

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

July 2021



To our friends and supporters:

We are honored and excited to announce that we have been chosen to participate in a special charitable giving campaign, sponsored and funded by Target and you have the chance to help direct a portion of Target's donation to us!

Now through September 30, vote for us through the Target Circle program to help determine how Target's donation will be divvied up. Find out more about Target Circle here:  
[www.target.com/circle](http://www.target.com/circle)

We're asking our supporters to help us make the most of this incredible opportunity. Every vote counts to help us receive a portion of the available Target funds as we continue our mission 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. Don't forget, as you earn more votes, you can keep voting multiple times during the campaign! Thank you for your support, and we encourage you to share your support for us (and your thanks to Target) on social media throughout the duration of the voting!

Thanks, MONICA SHAMBAUGH  
Executive Director, CAPstone

## 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

Shelley Thomas  
Forensic Interviewer

Isabella Irish  
Family Advocate

Winnie Voss  
Child Advocate/Administrative  
Assistant

## 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

### DONATIONS

Anonymous \$20.00  
Intralinks, Inc 4.5 Hrs of Computer Services  
NE Board of Parole & Division of Parole Supervision \$100.00  
Anonymous 6 journals

## VIDANYX HONORS MULTIDISCIPLINARY CHAMPIONS ON THE FRONT LINES OF CHILD ABUSE ON SURVIVOR SUPPORT DAY

On Friday, July 9<sup>th</sup> at 12 PM CST, Vidanyx will be celebrating the work of child advocacy and Multidisciplinary team members at a free virtual event. We'd love for you to join us.

Survivor Support Day is a national day to cheer on everyone who works in child advocacy. It's free to attend and includes some exciting speakers, including Tabitha Mpamira, an international advocate and founder of the EDJA Foundation.

Learn more at [vidanyx.com/vidanyx-honors-multidisciplinary-champions](http://vidanyx.com/vidanyx-honors-multidisciplinary-champions)  
RSVP at [www.eventbrite.com/e/149792107225](http://www.eventbrite.com/e/149792107225)



Reference [www.vidanyx.com](http://www.vidanyx.com)

### CAPstone BOARD OF DIRECTORS 2021

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## 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

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

## Therapists Needed:

CAPstone is looking for licensed therapists to help in the healing process of children and non-offending caregivers who have been seen at our Center. We are looking for therapists who have training in or are willing to be trained in CPP: Child/Parent Psychotherapy, EMDR: Eye Movement Desensitization & Reprocessing, or TF-CBT: Trauma Focused Cognitive Behavioral Therapy. If you have other areas of expertise in counseling, contact us and let's talk to see if your services would be a good fit for the clients we serve.

Therapists need to be willing to sign a "Linkage Agreement," which lays out the guidelines and expectations of the provider to the Child Advocacy Center. Some of the expectations are as follows:

When accepting a CAPstone referral, we ask that you try to meet with the client within 5-7 days from the date the client was interviewed. We understand that not all parents will make contact that quickly, but the goal is to get the family engaged in support services as quickly as possible and while the presenting situation is still a source of stress, trauma, and/or motivation.

When CAPstone refers a client, who have private insurance, we will pay the co-pay or what the insurance doesn't pay, but insurance needs to be billed first. If the client has Medicaid that should be billed. If they have no insurance, CAPstone pays for the counseling, but we ask that you bill us at the Medicaid rates.

We are also required to have a copy of the mental health provider's license to practice mental health and any relevant training that they might have, especially trauma informed care training. We are also required to have proof of 8 hours of continuing education every two years. If they provide certificates of completion to CAPstone the requirement would be considered as met.



**United Way of  
Western Nebraska  
Partner Agency**

**\*\*Final Reminder:** We must have certificates in our files that validate a therapist has had at least 8 hours of continuing education every two years, to stay in compliance with our accreditation.

The current CAPstone referral policy/procedure is as follows:

1. You will be emailed a general description of the client, including age, and presenting problems - such as domestic violence, Drug exposure, etc.
2. If you accept the referral, you will be provided with more information about the client including client name, caregiver name, insurance provider and more details about the presenting issues.
3. Caregivers will be provided with your contact information and asked to call and schedule the first appointment within 5 days.
4. CAPstone would like to be notified at the time the FIRST appointment is schedule/attended.
5. Referrals cover the first FIVE sessions.
6. Submit to insurance first and then submit the remaining portion of the bill to CAPstone for payment.
7. If the client needs more sessions, email our director, Monica Shambaugh, or family advocates Karol Garduno in our Gering office or Isabella Irish in our Chadron office prior to the last session to request approval for payment of more sessions.

Monica, as director, keeps track of our budget and available monies to cover therapy sessions. She will advise you on the availability of funds to cover further counseling sessions. Monica can be reached at [ [director@capstonenebraska.com](mailto:director@capstonenebraska.com) ] or 308-632-7274  
If you or someone you know, would be interested in becoming a Linkage Provider, please have them contact Monica Shambaugh, Karol Garduno, or Isabella Irish at CAPstone CAC at 308-632-7274 (Gering) or 308-432-8145 (Chadron).

## **UPCOMING TRAININGS**

### **July**

July 15, 2021 – Addressing the Intersection of Substance Use and Housing: Parents and Guardians (Freedom Network Training Institute: Webinar) - This webinar is part two of the Intersection of Substance Use and Housing training recorded on April 1, 2021. The webinar will build on the previous training while focusing on serving survivors who identify as parents or guardians. The presenters will discuss best practices in serving parent survivors while maintaining a trauma-informed, person-centered, and voluntary services housing model. \* Participants may submit questions to presenters prior to the webinar through the registration form.

July 19-23, 2021 – NCJTC: Conducting Child Abuse Investigations (Location: Tampa, FL)

July 20-21 – NCJTC: Sexual Offenses: Mind and Motivation

July 20<sup>th</sup>- Webinar Series 2021: Investigation and Prosecution of Child Abuse and Neglect with Victor Vieth, J.D., M.A. Please use the link to register:

[https://www.memberleap.com/members/evr/reg\\_event.php?orgcode=APSA&evid=25361067](https://www.memberleap.com/members/evr/reg_event.php?orgcode=APSA&evid=25361067)

July 21-23, 2021 – 2021 Crimes Against Kids Conference: Crimes Against Kids 2021

Conference is a hybrid. We are offering both in-person & virtual registration options. In person registration is limited to 175 participants at the Wyndham Grand Orlando Resort Bonnet Creek, so register now.

July 22-23 – 19th Annual Great Plains Disaster Behavioral Health Conference

### **AUGUST**

August 17-18 - NCJTC: Reimagining Policing: Strategies for Building Community Relationships that Last

August 23-27, 2021 – NCJTC: Conducting Child Abuse Investigations (Location: Saint Louis, MO)

August 25-27 – NCJTC: Psychology of School Threat Assessments

### **SEPTEMBER**

September 13-16 – NCJTC: Current Drug Trends

September 13-17, 2021 – NCJTC: Conducting Child Abuse Investigations (Location: San Diego, CA)

September 23, 2021 @ 10:00 am - 4:30 pm CST, September 24, 2021 @ 10:00 am - 12:30 pm CST – Advanced TF-CBT for PSB: Register Online: <https://psbcbt.ouhsc.edu/PSB-CBT-Training/Advanced-TF-CBT-for-PSB>

September 28-29 – NCJTC: What Are They Running From? Youth Trauma and Addressing Adverse Childhood Experiences

September 28 - Nebraska Court Improvement Project Conference in Ogallala

September 20 - Nebraska Court Improvement Project Conference in Omaha and Virtual

## Winnie's Wellness

CAPstone staff are currently participating in a worksite wellness challenge called Play Ball put on by Panhandle Worksite Wellness Council where we are visiting multiple baseball fields across the USA virtually. This challenge consists of lots of walking and spreading positivity. Lets talk more about walking.....

### Walking Health Benefits

1. Reduce Body Fat
2. Alleviates depression
3. Mood Enhancer
4. Less stress on joints
5. Reduces fatigue
6. Prevent weight gain
7. Endurance
8. Circulation
9. Posture
10. Cardiac health
11. Increased Muscle Strength
12. Better management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes.

### How to Walk Properly for Exercise

1. Relax your shoulders and keep them back and down.
2. Stand tall with a slightly lifted chest.
3. Swing arms naturally with a slight bend to the elbows.
4. Point your chin down and pull in slightly to protect your neck
5. Step forward landing squarely on the heel of your foot.
6. Protect your knees, don't force it, be gentle when walking
7. Choose the right shoes suitable for walking.

### Things to that might help motivate you to walk consistently

1. Compile a playlist to keep you motivated and hyped.
2. Find a walking buddy.
3. Walk in the morning after you wake up to burn more fat before breakfast.
4. Brisk walk on a flat surface every day, and you will burn off 1,050 calories by the end of the week.
5. By varying your pace you can burn up to 20 percent more calories.
6. Swing your arms, it will cause you to burn 5 to 10 percent more calories.
7. Pair your walk with water to burn more calories.
8. Leave your car at home, take the stairs instead of elevators and escalators or if you can walk the mile or two to get to your destination.



