

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

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

## Pinwheels, Pinwheels, Get Your Pinwheels



Thank you to everybody  
who supported  
CAPstone Child  
Advocacy Center  
during our Pinwheel  
fundraiser and keeping  
child abuse prevention a  
priority in our  
communities!!



## 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



### 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

- Pinwheels sales/donation  
\$386.00
- Soroptimist  
\$185.00
- Kathy Schildt  
\$20.00
- Chuck Elley  
\$200.00

### RECENT TANGIBLE DONATIONS

- Jeff Peck  
Microsoft 365 Business  
Installation service
- Kathy & Monica Shambaugh  
Roku worth \$31.03
- Colleen Kelly  
20 Runza gift cards, journals,  
10 fleece blankets

### Keeping CAPstone Safe Against COVID-19!

Keeping CAPstone staff and clients safe is our #1 priority against the COVID-19 pandemic. The CAPstone staff continues to work in our offices in Gering and Chadron, and travel to the satellite offices in Sidney and Alliance, as interviews are requested. When interviews are requested, we are screening the child and the non-offending caregiver by asking the following questions:

Have you traveled out of the state/country or panhandle in the past 14 days?

Do you have a fever?

Do you have a sore throat?

\*If anyone has the symptoms mentioned above, the interview will be rescheduled for another time, after the child/caregiver has recovered.

\*Only the child(ren) being interviewed and one caregiver will be allowed at the center, for the interview.

We are scheduling interviews so that only one family is present at a time, but also to ensure that interviews are spaced apart enough to allow us the time to wipe every area down prior to anyone else coming in. We are wiping all surfaces and furniture (hard surfaces) down with Clorox/Lysol wipes. We are spraying and disinfecting all soft surfaces with Lysol. Additionally, any pens used to fill out information by non-offending caregivers are not being reused at CAPstone but sent home with that individual. When interviews are scheduled involving an adolescent, we are allowing that child to choose one of our many donated quilts to lay over their chair (as these chairs are cloth) and then sending the quilt home with them. We are asking everyone, (children/caregivers/observers), who enter the center, to wash their hands immediately. Staff is also washing their hands often or using hand sanitizer on a regular basis.

Staff, to the best of our ability, practice social distancing, ideally at least 6 feet.

### 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

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

## 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.



The CAPstone staff and Board of Directors would like to wish Bob Hastings from Gering Public Schools the best of luck in his future endeavors. We appreciate his commitment and dedication in being on our CAPstone Board of Directors since 2017. Your commitment to the safety of children and families is truly amazing. Thank you for everything.

Photo: Star Herald

## 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



CAPstone Staff and Board would also like to wish the best to our practicum student, Leslie Beckham. You brought a lot of laughter and smiles to our Chadron office. We wish you the best in your next adventure and you will be truly missed. Congratulations on your graduation from Chadron State College!!!!

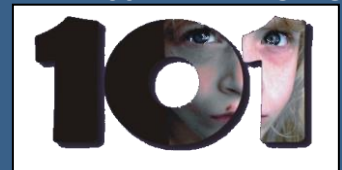
## TRAININGS:

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 to do so 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. Training will cover 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](mailto:outreach@capstonenebraska.com) or call CAPstone at 308-632-7274

CHILD ABUSE AND NEGLECT



# CAPstone Board of Directors

## More Than a Title

Fred Rogers' mother said it best when she told Fred "Look for the helpers. You will always find people who are helping." Of course, this quote had to do with children who were frightened listening to the news. The children who are brought to CAPstone offices are not dealing with a news report, rather they are dealing with the frightening reality of looking and hoping for someone to believe them; to help keep them safe; to really listen to them. The staff in our CAPstone offices are those helpers.

As board members of CAPstone we meet monthly to oversee that programs and services are aligned with the mission. Our mission is to reduce trauma and promote healing for child abuse victims and their families in a safe, child-friendly environment, where children can be heard and supported. The board also assumes oversight over the program's finances including the budget and fundraising. With the advent of COVID -19 and the financial impact it has had on our Panhandle communities, we realize that we will be faced with new challenges surrounding fundraising in 2020. Our major fundraising event The Light of Hope, is scheduled for September 10, at the Gering Civic Center. Our board and the CASA board have secured a speaker for the event, Erin Merryn, who is the founder of Erin's Law. Erin's Law requires public schools to teach children personal body safety regarding the prevention of child sexual abuse. Erin's Law legislation has been enacted in 37 states and is currently being considered in Nebraska. We are excited to bring this nationally recognized advocate, author, and speaker to the Panhandle, while at the same time we recognize that we may need to make adjustments based upon conditions in the Panhandle in September.

Thank you for your support of CAPstone. We hope that you are safe and well and that we will have the chance to see you in person soon.

Sharon Walker, President  
CAPstone Child Advocacy Center Board



## Nebraska Advocacy

### Why are CACs important?

Child Advocacy Centers are important because they help eliminate the amount of times that a child has to retell what has happened to them and the number of people they would have to share that information with. Instead of a child telling law enforcement, attorneys, doctors, nurses, teachers, social workers, therapist, etc. the child will be talking to one professional who is trained to talk to children in a non-leading way. A child having to repeatedly retell their story leads to the child being repeatedly retraumatized as well as possibly losing their affect due to telling the story over and over.

Another reason why Child Advocacy Centers are important is because it allows all needed parties to be involved through the multi-disciplinary team approach. This approach helps keep everyone informed of the case progress so the family can be informed of the same information. The multi-disciplinary team approach also allows for the child to only need to describe what happened to them in a forensic interview once.

### Why is advocacy important?

Child Advocacy Centers provide a needed support for families in an unknown time when those families must go through the Child Advocacy Center process. The families that come in can rely on the advocates for any services or resources they might need this includes; food services to counseling and every in between. Advocacy is important because advocates can help provide support and peace of mind that the family is not on this journey alone. Advocates can put all their attention on the individual families they work with and make sure their voices are heard.

### How do advocates help families?

Advocates help families by being a supporter for the whole non-offending family. A supported family is a supported child, and our advocates goal is to help the families feel supported. The advocates also provide referrals to community services and resources, in addition to keeping the family updated and helping them prepare for anything that might be arise in their case. This could mean helping the family with court school or informing them that law enforcement or the prosecuting attorney has concluded that the case will not move forward due to lack of evidence or no criminal wrongdoing.

Advocates help the families feel supported and help talk them though the process of what is happening and what might happen.

What are common struggles that families face when they cannot cope with what has happened to their child?

Some common struggles families face are guilt, stress, and the inability to understand what happened to their child. Parents feel guilty because they believe it is their job to protect their child from the dangers of the world, but unfortunately parents cannot be with their children all the time. There is a lot of stress when it comes to the unknown and the Child Advocacy Center process is also unknown until the family finds themselves going through that process. The advocates are there for the families to help them with the guilt, stress, and with understanding.



## Highlights about the DOVES Program

A couple interesting facts about the DOVES Program is they were founded in 1979 in Scotts Bluff County, focusing on providing support to victims of domestic violence. The DOVES Program currently provides services and assists victims of domestic violence, dating violence, sexual assault, and stalking. That support now extends to nine counties in the Nebraska Panhandle including Scotts Bluff, Cheyenne, Morrill, Kimball, Banner, Box Butte, Dawes, Sheridan, and Sioux Counties. The services provided by the staff at the DOVES Program include 24-hour assistance, long-term support, and connecting individuals to other community resources.

"DOVES' mission is to ensure our empowerment-based and strengths-centered services are available and accessible to anyone who has experienced or been affected by sexual, domestic, or dating violence."

At DOVES, they envision: a community free of sexual, domestic, and dating violence; a community that fosters healthy sexuality; a community where every person feels safe and expects healthy relationships.

CAPstone Child Advocacy Center and the DOVES Program have a working agreement that allows advocates from both CAPstone and DOVES to provide support and advocacy to child victims of sexual abuse and their non-offending family members, child victims who have witnessed or experienced domestic violence and their non-offending family members, adolescents and adult survivors of sexual assault and their non-offending family members. DOVES and CAPstone have decided to come together to provide victim support and advocacy in a way designed to avoid the duplication of services while ensuring a coordinated response and the swift delivery of specialized services to the victim and family members. (<https://www.dovesprogram.com/who-we-are>)

### April is Sexual Assault Awareness Month

-One in six women were raped before the age of 25; 42% of female rape victims were first raped before the age of 18. -More than one quarter of male victims were raped before the age of 11.

-Nearly 70% of female victims of rape, physical violence, or stalking by an intimate partner first experienced dating violence before the age of 25. -1 in 5 women and 1 in 71 men have been raped. Half of all women have experienced other types of sexual violence. -More than 13 times more women than men have been raped.

The DOVES Program is participating in bringing awareness of sexual assault a little bit differently this year due to the directed health measures surrounding COVID-19. They are having a billboard campaign that includes an online quiz, at the end of the quiz you will have an opportunity to learn why they chose the messages on the billboards and enter to win a prize for participating. The billboards can be found in the communities that the DOVES Program serves.

You can find the online quiz: <https://www.surveymonkey.com/r/saam-2020>

Or On Their Facebook Page: <https://www.facebook.com/TheDOVESProgram>

A note from the DOVES Program: They would like everyone to know they are still providing all services, over the phone when possible and in person when needed. Clients can reach out via their phone number (866) 95 DOVES, through their Facebook and by going to their website!!!!

# Bodyweight Workout, *at home!*

Circuit #1:

20 Jumping Jacks

20 Pushups

20 Squats

REST / REPEAT

Circuit #2:

20 Lunges

15 Tricep Dips

60 Second Plank

with alternating leg lifts

REST / REPEAT

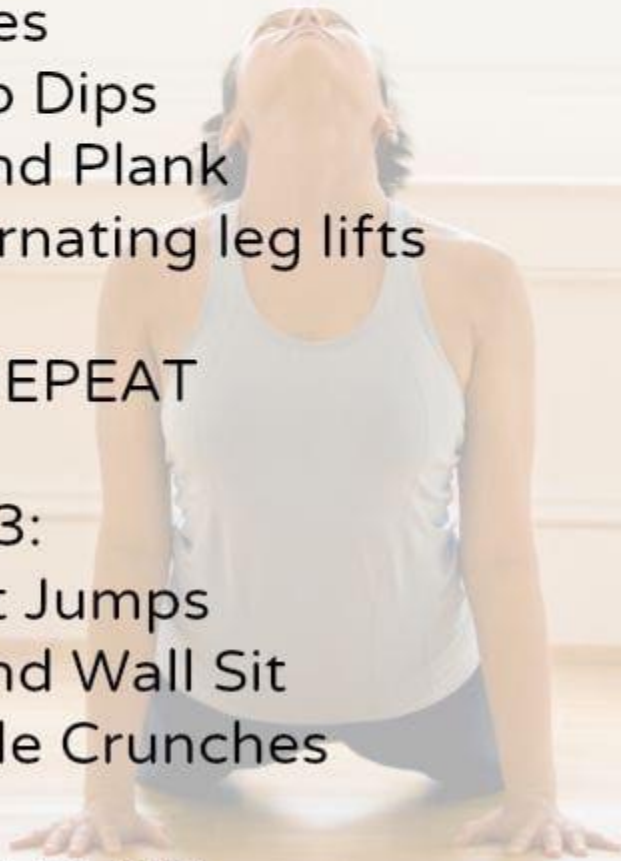
Circuit #3:

15 Squat Jumps

30 Second Wall Sit

20 Bicycle Crunches

REST / REPEAT



# THE BEST THINGS TO DO DURING Social Distancing

In the midst of a pandemic, we may be quarantine at home or requested to social distance from each other. It's important to stay busy and calm during this time.

Here's things to accomplish and keep busy while social distancing.

## TO PLAY

- Board Game
- Start a New Netflix Series
- Coloring (Download Pinterest Printable)
- Play With Your Dog

## DECLUTTER

- Linen Closet
- Under Bathroom Sink
- Closet
- Kitchen Drawers
- Spice Cabinet
- Night Stand Drawer

## TO GAIN

- File Your Taxes
- Gardening
- Set Up Budget
- Take Online Course (Skillshare, HubSpot, YouTube)
- Read a Book or Download E-book

## CLEAN

- Inside of your Fridge
- Wash All Bedding
- Wash Linens (throw pillows, blankets etc)
- Your Dog
- The Inside of Your Car
- Your Phone Apps
- Your Email Inbox

## HEALTH

- Go on a Hike
- Meal Prep
- At Home Workout
- Bake Homemade Bread
- At-Home Spa Day
- Walk Your Dog

## DISINFECT

- All Door Knobs
- Light Switches
- Electronics (TV remotes, keyboards, cell phones)
- Bathroom

## COMMUNICATE

Social distancing or quarantine can be very difficult. It's important to continue communicating for your sake and for others.

- Video Chat with College Friend, Family Member, Grandparents etc.
- Send a card to your Grandparents
- Reach Out and Check on Older Neighbors