

CAPstone CATCH UP



CAPstone CHILD
ADVOCACY CENTER

“A PLACE TO BE HEARD,
A PLACE TO HEAL.”

December 2020

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 10th Avenue
Sidney, NE 69162



On behalf of the CAPstone Child Advocacy Center staff and Board we would like to send out a warm welcome to Chief Philip Lukens. Chief Lukens started his role in Alliance on December 21st. Welcome to Nebraska!

CAPstone Child Advocacy Center would like to wish Chief John Kiss a Happy Retirement. Hoping for great things as you go into this next phase of your life, may you enjoy the very best that life has to offer. Thank you for the many years of dedicated service to the Alliance community.



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

CAPstone Donors are Superhero's



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

RECENT MONETARY DONATIONS

The Mission Store Inc. \$1,600.00
Mike & Vicky Moreno \$50.00
Fliesbach Family Foundation \$7,500.00
Marcia Buck & Carla Forgey \$200.00
Quivey – Bay State Foundation \$2,000.00
Diana & David Bauerkemper \$500.00

RECENT TANGIBLE DONATIONS

Bev & Mark Overman
Beanie Babies
Prairie Pine Quilts
Quilt & blankets
Alliance HS Honor Society
6 Tie Blankets

WITH MUCH GRATITUDE

The CAPstone Staff and Board of Directors want to send a huge THANK YOU to everyone who contributed to CAPstone during the most difficult of years, 2020. Your contributions of monetary gifts, which included \$20,000.00 during our virtual Light of Hope fundraiser to \$400.00 from pinwheel sales and many individual contributions helped us maintain a full and part-time staff of seven who provided 474 forensic interviews at our four locations, provided 3790 advocacy contacts for the children we see and their non-offending caregivers and helped us provide education to community organizations across the panhandle. Your donations of blankets and quilts, food, juice, water and gift cards, stuffed animals, toys, and journals have made every child's day a little brighter when leaving our center. We also recognize the United Way of Western Nebraska, Dawes and Box Butte Counties and Soroptimist for their funding to continue helping children and adults with mental health counseling. As we say THANK YOU again we wish nothing but the best for you and your families in 2021. Please do not ever underestimate the impact that you may have on someone else's life by the actions you took in 2020 to help our non-profit succeed!!!

*Thank
You*

CAPstone BOARD OF DIRECTORS 2020

SHARON WALKER
Retired Social Worker

GEORGE
SCHLOTHAUER
ESU #13

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Heritage Estates

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SBCO Attorney's office

KATHERINE BATT
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and
Human Services

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Fliesbach Foundation

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Office

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Attorney's office

KATHY STOKEY
Retired

HUMAN TRAFFICKING AWARENESS

#PanhandleBlue, #WearBlue

Website

www.capstonenebraska.com

Email

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.

January and the color blue go together for multiple reasons; one of those reasons is bringing awareness to Human Trafficking. Every year the Blue Campaign by Homeland Security calls for people all over the nation to wear a piece of blue clothing and post to social media including #WearBlue, specifically on January 11th, recognized as National Human Trafficking Awareness Day.

This year CAPstone Child Advocacy is going to participate in bringing awareness to Human Trafficking by engaging our communities here in the Panhandle of Nebraska. We are calling to action everyone in the Panhandle of Nebraska to raise awareness for Human Trafficking through these 4 steps:

During the month of January...

1. Post a picture of yourself wearing blue with #WearBlue and #PanhandleBlue to your social media accounts.
2. Post a group picture of everyone wearing blue with #WearBlue and #PanhandleBlue to your social media accounts.
3. Post a video to your social media accounts of yourself or your group wearing blue and explain why you are wearing blue this month. Include #WearBlue and #PanhandleBlue
4. Read and interact with the information about human trafficking that we post throughout the month, let us know what your reaction is by sharing, commenting, and liking the posts.

Human Trafficking happens everywhere, in every state including Nebraska. The more people are informed with knowledge of how to report human trafficking results in more tips for Law Enforcement and the Department of Health and Human Services to act on.

#PanhandleBlue, #WearBlue

ATTENTION ATTENTION READ ALL ABOUT IT

If there is something you would like to see in our newsletter or would like to add to our newsletter, such as a job opening or an event you are having, please let us know.

Email Rebecca at
outreach@capstonenebraska.com or call at 308-432-8145



United Way of
Western Nebraska
Partner Agency

12 STEPS TO PLAN FOR YOUR BEST 2021

1

Reflect on The Past Year

To make a solid plan for a successful new year, you must know your starting point. Take a moment to reflect on the past year to know where you currently are in your life.

2

Let Things Go

The second step is to let things go, both physically and emotionally. Take time to declutter your room and get rid of anything that you do not use or do not spark joy.

3

Define Who You Are

To know what kind of goals you want to set, you need to define who you are. Knowing who you are as a person helps you set goals that lead to your definition of success.

4

Create a Vision Board

Bring out the artist in you by creating a beautiful vision board for next year. Not only are they visually pleasing, vision boards help attract what you want into your life.

5

Find Your Ikigai

Ikigai is a Japanese concept that means "a reason for being." This balance is found at the center where your passions and talents intersect with the things that the world needs and is willing to pay for.

6

Let Fear Guide You

To build up your self-confidence, you will have to make fear your north star and let it guide you.

7

Set Yearly Goals

Now that you have your theme and vision board. It's time to gain clarity by listing out the big-ticket items you want to accomplish for the next year.

8

Upgrade Your Habits

Make a list of habits you want to form and habits you want to give up. Then, expand on that by writing down the reason and how forming or eliminating the habit will help you.

9

Start Using a Planner

A planner is a fantastic tool to organize your tasks, events, and thoughts so you know exactly what to do every day to achieve those goals you set earlier.

10

Break Down Your Goals

Remember those big, annual goals you set earlier? They might look intimidating at first, so let's break those down into specific, achievable goals.

11

Review Your Goals

Schedule in monthly check-ins and quarterly reviews to assess your progress and check if you need to adjust any of the goals you set at the beginning of the year.

12

Make a Bucket List

One of the things I look forward to the most when planning for the next year is making my bucket list. Your bucket list is a list of items that you want to do in the next year simple for your pleasure and fun.

READ MORE @ [MILLENNIAL-GRIND.COM](https://www.millennial-grind.com)

UPCOMING TRAININGS

The Nebraska Alliance is hosting "Following the Evidence in Child Abuse and Child Exploitation Cases" - a free, 2-day virtual training with live instructors from NCJTC Fox Valley on January 12-13, 2021. This training will be a special Nebraska-only session and will count for contact training hours for law enforcement. This training is open to Law Enforcement, CAC staff and other multidisciplinary members.

Following the Evidence in Child Abuse and Child Exploitation Cases

Dates: January 12-13, 2021

Training Location: Online

Session Times: AM Sessions 9:00AM-12:30PM CT

lunch: 12:30PM-1:30PM CT

PM Sessions 1:30PM-5:00PM CT

Link to register:

<https://ncjtc.fvtc.edu/trainings/TR00011451/TRI0319807/following-evidence-in-ca-ce-cases-online>

What's a CAC, anyway?

Children's Advocacy Centers do more than investigate child abuse.
We help kids go back to being kids again.

Without a CAC...



...kids and families must often find mental health, medical, and other services on their own.

At the CAC...



...we bring the services kids and families need to them, all in one place.



**National
Children's
Alliance**

*The Force Behind
Children's Advocacy Centers*

Suspect abuse? Call your local CAC.

#ItsYourBusiness

nationalchildrensalliance.org/iyb

What next???

The past few months we have been putting information in our newsletter regarding apps that could cause risk or concern with young children. Things to look for, what to talk about, conversations to have. If you thought it was tough to keep kids off the internet before COVID-19, it is almost impossible now. Between mandated online school and playdates via video chat, chances are you and your kids are spending a lot more time online in quarantine than ever before. Unfortunately, it's not all academia and family connections- the internet can be a risky place, especially for children. We here at CAPstone wanted to give you some more targeted steps to take if your child becomes a victim of an online predator. This is of course not all inclusive but is a good start in how to handle the situation.

Steps to Take If Your Child Has Been Targeted Online

- Let your child know it's not their fault.
- Cut off communication with the predator.
- Change online credentials, including screen names, usernames, and passwords.
- Save screenshots or copies of messages and images from the predator.
- Report the activity to website administrators and law enforcement.
- Seek professional help for your child as appropriate.



Don't

- Freak out.
- React emotionally.
- Shame your child.
- Scare your child.
- Blame your child

Do

- Stay Calm.
- Be patient.
- Find the source of the content.
- Block access to dangerous or confusing sites.
- Help your child sort out their feelings.
- Restore a sense of safety.
- Keep the conversation going.

"Children are the living message we send to a time we will not see."

Nelson Mandela

GUARDIAN BELLE'S "IN SERVICE TO OTHERS"

The Guardian Belles Sisterhood was established in 2015. From the beginning, we have concentrated on our communities and what it takes to be successful in our endeavors. We are an organization focused on bettering ourselves and enriching others while paying-it-forward. This is an all female riding club.

We are giving back to our communities through kindness, compassion, and commitment. We are also available to encourage and support each other with loyalty, honor, integrity, and respect while enhancing our communities through volunteer and charity work with a pay-it-forward mind set. We support the Punishers LEMC while maintaining our own identity as the GBLERC Sisterhood with like-minded goals as a public service organization that is always in service to others.

The projects we have been involved with are things such as: Root beer floats with first responders at the grade schools; helping raise money for a television for CAPstone; donating journals to CAPstone; helping with snacks at a women's self-defense class put on by DOVES; adopting needy families at Christmas to help with food and gifts in order to give them a "hand up" and not a "hand out"; helping wrap gifts during Shop with a Cop events; providing a nice meal for law enforcement and first responders to show the communities appreciation; volunteering at CAPstone to assist with putting together new furniture at their Alliance office; helping with registrations and silent auctions for the annual Jane's Closet poker run in Alliance; participation in the Adopt a Senior program during COVID when local seniors couldn't have a normal graduation or party; donating monetarily to other Belle chapters to help with the needs of their chapter goals and projects; making burritos to deliver to school children who weren't allowed to get breakfast at school when the pandemic first began; donation of bikes to Guardians of the Children; care packages for the Punishers who are in the military and currently serving overseas; helping with National Night out which raises awareness to Police and first responders; we help support other Punisher and Belle Chapters in our surrounding states, by going to whatever ride or event they have planned, and help with anything they need, in addition to our attendance and the money we pay to be in attendance, going toward whatever charity they are raising money for. We have been to Colorado's Domestic Violence ride the past 4 years in a row, which helps them raise money for a shelter there that they support, like DOVES. We have helped with Catpacks in Scottsbluff, getting donations of non-perishable foods to put in the backpacks so the kids have food to take home with them to eat on the weekends. We have done poker runs for CAPstone in the past, as well as donating items needed for a family fun night.

We have our own "pay it forward" project we are working on now, and we made a monetary donation to a local LEO wife, who worked with some of her friends in the Scottsbluff area to bring a nice meal and gifts for kids of a single mother this Christmas. This is just a rough list of things we have helped with over the past 5 years. There have been a lot of other little things we have done to remain "in service to others".

CAPstone would like to send a huge thank you to GBLERC for their amazing contributions to CAPstone and continued support.

