

CAPstone CATCH UP



CAPstone CHILD
ADVOCACY CENTER

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

June 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

Survivor Support Day



Governor Pete Ricketts recently signed a proclamation stating the 11th day of July will be deemed as

SURVIVOR SUPPORT DAY

This is recognizing survivors as well as the agencies that work with survivors to help on their path to healing.

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 Superheros



RECENT MONETARY DONATIONS

Julie & Lillian Johndreau- \$30.00
Walmart gift card

RECENT TANGIBLE DONATIONS

Intralinks, Inc - 5.5 hours of
service donated (Worth
\$577.50)

Arynn Weimer-Stuffed Animals

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

PAUL B. SCHAUB
Cheyenne County
Attorney's office

KATHY STOKEY
Retired

A Simple Way to Provide a Smile



Amazon Smile is an easy and automatic way for you to support CAPstone Child Advocacy Center as you shop on Amazon.

After you designate CAPstone as your charity choice, via smile.amazon.com, every eligible purchase you make will result in a donation to CAPstone Child Advocacy Center.

Can I use my existing Amazon.com Account on Amazonsmile?

Yes, you use the same account on Amazon.com and Amazonsmile. Your shopping cart, wish list, wedding or baby registry and other settings are also the same.

How do I select a charitable organization to support when shopping on Amazonsmile?

On your first visit to Amazonsmile at smile.amazon.com, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every purchase you make at smile.amazon.com will result in a donation.

Can I change my charity?

Yes, you can change your charity any time. To change your charity, sign in to smile. Amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."



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

Safety over the Summer

Know how to protect your child from abuse by asking the right questions of camps, coaches, and clubs

As parents, caregivers, and adults in our community, we are responsible for keeping children safe and identifying when they need help-especially during the summer months.

Over the summer, children are away from the prevention procedures of schools, and they have less contact with mandatory reporters-such as school staff-who can recognize warning signs of abuse and take action before abuse occurs. Remember, most abuse is perpetrated by someone the child knows and has permission to be around, such as older youth, babysitters, neighbors, or coaches.

You can help keep children safe! Here are actions you can take:

-Request prevention trainings for your child's summer camps, sports clubs or other organizations such as the CAN 101. For information email at outreach@capstonenebraska.com

-Know how to prevent abuse by equipping children with the right information about their bodies, privacy and consent.

-Recognize the warning signs of abuse so you can know when to take action.

-Ask questions about the summer camp staff to ensure that they pass background checks and have the training to keep children safe.

-Ensure sports clubs and other youth-serving organizations have policies and procedures in place to prevent child abuse.

**IT IS IMPORTANT FOR EACH OF US TO DO
OUR PART IN ENSURING THE SAFETY OF OUR
CHILDREN.**

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 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.

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



Fliesbach Family Foundation

CAPstone is fortunate enough to be a recipient of generous donation through the Fliesbach Family Foundation. Jane Fliesbach, who is a member of this foundation is also able to assist CAPstone further by being a part of our Board of Directors since 2017. Jane's father, Chet Fliesbach, decided before he passed away that he wanted to start a foundation. This foundation was established in 2011. Her father was a co-owner of Western Nebraska Express, WNX, a trucking company. Mr. Fliesbach was born and raised in Scottsbluff, and upon returning from WWII, like many in his generation, was very involved with the community and interested in making it a great place for people to live. He wanted to continue to give and that is why he chose to start the foundation.

Chet wholeheartedly embraced his role as a contributing member of his community not only with his time and energy, but also through means of financial contribution, especially during the last ten years of his life. He participated in five YMCA capital campaigns and the capital campaigns for the Riverside Discovery Center/Zoo, the Midwest Theater, the Farm and Ranch Museum, the Scottsbluff Library in addition to contributing to both the Boy Scouts Endowment Program and the Bluffs Middle School Bond Election.

Jane has 2 sisters, and they each distribute 1/3 of the eligible funds each year to the foundation. Her oldest sister, Candis, and Jane run the Fliesbach Family Foundation. Her sister Gail lives in California, so she started another foundation called the G.A Fliesbach Foundation which contributes to needs in her area closer to home.

The Fliesbach Family Foundation has no set mission; each sister decides where to distribute their portion of the funds. Jane's sisters Candis and Gail have lived in their respective communities for some time, so a portion of their distributions are within their communities and/or national charities they deem worthy of receiving their funds. Most, but not all, of the distributions Jane makes go to a variety of needs in the Western Nebraska valley.

Jane stated "it is satisfying to know that they can be of assistance and support organizations in their effort to better the community in numerous ways, such as through cultural events, health, and education, just to name a few, although stating there are obviously more needs than can possibly be covered."

CAPstone appreciates Jane and her commitment to CAPstone and the safety of abused and neglected children in our area.



CAPstone Alliance Office



Our Alliance CAPstone office is currently getting a face lift and going through some changes thanks to Box Butte General Hospital. We hope to have the center open again towards the beginning of July. Be watching for an open house as we want to share our new updated space with the Alliance Community soon. We are excited for the changes and know that it will help us better serve the children and families we work with. We would also like to thank Alliance Police department for allowing us to use their space to interview children while our center is going through the upgrades. YOU ARE AMAZING!!

THANK YOU FOR YOUR
DEDICATION TO
CHILDREN

CAPstone Child Advocacy Center Staff and Board Members would like to thank **Mandy Brice** for her time and commitment on our Board of Directors. Your dedication to the safety and wellness of children is commendable. We wish you the best on your new journey at Chadron Public Schools. You will be a great asset to their team.

SUMMER SAFETY TIPS

FOR KIDS WHO LOVE OUTDOORS

- 1** APPLY SUNSCREEN WITH SPF 15 OR GREATER TO REDUCE THE INTENSITY OF UVRS THAT CAUSE SUNBURNS. APPLY IT 15 TO 30 MINUTES BEFORE SUN EXPOSURE.
- 2** DRINK PLENTY OF WATER AND FLUIDS WHEN YOU GO OUTSIDE TO AVOID DEHYDRATION AND KEEP THEM REFUELED.
- 3** LIMIT SUN EXPOSURE, ESPECIALLY BETWEEN THE HOURS OF 10 A.M. AND 2 P.M., UV RAYS ARE STRONGEST AT THESE TIMES ESPECIALLY ON SUMMER.
- 4** TAKING TIME TO ENSURE THE OUTDOOR PLAY AREAS AROUND YOUR HOME ARE SAFE PROTECTS CHILDREN FROM INJURIES IN THEIR OWN BACKYARD.
- 5** WHEN YOU'RE OUT ON THE TRAIL, WHETHER HIKING, CAMPING, OR HUNTING, PROTECT YOURSELF FROM MOSQUITOES AND OTHER BUGS BY USING INSECT & TICK REPELLENT.
- 6** DROWNING IS AMONG THE LEADING CAUSES OF ACCIDENTAL DEATH IN CHILDREN. ENROLL YOUR KID ON A SWIMMING SURVIVAL PROGRAM ELSE ALWAYS SUPERVISE THEM.
- 7** NOTHING PROTECTS YOUR CHILD BETTER THAN YOUR PRESENCE. ONE OF THE SUREST WAYS TO PROTECT YOUR CHILDREN OUTDOORS IS TO PROVIDE ADULT SUPERVISION. BY KEEPING AN EYE ON YOUR CHILDREN, YOU CAN STEP IN BEFORE INJURIES OCCUR OR RESPOND QUICKLY IF PROBLEMS ARISE.



Afterschool.ae
UAE's first dedicated website for after school activities.

sources

<http://www.pregglepals.com/protect-kids-play-outside/>

<http://www.care.com/child-care-summer-safety-tips-a-guide-to-protecting-kids-when-activities-heat-up-d1017-d6731064.html>

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

If you would like to nominate somebody who has gone above and beyond for the safety of children and their families, please send us an email at outreach@capstonenebraska.com

SUPERHERO AWARD

CAPstone would like to honor

Aly Dusatko, SRO

with Alliance Police Department. Aly was nominated for her dedication in ensuring a safe and child friendly environment for children so they could be forensically interviewed. Her commitment and dedication to the safety of children is inspiring.

Aly will be honored with a gift card from Subway.

Thank you, Aly, for everything you do!!