

TRANSYLVANIA COUNTY CPAP Community Café

Paid leave policies provide employees with partially- or fully- compensated time away from work for specific, significant family caregiving needs. Paid family and medical leave policies are concrete supports and are critical in preventing child abuse and neglect because they allow parents to take protected time off from work without jeopardizing their finances or employment. This is a concrete policy solution that will support families in time of need.

The science is also clear that the early weeks of life are critical to parent-child attachment and the creation of the nurturing, responsive relationships that babies need to build a strong foundation for life-long brain development, learning, and good health.

COMMUNITY CAFÉ QUESTIONS

1. What supports are most needed now in Transylvania County regarding support for children, parents, and families?
2. What are your biggest concerns affecting children's health, well-being, and social-emotional development in Transylvania County?

TOP COMMUNITY CAFÉ THEMES

Need for Self-Care, Resources, and Supports

1. Children, adults, parents, and families need self-care outlets
2. Family Connects Transylvania County launched in February 2021 and has been beneficial in providing resources/support to families
3. A need for an increase in positive messaging around connections and supports (libraries, billboards, schools, public spaces)
4. Connection – safe in person connection, connection through library and faith-based sector, Connections Matter NC trainings
5. Rest/Recuperation for children and parents
6. Employment Flexibility
7. Taking time away from work, childcare, spending time outside
8. Stress Levels – Toxic, COVID-19-related stressors
9. Childcare
10. Healthcare/Mental Health Support
11. Financial Support
12. Affordable housing
13. Family-Friendly Policy Related Support – coordinated Advocacy Campaign and coordinated efforts across county

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TOP COMMUNITY CAFÉ THEMES (cont)

Barriers that Keep Families from Asking for Help/Supports Needed

1. Shame and Stigma
2. Lack of Trust in the system, fear, not knowing where to go/what resources to turn to
3. Transportation
4. Culture, Race, or Social Class
5. Addiction

Concerns affecting children's health, well-being, social-emotional development in Transylvania County

1. Experiencing Trauma/ACEs
2. Opioid Usage - alcohol, addiction, and drugs
3. Lack of Parent Education - Knowledge and Understanding around Child Development and children's social/emotional health
4. Lack of connection and resources to Concrete Supports in Times of Need

RECURRING THEMES

Concrete Support

Based on feedback from the café, community members expressed concern about the issues of drugs and alcohol in their community when it came to the questions of asking for help and challenges to keeping children safe. Select quotes are highlighted below.

"Prices are high with Childcare - especially infant/toddler care and there is not a lot of flexibility when it comes to spending"

"[We need to] create an "On-Ramp" of sorts: i.e.: how can we get ppl to see the signs for the "on-ramp"—where to locate resources for support, how to get involved"

"The Family Place provide[s] services that reach a lot of ppl in Transylvania"

"Mental Health - there is a stigma, but more resources need to be provided for children/adults in TC - how can we break that stigma?"

COVID-19 Pandemic Impact on children, families, and community

Based on feedback from the café, Transylvania County CPAP Kid's Matter members discussed the long-lasting effects that the pandemic will have on children's development, the community, parents, and families for years to come. Select quotes are highlighted below.

"[There has been a] shift - middle income families and a lot of families with money are struggling now too and asking for help. It is not just low SES families asking for support/resources now - it's ALL families"

"Kids have had to shift for adults and make a lot of changes for adults—which causes them stress and halts their development (brain connections)"

"Pandemic has had an impact on diet, fitness, impact on mental state, are we disciplined enough to make changes that benefit in the long term? Not just quick fix [like drug addiction]"

"Pandemic has stalled development"

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