individuals and communities who have been impacted by **TRAUMA** caused by **VIOLENCE**. Crossroads is a guiding light in dark situations.

### Brian Apodaca

(He/Him/His)

SPA 8 RVPC Program Coordinator

**Fun Fact:** "I enjoy traveling abroad and staying at beautiful oceanfront hotels."

"My **favorite part** of working for Crossroads is being part of the solution to inner city challenges."

### Charmaine Bell

(She/Her/Hers)

SPA 6 RVPC Program  
Coordinator

**Fun Fact:** "I love to bake and operate an online bakery through social media platforms."

"My **favorite part** of working for Crossroads is being a part of change in the community."

### Freddy Pablo

(He/Him/His)

SPA 7 RVPC Program  
Coordinator

**Fun Fact:** "I love lifting weights and going to the gym."

"My **favorite part** of working for Crossroads is working with dedicated and amazing staff."



### What have you learned during your time in this project about the impact of violence in your SPA?

"We have learned that empowering and educating our youth is crucial to violence prevention, violence prevention/intervention is needed at all levels of schools. The impact of violence causes many 'layers of damage' far beyond the visible."

## RVPC Success Story - Southern California Crossroads

"We are happy to see the level of commitment and contribution from community members to the coalition, we are proud to be a part of a diverse coalition that is determined to make LA county violence-free, the willingness of community members to be a voice & a presence to combat violence in their respected areas."

<https://www.socalcrossroads.org/>