

## March 2023 Stressbusters Summary

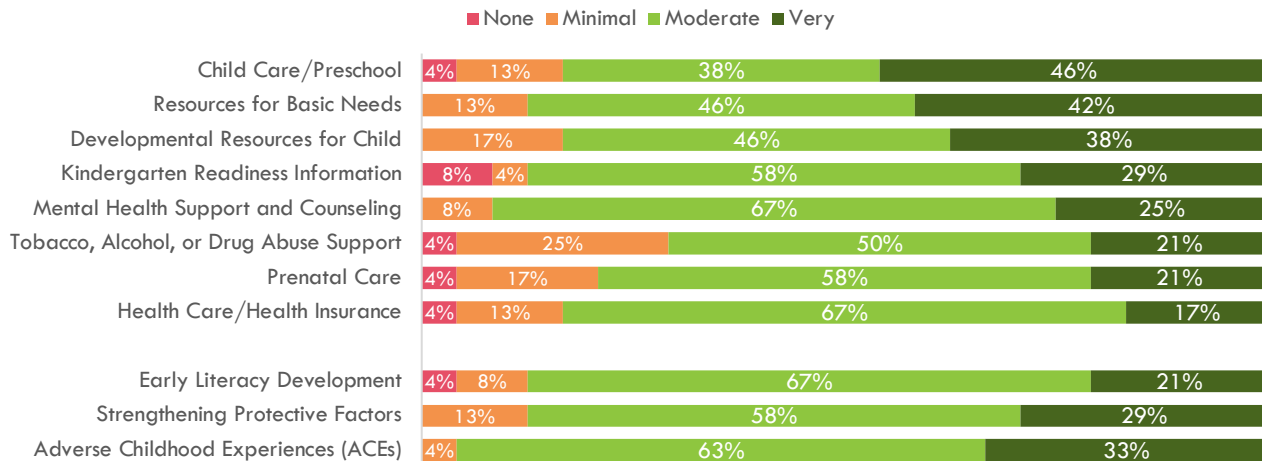
Twenty-four participants who attended the March 2023 Stressbusters training event completed a provider survey describing their knowledge of local resources and experiences at the training. Participants' **roles** varied widely – six (25%) were home visitors, six (25%) were social workers or case workers, and three were 0-3 educators (13%). Others included law enforcement, public health nurse, coordinators, and other leadership and administration roles.

Law enforcement  
Public health nurse  
Employment  
Ece coordinator  
Social worker  
Home visitor  
Community based  
Educator  
Employment services  
Coordinator  
Family success liaison  
ECE  
Ehs site supervisor  
Administrator  
Training worker  
Case worker

Stressbusters participants rated their **knowledge** about local resources.

Among them, 46% (11/24) reported they were very knowledgeable about child care/preschool resources, followed by resources for basic needs (42%, 10/24) and developmental resources for children (38%, 9/24). On the other hand, more than one-quarter (29%, 7/24) had minimal or no knowledge of tobacco, alcohol, or drug abuse support resources in Tehama County.

Regarding knowledge on topics affecting families, nearly all participants (96%, 23/24) were moderately or very knowledgeable about Adverse Childhood Experiences (ACEs), followed by early literacy development (88% very or moderately knowledgeable) and strengthening protective factors (87%).



All participants reported that they would recommend the Stressbusters training to a friend or colleague, and nearly all (91%, 20/22) reported that they learned something new from the training. Stressbusters participants described the **key learnings**. Responses highlighted three themes:

- Understanding the types of stress and the role of stress as a motivator to solve problems.
- Tools to cope with stress and work with families to understand children's stress.
- Relationship-building between partners and the importance of self-care in being able to help others.

“Stress can help bring attention to what's important and be a motivator to problem solving.”

Similarly, participants highlighted what they found **most meaningful** from attending the Stressbusters training. Responses included relationship-building/making connections, resource sharing, the content/tips (i.e., ACEs information, tools and techniques to use regarding stress), and self-care.

Participants reported they would like **future trainings** to focus on ACEs, autism, cultural differences and adversity, early brain development, techniques and practices to use to help with children's stress and mental health, and self-care strategies including “leaving work at work – not bringing home the clients' circumstances.”

## Networking and Connectivity

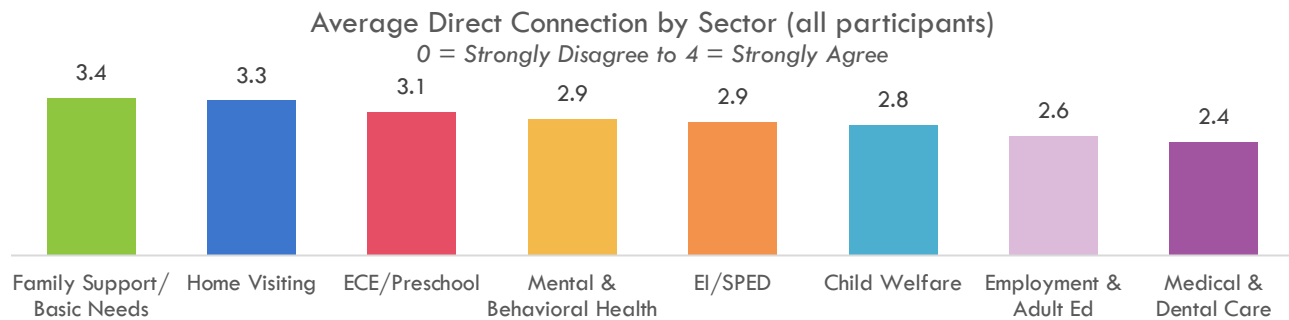
Sixteen of the 24 participants described their connectivity to other community providers and knowledge of resources provided by other organizations. The 16 participants represented the Early Care & Education/Preschool (4), Home Visiting (4), Family & Social Supports/Basic Needs (3), Employment Training & Adult Education (2), Early Intervention/Special Education (1), and other sectors (including public health and law enforcement).

“Just being in person is such a treat, making valuable connections with other helpers in the community was a blessing.”

Participants rated their connection to other sectors including their level of agreement with the following statements, on a scale of 0 (Strongly Disagree) to 4 (Strongly Agree):

- I have a direct connection with one or more people at a Tehama organization [in each sector] that I can reach out to and ask a question.
- I understand what resources are offered by [each sector] organizations in Tehama County (e.g., knowing when to refer a family to this program).

On average, participants had the **strongest direct connections with family support/basic needs, home visiting, and early childcare/preschool organizations**. Participants were least likely to agree that they had direct connections with medical/dental care and employment/adult education organizations.



Participants **typically agreed that they knew what resources were offered by family support/basic needs, early child care, and home visiting organizations** (e.g., knowledge of when to refer a family to these services).

Participants were least likely to be familiar with resources offered by medical and dental care and employment/adult education organizations.

