

CAPstone CATCH UP

MARCH 2020



CAPstone CHILD
ADVOCACY CENTER

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

Pinwheels, Pinwheels, Get Your Pinwheels



How can you help support CAPstone for just \$1.00? Here is your opportunity. CAPstone is selling Pinwheels for \$1.00 in preparation of Child Abuse Prevention month in April. You can purchase one to be put up at our building or you can take it with you and put it where you would like to display the Pinwheel. If you are interested in participating in our fundraiser contact somebody from CAPstone at 308.632.7274 or Chadron at 308.432.8145. We will be planting some on April 1st at the CAPstone office. Last year 567 children received services and support through CAPstone. Pinwheels stand for the joy and security every child deserves. Let's plant pinwheels all over the Panhandle!!!

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

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

CAPstone Donors are Superheros

RECENT MONETARY DONATIONS

Bob Hessler \$200.00



RECENT TANGIBLE DONATIONS

Rene Newton
 10 Quilts
 Kathy & Monica Shambaugh
 Roku worth \$29.00
 Janie Voss
 3 journals



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

SPOTLIGHT ON LISA

I was born and raised in Yuma, Arizona and remained there until 1995 when I and my family moved to Memphis, TN. We then moved to Arkansas (where my roots run deep on both my mother and father's sides) for a brief period of time, before life changes involving employment landed us in Alliance, NE in 1997. In the fall of 2004, life changes occurred once again, and my children and I moved back to Arkansas for a brief period of time, but Nebraska called us back in the summer of 2005. I have lived in Bridgeport ever since.



Prior to being hired at CAPstone, I was a Juvenile Probation Officer for District #12 Probation in Gering for 3 years. Before my tenure as a PO, I was a CPS Investigator for DHHS in Gering for almost 4 years. Working part-time in Bridgeport while being enrolled as a full-time student to obtain my Bachelor's degree in Criminal Justice in 2010 made all of these positions possible for me. Going back to school at the age of 40 was a challenge, I can assure you, but it was so worth it! When I'm not working, I enjoy spending time with my family, my sweet fur baby Duke, traveling, working in my flowerbeds at home (come on Spring!) and reading. I also dearly love music and have always believed it is a balm for the soul.

I dreamed of being a Forensic Interviewer for many years, first becoming intrigued by the field while working at DHHS and observing interviews involved in cases I was assigned to investigate. In 2017, the position opened up in CAPstone's Gering office and I applied, never realizing that my dream job was about to come true! While the position can certainly be challenging and heartbreaking at times, it means so much to me to be able to play a role in assisting victims of abuse and neglect having their voices heard, in addition to playing a role in what we all hope for ~ that justice for the children we serve at CAPstone is served and the healing process can begin.

Lisa Collins

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.



**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

How are Referrals for Forensic Interviews Received by CAPstone?

Have you ever wondered how CAPstone receives all those referrals for interviews? Referrals for forensic interviews are generated in 1 of 3 ways:

1. Concerns are called into the Nebraska Child Abuse/Neglect Hotline and an Intake is generated that warrants an investigation by the Nebraska Department of Health and Human Services. The intake may, or may not, be flagged as Child Advocacy Coordination Required. Should the intake be marked CAC Required, the child(ren) must be interviewed at a Child Advocacy Center pursuant to Nebraska Revised Statute 28-728.
2. Concerns are reported to a local law enforcement agency or the Nebraska State Patrol, or as a result of law enforcement's contact with a family regarding the need for their assistance, the officer or Investigator deeming the call warrants a forensic interview is in the best interest of the child(ren) involved.
3. Concerns are reported to a local County Attorney's Office and the official who receives the call deems a forensic interview is in the best interest of the child(ren) involved.

Calls from the general public, school officials, guidance counselors, mental health practitioners and caregivers requesting a forensic interview of a child will not result in a forensic interview being conducted due to specific requirements also outlined in the Nebraska Revised Statute referenced above.

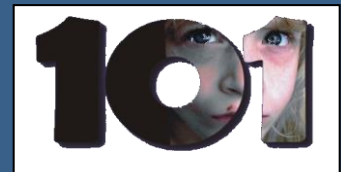
TRAININGS:

Unfortunately, all upcoming CAN 101 trainings have been cancelled due to the COVID-19 epidemic. We will reschedule our community trainings when it has been deemed clear and safe by Panhandle Public Health District. If you are interested in hosting a CAN 101(child abuse and neglect) training please contact us here at CAPstone. There is no charge to host the training. It will cover the types of abuse and neglect, what to look for, how to report, what to report, and what will happen when you report.

Remember we are all
MANDATORY REPORTERS

If interested email outreach@capstonenebraska.com or call CAPstone at 308-632-7274

**CHILD ABUSE AND
NEGLECT**



Our First Executive Director Joyce Hillman-Kortum

Joyce Hillman-Kortum was known for her love of God, her passion for kids and being community minded. Joyce spent eight years in the Nebraska Legislature, from her initial election in 1990 to re-election in 1994. When Joyce returned to full-time living in Gering a new group had formed which was called the Child Abuse Response Team or C.A.R.T. This group was made up of hospital personnel, D.H.H.S. staff, Law Enforcement, Probation, School and Behavioral Health personnel. Alice Maupin chaired these meetings with people getting together to talk about Child Abuse cases in the panhandle and how we could do these cases better.

In November of 1998 the C.A.R.T. Committee was informed by Richard Pszanka that a core group of 24 people were working on starting the CAPstone Child Advocacy Program. In May of 1999, Joyce Hillman-Kortum accepted the nomination to become CAPstone's first Director/Consultant and she did this on a part-time basis working 20-25 hours a week.

Joyce assisted CAPstone in moving into our initial home at 24th and Avenue E in Scottsbluff and helped arrange all of the cleanup and decorating we needed to do. Joyce worked from her home and spent a majority of her time trying to obtain money for CAPstone operating expenses which included writing grants to the National Children's Alliance and visiting local boards and entities for funding.

Joyce participated when the State Chapter of Advocacy Centers met in early 2002 and she was requested to meet with several senators (including Senator Chambers) to try and encourage someone to start an interim study regarding the state funding of child advocacy centers.

Joyce was the glue that kept us all together during those initial startup years. CAPstone stayed afloat on donations Joyce was able to obtain. Joyce resigned her position in July 2004 and went on to be elected to the Gering City Council.

Joyce was our angel and is still that lady today.



April: National Child Abuse Prevention Month

National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect while also promoting the social and emotional well-being of children and families. During the month of April and throughout the year, communities are encouraged to **raise awareness**, **provide education**, and **support families** through resources and strategies to prevent child abuse and neglect. Each year, the White House and many states issue proclamations to raise awareness and to encourage communities to take steps to improve the well-being of children.

Every year CAPstone Child Advocacy Center strives to provide as many CAN 101 trainings as possible to schools and communities to teach them about Child Abuse and Neglect. During the month of April we will also be selling pinwheels to community members as a visible show of support for keeping children in our community safe. Pinwheels have been known to be a happy and uplifting symbol of childhood and have been used to bring awareness and support to child abuse and neglect prevention. Please look at the front page of this issue, or last month's issue of CAPstone Catch Up for more information about buying the pinwheels.

Look for the next issue of CAPstone Catch Up to learn more about what Nebraska and CAPstone CAC is doing to **raise awareness**, **provide education**, and **support families** during April the National Child Abuse Prevention Month and for the rest of 2020.

Below are a few informational and educational websites.

<https://www.childwelfare.gov/topics/preventing/preventionmonth/about/>

<https://www.nebraskachildren.org/what-we-do/prevent-child-abuse-nebraska/overview.html>

Mes Nacional de la Prevención del Abuso de Menores

Factores de riesgo

- Estrés de los padres
- Uso de sustancias
- Pobreza

Factores de protección

- Resiliencia de los padres
- Crianza afectiva y apego
- Conocimientos sobre la crianza y el desarrollo de los niños
- Apoyo concreto en tiempos de necesidad
- Conexiones sociales
- Capacidad social y emocional de los niños

April is National Child Abuse Prevention Month

FIND TOOLS, TIPS, AND RESOURCES AT WWW.CHILDWELFARE.GOV/PREVENTIONMONTH

National Child Abuse Prevention Month

Risk Factors

- Parental stress
- Substance use
- Poverty

Protective Factors

- Parental resilience
- Nurturing and attachment
- Knowledge of parenting and child development
- Concrete support in times of need
- Social connections
- Social-emotional competence of children

Children's Bureau
Child Welfare Information Gateway



SANE...have you heard this acronym before? Sexual Assault Nurse Examiners. The SANE nurses conduct medical exams after the forensic interview is completed at CAPstone. All children who are suspected victims of children sexual abuse are entitled to a medical evaluation by a provider with specialized training. The collection and documentation of possible forensically significant findings are vital. It is also crucial in the healing process, for the child victim to know that their body is okay, healthy and/or healing.

Our local SANE nurses at Regional West Medical Center are: Amanda Bosse, Ashley Schuller, Beth Ruzicka, Jessica Miller, Michelle Dillon, and Tori Towne. At the Women's Center at Regional West Medical Center, Dr. Kate Painter, and Lindsey Maas are also trained to perform SANE exams. In Alliance, Janelle Grant and Cassandra Wood are also trained to perform these exams. Dr. Kate Painter is the head of medical personnel for the CAPstone/SANE team.

Having a Medical Team of SANE nurses is part of the Accreditation Standards for Child Advocacy Centers. To be accredited, and to stay accredited, the following are standards that must be met, including the essential components as follows:

- A. Medical evaluations are conducted by health care providers with specific training in child abuse that meets at least one of the following training standards.
 - *Training and Eligibility Standards for a Medical Provider
 - *Continuous Quality Improvement for the medical component of the CAC
- B. Medical professional providing services to CAC Clients must demonstrate continuing education in the field of child abuse consisting of a minimum of 8 contact hours every 2 years.
- C. Medical professionals providing services to CAC clients must demonstrate, at a minimum, that 50% of all findings deemed abnormal or "diagnostic" of trauma from sexual abuse have undergone expert review by an "advanced medical consultant."
- D. Specialized medical evaluations for the child client are available on-site or with other appropriate agencies or providers through written linkage agreements.
- E. Specialized medical evaluations are available and accessible to all CAC clients regardless of ability to pay.
- F. The CAC/MDT's written protocols and guidelines include access to appropriate medical evaluation and treatment for all CAC clients.
- G. The CAC/MDT's written protocols and guidelines include the circumstances under which a medical evaluation for child sexual abuse is recommended.
- H. Documentation of medical findings by written record and photo documentation.
- I. MDT members and CAC staff are trained regarding the purpose and nature of the medical evaluation for suspected sexual abuse. Designated MDT members and/or CAC staff educate clients and/or caregivers regarding the medical evaluation.
- J. Findings of the medical evaluation are shared with the MDT in a routine, timely and meaningful manner.

In 2019, the Nebraska Alliance of Child Advocacy Centers purchased 5 Cortexflo Photographic Examination Systems. The System in the Panhandle is located at Regional West Medical Center. The Cortexflo is designed to meet the unique photographic and video requirements to conduct forensic medical examinations of children and adults who have suffered sexual and physical abuse. As soon as a photograph is taken, it is displayed on the touchscreen monitor so the examiner can see that it is in focus. They can then move on knowing that they have a confirmation of a secure high quality image. The images are then connected to a dedicated storage module sited in a secure, locked area of the hospital. Cortexflo securely encrypts the content with a unique password created by the examiner. CAPstone is extremely appreciative to the Nebraska Alliance of Child Advocacy Centers for this amazing piece of equipment.

A big "Thank You" to all of the SANE staff, for your continued work in maintaining your training hours, which helps CAPstone to stay accredited, AND the AMAZING job you all do in assisting prosecution, law enforcement and CPS in providing information to assist in the prosecution of child abuse cases.

How LB 779 Affects CACs



LB 779 was introduced by Senator John Stinner on January 8, 2020 in the Nebraska Legislature. The bill that was introduced talks about how the government would appropriate \$3.42 million to the state Department of Health and Human Services in the fiscal year of 2020-2021 to help support child advocacy centers (CACs). CAC's use state general funding to aid in Direct services to child victims and their caregivers; assistance with coordination of and training for investigation and treatment teams; and operation of satellite offices in rural locations. The number of cases that these centers have seen has doubled since 2015 with no increase in state funding. New information brought to light that CACs will only be receiving an additional \$250,00 per year starting on July 1st. It creates an 11% increase in state funding. This bill has made it to the Appropriations Committee's budget under the Health and Human Services category.



UNITED WAY GRANTS

It is that time of year again, where CAPstone staff are dotting their i's and crossing their t's as they complete the United Way Grant applications and get them turned in for the 2020-2021 fiscal year. United Way has been generous in providing CAPstone funds in Scottsbluff, Dawes, and Box Butte Counties.

United Way of Western Nebraska has two offices to better assist the communities they serve. The main office is at 1517 Broadway, Suite 106 in Scottsbluff with a satellite office at 723 Flack in Alliance. The main office focuses on the needs of the communities in Scotts Bluff, Morrill and Cheyenne Counties. The office in Alliance services the area of Box Butte and Dawes Counties. In 2018-2019, \$452,901 was raised in their annual campaign. The United Way of Western Nebraska raised \$347,824 of that total with Cheyenne, Morrill and Scotts Bluff county with Box Butte and Dawes Counties raising \$105,077.

CAPstone staff was able to assist United Way with some fundraising events in the 2019-2020 fiscal year including the duck dash in Scotts Bluff County, jingle bell dash in Box Butte County, father/daughter dance in Dawes County, and answering phones at the radiothon in Scottsbluff.

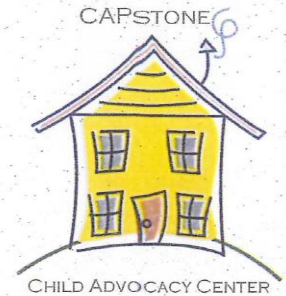
CAPstone uses the funds from United Way grants to help pay for counseling services for children. If a family comes to CAPstone and doesn't have the means to pay, or has a co-pay which causes financial hardship, CAPstone will use those grant funds to assist with the payment so that child can get at least five counseling sessions. In 2019, CAPstone Family Advocates completed 118 referrals to mental health services.

LIVE UNITED



March 20, 2020

900 P STREET
GERING, NE 69341
CENTER: (308) 632-7274
FAX: (308) 632-5152
EMAIL: DIRECTOR@CAPSTONENEBRASKA.COM
WWW.CAPSTONENEBRASKA.COM



To all of our stakeholders:

We at CAPstone are committed to assisting you with your caseloads during this unprecedented time. At present, all of our staff are still working from offices in Gering and Chadron and are able to accommodate interviews (for sexual/physical abuse, witness to a violent crime like domestic violence, found in a drug endangered environment or recovered from a kidnapping/human trafficking event), advocacy and hair tests at all four locations. When an interview is requested, we will be reminding you to ask the family:

- #1. If they have traveled out of the state/country in the last 14 days?
- #2. Do they have a fever?
- #3. Do they have a sore throat?

As always, we will be scheduling interviews so that only one family is present at a time, but we will also ensure that interviews are spaced apart enough to allow us the time to wipe every area down prior to anyone else coming in. If a time arises when the governor declares we all work from home then you will be able to contact us by cell phone to get your interviews completed:

Monica Shambaugh (308) 641-5374

Rebecca Fernau (308) 430-1542

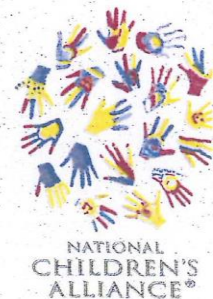
Lisa Collins (308) 279-0918

Please keep in contact with me regarding any questions you may have about our availability to assist you and your staff in the coming days and weeks.

Sincerely,

A handwritten signature in black ink that reads 'Monica Shambaugh'.

Monica Shambaugh,
Executive Director, CAPstone



50 *Self Care* IDEAS FOR A BAD DAY

1. DRINK HERBAL TEA
2. TRY AFFIRMATIONS
3. WRITE 10 THINGS GRATEFUL FOR
4. TAKE A DETOX BATH
5. TRY A FACE MASK
6. BREATHE DEEPLY
7. LIGHT YOUR FAVORITE CANDLE
8. WATCH A MOTIVATIONAL TEDTALK
9. EXERCISE
10. WALK IN NATURE
11. BUY YOURSELF FLOWERS
12. WRITE 5 THINGS YOU LOVE
13. JOURNAL
14. MAKE A VISION BOARD
15. DECLUTTER 10 ITEMS
16. READ A PERSONAL GROWTH BOOK
17. GO FOR A LONG WALK
18. LISTEN TO YOUR FAVORITE MUSIC
19. DO SOMETHING TO LAUGH
20. PLAN A GETAWAY
21. COOK YOUR FAVORITE MEAL
22. WATCH YOUR FAVORITE SHOW
23. HAVE A NIGHT WITH FRIENDS
24. DO A BRAIN DUMP
25. GO OUT FOR A DATE NIGHT
26. DO SOMETHING NEW
27. GIVE YOURSELF A MANICURE
28. CALL OR TEXT SOMEONE YOU LOVE
29. DO YOGA POSES
30. LISTEN TO YOUR FAVORITE PODCAST
31. SPEND TIME WITH SOMEONE INSPIRING
32. STRETCH
33. DO A SPA DAY
34. DO A DIGITAL DETOX
35. EAT A SALAD OR SMOOTHIE
36. GO OUT IN SUNSHINE
37. GO TO YOUR FAVORITE PLACE
38. TAKE SOME PRETTY PHOTOS
39. GET A MASSAGE
40. HUG SOMEONE
41. DRINK A FULL GLASS OF WATER
42. READ INSPIRATIONAL QUOTES
43. PUT ON NICE CLOTHES & MAKEUP
44. SLEEP
45. WATCH THE SUNRISE
46. REFRESH YOUR MORNING ROUTINE
47. CHANGE YOUR SHEETS
48. DIFFUSE ESSENTIAL OILS
49. DO SOMETHING NICE FOR SOMEONE
50. GO OUT FOR A COFFEE