

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

February 2021

## Nebraska Mandatory Reporting

Nebraska law states that mandatory reporters are identified as professionals who, in the ordinary course of their work and because they have regular contact with children, (or other vulnerable populations as the case may be) are required by law to report their observations or suspicions concerning possible child abuse.

Nebraska law, however, is quite broad in its definition of the individuals who have a duty to report such abuse. Although this statute specifically identifies "any physician, any medical institution, any nurse, any school employee, (and) any social worker" as having a duty to report child abuse, it also states that any "other person" that has reasonable cause to believe that child abuse has occurred has a duty to report such abuse. This places an affirmative duty on any individual, not merely the professionals generally acknowledged as mandatory reporters. It is not just morally the right thing, it is the law.



### 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

## 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 TANGIBLE DONATIONS

Deb Conklin  
Stuffed Animals

Intralinks, Inc  
\$385.00 worth of computer tasks

Joshua Fernau  
Work at the Chadron Satellite office



Congratulations to our Family Advocate, Isabella Irish who recently completed the necessary training to be able to conduct Forensic Interviews. This will help CAPstone CAC meet the growing needs for interviews in our Chadron and Alliance office. Way to go Isabella!!

CAPstone BOARD OF DIRECTORS 2021

SHARON WALKER  
Retired Social Worker

GEORGE SCHLOTHAUER  
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Heritage Estates

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RWMC

JEFF PECK  
Intralinks

KATHY STOKEY  
Retired

## 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.**

## International Women's Day

March 8, 2021

International Women's Day, a global celebration of the economic, political and social achievements of women, took place for the first time on March 8, 1911. Many countries around the world celebrate the holiday with demonstrations, educational initiatives and customs such as presenting women with gifts and flowers.

The United Nations has sponsored International Women's Day since 1975. When adopting its resolution on the observance of International Women's Day, the United Nations General Assembly cited the following reasons: "To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security."



## 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](mailto:outreach@capstonenebraska.com) or call at 308-432-8145



If you are interested or feel inspired to help CAPstone by becoming a board member or volunteer, contact Monica Shambaugh in Gering at 308-632-7274. We would be more than happy to visit with you about this opportunity.



**United Way of  
Western Nebraska  
Partner Agency**

## **UPCOMING TRAININGS**

-Be watching for an opportunity to participate in the Bridges out of Poverty training in June 2021, presented by Panhandle Partnership. Visit their website at <https://panhandlepartnership.com/event/bridges-out-of-poverty-alliance/>. Training provided in Alliance Nebraska.

### **Alternatives to Detention in Rural Areas: Can it Happen?**

Thursday, March 25, 2021 - 12:00pm

Presented by: Michele Lueders and Annie Brokenleg

Participants will hear from rural jurisdictions about the challenges of implementing detention reforms in rural areas but also how they have overcome those challenges by creating alternatives to detention that are showing promising outcomes while keeping youth in the community. Registration at <https://supremecourt.nebraska.gov/programs-services/court-improvement-project/events/part-3-alternatives-detention-rural-areas-can-it-happen>.

If you would like to schedule one of the following trainings, please contact CAPstone at 308-632-7274 or 308-432-8145. Both are also available in a virtual HIPPA compliant zoom setting.

### **CAN 101**

This course prepares mandatory reporters with the knowledge and skills to recognize and report child abuse and neglect along with an overview of the different types of abuse and their prevalence in Nebraska. In this training, participants will discuss challenges associated with reporting abuse and neglect, practice asking minimal facts questions, and receive resources that will help with knowing how and when to report.

#### **Participants will:**

- Learn the different types of child abuse and neglect
- Know what to do when they suspect child abuse and neglect
- Understand how to report child abuse and neglect
- Learn what questions to ask when child abuse and neglect is suspected
- Understand what happens when a report is made

### **DARKNESS TO LIGHT: STEWARDS OF CHILDREN**

Darkness to Light: Stewards of Children is a prevention training program that teaches adults how to recognize, prevent, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for anyone concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

#### **Participants will:**

- Learn the 3 empowerment skills

Making choices  
Taking risks  
Supporting each other

Learn the 5 Steps to Protecting Our Children

Learn the facts  
Minimize opportunity  
Talk about it  
Recognize the signs  
React responsibly

If you would like to include an upcoming training in our newsletter, email Rebecca at [outreach@capstonenebraska.com](mailto:outreach@capstonenebraska.com).

## Project Harmony presents the 14<sup>th</sup> Annual Virtual Speaking of Children

Virtual Keynote Event

Wednesday, April 14, 2021 at 12:00pm

Featuring world-class swimmer, Diana Nyad, the event will focus on Diana's own journey as a survivor of childhood sexual abuse and the importance of education and awareness as parents, professionals working with children, and members of the community.

REGISTER FOR KEYNOTE

Virtual Training Series

Exceptional online trainings once a month April through July

Thursday, April 8, 2021 from 10:00am-12:00pm

Francoise Mathieu, M.Ed., RP., CCC

Beyond Survival: How to Combat Compassion Fatigue and Burnout

Thursday, May 13, 2021 from 10:00am-11:30am

Darrel B. Turner, Ph.D.

The Analysis of Patterns of Denial Among Sex Offenders

Thursday, June 17, 2021 from 10:00am-11:30am

Ryan Sallans, MA

Matters of the Heart: Learning About Our Human Sexuality



# Paul Schaub, Former CAPstone Board Member

Paul Schaub, Cheyenne County Attorney, has been on CAPstone's Board of Directors from 2007-2021. When asked what brought him to the decision to be on the Board of Directors he stated "I wanted to be part of an organization renowned for its coordinated, comprehensive efforts in keeping child victims and their care givers safe and informed. CAPstone excels in several areas, most notably in their work in forensic child interviews. Crimes against children are sometimes challenging to prosecute. But it is comforting to know that CAPstone consistently retains top-notch interviewers. Their work is essential."

When asked if he had any take-aways from his time on the board that he wanted to share Paul explained "I have served with the best. Each board member brought to the table ideas from different disciplines. We remained united and were successful in our child-protection efforts." Paul had some encouraging words of wisdom from his time on the board, he spoke to future board members when stating "Listen, learn, participate and stay positive."

CAPstone staff and current Board of Directors are thankful for all that Paul has brought to our team and we look forward to continuing to work with him through the Cheyenne County Attorney's Office.

Thank you Paul Schaub for everything you have done and continue to do for the Panhandle's children and families.



*"There is a superhero in all of us, we just need the courage to put on the cape."*

*- Superman -*

## Parenting and Stress Management

Parenting should come with a stress management manual: While enormously rewarding, it is also enormously stressful. From the time your child is born, you are bound to face parenting situations that leave you feeling angry, frustrated, worried, or otherwise over-stressed.

But with the proper stress management techniques and plenty of practice, parents can learn how to better keep their cool when family situations heat up and leave you facing child discipline issues.

### Parenting and Child Discipline: Consider the Age

"What is very critical is the age of the child," says Norma Feshbach, PhD, professor emerita at the Graduate School of Education and Information Studies at the University of California, Los Angeles. Feshbach recommends that when dealing with babies, toddlers, and young children, take a step back and remind yourself that your child is probably not behaving this way to spite you.

When dealing with teens, your focus should be on being a good listener and communicating as calmly as possible, without lecturing or giving orders to your kids. Teens tend to respond better when you speak to them in a respectful manner and focus on what they are doing right instead of what they are doing wrong.

### Parenting and Child Discipline: Put a Support System in Place

Having a trusted network of friends and family members to talk with can make all the difference at high-stress moments. When you feel like you are reaching your limits, "try to call somebody and seek support," says Feshbach. This allows you to take a step back from the interaction and regain your composure.

### Parenting and Child Discipline: Focus on the Positive

Staying positive during stressful life moments will benefit you and your family members. Instead of letting yourself get angry and frustrated when faced with a difficult situation, try taking a more positive approach.

### Parenting and Child Discipline: Create a Calmer Environment

To bring more peace into your home, Feschback recommends:

- regularly spending time with friends and community members
- creating routines and structure within your household
- asking family members to help with housework
- scheduling time each week for your family to get together to discuss any issues or problems
- Focusing on appreciating one another and what you each do for the family.

Keeping your cool in stressful family situations and creating a close and loving family environment can give your children a sense of security that will help them to be more well-adjusted and successful when they venture out into the world.

**GIVING DAY IS COMING SOON!**

*Sponsored by*

**HOLLIDAY**  
FAMILY OF COMPANIES

**Wyo**  **Braska**  
**GIVES**

*May*  
*4<sup>th</sup>*

**24 HOURS OF GIVING AT**  
**WYOBRAKAGIVES.COM**

Your donations to CAPstone Child Advocacy Center will help assist children in obtaining forensic interviews, assist with cost of medical and follow up mental health appointments, and help ensure the children have the opportunity to start the healing process. Please remember CAPstone on May 4<sup>th</sup> during the 24 hour Wyobraskagives online campaign.