

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

JULY 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

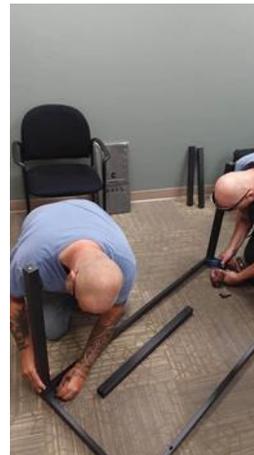
Alliance  
2307 Box Butte Avenue  
Alliance, NE 69301

Sidney  
1109 10<sup>th</sup> Avenue  
Sidney, NE 69162

## Alliance Office



**PUNISHERS**  
LeMc  
Midwest  
Deadheads  
&  
**DEADHEAD**  
**GUARDIAN**  
**BELLE'S**



Staff and Board members of CAPstone Child Advocacy Center would like to send our most sincere gratitude to the Punishers and Guardian Belles in helping to put together new furniture, moving other existing furniture and generally assisting in putting together some items for the Alliance CAPstone office. Thank you for helping us set up a space where children can be heard and start to heal.

Be watching for more pics and an upcoming open house in Alliance.

## 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

Bridget Whittredge-\$50.00

### RECENT TANGIBLE DONATIONS

Intralinks, Inc - 5.5 hours of service worth \$525.00

Nancy Newton 12 Quilts

Lisa Brodrick-Office Paper Products

Guardian Belles & Punishers- 3 hours of volunteer work with a value of \$270.00

CAPstone BOARD OF DIRECTORS 2020

SHARON WALKER  
Retired Social Worker

GEORGE SCHLOTHAUER  
ESU #13

KAYLA IMUS  
Heritage Estates

LAURA BURGESS  
SBCO Attorney's office

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Retired

100% OF ALL STUFF THE BUS DONATIONS HELP LOCAL KIDS WITH NECESSARY SCHOOL SUPPLIES.



Donate @ [www.uwnn.org/bus](http://www.uwnn.org/bus)  
or  
Text: UWGIVE Bus to 313131

United Way of Western Nebraska's 2020 Stuff the Bus school supply drive is virtual this year accepting monetary donations. 100 % of all donations will be used to purchase school supplies for local kids in our community.



JUNE 23  
TO  
JULY 31

\$20 DONATION buys school supplies for 1 child  
\$60 DONATION buys school supplies for 3 children  
\$100 DONATION buys school supplies for 5 children  
Donate @ [www.uwnn.org/bus](http://www.uwnn.org/bus)



FOR MORE INFORMATION, CONTACT UNITED WAY AT 308.763.8031

## Delayed disclosure, What Stops Children from Telling

### 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.**



### 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

Recently, there has been a lot of information trending in the media trends in which children or adults do not disclose about their abuse immediately. Some wait days, weeks, months, years; or some do not tell anybody at all. In fact, some children keep their secret until adulthood. As a professional in the field, this can be frustrating, as delayed disclosures are very common. Why do victims of sexual abuse delay reporting?

The relationship the child has with the perpetrator may create barriers to disclosure. Over 90% of the time, victims of sexual abuse are abused by someone they know and trust. This is a very confusing dynamic for children; the people who tend to abuse them are people that should be caring for them; people they are taught to respect; people who should not hurt them. Because of this, telling can be very complicated. Younger children may be confused, possibly believing that what the perpetrator is doing is normal. Oftentimes victims still care for the person who is abusing them and may be concerned that telling will lead to the perpetrator getting in trouble.

Offenders also may enforce secrecy with fear; threats to harm the victim, family members or pets. Many tell their victims that no one will believe them. Children often feel shame, embarrassment or fear that the child will be punished for what happened or for bringing unwanted scrutiny to the family.

We also see children who are not taught that safe adults exist outside of their family unit, so they do not recognize that teachers, counselors, police officers, etc could be resources to them if they are suffering abuse at home. At the same time, these children may have a negative interpretation of professional involvement, like that of CPS or law enforcement. Children with a history of CPS involvement may fear being removed from their homes if they report abuse.

Over time children may disclose details of abuse. A seemingly minor statement about being uncomfortable around someone or being touched may be a tentative reaching out by the child to figure out if they can safely "tell on" the abuser. Are they going to be believed? Are they going to be punished? The full extent of the abuse may be revealed gradually, as the child learns they can safely talk about being abused. Rarely are there physical signs of sexual abuse, so the child's statements are usually important evidence.

Child abuse is EVERYBODY'S business. We are all mandatory reporters in Nebraska. If you have concerns that a child has been abused, please call the Nebraska Abuse/Neglect Hotline at 1-800-652-1999. The hotline is open 24/7 to report your concerns.

### Resources

Bruck, M., et. al. (2005). Disclosure of child sexual abuse: What does the research tell us about the ways that children tell? *Psychology, Public Policy, and Law*, 11(1), 194-226.

Collin-Vezina, D., et. al. A preliminary mapping of individual, relational, and social factors that impede disclosure of childhood sexual abuse. *Child Abuse and Neglect* (2015), <http://dx.doi.org/10.1016/j.chiabu.2015.03.010>

Sorensen, T., & Snow, B. (1991). How children tell: The process of disclosure in child sexual abuse. *Child Welfare*, 70(1), 3-15.

# Light of HOPE 2020 No Show EVENT

The COVID-19 virus has forced us to make the difficult decision of cancelling our 12th Annual Light of Hope Community Fundraiser for CAPstone and CASA, an event that has historically hosted over 400 people each year in the communities of Scottsbluff or Gering. This year, our fundraiser is being replaced with a “No-Show” Light of Hope event in September 2020. CAPstone and CASA will be sending invitations to previous donors for this event as well as marketing this event in the media and our social networking pages to promote both of our agencies and attract new donors to help both of our non-profits.

CAPstone and CASA clearly understand the financial and health implications that many businesses and individuals are experiencing in our communities. We are grateful for your past years of support which went to assisting CASA fund training and supervision for volunteers for the CASA Program in addition to assisting CAPstone help supplement mental health counseling needs for non-offending caregivers and abused or neglected children who have been interviewed at CAPstone. Your generous support has averaged \$16,000.00 each year for each non-profit program.

During this event we will also be providing an opportunity for people to show their support of the Light of Hope event by purchasing a t-shirt from Scottsbluff Screen Printing with a portion of the cost coming back to CAPstone and CASA. More information on this will be in next month’s newsletter.

If you would like to make a donation to the “No-Show” Light of Hope event for 2020, cash and checks can be mailed to CAPstone at 900 P Street Gering, NE, 69341, or you can visit CAPstone’s website, [www.capstonenebraska.com](http://www.capstonenebraska.com) and push the donate button on the top right hand corner. Once you do this, in the description box, write “Light of Hope” so we can track your donation.

CAPstone and CASA have every intention of bringing back the Light of Hope event on September 2, 2021, when 2012 GLAMOUR Woman of the Year, Erin Merryn, comes to speak on her book, “An Unimaginable Act – Overcoming and Preventing Child Abuse Through Erin’s Law.” Erin’s Law will be presented to the Nebraska Legislature in the fall of 2020.

# Spotlight on Isabella Irish

I was born in Cozad, Nebraska but consider Hemingford, Nebraska as the place I grew up. From 7th grade I knew that when I got older, I wanted a career that would let me help people. I graduated from Hemingford High School in 2014. I then began my college career at Chadron State College (CSC), at first studying Psychology with a minor in Criminal Justice but eventually majoring in both. Other than studying, during my time at CSC I worked and participated in various clubs on campus.

After interviewing Rebecca Fernau for my Victimology course, I applied to be a volunteer at CAPstone Child Advocacy Center in 2017. During my time volunteering at the center I fell in love with the work that happens at the center, the ability to give a child and their family “a place to be heard, a place to heal” resonated with me and my dream to help others. In February of 2018 I applied for the part time position as a Family Advocate at CAPstone and was blessed to be hired. Later in the Spring of 2018 I graduated from Chadron State College. In July of 2019 my position went from part time to full time. I have enjoyed the 2 ½ years that I have worked for CAPstone and plan on sticking around!

My family and friends have always been my largest support system, most of my free time is spent with them. The rest of my free time is spent with my dog Bentley and my rabbit Penelope. If you were to ask me, I would definitely have more animals if I could. My office is decorated in giraffes and flowers because those are two of my favorite things. A couple of my hobbies include reading books and attending sport events when I can. My main passions include learning and helping others whenever I can!



**there is a  
SUPERHERO  
of  
ALL us  
We just need the  
COURAGE  
to put CAPE  
on the**  
-Superman

## SUPERHERO AWARD

CAPstone would like to honor

**DONOVAN BORGMANN**

Donovan, from Sidney, set up a lemonade stand and committed to using all the proceeds to purchase items and donate them to an organization that works with children. Donovan chose CAPstone CAC as the recipient of those items.

Thank you Donovan for your kindness and generosity and being a superhero for children!

If you would like to nominate someone who has gone above and beyond for the safety of children and their families, please send us an email at [outreach@capstonenebraska.com](mailto:outreach@capstonenebraska.com)



# What Parents Need to Know About the Tik Tok App

Tatania Jordan, Chief Parenting Officer of Parental Control App "Bark"

## Kids can be targeted by predators.

TikTok allows users to contact anyone in the world, and this comes with its own host of hazards. "Like any social media platform that has a direct message or commenting feature, there's always the possibility that your child could be chatting with anyone, including strangers," Jordan says. "TikTok is a platform that encourages performance, and many of its users are excited to showcase their talents. This can make it easy for predators to use flattery and compliments as a way into kids' lives, making them feel special while putting them at ease."

Jordan points out that the app's "Duets" feature, which allows you to remix another user's video and lip-synch or dance alongside them in a new clip, has been exploited by sexual predators. BuzzFeed News reported on the issue in June, noting that predators who lurk on the app often use "Duets" to send young creators' explicit messages.

## It's easy to encounter inappropriate content.

The app is broken into two main feed sections. The default is referred to as "For You," which is an algorithmically generated stream of videos similar to Instagram's Explore page, Wired explains. If you swipe left, you'll see a more personally curated feed called "Following," featuring uploads from the people you choose to follow. It's the former public feed that's particularly problematic, Jordan notes.

"Even if you set your own account to private, you may still be exposed to sexual or violent content posted to the public feed," she says. "Ranging from overtly sexual TikToks to physically dangerous stunts that kids may want to recreate, to overtly racist and discriminatory commentary, there is a wide range of concerning content on the platform."

## The conversations around mental health can be dangerous.

TikToks in either feed might also feature content that's highly personal or sensitive, Jordan notes. Not only are these videos potentially disturbing to viewers who see them in passing, but reactions to posts might encourage self-harm. "Kids who admit to depression are often met with dismissive and sarcastic reactions," she says. "Some are even publicly encouraged to attempt suicide."

## The nature of the app might cause kids anxiety.

TikTok encourages content creation, as users can use the "Reactions" feature to respond to videos they like with their own take. While this set-up could support child's artistic impulses, it might also cause anxiety, Jordan says.

"Kids may get sucked into the pressure to create more and better content, and this can cause anxiety, especially if they're not getting popular," she notes. "And many chase after that popularity by taking part in challenges, which can often be dangerous. Take, for example, the Cinnamon Challenge, the Choking Game, and the Kiki Challenge."

## Users might become victims of cyberbullying.

Not unlike Twitter or Facebook, TikTok might lead to cyberbullying and trolling. "When videos aren't funny or successful, they're referred to as 'cringey,'" Jordan explains. "It provides fodder for bullies to make fun of them. People can also create multiple accounts, using aliases to target others they don't like. Trolling is popular on TikTok, too—especially through the 'Reactions' feature."

## There are privacy concerns when it comes to user data on TikTok.

Last year, the U.S. government opened a national security review of the acquisition of TikTok by a Chinese company, the New York Times reported. The Federal Trade Commission fined TikTok \$5.7 million for violating the Children's Online Privacy Protection Act (COPPA). "This is the largest civil penalty in a children's privacy case in history," Jordan says. "The law requires companies to obtain parental consent to collect the data of kids under 13, and TikTok did not do so. They also failed to notify parents of exactly how they collected children's data or allow them to ask to have that data deleted." Given the violation, thousands of parents complained, and TikTok launched increased efforts to improve privacy and security on the platform, according to Jordan. Nonetheless, the case is a reason parents should remain vigilant against data abuses, she says.

## Safety Measures to Take Now

In February 2020, TikTok announced new parental control settings released in the United Kingdom (and coming to more countries soon). This "Family Safety Mode" lets parents link to their teenager's TikTok account and control "Digital Wellbeing features," according to an article published by TikTok. Parents can manage screen time, restrict content, and limit direct messages or turn off the feature completely.

"As part of our commitment to safety, the wellbeing of our users is incredibly important to us. We want people to have fun on TikTok, but it's also important for our community to look after their wellbeing which means having a healthy relationship with online apps and services," according to TikTok.

While waiting for this feature to launch in America, you can take the following measures to keep your kid safe.

## Manage your child's settings in the app.

While in the TikTok app and from your child's profile, you'll see three dots in the upper right-hand corner of the screen, Jordan notes. "Clicking on those dots will take you to the 'Privacy and settings' section of the app," she explains. "When you scroll down to the 'Privacy and safety' option under 'Account,'" you will see the option to set the child's account to private (recommended to toggle that on), as well as allow others to find them (recommended to toggle that off)."

Also, under the "Safety" section of that same screen, you have the ability to customize who can post comments, who can Duet with your child, who can react to their videos, who can

send them messages, and who can view videos they liked, she says. You can choose from "Everyone," "Friends," and "Off."

"Keep in mind that your child may open the app and change these settings at any time, which is why it's important for you to also view the 'Digital Wellbeing' section of the 'Privacy and settings' screen," Jordan says. This offers a passcode-enabled screen time management system, as well as a restricted mode to limit the appearance of inappropriate content.

It's also important to remember that the app is meant for kids who are 13 or older. "Check that your child's TikTok account has been set up using the correct data of birth," advises Jo O'Reilly, digital privacy advocate at ProPrivacy. "Some children might set their account up with a fake age, to appear older than they are, and this makes it more likely that they will be exposed to content that is not suitable for them."

If you are an Android or Amazon device family, you can also use Bark to monitor TikTok text chats. (The app is currently working to be able to monitor TikTok on iOS.) Other tools that offer parental controls and monitoring services include Secure Teen and Norton Family Premier.

Reference: <https://www.parents.com/kids/safety/internet/is-tiktok-safe-for-kids/#:~:text=What%20Parents%20Need%20to%20Know%20About%20Tik%20Tok,it%20comes%20to%20user%20data%20on%20TikTok.%20>



## ATTENTION MDT MEMBERS

If you are interested in participating in this virtual conference, contact CAPstone CAC in Gering or Chadron office as there are some training funds available for 4 more attendees.



Florida Network  
OF CHILDREN'S ADVOCACY CENTERS

Register Now

# 2020 Crimes Against Kids Annual Conference

August 5, 2020—August 7, 2020

Virtual Conference

**Crimes Against Kids 2020 Conference is going virtual!**

It was a difficult decision but one we took very seriously. Due to the uncertainty surrounding the COVID-19 pandemic the decision has been made to take the 2020 Crimes Against Kids Conference virtual this year. The safety of our attendees, staff, presenters and hosts is our number one priority. We will miss seeing all of you at Coronado Springs.

We have a great line up of workshops and up to 13 hours of CEUs available. Register today to save your spot for Crimes Against Kids 2020.

The Florida Network of Child Advocacy Centers is pleased to announce our 2020 Crimes Against Kids Conference!

With over 50 workshops over three days, the 2020 Conference promises to provide something for everyone. Our faculty includes presenters who are recognized for their passion and expertise.

This annual event has become a favorite for many professionals around the country, including law enforcement personnel, child protective service personnel, victim advocates, attorneys, therapists, counselors and social workers.

[View the agenda and sessions here.](#)

### Keynote Presenter

Kristen M. Gibbons Feden is a nationally acclaimed litigator and concentrates her practice on institutional responses to sexual and gender-based harassment and abuse, ethical concerns, discrimination, and other misconduct. Kristen represents clients in general and complex litigation matters, including sexual harassment, employment discrimination, and Title IX and corporate regulatory compliance, as well as clients in the financial services industry.



Registration  
Individual Registration is \$300  
Register by August 3rd

Register Now