

CAPstone CATCH UP



CAPstone CHILD
ADVOCACY CENTER

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

AUGUST 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

No Show Light of Hope Event



CAPstone Child Advocacy Center and CASA have taken a new approach to our 12th annual Light of Hope Fundraiser. Our two non-profit organizations rely on fundraising activities to supplement our work with the youth and families of our area. It takes a young person being brave and strong to navigate in the world of abuse and neglect, which is why we came up with our new tag line “Be Brave, Be Strong, Be You”. By buying and wearing a shirt and supporting our missions, young people in our area will know they are supported.

Look at how AWESOME these t-shirt designs from Scottsbluff Screen-printing look! Our online store includes t-shirts, hoodies, polos, and jackets - check out all of the designs at https://lightofhope2020.itemorder.com/sale?read_message=true

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 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 Superheroes



RECENT DONATIONS

Fliesbach Family Foundation
\$7,500.00

CAPstone Child Advocacy Center would like to Thank Alliance Police Department and Chief Kiss for allowing us to use their space to interview children while our office was under construction. 13 Forensic interviews were completed during this time. 13 children were given an opportunity to share their story in a safe environment with a child forensic interviewer. You are all superheroes.

CAPstone Completes Virtual Reaccreditation, Awaits Approval

On Wednesday, August 19, 2020 CAPstone Child Advocacy Center completed its 1st ever virtual reaccreditation through the National Children's Alliance (NCA). Two site reviewers spent 4.5 hours watching a Multi-Disciplinary Team meeting and interviewing staff, board members, law enforcement, child protection workers, prosecution, mental health and medical personnel.

Prior to this reaccreditation visit, CAPstone staff submitted an application providing information regarding each of the NCA's ten accreditation standards which include: Multidisciplinary 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.

To receive accreditation as a Children's Advocacy Center, applicants must meet the Standards for Accredited Members as demonstrated in written documents, in practice, and during the site visit (in-person or virtually). The standards and their accompanying criteria ensure that children and families throughout the United States receive effective, efficient, relevant, and compassionate services.

CAPstone must continue to be an accredited member to receive both state and national funding. CAPstone was initially accredited in 2005 and passed reaccreditation in 2010 and 2015. Executive Director Monica Shambaugh was told in the exit interview, CAPstone will be recommended for reaccreditation and will be voted on by the National Children's Alliance Board of Directors on October 21, 2020.

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

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

MELISSA VAN GALDER
Alliance Chamber

PAUL B. SCHAUB
Cheyenne County
Attorney's office

KATHY STOKEY
Retired

PAM BARKER
Gering Public Schools

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

FAMILIAR FACE AROUND THE GERING CAPSTONE OFFICE

We are excited to have a new face around the Gering office to help fill in on any forensic interviewing needs, though she has been familiar with the office as she has been involved with CAPstone Child Advocacy Center for many years in one way or another. CAPstone is excited to welcome back Shelley Thomas in a part-time Forensic Interviewer capacity. We asked Shelley to share a little about herself.

I was born and raised in Scottsbluff, graduated from UNL in 1975 and began my social work career in law enforcement in Lincoln. I then worked as a CPS worker in Lincoln for 11 years, and in 1988 I returned to Scottsbluff and worked CPS in the Panhandle for a number of years before taking a break from child abuse and neglect and joining the case management/social work team at Regional West Medical Center.

Children and their non-offending family members have always held a niche in my heart, so I went to work at CAPstone in 2013 as a Forensic Interviewer. I took those skills to Las Cruces, NM in 2017 (thought I might retire there = not) where I worked at their CAC, La Pinon. Apparently, the Nebraska prairie meant more to me than I realized, so I returned to Scottsbluff less than a year later and now I am blessed to work at the Cancer Treatment Center at Regional West AND Monica and her staff have graciously allowed me to work at CAPstone four hours per week.

I am very proud to have been involved with CAPstone since its inception and so very proud to be a small part of the great work done there with children and families.



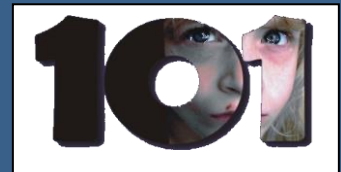
TRAININGS:

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



Remembering Lindsay Renee (Snyder) Lookabill

Lindsay passed away May 10, 2020 as a result of a tragic vehicle accident. Lindsay was born on May 9, 1984 in Scottsbluff, NE to Paul and Sandra (Sweenie) Snyder. She attended Scottsbluff Public Schools, graduating in 2002. She attended Nebraska Wesleyan University and graduated with Highest Distinction in 2006. She attended the University of Nebraska, College of Law and graduated with a Juris Doctorate degree in 2009.

After graduation from Law school, Lindsay joined her father's law firm in 2009. In 2017 she became a partner in the Douglas, Kelly, Ostdiek, Snyder, Ossian, Vogl & Lookabill, P.C. law firm and remained there until her passing. She was a zealous advocate for her clients and took interest in representing children and serving as their Guardian Ad Litem. She loved helping families in adoption proceedings.

Lindsay had a strong desire to serve her community, including serving on the boards of CASA of Scotts Bluff County, and the Golden Halo Foundation. Lindsay served on the Twin City Development Association, Inc. Board of Directors as a member, and more recently as President. She was an active member of the Nebraska State Bar Association.

Lindsay found her calling in working with children and the families of Nebraska. She was the person who had their back, who was their voice, and who represented their best interests. Lindsay was passionate in the difficult work that was before her, yet she made everything look effortless. Her heart was a shining light every day. Lindsay will be forever missed.

LINDSAY RENEE LOOKABILL (SNYDER)
(According to her dad)

Daughter, sister, wife, friend, lover of family and family traditions, family glue, gift giver, volunteer, attorney, partner, dedicated, warrior for defenseless and abused children, formidable foe, confident, loyal, fun loving, appropriately inappropriate, kind, considerate, anxious, worrier, concerned, pianist, bookish, dogs, calves, traveler, clothes horse, sunsets, photography, believer in the Golden Rule and in the philosophy that you should "Be Kind to Everyone." Missed, Loved and of course, Shoes!

Lindsay Lookabill
Remembered by Danielle Larson

Months after her passing, I continue to marvel at the number of lives Lindsay touched. Lindsay was truly gifted when it came to representing children. It was somewhat of a running joke between us as she would often describe newborns or young children she worked with as "the most stunning" or the "most beautiful" or the "most handsome" child she'd had the privilege of working with. I'd tease her that not every child could be that, but for Lindsay, they really were.

Lindsay excelled with teenagers who had survived horrendous situations and she frequently ended up giving them her cell phone number. They were comfortable calling her and talking about life, and even when it was after hours or she was on vacation, Lindsay would still take their calls. I loved watching her interact with them in court – she was just "cool" enough she could get away with telling them to straighten their clothes, or sit up straighter or say "yes sir."

Lindsay's passing is something that shook the legal community and her loss is felt every day. But she continues to live on in the juvenile court system, especially in the lives she shaped and changed, and in the legacy she left us.



How to Observe Self-Improvement Month

Are you planning on observing Self-Improvement Month come September 1st? "Self-Improvement Month reminds us that we all need to improve—and we all need to care for ourselves." Keep in mind that it is "self" improvement which means that everyone's version of improvement is going to look different, we realize that it can be daunting to try and figure out where to start or overwhelming with the long list of ideas you might have in your head. But what if self-improvement could be simple and easy without being time consuming?

According to National Today three ways to observe self-improvement month are: adopt an exercise routine, read some books, and volunteer.

Those are completely customizable such as going on a walk every night, reading 3 books this month, and volunteering by helping with food distribution for your local food pantry. Make them your own! Even in the unknown and scary time that 2020 currently has us in these three concepts are easy, simple, and not time consuming. You can observe self-improvement month on your own, over Zoom with a friend, or with your coworkers. September 1st is coming up soon, WE BELIEVE IN YOU!

<https://nationaltoday.com/self-improvement-month/>



7-DAY SUGAR-FREE CHALLENGE

Eliminate

- sweeteners
- white and brown sugars
- syrups and agave
- soda and diet drinks
- pre-packaged sauces and condiments
- cocktails and beer
- pre-packaged items with added sugars
- juice (fruit, green)
- refined grains (white bread, white rice, pasta)



Limit

- dark chocolate
- fruit (except berries)
- starchy vegetables (potatoes, carrots, peas)
- whole grains (quinoa, couscous, buckwheat)
- legumes (beans, lentils, chickpeas)
- alcohol (1 glass of red or white wine, tequila, gin, vodka, whiskey)



Focus On

- water
- leafy greens and other vegetables
- healthy fats (nuts, avocado, olive oils)
- berries
- clean proteins (organic salmon, non-GMO tofu, grass-fed beef)



SNAPCHAT: 5 THINGS A PARENT SHOULD KNOW

Even though Snapchat is wildly popular, not all of Snapchat's features are appropriate for younger users. This app is recommended for mature teens but knowing the facts, parents should be able to decide if this app is right for their child.

Photo sharing and disappearing photos and texts can be risky when it comes to safety and transparency. Snapchat is not made specifically to hide things like vault apps that create secret folders for hiding photos and sensitive content are, but rather to promote living and sharing in the moment. Because of this, parents will not be able to monitor sharing and communication effectively.

Parents who believe their children should discuss with them what appropriate to send and receive Snaps will disappear, this does a screenshot.



children are ready to use this app sort of photos and videos are and remind them that even though not prevent another user from taking

Snapchat also features Snap Map, allowing users to view the exact location of their friends; a feature that will be unsafe for most kids and teens. A user's status on the Snap Map can be turned off in settings by switching to Ghost Mode.

Snapchat is a great way to for your kids to stay in touch with their friends and share what they are up to but unfortunately there are no Snapchat parental controls available.

Monitoring your child's app usage and online activity can be overwhelming at times but using a parental control software like Net Nanny can support your efforts in keeping your children safe online. Snapchat can be a lot of fun; however, it is important for parents to understand the app and know what they can do to make the app a safer place for their children. By utilizing some of these safeguards your teens cans start snapping away with less worry.

Five Things Every Parent Needs to Know About Snapchat

1. Set Privacy Settings- Ensure that your kids utilize the privacy settings available on Snapchat. Users can determine who can contact them, view their story, see their location, or if they appear in quick add. Parents may want to edit these settings to only allow friends access to this information as this will significantly limit any contact with strangers.
2. Talk About Sharing and Screenshots- Discuss with your children the significance of screenshots and what is and is not appropriate to share. Even though Snaps posted to Stories disappear after 24 hours, that will not stop someone from taking a screenshot of a Snap and saving that photo to their own camera roll.
3. Keep Chats Clean-Screenshots are not limited to only photo and video Snaps but can be taken of chats as well. Encourage your kids to keep comments PG.
4. Monitor Use and Take Part-It is ok to monitor your kids' Snapchat activities. The nature of this app doesn't make it easy to monitor use, but parents are able to keep an eye on account passwords, contacts, private messages, and memories. Parents may even

consider creating their own account to snap with their kids and keep an eye on their Stories.

5. Take a Tech Timeout-Snapchat can be a lot of fun but social media in general needs an occasional timeout. Set offline boundaries that work for your family such as limiting phone use during family activities, mealtimes, or before bed.

Resource: www.netnanny.com