

January 2010

The quarterly newsletter for the Child Advocacy Center

Board Member Highlight

Don Christensen

Don is a member of the Gering City Council which does give Capstone a representative to the City of Gering. Don is currently serving a second term as a representative of Ward II in Gering. Don has had the privilege of serving as a Board Member at large for Capstone since the program was initiated in 2000. Don retired as a reporter-photographer from the Scottsbluff Star-Herald in 1997 after 37 years of dedication to the newspaper industry.

Don Married his wife, Jean, June 16, 1962. Don and Jean have two daughters – Angela Hahn who is Clerk Magistrate for the Kimball County Court, and Julie Malsam who is employed as a food nutritionist for the Douglas County School System in Parker, Colorado. Don and Jean enjoy their five grandchildren – Katie, a student at Briar Cliff College in Sioux City, Iowa; Brandon Sharp-Hahn, who attends Doane College in Crete, NE; and Matthew, Nick and Elizabeth Malsam, who attend Douglas County Schools in Colorado.

Sandy J. Roes

Sandy is currently Director of Western Community Health Resources and she performs administrative and supervisory duties associated with the operation Health and Human Services programs which covers several counties of the Nebraska Panhandle. She oversees HIV, Maternal Child Health, Women, Infants, and Children, Commodity Supplemental Food Program, Family Reproductive Health Services, Lead Screening, Family Advocate, Home Visitation, Early Intervention Services Coordinator, Minority Projects, Ryan White Title II and the Rural Partnership for Children Programs. She participates in collaborative networks such as the Panhandle Partnership, Rural Health Care Network, and Family Preservation and Support and Community Organizing. Her responsibilities include personnel management, overseeing 1.3 million dollar budget, grant development, community planning and needs assessment.

Community Involvement includes: Planning Region 12 Team, Head Start Health Services Advisory Committee, Integrated Service Provision Team Member, School Board Member, Parish Health Ministry Board Member, panhandle Partnership member and Services Committee Participant, Religious Formation Instructor, CAPstone Board of Directors Member, and a Wellness Team Member.

She is currently interested in Community mobilization concerning the development of a local Community Center. Gardening, activities surrounding her four active children ranging in age from 24 to 12.

Special Points Of Interest

- 1 Don Christensen
- 1 Sandy J. Roes
- 2 Children and Cell Phones
- 3 Up coming Events and Trainings.
- 3 Satellite Office in Sidney

Children and Cell Phones

Cell phones. How did we ever get along without them? They bring peace of mind when traveling should there be car trouble. Business can be conducted anywhere at anytime. Children can call their parents to pick them up when practice is over. Twenty years ago, busy executives were the only ones who had cell phones. Today they are as common as a purse or wallet and coveted by children. Cell phone technology is growing faster than kudzu. We can talk, play music, take photographs, record video, check e-mail, get directions, make reservations, and send text messages. The benefits and capabilities of cell phones are many. So are the dangers.

Sexting

This is a new term that means “the use of a cell phone to send sexually suggestive texts or e-mails with nude photos.”

- 39% of all teens have sent sexually suggestive texts.
- 48% of teens say they have received such messages.
- 71% of teen girls and 67% of teen guys who have sent or posted sexually suggestive content say they have sent/posted this content to a boyfriend/girlfriend.
- 21% of teen girls and 39% of teen boys say then have sent such content to someone they wanted to date or hook up with.
- 38% of teen say they have had sexually suggestive text messages, originally meant for someone else, shared with them.
- 25% of teen girls and 33% of teen boys say they have had semi-nude or nude images, originally meant for someone else, share with then.

Thing to think about before you press “send”

Think about the consequences of taking, sending, or forwarding a sexual picture of someone underage, even if it's of you. You could get kicked off of sports teams, face humiliation, lose education opportunities, and even get in trouble with the law.

Never take images of yourself that you wouldn't want everyone-your classmates, your teachers, your family, or your employers-to see.

Before hitting send, remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends, and their friends.....

If you forward a sexual picture of someone underage, you are as responsible for this image as the original sender. *You could face child pornography charges, go to jail, and have to register as a sex offender.*

Report any nude pictures you receive on your cell phone to an adult you trust. Do not delete that message. Instead, get your parents or guardians, teachers, and school counselors involved immediately.

Distracted While Driving

Concentration is one of the most important elements of safe driving. Operating a motor vehicle is a serious responsibility. Lack of concentration can dull a person's powers of observation and cause an accident that could have been avoided.

If you or your child choose to use a cell phone while driving, take the following precautions:

- Assess traffic conditions before calling
- Place calls when stopped, have a passenger call, or pull off the road
- Use speaker phone or hands-free device
- Avoid intense, emotional, or complicated conversations
- Avoid talking on the phone in congested traffic or bad weather
- Avoid texting while driving

Article of Interest

"Juveniles who commit Sex Offenses Against Minors" – OJJDP December 2009

www.ojp.usdoj.gov; David Finkelhor, Richard Ormrod and Mark Chaffin & OJJDP (NCJ 227763) is available online at www.ojjdp.ncjrs.gov/publications/PubAbstract.asp?pubi=249770.

We now have a Satellite office in Sidney

1240 Jackson, Sidney, NE

Thanks to Monica, Stacy, Kathy, Shelly and Brian for helping with cleaning and painting our office.



THANK YOU

Buckley Trust \$3000 for Sidney Office

BNSF \$1000 for Alliance Office

Oregon Trail Community Foundation \$4500 for new recording equipment for Scottsbluff Office

Neva Mae Robinson \$1000

Quivey Bay State Foundation \$2000

Dawes County 1184 Teams

This team is represented by:
County Attorney, Vance Haug
Chadron Public Schools
Health and Human Services
Law Enforcement
Western Community Health Resources

The Dawes County investigation Team and The Treatment Team meet on a monthly basis under the leadership of County Attorney Vance Haug.

Capstone has a satellite office in Chadron.

These Programs are offered through
Western Community Health Resources
821 Morehead St. Chadron, NE 69337
For more information call or email:
1-800-1717-1231
edndir@wchr.net

Partners in Recovery (PIR)

Peer Support is provided at the Partners In Recovery office, in home, or in another agreed upon place. Service hours are flexible to meet participant needs. Peer Partners can be reached via that office phone which is provided.

The Program Serves:

- Adults age 19 or older
- Residents of Nebraska
- Persons currently receiving Behavioral Health services funded through Nebraska Behavioral Health Services and Region I, or who were discharged from such services within the prior six months.
- Person who do not require a higher level of service.
- Persons who have the ability to sustain community living with minimal support, and is medically and psychiatrically stable.
- Participation in the Peer Support program is completely voluntary!

Family Advocate Program

The Family Advocate Program is funded through a collection of grants focused toward the prevention of difficult and stressful situations for families. Some typical areas of family life in which a Family Advocate can assist are:

Relationship

- Parenting children in ways that help them to develop and achieve to their fullest potential.
- Knowing how to parent kids as they grow through different ages and stages.
- Having a network of supports (friends, family, and other supports) available.
- Knowing how to manage a child's behavior in a nurturing and supportive way.

Safe, Happy Environments

- Knowing where to go when help is needed
- Knowing how to keep the home safe for children at different ages.
- Knowing how to manage stress and anger, because we all feel stressed out or angry at times.

Nebraska Services Coordination Early Development Network

The Early Development Network serves children from birth to age three and their families. A child is eligible for Early Development Network services if he or she is not developing typically, or has been diagnosed with a health condition that will affect his or her development.

Identifying such delays or disabilities usually involves both the family and a team of professionals.

Community Support Services Program

Community Support Services help individuals with mental illness concerns to live independently (alone, with family members, or friends) in the community by assisting them reach goals that they have identified.

The purpose of the Community Support Services Program is to assist people with mental illness, improve their quality of life, and assist them to stay in the community (reduce or eliminate hospitalizations).