

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

January 2021

## WE SURVIVED 2020

I cannot tell you how impressed I am with what our staff accomplished during the most challenging of years, 2020. Coming off 2019, where we had completed the most interviews ever, 540, increased our advocacy contacts, spent more time assisting families prepare for court and completed over 30 public presentations I had no idea what to expect in 2020. Neither did anyone else.

In 2020, our staff stayed healthy. We never shut down or worked from home. Our staff in Chadron and Gering communicated via Microsoft Teams and Zoom and did not get together, hoping that if one group got sick it wouldn't take us all down. Law Enforcement and DHHS continued to bring us young people and we ended the year completing 474 interviews. Our Advocacy Center contacts, face to face meetings, telephone calls and emails increased from 186, to 2,783 contacts. Our SANE examiners saw 19 young people, up from 14 in 2019 and we had 162 children and non-offending caregivers accept mental health referrals, up from 119 in 2019.

Our CAPstone staff look forward to continuing to assist Law Enforcement and DHHS with those cases that are required to be seen at an Advocacy Center. Those cases involving children 3 to 18 where serious physical or sexual abuse is alleged, are witnesses to a violent crime, are found in a drug endangered environment, or recovered from a kidnapping. We are hopeful everyone stays healthy in 2021. Our offices will continue to monitor everyone coming into our facilities and masks will continue to be required. Bring on 2021!

Monica Shambaugh,  
Executive Director

### 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 MONETARY DONATIONS

B & C Steele  
\$10,000  
Bob Hessler (in memory of Ed Hessler)  
\$785  
Timothy & Melanie Kreider  
(in memory of Ed Hessler)  
\$25.00

### RECENT TANGIBLE DONATIONS

Megan Moreno  
Stuffed Animals



CAPstone Child Advocacy Center would like to wish City of Chadron Chief of Police [Tim Lordino](#) best wishes with his new endeavors in Lincoln NE. We appreciate your hard work and dedication to safety for families in our coverage area. We here at CAPstone wish you much joy and happiness as you begin a new chapter in your life.

CAPstone BOARD OF DIRECTORS 2020

SHARON WALKER  
Retired Social Worker

GEORGE SCHLOTHAUER  
Bridgeport Schools

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

PAMELA BARKER  
Gering Public Schools

JANELL GRANT  
Box Butte General Hospital

TINA JAMES  
CS Precision

MELISSA VAN GALDER  
Guardian Belle's

VICKY MORENO  
SBCO Attorney's office

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.

## A WARM AND GRACIOUS WELCOME TO OUR 2021 EXECUTIVE BOARD



*Board Chair:  
Vicky Moreno*



*Vice Chair:  
Rachelle Delle*



*Secretary:  
Melissa Van  
Galder*



*Treasurer:  
Laura Burgess*

*We also want to thank our Board of Directors past and present for their dedication to CAPstone Child Advocacy Center.*



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

### 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

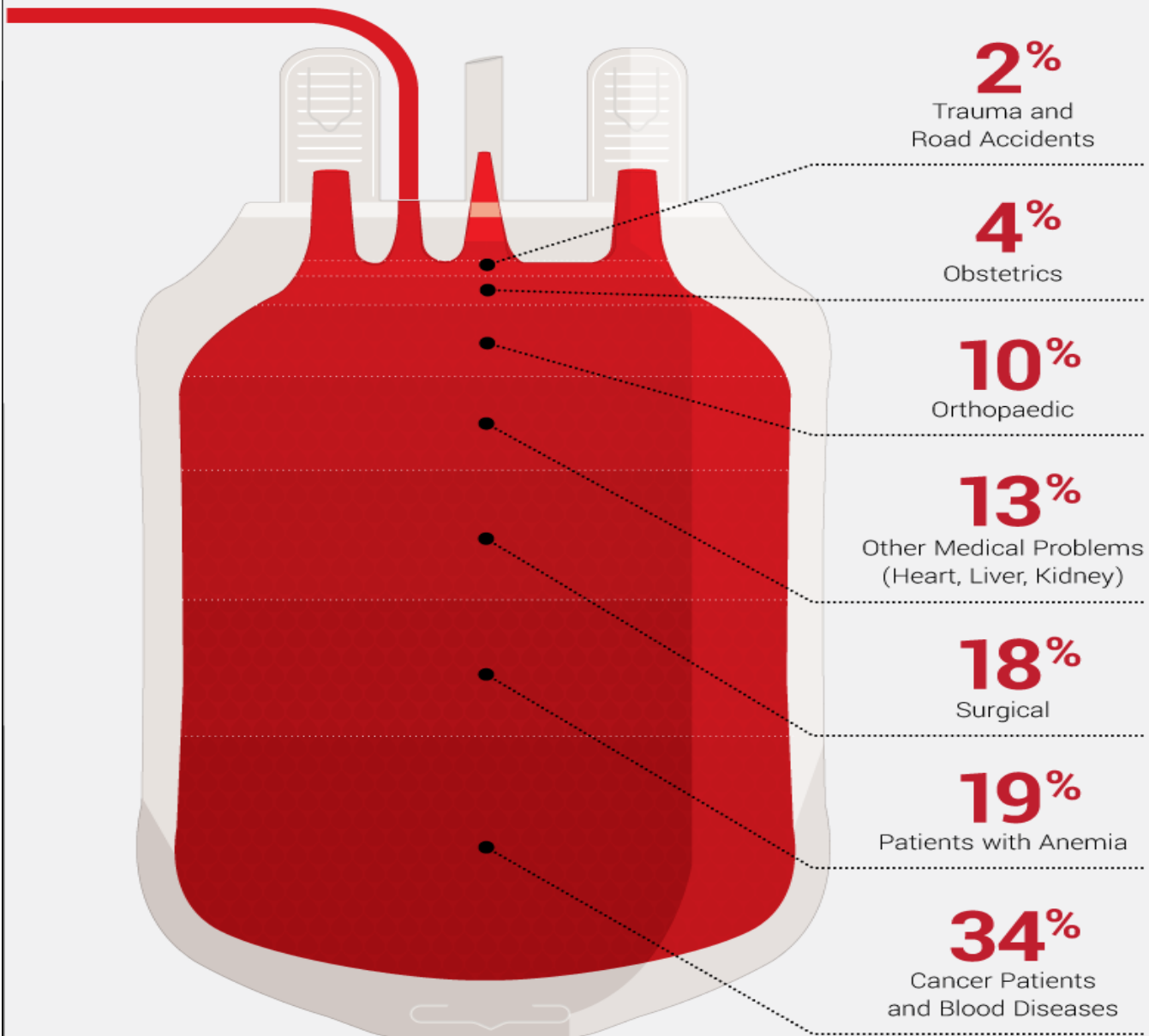


**United Way of  
Western Nebraska  
Partner Agency**

## NATIONAL BLOOD DONATION MONTH

January was National Blood Donation Month, and here is a great visual reminder of the importance of blood donation. Although we are going into a new month, we encourage others to continue to give as the need is still there. Thank you to all who took the time and felt the need to donate in January. You are all superheroes.

# What is Donated Blood Used For?



## **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.

### **Engaging with Community Partners to Achieve Meaningful Outcomes**

Thursday, February 25, 2021 - 12:00pm

Presented by: Terry Liggins and Erik Bringswhite

Participants will hear from Terry Liggins, Founder of the Hurdle Life Coach, and Erik Bringswhite, Founder of I am Legacy, about how stakeholders should be engaging with Community Partners to provide services to youth that are trauma informed and culturally responsive. Registration is at <https://supremecourt.nebraska.gov/programs-services/court-improvement-project/events/part-2-engaging-community-partners-achieve-meaningful-outcomes>.

### **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).



**It was this bad in  
the driveway.  
What's it like  
in the house?**

When you see child abuse, report it.  
**If not you, who?**



**National  
Children's  
Alliance®**  
*The Force Behind  
Children's Advocacy Centers*

**#ItsYourBusiness**  
[nationalchildrensalliance.org/iyb](http://nationalchildrensalliance.org/iyb)

# Meet Celeste, Social Work Practicum Student

I am Celeste Cardona, a kid from Mitchell, Nebraska. My hometown is small and family oriented. There are not a lot of things to do in Mitchell, but my favorite things are the long country roads to run on, the popcorn from the Nile theatre, and the community support. Most of my childhood best friends from Mitchell are my best friends to this day. Usually when I am back home, I get asked if I was "that runner in the paper." When you are from a small town you get the opportunity to be a three-sport athlete and I did just that. I ran Cross Country, played Basketball, and ran Track & Field. Thankfully, those long country roads, friends, family, and community helped me gain two state titles in Cross Country. Occasionally, I respond to "that runner" when I am home. My third year I went through an injury and decided to take a break from running. The goal in High School was to go to college and compete at the collegiate level in distance running. When my body needed time to heal my goal switched to get scholarships and go to college.

When I was deciding my plans for college I wanted to go far away. Then I realized how much my family means to me. Being the youngest and only girl, I am spoiled rotten. My two older brothers never forget to remind me of that. Both of my brothers have extended our family and I have one nephew and two nieces that have taken over my title. As children we moved around and although it was difficult to move away from family into a new town, you know nothing about or no one. We always had each other. I am fortunate and blessed with the family I have. They have always supported me in my academics, athletics, and hard decisions. My success is theirs because their support helps me conquer my dreams.

Believe it or not I never wanted to go to Chadron State College. I told my dad that is the last place I will go to school. I did not even want to waste a day to do a tour, but we scheduled one. It was my 8th time on campus and if my eye roll wasn't subtle that I did not want to be there then my stare at my watch had to be. My walls were knocked down and my plans changed instantly. I was offered great opportunities for programs on campus and being a part of the women's basketball team. The last place on my list became the best opportunity I could have asked for. I planned to major in social work and minor in legal studies. After my four years I planned to attend law school to become a Family Law attorney. I did not know much about social work. I knew it had to do with helping people and it would benefit me to have an undergraduate in it with what I wanted to pursue.

My first week I knew I was in the right place. My professors were amazing, the program had great structure, and they want to help people grow. The more I studied social work the more confused I got with the plans I made. My time on the women's Basketball team was short and I decided I wanted to get back to running. I walked on to the CSC Track & Field team and became a long sprinter competing in the 400, 400 hurdles, and 4x4. My love for running rushed back and realized that change is good. Philosophical quotes and mindset brought me to creative writing. Writing has been another outlet for me to relieve stress and my first writing class was enjoyable to the point that I wanted to be a part of the amazing program. I added a creative writing minor to my end goal. The passion I have for each program and study area is overwhelming with excitement.

Last year, in my third year at CSC I knew that when I grew up and went into the real world, I wanted to be a social worker. Truly, I do not know if I ever had a plan because it was constantly changing and still is. My not so much of a plan, plan is to graduate this May from Chadron State College with a bachelor's in social work, minor in legal studies and creative writing. My Track & Field career comes to an end. I see myself working in hospice or a long-term care facility. Applying for a master's program to get my master's in social work is the goal. I am eager to be a part of a great team and gain amazing experience through my internship at CAPstone Child Advocacy Center. Although I have thought out my plan to lean more towards geriatrics and terminally ill clients. I started my first day last week at CAPstone and knew I was where I needed to be. If I learned anything in my four years, it is that life tends to get in the way. My life consists of friends, family, boyfriend, athletics, writing, legal studies, injuries, social work and so much more. All I know is that I want to help people and that has not changed. I plan to be a social worker and I am ready for that transition. If I do not end up where I plan to be but end up in the right place, I will give it my all to do the best I can do.

