



Fall 2011 Newsletter

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A message from the Executive Director

There are many exciting developmental milestones at the age of five. Children become independent, thriving beings with their own personalities. By five, they can write their own name, have involved imaginary worlds where anything is possible, and friendships become oh-so-important. We begin to increase their world by adding other trusted adults to care and nurture them such as daycare providers or teachers.

The CAC turns five this fall, and it is with the same reflection that I view our center. In 2006, the center opened its doors with one service — forensic interviews. Since then, many individuals have come together to build on this foundation and add even more programs — non-offending caregiver services, medical exams, mental health therapy and prevention training.



CAC staff (left to right, starting at bottom row): Jackie Hendricks, Joddie Walker, Jen McNew, Kim Duffy, Shelly Duckworth-Shaeffer, Liz O'Grady, Becky Voss and Rachel Greene.

At five years, we have so many strong, important friendships with our partnering agencies, donors and the community at large. Our agency name is now branded with its own distinct logo, and we have expanded the word of child abuse response to include a six discipline response and coordination: **Children and Youth Services, District Attorney's Office, 17 Police jurisdictions, Victim/Witness Assistance Program/Victim Advocacy, medical and mental health.**

Earlier this year, the CAC and MDT* became a fully-accredited center through the National Children's Alliance (NCA) following an extensive application and site review process. As the accrediting agency for children's advocacy centers across the country, NCA awards various levels of accreditation and membership to centers that respond to allegations of child abuse and place the needs of child first. Accreditation is the highest level of membership and denotes excellence in service provision.

Accreditation provides consistency across the child advocacy center movement as a whole. *"Adams County Children's Advocacy Center is to be commended for its excellent work serving victims of child abuse. As the national association and accrediting body for Children's Advocacy Centers across the country, our goal is to ensure that every victim of child abuse has access to high quality services that result from professional collaboration,"* remarked Teresa Huizar, NCA Executive Director.

The entire MDT, CAC staff and board feel a great sense of pride in this achievement. It with the same sense of pride that a parent would feel, as I look at the growth of the ACCAC. I get excited to think and dream about the next five knowing that we, as a community will continue to nurture the center and the children it services, to be all they can be.

**Multi-Disciplinary Team consists of the District Attorney, 17 police jurisdictions, Children and Youth Services, Victim Services, Medical, Mental Health, and CAC staff.*

Joddie Walker, MS, CTS

Back-to-School Tips: Bullying

Bullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.

When Your Child Is Bullied

- Help your child learn how to respond by teaching your child how to: 1. Look the bully in the eye. 2. Stand tall and stay calm in a difficult situation. 3. Walk away.
- Teach your child how to say in a firm voice. 1. "I don't like what you are doing." 2. "Please do NOT talk to me like that." 3. "Why would you say that?"
- Teach your child when and how to ask for help.
- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

When Your Child Is the Bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

When Your Child Is a Bystander

- Tell your child not to cheer on or even quietly watch bullying.
- Encourage your child to tell a trusted adult about the bullying.
- Help your child support other children who may be bullied. Encourage your child to include these children in activities.
- Encourage your child to join with others in telling bullies to stop.

Adapted from The American Academy of Pediatrics

Trauma and Learning

School has resumed. Back to school advertisements and school supply lists have consumed parents, teachers and children for the past few weeks. For most, this is an exciting time. For others, those who have difficulty in school, it can be quite stressful. After exposure to a traumatic experience many children remain in a heightened state of arousal (stress). This is especially true when a child is exposed to chronic or repeated trauma such as domestic violence, abuse or homelessness. When that arousal does not decrease to normal levels there is a significant impact on a child's ability to perform in the classroom. Many of the processes required for successful learning become impaired as a result of this increased and persistent stress. Some of these include difficulty focusing, remembering information, articulating what has been learned, sitting still long enough to complete a worksheet and even having the ability to work on projects with peers.

Knowing this, our first goal has to be to make children feel safe in the classroom. Despite what is going on at home, we have the opportunity to greet them with a smile, ask them if they have had breakfast and offer additional support if needed. When a traumatized child feels safe and has an opportunity to relax, even for a few moments, their ability to learn will improve. After repeated safe experiences in a classroom, even a traumatized child can view that setting as their safe place. Remember that it is in everyday moments and day-to-day interactions that we create a new (safer) experience for children.

Adapted from The National Institute of Trauma and Loss in Children

Halloween Safety Tips

Children of any age should be accompanied by a parent, if possible. Tweens or young teens who still trick or treat may resist this notion; if they trick or treat without an adult, set firm rules and require a child to carry a cell phone that can be used in the event of an emergency. Older kids should know where they can go, what etiquette they must follow, safety rules, carry a flashlight or a lit device, and have an absolute deadline for returning home.

Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home. If possible, provide them with a cell phone. Trick or treat in familiar neighborhoods or areas.

Never allow children to eat candy before it is inspected. Any opened candy should be thrown away, and unless you personally know the families who made homemade goodies, it is recommended that you dispose of homemade treats. Immediately toss any items that are suspect in any way, and get rid of (either through donation or throwing away) any treats that your kid doesn't like. Some parents also put away some candy and save for later or set rules allowing kids to eat all they want for a designated period, then dispose of the rest.

Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.

Be sure a child's mask allows full visibility and breathing. Spiderman masks, for example, sometimes only have small eye slits and nothing for the nose or mouth. Parents should try on masks for size and not hesitate to cut out larger openings for a trick or treaters' comfort. If possible, find a mask that "breathes" and is easy to take on and off.

Trick or treaters should walk, not run, and should never cut across lawns or driveways. Obstacles could exist that aren't readily visible in the evening.

Only trick or treat at houses that are lit. Residents who do not wish to be bothered by trick or treaters often leave off their lights as a sign; respect their preference by only going to houses that are lit.

Think "practical" over "cute" when picking a trick or treat goodie bag or container. Some of seemingly-fun ones sold in stores are heavy--before any treats are added; others are too long and will drag the ground or have sharp edges that could scrape against tender skin. One of the best and simplest suggestions is have kids utilize a backpack to keep their hands free except for perhaps a flashlight.

Feed your kids a healthy meal prior to going trick or treating. Your children will be happier, and it will help reduce the temptation of kids wanting to devour candy from the first trick or treat stop.

Adapted from Reader's Digest

Know who's on your route!

Check the PA State Police sex offender registry at <http://www.pameganslaw.state.pa.us/>

(Note: Not all sexual perpetrators will be listed on this site as they may not meet the criteria for this registry.)

*Thank you to all of our
volunteers who have
given their time and
dedication to the CAC.*

If you are interested in joining
this terrific group of people, we
would love to have you!

Contact Joddie Walker at
717-337-9888 or
jwalker@kidsagaincac.org

CAC Board of Directors

President: Andrea Singley, *Attorney, Beauchat and Beauchat*

Vice President: Shawn Wagner, *District Attorney*

Treasurer: Carli Lehr, *CPA, Rager, Lehman & Houck*

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Missy Hess, *Wellspan*

Jay Hawkins, *Community Member*

Cindy Keeney, *Victim Witness*

Sherry Wisor-Hoover, *Community Member*

SNOWFLAKE Gala

Saturday, November 19, 2011 at the Wyndham Gettysburg Hotel

Help children in our community by coming out to the Snowflake Gala.

It's a fun and inspiring evening!

Tickets are \$60 per person and can be purchased by calling 717-337-9888 or
emailing jwalker@kidsagaincac.org.

This is the 6th Snowflake Gala and we would love you to join us!

Would your business like to be a sponsor for the Snowflake Gala? We have different levels of sponsorships available. Contact us via phone or email for more information.

2011 Snowflake Sponsors to date

Adams Electric Cooperative, Inc.

Wellspan

HighMark Blue Shield

Realty Leasing

Mike & Kathy Powley

Ken Adams Mechanical

Carl E. Frantz, Inc.

Weikerts Livestock Auction

United Way of Adams County

Webb Insurance

Schindler Elevator Corporation

Conewago Enterprises

Dotty & Denny Moul

Adams County Nursery, Inc.

Home Association of McSherrystown

Susquehanna Bank

Miller Real Estate

Mason-Dixon Endodontics

CAPA Productions

Paragon Consulting Group

Dr. Null

Sherry Wisor-Hoover



Staff Spotlight



Jackie Hendricks is our new office manager at the CAC. Jackie joined the staff in July after an 18-year career in the banking industry. Jackie also has experience in the non-profit field with her work experience at the Way Station of Frederick County, Maryland, where she was also an office manager.

A native of Frederick, Maryland, Jackie moved to Pennsylvania seven years ago and has fallen in love with her new community. Jackie has three beautiful children, Sierra, 20; Alexandra, 16; and Madison, 14, with her husband, Chris.

Jackie and her family are very active in 4H and FFA. They previously lived on a farm in Fairfield, PA, where they raised beef cattle, pigs, lambs, and chickens. In November of 2010, Jackie and her family relocated to a historic Civil War farmhouse in Gettysburg. Family is very important to Jackie, and she devotes her time to raising her children to be strong members of the community.

Jackie joined the CAC to become a more involved member of the community in which she now resides. Jackie is the backbone of the center, taking on enormous responsibility in order to allow for consistent and effective services to be offered to the children of Adams County.

Focus on Transitions

The start of the school year is accompanied by significant change, transitions and all things new. New teachers, peers, bus drivers and carpool parents. New classrooms, schedules, assignments and expectations. Do not be surprised by any changes in a child's behavior or personality, especially in the first weeks following a transition because of the newness a change can bring. The unknown can be scary and may evoke feelings of worry and anxiety for some youth.

During this time, children and adolescents will need adults to be more nurturing and patient. Most children crave routine and consistency and do best when they know what they can expect. A sense of predictability from the new schedule and routine will come with reassurance and a lot of repetition. This means that it may take a few weeks or even a couple months for a child get comfortable with the transitions they are experiencing.

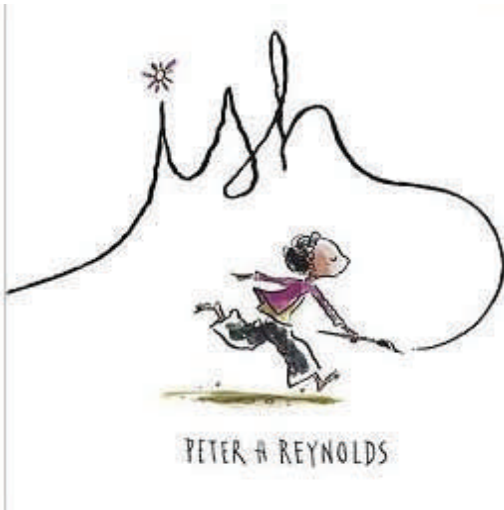
Encourage parents and teachers to discuss new schedules and routines with children and remind them that once will not be enough. Discussion may have to occur over and over again until a child or adolescent understands the new arrangements. Adults who fail to recognize what the child is experiencing may react with frustration and anger, which only deepens a child's difficulty managing the transition. Some youth may benefit from the use of a visual schedule in addition to discussion. A visual schedule or chart can include pictures or photographs that represent aspects of their daily schedules, especially if that schedule varies on certain days. Often a visual reminder is more powerful than what we say with words.

*-Caelen Kuban LMSW, Director
The National Institute For Trauma and Loss in Children*

*Our vision is a community where children are safe, families are strong
and our child victims become children again.*

Featured Book

Ish by Peter H. Reynolds



Ramon loves to draw. In fact, he draws wherever he can, even on the toilet. But after his older brother laughs at his work, Ramon loses confidence; none of his drawings look right to him anymore.

He's about to quit drawing when his sister shows him that she has kept all his crumpled efforts. Now he understands that though he doesn't draw exact replicas (his trees are only "tree-ish"), the response his art engenders is what matters.

"Ish" certainly has a strong message and the overriding theme about creativity versus exactitude will resonate with many. The line-and-color artwork is simple, but it has great emotion and warmth. Kids will respond to that, too.

- Ilene Cooper of the American Library Association

Stewards of Children Training

Darkness to Light's® Stewards of Children is a revolutionary sexual abuse prevention training program that educates adults to prevent, recognize, and react responsibly to child sexual abuse. **The program believes and teaches that child safety is an adult's job.** *Stewards of Children* is designed for organizations that serve children and youth.

Preventing child sexual abuse
is a job for adults.

Protect their only childhood.

Go to darkness2light.org and get the information to prevent, recognize and react responsibly through their prevention training **Stewards of Children.**

*It's that easy.
It's that important.*



What is distinctive about *Stewards of Children*?

- ∞ Includes the "7 Steps to Protecting our Children," Darkness to Light's core, evidence-based educational tool for sexual abuse prevention.
- ∞ Integrates the simple principles of **choice, consciousness, and personal power** to promote an understanding of the nature and impact of child sexual abuse, and that uses those principles to provide a context for empowered action. The curriculum is direct about holding each adult accountable, and generous in providing powerful, specific support for personal change.
- ∞ Has a video component of curriculum that shares **personal stories of sexual abuse survivors** and their experiences of trauma and healing.
- ∞ Calls participants into **personal responsibility** for the safety of children, while at the same time appreciates their fears and concerns.

For more information on this training or to schedule a group training session, please contact Joddie Walker at jwalker@kidsagaincac.org or call 717-337-9888 x201.

CAC Services

Multi-Disciplinary Team (MDT) Coordination

Professionals from Children and Youth Services, local and state law enforcement, and our District Attorney's office work as a team to investigate and, in some cases, prosecute cases of maltreatment in Adams County. Victim support and advocacy agencies are also coordinated to provide unduplicated services.

Clinical Case Coordination

The CAC Clinical Case Coordinator serves as a family advocate by guiding and supporting families during and after the investigation process. She assesses the need for follow-up services after the forensic interview and locates providers in the family's community. She may also talk to the non-offending parent about financial and emotional coping strategies that help keep the child and family safe. Very often these services reduce the likelihood that a child will recant his or her story due to the stress a family feels when abuse is disclosed. The Clinical Case Coordinator schedules forensic interviews, medical exams, and makes referrals for mental health services. She also serves as the Prevention Specialist, conducting outreach to the community and promoting the CAC Prevention Programs.

Forensic Interview

Forensic interviews eliminate the need for children to tell their story more than once. The interview is conducted by a specially-trained child interviewer and designed to eliminate suggestibility by using the latest, research-based practices. A single interview reduces trauma to the child and strengthens investigations. The interview is digitally-recorded while MDT members watch from another room through closed-circuit television.

Medical Exam

Medical exams are conducted at the CAC in a child-friendly examination room. Every child is offered a medical exam by a nurse that is specially trained in child sexual abuse. The nurse will collect any forensic evidence and document medical findings. The medical exam assesses the child's well-being, and helps children dispel myths associated with abuse and rebuilds trust that their bodies are healthy.

Therapeutic Mental Health

The CAC's on-site mental health counselor is a certified trauma specialist, trained in Cognitive Behavioral Therapy and Play Therapy. She provides age and developmentally appropriate therapy to help children begin to heal from their abuse. Siblings and non-offending parents may also participate in individual and group therapy sessions so that the whole family begins to heal. The CAC also offers specialized trauma based services for non-offending caregivers.

Child Abuse Prevention

Key to our mission, the CAC offers a revolutionary training program for adults. *Stewards of Children* shows adults how to prevent child abuse by learning how to identify signs of child abuse, to report child abuse and to responsibly handle disclosures of child abuse with courage and confidence. The program is appropriate for businesses, social and religious groups, parents and other concerned adults.

CAC STAFF

Executive Director:

Joddie Walker, MS, CTS, D.A.A.E.T.S.

Forensic Interview Specialist / Director of Programs

Kimberly Duffy, LSW

Child and Adolescent Counselor:

Shelly Duckworth-Shaeffer, LPC, CTS

Clinical Coordinator / Prevention Specialist:

Becky Voss

Medical Examiner:

Jennifer McNew, RN, SANE-P

Advocate / Latino Community Educator:

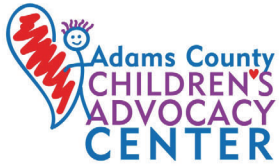
Rachel Greene

Office Manager:

Jackie Hendricks

Development & Communications:

Susan Cann



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*Put your
marching shoes on!*

The CAC is gathering friends and families for
our first annual float in the
Gettysburg Halloween Parade
Tuesday, October 25
8 p.m.

Would you like to join us?

Just call Jackie at 337-9888 or email at
jhendricks@kidsagaincac.org for details.

