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Be a hero to our community's children, make a gift to the CAC this fall!

Donations are welcomed by Visa/MasterCard/Discover or check made payable to "Adams County Children's Advocacy Center". You can also donate online at: www.kidsagaincac.org

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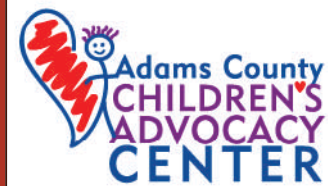
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The official registration and financial information of The Adams County Children's Advocacy Center may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Please mail donations to: ACCAC, 450 West Middle Street, Gettysburg, PA 17325



Fall 2010 Newsletter

VOLUME 3

ISSUE 5

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5th Annual Snowflake Gala

A Fun Night Out to Celebrate our Community's Treasures

Dine. Dance. Do Good.

On November 19th, supporters of the center will gather at the Wyndham Hotel to enjoy a fun evening themed "Celebrating Our Treasures."

"With the addition of live music and dancing, our special events committee has raised the bar for this year's Gala," said Walker. "Attendees will enjoy a fun Friday night out, all while knowing their support makes an enormous impact on the lives of children in our community who desperately need their help."

Cocktails and appetizers begin at 6 p.m., followed



by a full-course dinner with live music and dancing. Music will be provided by *Jazz Me*, a jazz and blues band from Mechanicsburg, PA. The event also includes a live and silent auction full of items ranging from child summer camps to signed sports paraphernalia to vacation packages. All proceeds benefit the important work of the Children's Advocacy Center.

The 2010 Snowflake Gala is certain to be a night to remember. Don't miss the chance to attend this exciting event. Call the center now to purchase tickets, priced at \$50 per per-

Important Dates



● September 14, 2010
5th Anniversary of the CAC

● November 19, 2010
Snowflake Gala

● Fall Center Tours—call the center



A message from the Executive Director

Bringing Hope and Healing to our Front-line Professionals.

I have had the privileged, yet painful experience of bearing witness to other people's pain and suffering. In my almost 20-year career, I have worked with domestic violence victims, serial rape cases, parents of murdered children, survivors from the South Tower from 9/11, front-line police officers from 9/11, widows from the Pentagon, and our most vulnerable, the precious children of abuse.



It's amazing that I can even sleep at night. There was a time when I couldn't. The day's events would play in my subconscious, and I'd awaken with night terrors, rocked with fear. It wasn't until recently that I actually took time to ponder, "What keeps me doing this type of work?"

Resiliency is one part of the answer. Resiliency is the ability to return to original form after being bent, compressed or stretched. For those of us who go to work every day helping victims of child abuse, resiliency is being able to come home at night, to our own families and leave the day's ugliness, anger and sadness at the door. For some, it is too painful, too challenging to do so. The consequence is tragic: burnout, substance abuse, leaving the job, increased divorce rates, or self-harm.

You see, the challenges faced by our front-line responders to child abuse in Adams County (the MDT) are large. We serve a small, rural area with limited resources for healthcare services, child maltreatment professionals, and funding. As a result, our MDT have little relief from cases, lack a network of experts to seek counsel from, and are challenged daily to meet the varied needs of their clients. In addition, the likelihood of client-worker interaction "outside of the office" is high. Often, MDT members know the client and/or their family. All of us shop in the same few stores and attend the same schools, churches and/or activities. It is difficult to separate your professional and personal lives in our community. This leaves our MDT more vulnerable to traumatic stress.

As the ACCAC's executive director, I see the impact of secondary traumatic stress has on MDT members. I hear comments such as "I can't do this work any more;" and "It's hard to parent in a healthy, happy manner because of what we see and hear on a daily basis." I witness MDT members express feelings of anger, hopelessness, defensiveness, and feeling that the system is not working. Some members can't sleep; they lay awake thinking of the child they met that day.

Building resiliency in our staff and the MDT has been important for the ACCAC since we were founded. **As a result, our organization and MDT were recently selected as one of 12 child abuse organizations across the country to serve as a pilot site for the Resiliency Project.** It's exciting to participate in this national pilot study that engages practitioners from the child abuse field in a collaborative effort to develop implement and evaluate an organizationally-based program to build resiliency and reduce turnover. When we take care of those who take care of others, we keep these dedicated, highly-skilled professionals healthy and stable in their jobs. They deserve a personal life that is healthy and hopeful. They deserve a good night's sleep.

I want to thank you for everything you have done for my children. They wouldn't have gotten as far as they did without your help. You have been a Godsend to my family. I wish you the best in your continuing efforts in helping children like mine in the future.

May you have the continuing success that you have had with my children.

- Email excerpt from the parent of 4 victims ages 6, 8, 16 & 17



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www.kidsagaincac.org

ACCAC STAFF

Executive Director:

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

Forensic Interview Specialist

Kimberly Duffy, LSW

Family Clinician:

Jamison Entwistle, MSW, CTS

Child and Adolescent Counselor:

Shelly Duckworth, MS, CTS

Clinical Coordinator/Prevention Specialist:

Becky Voss, BSW

Medical Examiner:

Jennifer McNew, RN, SANE-P

Office Manager:

Rachel Lanning

Development & Communications

Susan Crosby-Cann

Our Vision:
A community where children are safe, families are strong and our child victims become children again.

Multi-Disciplinary Team

Children and Youth Services
Cultural Services
District Attorney's Office
Juvenile Probation Services
Law Enforcement
Mental Health
Medical
Victims Witness Staff



ACCAC Board of Directors

President: Andrea Singley, Attorney, Beauchat and Beauchat
Vice President: Shawn Wagner, District Attorney
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Dotty Moul, PNC Bank
Jenifer Wagner, Community Member
Missy Hess, Wellspan
Jay Hawkins, Community Member
Cindy Keeney, Victim/Witness Assist. Program
Sherry Wisner-Hoover, Community Member

Did you know that just by searching the internet and shopping online you can raise money for the CAC?

Go to www.goodsearch.com and type Adams County Children's Advocacy Center as your charity. Then every time you shop and search will raise money for the CAC. It is that simple. You can even add the goodsearch toolbar so that it is always there.

Interested in volunteering for the CAC?
We'd love to have you!

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

Vehicle Donation Program

If you are thinking of or would like to donate your vehicle to an organization, please remember the Adams County Children's Advocacy Center. We are now accepting vehicle donations. Mention us to any friends or relatives that might have a vehicle to donate also.

Call us for more information at:
717-337-9888 or
Email: jwalker@kidsagaincac.org

ACCAC 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 Behavior Therapy and Play Therapy. She provides age and developmentally appropriate therapy to help children begin to heal from their abuse.

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.

Family Services

The CAC also offers specialized trauma based services for non-offending parents/caregivers (NOC) to help the whole family begin to heal. These services, offered by our family clinician, range from ongoing education and support to the completion of trauma specific curriculums. These curriculums focus on increasing the NOCs' abilities to support and help their child as well as themselves after a disclosure of abuse.

E V E N T S

June 10th ACCAC volunteers gathered at the home of board members Jay and Tracy Hawkins for the Annual Volunteer Recognition Dinner. This is a great time to thank our volunteers for their time and talents given to the ACCAC over the year



Board Staff and volunteers gathered at the Adams County Winery on June 30th for a strategic planning retreat. Discussion and planning was facilitated by Chris Kirchner, the executive director of the Philadelphia Children's Alliance.





The National Center for Missing and Exploited Children offers these common sense, general safety tips to help families stay safe!

Know the Rules....General Tips

for Parents & Guardians to Help Keep Their Children Safer

1. **Make sure you know where each of your children is at all times.** Know your children's friends and be clear with your children about the places and homes they may visit. Make it a rule for your children to check-in with you when they arrive at or depart from a particular location and when there is a change in plans.
2. **Never leave children unattended in a vehicle, whether it is running or not.** Children should never be left unsupervised or allowed to spend time alone or with others in vehicles as the potential dangers to their safety outweigh any perceived convenience or "fun." Remind children to **never** hitchhike, approach a vehicle, or engage in a conversation with anyone within a vehicle they do not know and trust.
3. **Be involved in your children's activities.** As an active participant you'll have a better opportunity to observe how the adults in charge interact with your children.
4. **Listen to your children.** Pay attention if they tell you they don't want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.
5. **Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts.** **Take the time to talk to your children** about the person and find out why that person is acting in this way.
6. **Teach your children they have the right to say NO** to any unwelcome, uncomfortable, or confusing touch or actions by others and get out of those situations as quickly as possible. If avoidance is not an option, children should be taught to kick, scream, and resist. When in such a situation, teach them to loudly yell, "This person is not my father/mother/guardian," and then immediately tell you if this happens. Reassure them you're there to help and it is okay to tell you anything.
7. **Be sensitive to any changes in your children's behavior or attitude.** Encourage open communication and learn how to be an active listener. Look and listen to small cues and clues indicating something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, reassuring, and non-judgmental. Listen compassionately to their concern, and work **with them** to get the help they need to resolve the problem.
8. **Be sure to screen babysitters and caregivers.** Many jurisdictions now have a public registry allowing parents and guardians to check out individuals for prior criminal records and sex offenses. Check references with other families who have used the caregiver or babysitter. Ask your children how the experience with the caregiver was, and carefully listen to the responses.
9. **Practice basic safety skills with your children.** Make an outing to a mall or park a "teachable" experience in which your children practice checking with you, using pay telephones, going to the restroom with a friend, and locating the adults who may be able to help if they need assistance.
10. **Remember there is no substitute for your attention and supervision.** Being available and taking time to really know and listen to your children helps build feelings of safety and security.

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How Can I Learn More about Prevention?

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.

Stewards of Children Training:

What are the distinctive features of *Stewards of Children*?

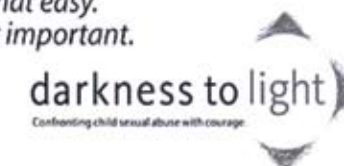
- ◆ Includes the "7 Steps to Protecting our Children," Darkness to Light's core, evidence-based educational tool for sexual abuse prevention.
- ◆ A 2.5-hour training program that integrates the simple principles of **choice, consciousness, and personal power** to promote an understanding of the nature 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.
- ◆ Video component of curriculum integrates personal stories of **sexual abuse survivors**, sharing their experiences of trauma and healing with the perspectives of **professionals** working with various issues of sexual abuse.
- ◆ The program is **motivational and compelling**. It 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



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.*



WELCOME ABOARD!

The CAC would like to introduce Rachel Lanning as the new office manager. Rachel came to the CAC August 9th, moving to the Gettysburg area from South Carolina via an 11 month stay in Pittsburgh. Rachel has exceptional skills & experience that makes her the perfect hire for the Office Manager position. Rachel graduated from Southern Wesleyan University in Central, SC with a Bachelor of Arts degree in business administration, concentration in accounting. She has worked in several varying office settings as a junior accountant, tax return processor, restaurant bookkeeper, and secretary's aide. Rachel has demonstrated a compassion for children in need through her volunteerism as a middle school basketball coach and through her volunteer work with children through the Big Brother/Big Sister program. We are excited to welcome her and have her on our team!



Individual Non-Offending Caregiver Education & Support

Individual non-offending parent/caregiver education and support is offered at the ACCAC by a Master's level clinician at no cost. The services are intended to empower the parent/caregiver with education and information that can help the family along their journey of healing after a disclosure that their child has been mistreated.

Services range from general support/education to specific curriculums. The sessions last approximately 50 minutes and will provide a safe and comfortable environment in which parents/caregivers can discuss their concerns, fears and worries related to their child's abuse. The session format is based on evidence-based curriculums written by William Steele, a well-known trauma specialist.

The curriculums used by the clinician range in intensity and are listed below from left to right/least to most intensive:

How to Tell My Child I'm Scared Too

- *Provides a basic understanding of trauma and how it manifests itself in behavior, emotions, and thoughts in children.
- *Tips on how to restore a child's sense of safety and power.
- *Identification of the child's needs.
- *How trauma is processed and understood by children.

Parents of a Traumatized Child

- *Teaches parents how to respond appropriately to their child following exposure to violent or non-violent trauma.
- *Teaches parents the differences between grief and trauma.
- *Helps parents understand how their own response to their traumatized child can provide feelings of safety, support, reassurance and understanding.
- *Helps parents with their own reactions that have been triggered because of the exposure to their child's traumatic experience.

Adults and Parents In Trauma

- This is strictly for adults/parents' responses to trauma and is designed for the following individuals:
- *Parents who have been exposed to a trauma including incident(s) recently or in the past.
 - *Parents who have experienced a trauma exclusively, where as no other family member was exposed (i.e. childhood abuse, natural disaster, car accident, adult assault, domestic violence, etc.)
 - *Parents who are having reactions from a past trauma, which have been triggered by a current traumatization of their child; how this may limit their ability to help their child.



Non-Offending Parent Education-NOPE

The Non-Offending Parent Education Group or "NOPE" is a collaborative service provided by the ACCAC and Hempfield Behavioral Health Services. The eight week program is psycho-educational and provides parents and caregivers with information and support to ensure they can meet the needs of the children and family after a disclosure of sexual abuse.

The group is facilitated by at least two well-trained and experienced ACCAC staff. While the group provides a sense of support and understanding that may not be found through individual counseling or in talking with friends/family, the group's purpose is to increase a parent/caregiver's self esteem, stress management skills and knowledge about community resources through information and education.

Participants will learn how the legal system, children and youth services, as well as other involved agencies, operate and make decisions. Parents/caregivers will also learn how to protect their children from future abuse, the signs and symptoms of abuse, offender patterns/cycles, trauma reactions and appropriate parental response. Finally, education surrounding the complicated bond between the offender and their victim will be provided to assist parents/caregivers in understating their child's behavior before, during and after a disclosure of abuse.

The group is "closed," meaning that only those registered in the beginning will be permitted in the group. This allows for a supportive and private atmosphere that will allow parents and caregivers to be open and talk about questions and concerns related to their children, the investigation and/or the offender.

Childcare and transportation are provided and the group is offered at No Cost to participants. To become a NOPE participant contact Hempfield Behavioral Health Services at 1-866-829-1154 ext. 115. The next group will be offered in the Winter 2010-2011.

For more information regarding individual services for parents/caregivers, please contact the ACCAC at 717-337-9888.

- Myths
About the Non-Offending Caregiver
- * If the non-offending caregiver was watching the child like they should, the child would not have been abused.
 - * The parent was sexually depressed.
 - * The non-offending parent colludes in the incestuous relationship.
 - * The parent encouraged the child to dress in sexy clothes.

E V E N T S



8-year-old Charlotte Hawkins presented a check in the amount of \$131.50 from money she raised at a lemonade stand Saturday June 12th, during the SPCA Yard Sale Event



Kathy Gilbert, owner of Gettysburg Day Spa presents Joddie Walker with a check from money raised by chair massages during the recent Girls Night Out at the Gettysburg Hotel.



"I am so touched when a child does something for another child that they don't even know." -Joddie Walker
4-year-old Lily Winkelmann raised \$25 from her lemonade stand during the Gettysburg Bluegrass festival.



For every new account opened during grand opening of their new building on York Road, Belco donated \$10 to the CAC. Pictured below with the \$2,000 donation are Joddie Walker and members of the Belco team.



On July 11th, the Hanover Eagle club organized a teddy bear ride to raise funds for the CAC. They also donated teddy bears to the center.

"I appreciate everything you are doing for my daughter. With your help, I see her slowly turning back into a normal child. You are truly a Godsend to my daughter and many other children! Keep doing what you do so well."

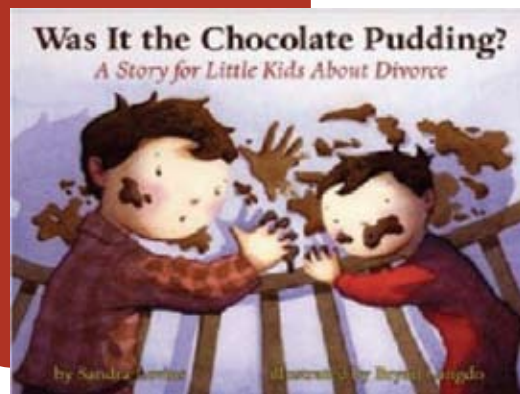
- Statement made by the mother of a female victim, age 2 ½

MDT Educational Opportunities & Resources

- The CAC works hard to ensure that the MDT is provided with opportunities to increase their skill set and remain current with practices in the field. Some of the upcoming trainings available for MDT include: Childhood Sexual Abuse and Assault, hosted by PESI Healthcare for Forensic Examiner Team, WellSpan Health System on Monday, September 20th and September 27th in York, Behind the Net: Incorporating Technology into Multidisciplinary Team Investigations of Sexual and Physical Abuse Cases hosted by the National District Attorney's Association on September 22-24th in Columbia, South Carolina, and the 2010 Pennsylvania Conference on Child Abuse hosted by the PA State Chapter of CACs and MDTs on Monday and Tuesday, October 4th and 5th in Lancaster.
- The CAC is currently offering on-site minimal facts training for all Adams County police departments. Please contact Kimberly Duffy at 337-9888 or kduffy@kidsagaincac.org to schedule a training or for a complete list of dates for scheduled trainings.
- Training is also available for MDT on-line through the National Children's Alliance, the National Child Protection Training Center, and the National Children's Advocacy Center. For a complete list of the educational calls for National Children's Alliance go to mrcac.org and click on NCA net and educational calls; for the National Child Protection Training Center go to ncptc.org and click on webinars; and the National Children's Advocacy Center go to nationalcac.org and click on for professionals and on-line.
- In addition to training, the National Children's Advocacy Center offers the Child Abuse Library Online (CALiO) which provides a comprehensive collection of research literature, databases, statistical references, how-tos and much more in one easy-to-use location. The National Child Protection Center publishes a quarterly newsletter titled Center Piece which highlights articles on the different areas of the investigative process.
- The CAC also hosts an annual conference which provides training for community members and professionals. Please stay posted for information regarding speakers and topics for the April 2011 conference.

Featured Book Was it in the Chocolate Pudding?

By Sandra Levins



Was it the Chocolate Pudding? A Story for Kids about Divorce by Sandra Levins tells the story of divorce in a family from the viewpoint of an engaging young narrator. When his parents divorce, he thinks it's because of the chocolate pudding he and his brother smeared on the wall! Young readers will learn that divorce is not their fault, it is a grown-up problem.

Written for children aged 4 to 8, young readers will receive age-appropriate explanations of issues such as single parent homes and joint custody.

The story emphasizes the need for communication between parent and child and includes a "Note to Parents" encouraging parents to use this as a tool for healing outside of the therapeutic setting.

Board Spotlight - Tracy Hawkins



This fall, we turn our spotlight on board member Tracy Hawkins, the chair of our Special Events Committee. She is the lead volunteer for our Snowflake Gala (coming up on November 19th), coordinating all the details and motivating a growing group of committee members. Thanks to Tracy's dedication, Snowflake raises significant annual support for our programs!

Tracy is from Orange County in Southern California. She and her husband Jay moved to Gettysburg in 2001. They have 3 children Emily (age 8), Charlotte (age 6) and James (age 4).

After graduating from Pepperdine University with a degree in Business Management, Tracy worked for 15 years in marketing for several computer hardware and software companies in California. Now from her home, she helps run Jay's corporate event production company, CAPA Productions, with locations here in Pennsylvania and in California.

In 2008, friend and CAC board member Jen Wagner asked if CAPA Productions could help produce a video about the Adams County Children's Advocacy Center. As a result of this project, Tracy and Jay both became interested in volunteering more time and their skills for the center. Tracy joined the board in 2009 and became the Special Events Chairperson.

Tracy and Jay are members of St. Francis Xavier Church, and their children attend St. Francis Xavier School. Their children participate in various activities including soccer, the Sharks Swim Team at the YWCA, Brownies, and piano lessons.

Thank you, Tracy, from everyone involved with the CAC. With your incredible energy and warm, determined nature, our events and programs are thriving!

MDT Spotlight - Amber Lane



Amber is the current Assistant District Attorney charged with the responsibility of prosecuting child abuse cases in Adams County. Amber grew up in Springfield, Oregon. She attended Oregon State and earned a Bachelors of Arts in both Spanish and Political Science. Amber is married to a military man, which is what lead her to the east coast. Upon her husband's deployment, Amber jumped into law school full force. She attended Penn State Dickenson School of Law graduating in December of 2009 and completing her studies in only two and one half years. During her time at Dickenson Law, Amber interned for a year and was later hired by District Attorney, Shawn Wagner. Amber relayed she "has always wanted to become a prosecutor and it doesn't get better than helping children."

Amber is a well respected member of the multidisciplinary team and we are very fortunate to have her working for the safety of our community.