

# RVPC

# Regional Violence Prevention Coalitions

The RVPC project brings together a diverse, multi-sector group of community stakeholders and residents (including youth and parents) to form place-based violence prevention coalitions throughout Los Angeles County. The goal of these coalitions is to advance best practice, policy, and systems change for violence prevention county-wide.

## SEPTEMBER 2022 UPDATES

The Regional Violence Prevention Coalitions continue to make a strong impact on violence throughout Los Angeles County!

Agencies continue to fund and implement mini grant projects and to move forward with regional violence prevention action plan goals. This month, agencies also participated in the RVPC Violence Prevention Learning Collaborative which was centered entirely around Trauma 101: Learning the Impact of trauma and Understanding Trauma Informed Care as a Violence Prevention Practice.

### Coalition Capacity Building

Agencies were asked to identify and facilitate a capacity building learning opportunity for their coalition members. The intention of these learning activities are to build the knowledge, skills, and leadership capacities of coalition members while also creating formal and informal leadership opportunities within the RVPC and broader community.

**Left:** Antelope Valley Violence Prevention Coalition (SPA 1) members graduate from a Mental Health First Aid Training led by Mental Health America.



**Right:** Mending Hearts (SPA 6) coalition members attend a trauma-informed and peaceful conflict training yoga class facilitated by Ebay Williams at the MLK Community Healing and Trauma Prevention Center.



### WHAT'S COVERED IN THE SEPTEMBER ISSUE:

- Mini Grant Updates
- Trauma Informed Care as a Violence Prevention Practice
- RVPC Spotlight: Office of Violence Prevention
- Grounding Tips
- Data Corner

### ANNOUNCING THE NEW RVPC WEBPAGE

Visit: <http://www.publichealth.lacounty.gov/ovp/RVPC.htm>

The RVPC Webpage is up and running! Visit the new site to learn more about the project, read about the lead agencies, and to access any tools or templates used to develop a landscape analysis, violence prevention action plan, and more!



Regional Violence Prevention Coalitions

## MINI GRANT UPDATES

Mini Grants are an opportunity for coalitions to fund community based organizations, individuals, and grassroots projects that align with their violence prevention focus areas.

Please see highlights below about the first five mini grant projects funded this year.



### SPA 1: ALTERNATIVES TO VIOLENCE PROJECT'S PEACEFUL RELATIONSHIPS COURSE

The Alternatives to Violence Project (AVP) is a multi-cultural volunteer organization that is dedicated to reducing interpersonal violence in our society. The AVP program offers experiential workshops that empower people to lead nonviolent lives through affirmation, respect for all, community building, cooperation and trust. This course was funded by Antelope Valley Partners for Health.



### SPA 3: "LOVE SHOULDN'T HURT" WORKSHOP SERIES

Day One (SPA 3) funded Healed Women Heal to launch this 12-week workshop series, designed to educate young girls on the dynamics of abuse. Workshops help participants learn how to recognize when a relationship is unhealthy, toxic, and abusive while building a strong connection, tribe, and support system with other young girls and survivors in San Gabriel Valley.



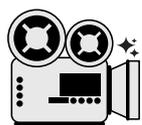
### SPA 3: YOUNG KINGS RETREAT

Young men of color were invited to participate in a day full of activities along side community leaders who will provide ongoing mentorship. Mentors include council members, EMTs, business owners, activists, and more! Mini Grants were provided by Day One.



### SPA 4: SURVIVOR CENTERED RESOURCE FAIR

Divinity Prophet and Associates partnered with Victory Outreach to host a community resource fair to raise community awareness of human trafficking, increase knowledge about how to help, and to provide violence prevention resources to survivors.



### SPA 3: FILM SCREENING - LENSES OF PEOPLE OF COLOR IN COMMUNITY

This documentary film screening, funded by Day One, shed light on local community leaders and activists who have fought for racial equity and against police brutality. The goal of the screening was to ignite the younger generation to stand up to injustices and create a safer community for all residents.

**NOTE: RVPC MINI GRANT APPLICATIONS ARE STILL OPEN IN SPA 2, 6, 7, AND 8. PLEASE CONTACT OVP FOR ADDITIONAL INFORMATION ABOUT OPEN APPLICATIONS.**



# Trauma Informed Care: A Violence Prevention Practice

"SWITCHING FROM 'WHAT IS WRONG WITH YOU?' TO 'WHAT HAPPENED TO YOU?'"

## Why Should We Adopt a Trauma Informed Approach?

trauma is pervasive	early intervention is key	better health outcomes
improvement in daily functioning	less reliance on crisis support	healing is possible
cost-effective	improved consumer stability	reduces burnout

Violence leaves a wake of trauma in it's path and has long lasting impacts for individuals, families, and communities - showing up in schools, workplace, libraries, and parks.

Given that trauma is so common, it is important that we all learn about and invest in trauma informed care and healing.

Using a trauma informed approach helps us to:

- lead with empathy and empower others
- engage with each other from a perspective that acknowledges trauma's presence in our lives

## FIVE COMPONENTS OF TRAUMA INFORMED CARE

**1 REALIZE trauma is common.**  
 What you know about others may only be the surface. Always assume there are survivors of trauma in the room and act accordingly by using content warnings and compassionate approaches.

**2 RECOGNIZE the signs of trauma.**  
 Familiarize yourself with the signs of trauma - both those that you can see and those that are more subtle or hidden. Discuss these with others to normalize these experiences.

**3 RESPOND with kindness.**  
 Take the opportunity to validate, pause and break, reassure, give time to breath and hydrate, and ground as needed.

**4 RESIST traumatizing others by:**  
 Empowering, promoting safety and trust, modeling honesty and transparency, connecting with others, learning about and managing triggers, and advocating for others.

**5 REMEMBER - others' behaviors aren't always personal.**  
 Sometimes it's just our inner trauma talking.



To learn more about the LA County Office of Violence Prevention's Trauma Informed Care Initiative, please visit <http://www.publichealth.lacounty.gov/ovp/TraumaInformedCare.htm>

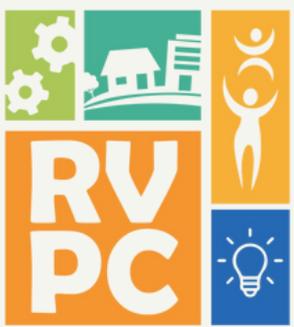
## LEARN MORE ABOUT TRAUMA INFORMED CARE :

WHAT IS TRAUMA INFORMED CARE? - CENTER FOR HEALTH CARE STRATEGIES

TRAUMA INFORMED CARE GLOSSARY - LA COUNTY OFFICE OF VIOLENCE PREVENTION

BRENÉ BROWN ON EMPATHY - RSA SHORTS

TRAUMA AND THE BRAIN: UNDERSTANDING ABUSE SURVIVORS RESPONSES - MEDIA CO-OP



**Regional Violence Prevention Coalitions**

# AGENCY SPOTLIGHT: LA COUNTY OFFICE OF VIOLENCE PREVENTION (OVP)

The Office of Violence Prevention at the Los Angeles County Department of Public Health works to strengthen coordination, capacity and partnerships to address the root causes of violence, and to advance policies and practices that are grounded in race equity, to prevent all forms of violence and to promote healing across all communities in Los Angeles County.

OVP monitors the trends and circumstances of violent deaths affecting Los Angeles County to inform decision makers and program planners about ways to prevent and intervene on violence in the community, at home, and in the workplace.



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To learn more about the Office of Violence Prevention, click [here](#):  
To get in touch with the Office of Violence Prevention, click [here](#):

## What do we love about OVP and the Regional Violence Prevention Coalitions?

"I feel lucky to work at OVP because of the people. Every member of our team brings something uniquely wonderful to the table and is truly passionate about working towards a violence free LA County. I feel grateful to learn from the people around me daily and to be a part of this work!"

"I enjoy working for OVP and on the RVPC project because of the amazing team members, agencies and learning opportunities."

"I love working with OVP and the RVPC project because it feels like we're making a real change in LA County. It's an opportunity to both learn about and help community I am a part of. I've grown so much through the short time I've had to work with OVP and am excited to continue to do so."

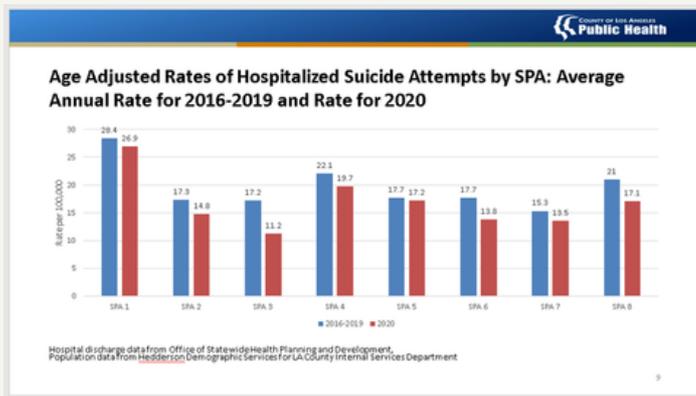
"I love the RVPC project because it brings together community to advance important practice, policy, and influence system change throughout the county. The enthusiasm and optimism from each agency in conjunction with the Office of Violence Prevention showcases the strides in which we together can achieve a violence-free LA county."

# Data Corner

**CONTENT WARNING: The following brief includes data about suicide and self-harm. We invite everyone to trust their instincts and read with caution. Trauma-informed tips and techniques for self-care can be found [here](#).**

September is Suicide Prevention Month. This is a time where we can raise awareness about a stigmatized but important topic. It is a time for us to shift public perception and share vital information to support those who may be affected by a suicide attempt and/or suicide loss.

As we've learned from the public health approach to violence prevention, we know that surveillance and monitoring are key steps to understanding the scope of the problem and discovering how to address it. Therefore, collecting data and knowing the trends of suicide in our communities are vital to making meaningful change. In the graphic below, we see the rates of hospitalized suicide attempts by SPA. The blue bars represent the average rate for that SPA from 2016–2019. The red bars represent the annual rate for that SPA in 2020.



Data like this is important because it shows us which areas have higher rates of suicide attempts overall as well as the trends over time, which can help direct efforts or policy.

Fortunately, there are many resources and groups leading suicide prevention work in Los Angeles. It is up to all of us to share the information that is available about warning signs and how to help with our peers, family, and community. Doing so, can have a significant impact on the mental health and safety of those around us.

For a list of suicide prevention hotlines, warmlines, support groups, and local organizations from OVP, click [here](#).

To visit the LA County Department of Mental Health's list of resources per Service Planning Area, click [here](#).

To learn about or join the Los Angeles Suicide Prevention Network, click [here](#).



## GET CONNECTED TO PREVENTION ORGANIZATIONS:



- **American Foundation for Suicide Prevention:** Find your local chapter [here](#).
- **LA Suicide Prevention Network:** Explore your role in suicide prevention [here](#).
- **Suicide is Preventable:** Know the signs, find the words, and reach out [here](#).
- **Didi Hirsch Suicide Prevention Center:** Get involved or find help in LA County [here](#).



## GROUNDING TECHNIQUES

**Alternate Nostril Breathing** Is a technique used in some yogic practices that can help manage stress, reduce anxiety, relax your body, and promote overall wellbeing. In addition to the mental benefits, alternate nostril breathing can also positively benefit your lung and heart health!

Click [here](#) for more information!

## NEXT MONTH: YOUTH CENTERED CARE

October's learning collaborative will focus on all things youth. We're excited to meet in person and to welcome our next guest speaker, Aarti Harper, as we talk together about how to care for young people in LA County!

