

# CAPstone CATCH UP



## CAPstone CHILD ADVOCACY CENTER

"A PLACE TO BE HEARD,  
A PLACE TO HEAL."

## CAPstone GOES FOR FOURTH ACCREDITATION

On June 10, 2020, CAPstone will host two evaluators from the National Children's Alliance in Gering as they evaluate CAPstone for re-accreditation. CAPstone was accredited the first time in 2005 and was re-accredited in 2010 and 2015 respectively.

CAC's applying for re-accreditation begin by filling out a comprehensive application six months prior to the visit detailing how the center meets the following 10 standards: Multi-disciplinary Teams, Cultural Competency and Diversity, Forensic Interviews, Victim Support and Advocacy, Medical Evaluation, Mental Health, Case Review, Case Tracking, Organizational Capacity, and Child-Focused Setting. The application has to include attached documentation establishing the center's claim to meet the standards. Once the application is submitted, NCA staff review the application for completeness. The application is then supplied to the two-person site review team who reviews the application and sends any questions regarding the

application to the preparer to be addressed prior to the site visit.

The on-site visit is a day-long process and will include the evaluator's taking a tour of the facility, attending an MDT/1184 team meeting and interviewing personnel from: Law Enforcement, CPS, Medical (SANE examiners), Mental Health, Prosecution, Forensic Interviewers, Advocates and the Board of Directors of CAPstone. During each meeting the evaluator's review practices and documentation for compliance with the standards. Once this information is collected the reviewers score CAPstone for adherence to the standards and make a recommendation to the National Children's Alliance. The NCA's Board of Directors reviews the findings, and if in agreement, awards accreditation status.

CAPstone's funding through the State of Nebraska is tied to the Center being accredited so this process is very important for our Center. We rely on the participation of all of our team members to make this process go smoothly.

## CAPstone Office Locations

Scottsbluff/Gering  
900 P Street  
Gering, NE 69341  
308-632-7274

Chadron  
316 Main Street  
Chadron, NE 69337  
308-432-8145

Alliance  
2307 Box Butte Avenue  
Alliance, NE 69301

Sidney  
1109 10<sup>th</sup> Avenue  
Sidney, NE 69162

## CAPstone STAFF

**Monica Shambaugh**  
Executive Director

**Lisa Collins**  
Forensic Interviewer, MDT  
Coordinator

**Karol Garduno**  
Family Advocate

**Rebecca Fernau**  
Forensic Interviewer, Community  
Outreach Coordinator

**Isabella Irish**  
Family Advocate

**Winnie Voss**  
Child Advocate/Administrative  
Assistant

**Shelley Thomas**  
Forensic Interviewer

**Leslie Beckman**  
Intern



### CAPstone WISH LIST

#### For the Children

- New Beanie Babies/stuffed animals
- New Blankets
- New Backpacks
- Journals
- McDonalds/Runza gift cards

#### For the Facility

- Gift cards to Walmart/Target
- Individually wrapped snacks/juices

## Sidney Office Scoop

Recently, our Sidney satellite office was treated to some upgrades and a little more decorating to boot! The staff all chipped in their time and talent to hang up soundproofing panels in both the interview and observation rooms and a new big screen TV in the observation room to enhance the experience of the professionals observing forensic interviews. Some new calming, earth-toned pictures were hung up in the interview room as well in hopes that doing so will create a more relaxing, "homey" feel for the youth we serve at CAPstone.

## Pinwheels will be growing at the CAPstone offices in April!!

April is Child Abuse Awareness Month, and CAPstone is doing their part to raise awareness. Children need to feel safe to grow and succeed. The pinwheels stand for the joy and security every child deserves. Raising strong, stable kids is a job for all of us.

Last year (2019) CAPstone served 538 children, providing services and support to them, or to their families. In 2018, CAPstone served 426 children or their families, so the need is on the rise.

CAPstone will be selling pinwheels, as one of our fundraising efforts, beginning March 15, 2020, through the month of April 2020, for \$1.00 each. The pinwheels that are purchased, can be displayed by the purchaser, as you see fit, to show support to Child Abuse Awareness Month. We hope to see these pinwheels displayed throughout the panhandle! Contact any CAPstone office, or CAPstone staff member to purchase your pinwheel(s), to help in promoting Child Abuse Awareness. CAPstone can be reached at 308-632-7274.

Join the CAPstone staff, CAPstone board members, DHHS, Law Enforcement, and others, in "planting" pinwheels, on Wednesday, April 1, 2020, at 2:00 PM, at the Gering and Alliance CAPstone offices.

CAPstone BOARD OF DIRECTORS 2020

SHARON WALKER  
Retired Social Worker

GEORGE SCHLOTHAUER  
ESU #13

KAYLA IMUS  
Heritage Estates

LAURA BURGESS  
SBCO Attorney's office

KATHERINE BATT  
Department of Health and Human Services

MANDY BRICE  
Dawes County

RACHEL DELLE  
Scottbluff Schools

JANE FLIESBACH  
Fliesbach Foundation

ADAM FRERICHS  
Cheyenne County Sheriff's Office

JANELL GRANT  
Box Butte General Hospital

BOB HASTINGS  
Gering Schools

TINA JAMES  
CS Precision

VICKY MORENO  
SBCO Attorney's office

DR. WILL PACKARD  
Retired

JEFF PECK  
Intralinks

PAUL B. SCHAUB  
Cheyenne County Attorney's office

KATHY STOKEY  
Retired

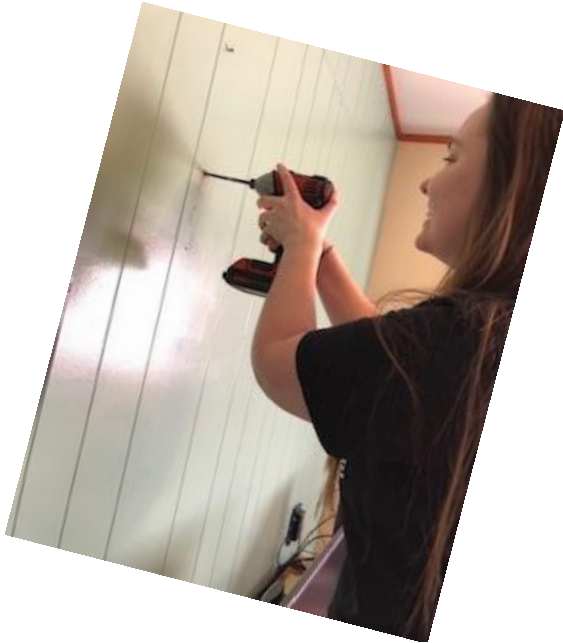


2019 Pin Wheels at the CAPstone Gering Office



Karol is excited to be hanging up the sound tiles at our Sidney location in the observation room.

Leslie trying out her handyman skills on hanging the new TV in our Sidney location in the observation room.





## Website

[www.capstonenebraska.com](http://www.capstonenebraska.com)

## Email

[director@capstonenebraska.com](mailto:director@capstonenebraska.com)

## Facebook

<https://www.facebook.com/CAPstone-Child-Advocacy-Center-310733285741/>

**To report child  
abuse/neglect**

**Nebraska child  
abuse/neglect hotline**

**1-800-652-1999 or call  
your local Law  
Enforcement agency.**

## Meet Leslie

CAPstone has been fortunate to have Leslie join us for an internship working mainly at our Chadron Satellite office. Before Leslie started at CAPstone she worked with Rebecca Fernau and her Professor Bruce Hoem to create a learning contract which states goals that the agency wishes the intern to accomplish.

As part of her learning contract she is required to practice advocacy with families; create a research project; a policy project; participate in presenting a CAN 101 training; and update signage and other documents.

Leslie's research project is about making the forensic interviews admissible in court in lieu of a child's testimony. A child having to testify in front of a jury, judge, and defense attorney can be a scary situation and can lead to the child being traumatized from that experience.

Another requirement Leslie will be working on is updating a policy related to multidisciplinary teams updating that for accreditation reasons.

She has also scheduled two CAN 101 trainings in March. On March 12th there will be a CAN 101 training in the Chadron CAPstone office. On March 19th there will be the second CAN 101 training at the Alliance library.

She is working on updating signage and documents for all offices. This includes making documents culturally inclusive and creating signs in other languages to post around the offices. Leslie has been working hard and will surely continue to do so till her last day on May 1st. She has been a big asset to our Chadron office.

## TRAININGS:

**CAN 101 (CHILD ABUSE AND  
NEGLECT)**

**No fee**

**CHADRON MARCH 12<sup>TH</sup> 2-4 PM**

**CHADRON CAPstone OFFICE**

**316 Main ST, Chadron**

**ALLIANCE MARCH 19<sup>TH</sup> 2-4 PM**

**ALLIANCE PUBLIC LIBRARY**

**1750 Sweetwater St, Alliance**



### ATTENTION ATTENTION READ ALL ABOUT IT

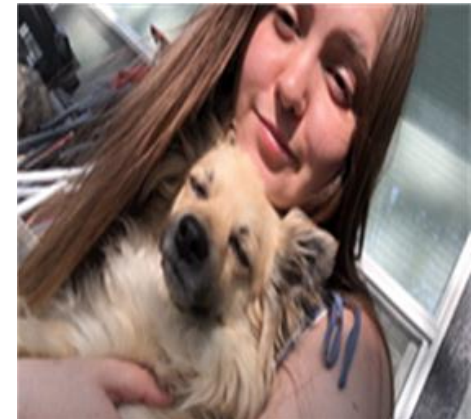
Nebraska Children's Home Society is hoping to hire a Permanency and Resource Development Specialist II in the Scottsbluff/North Platte area.

Anne Lynam  
Human Resources  
Coordinator

402-898-7759 office

Nebraska Children's Home  
Society

4939 South 118th Street,  
Omaha, NE 68137



# My YEAR IN REVIEW

I am still in amazement that I have been the Executive Director of the CAPstone Child Advocacy Center for a year now. Having been a part of getting the Advocacy Center started, to serving on the Board for 16 years and interviewing here for 19 years, I never thought my dream job would become available. Thanks to Holly Brandt for leaving everything in such great shape, which includes hiring a wonderful group of people to work with every day.

Having never had to work with budgets, QuickBooks or grant writing, what a learning curve I am trying to overcome. Working with Holly on Friday afternoons for a couple of months got me to a point where I felt comfortable handline all of the documents required monthly for us to continue to get our funding. I was surprised to learn our funding from the State of Nebraska only covers 63% of our budget, while a grant from the Crime Commission covers another 17% of our budget. 20% of our budget is covered by grants we have applied for and received, like the United Way and Soroptimist grants, donations and fundraisers. I worry what would happen if the grants and people who support us yearly went away.

While I was not hired to be an interviewer, I got the chance to interview 112 times this past year and loved every minute of it. I am so happy to be part of a group of interviewers and advocates who are dedicated to doing the best they can for Law Enforcement and CPS. 2019 was a banner year with 538 interviews completed. A record number for CAPstone. I am still astounded at the amount of education we continually get to do around the reasons young people are to be interviewed at an Advocacy Center. Public speaking on this topic as well as being a mandatory reporter were just some of the presentations I got to do in 2019.

In 2019, CAPstone and CASA decided to change the Light of Hope breakfast to an evening event and brought in a national speaker. The event was well received and a lot of fun was had. I am looking forward to the 2020 Light of Hope Event in September. Staff suggested a journal drive during April for Child Abuse Awareness Month which was very successful. CAPstone staff assisted with United Way fundraisers and participated in National Night Out and the Oregon Trail Parade as well as planting pinwheels for the families we serve.

The staff got a chance to learn a few things from me along the way. Everyone participated in learning how to lay tile at the new CAPstone office in Chadron. We put up sound tiles and a TV in the Sidney office. We took time to trim bushes and plants and mow the lawn in Gering.

Lastly, I get a chance to come to work in an environment where the staff are committed to doing the best they can for the families we serve. I saw this every day. Our CAPstone Board of Directors are supportive and involved. I can't wait to see what the next year, or two or three brings.



Monica Shambaugh  
Executive Director

# CAPstone DONORS ARE SUPER HEROES



## RECENT MONETARY DONATIONS

Joyce Hillman-Kortum Memorial  
\$230.00

Frontstream  
\$45.00

Shirley Hardt  
\$20.00

## RECENT TANGABLE DONATIONS

Irene North  
6 Journals

Intralink, Inc  
2.5 hours of labor value at  
\$262.50

## The Purpose of the CAPstone Wish List

At CAPstone our staff does their best to make the families and children who come to our center feel as comfortable as possible. We try to make this dark and difficult time a little bit lighter and a little bit easier. One way we do this is by having a child friendly waiting room, this is accomplished by the donation of toys for the children to play with and a selection of donated DVD movies that can provide a momentary distraction. We also offer the children and their families a drink such as water or juice, and after the interview we also offer them snacks and/or gift cards to places like McDonalds or Runza because sometimes interviews take place right around lunch time. Before the children and families leave our center we always offer for each child/youth to select one item out of following choices: a new toy, new beanie baby, new stuffed animal, new blanket/quilt, new journal, new backpack, or other options depending on what has been donated. We also use the donated gift cards to get supplies that we need for our center to maintain everything that goes into making all of CAPstone's locations child and family friendly.

We want these kids to walk away with something positive from their experience at CAPstone because we know that this process is difficult and uncomfortable. We would not be able to provide that item and that positive takeaway without the donations we receive from our communities. The items you donate DO make a difference in the lives of these families and children, and we will greatly continue to welcome and appreciate continued donations in the future. We hope that this paragraph helps demonstrate the difference that each item on our wish list could/does make.

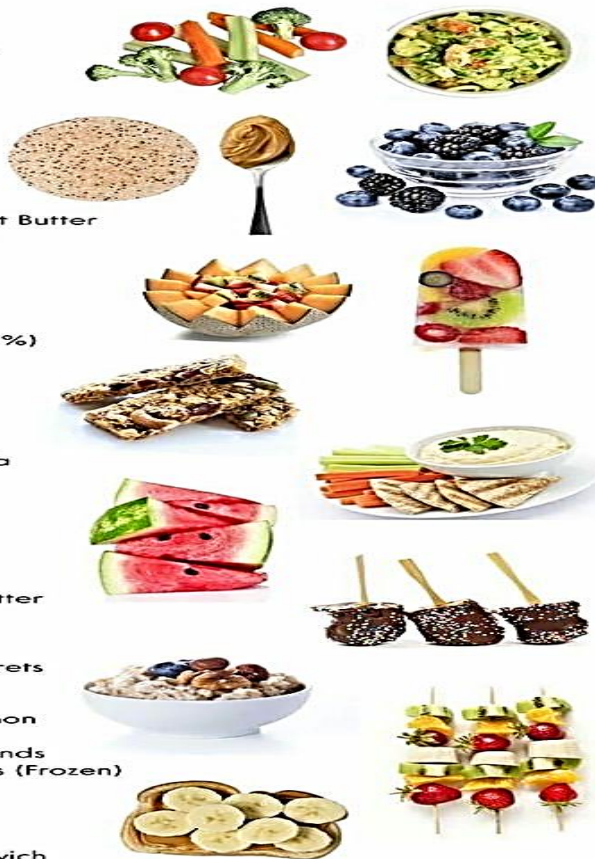
If you have any questions or would like to donate please call either 1-308-632-7274 or 1-308-432-8145, thank you!



# eat clean snacks

Rebel Dietitian, Dana McDonald, RD [rebelDIETITIAN.US](http://rebelDIETITIAN.US)

1. Pistachios (25)
2. Fresh Fruit Popsicle
3. Veggies and Guacamole Dip
4. Bowl of Fresh Berries
5. Watermelon Slices
6. Walnuts (10 - 15)
7. Fresh Vegetable Juice
8. Baked Sweet Potato
9. Steamed Edamame
10. Mixed Nuts (¼ cup)
11. Medjool Dates
12. Pecan Halves (10 - 15)
13. Whole Grain Tortilla with Nut Butter
14. Fresh Veggies with Hummus
15. Sliced Cucumbers
16. Fresh Pineapple Chunks
17. Mandarin Oranges
18. Banana with Peanut Butter
19. Carrot Sticks
20. Piece of Dark Chocolate (72%)
21. Almonds (23)
22. Baked Zucchini Chips
23. Fresh Mango Chunks
24. Small Dinner Salad
25. Cashews (10 - 15)
26. Raw Banana "Ice Cream"
27. Coconut Yogurt with Granola
28. DIY Apple Chips
29. Fresh Fruit Salad
30. Cup of Brown Rice
31. Hazelnuts (15 - 20)
32. DIY Raw Energy Bar
33. Dried Prunes or Apricots
34. Fresh Fruit Skewers
35. Apple Slices with Almond Butter
36. Plain Baked Potato
37. Fresh Smoothie
38. Muesli with Non-Dairy Milk
39. Broccoli and Cauliflower Florets
40. Veggie Wrap with Salsa
41. Oatmeal with Fresh Fruit
42. Grilled Peaches with Cinnamon
43. Baked Sweet Potato Fries
44. Two Bananas and Raw Almonds
45. Chocolate Covered Bananas (Frozen)
46. Cinnamon Popcorn
47. Frozen Grapes
48. DIY Trail Mix (¼ cup)
49. Fresh Fruit Skewers
50. Peanut Butter Banana Sandwich



**EAT  
HEALTHY**

**FEEL  
HEALTHY**

**BE  
HEALTHY**

## What Does the Month of February Represent?

As of 2010, the month of February became the National Teen Dating Violence Prevention and Awareness Month. This was not an overnight decision; young people across the country have been working for years to end dating violence. Advocates and other key stakeholders in the violence against women movement took note and urged Congress to include the issue of teen dating violence in the re-authorization of the Violence Against Women Act of 2005. In 2006, Congress dedicated the first full week of February as National Teen Dating Violence Prevention and Awareness Week. In 2010, Congress extended the week-long commemoration to span the entire month of February.

The purpose of February becoming the National Teen Dating Violence Prevention and Awareness Month is due to a need for a national effort to raise awareness about dating violence in teen and young adult relationships. Dating violence is more common than many people think. One in three teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults. And nearly half (43%) of college women report experiencing violent and abusive dating behaviors. By joining together every February, we can spread awareness and stop dating abuse before it starts!

To learn more about National Teen Dating Violence Prevention and Awareness Month, visit <https://www.loveisrespect.org/teendvmonth/>. This website is sponsored by Break the Cycle and Love is Respect. The website offers a number of resources for teens, students, advocates, educators, and others to take action and promote awareness of teen dating violence in their communities.

[https://www.nebraskacoalition.org/get\\_informed/awareness-months.html](https://www.nebraskacoalition.org/get_informed/awareness-months.html) &  
<https://www.loveisrespect.org/teendvmonth/>