

CAPstone CATCH UP



CAPstone CHILD
ADVOCACY CENTER

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

MARCH 2021

Pinwheels for Prevention

In 2008 Prevent Child Abuse America introduced the Pinwheels for Prevention® campaign. What the research showed, and what experiences since then have reinforced, is that people respond positively to pinwheels, which represent childlike whimsy and lightheartedness and our vision for a world where all children grow up happy, healthy, and prepared to succeed in supportive families and communities.

Show your support for our nation's children and help get your children involved in the movement by making your own pinwheel display. The activities are great ways to inspire involvement at your local school, community center, religious institution, or even just within your family. CAPstone in Gering and Chadron will be selling pinwheels for \$1.00 each if you are interested in displaying Pinwheels for prevention during the month of April.



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

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



DONATIONS

Mary & Eric Mitchell
Journals
Intralinks, Inc.
Computer updating service
Sandra Reddish
Journals and Pens
Anonymous
\$10.00



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

New Sign in Alliance Satellite Office

Recently CAPstone was the gracious recipient of a local grant in Alliance from the Mission Store in the amount of \$1600.00. With those funds we received a much needed upgrade in signage at our Alliance Satellite office. We are very excited that the project is completed and is visible from the street to help guide parents and children to our facility. Thank you to Misty Stinson and her crew at Mild Graphics for the wonderful sign. We are very proud of it.



CAPstone BOARD OF DIRECTORS 2021

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

BETH RUZICKA
RWMC

AMANDA BOSSE
RWMC

JEFF PECK
Intralinks

KATHY STOKEY
Retired

New CAPstone Board Member

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

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.

We are excited to announce that Amanda Bosse has graciously agreed to join our Board of Directors. She is currently a Clinical Nurse Education Coordinator at Regional West Medical Center for just over a year. She has also worked as a Clinical Resource Nurse since 2018, and covers when needed in the critical care unit.

Amanda hopes her role on the Board will bring a little more insight from the clinical perspective. Amanda stated, "I know that the board already has amazing individuals from both the clinical and non-clinical side with a wide range of experiences. With my current focus in education, I also hope to bring some insight in that aspect in regards to not only educating the public about issues facing children and their families, but also medical staff on various topics including recognition, treatment courses, and support during and after contact."

Amanda shared the following "I am a married mother of 6 and grandmother of 2. I was born in Colorado, but moved to the Scottsbluff area during my first year of college since my parents had relocated here. I was having a hard time figuring out what I wanted to do with my life. As a child growing up on a ranch, being a Veterinarian was all I ever wanted to do, but that wasn't quite right. I ended up getting a degree as a Vet Tech and working for several years in that field. As my family grew, I decided to make a go at being a stay at home mother, but still yearned for something more, professionally. I started taking classes at WNCC and before I knew it I was applying for the Nursing Program with UNMC. Nursing was always interesting to me because my mother was a nurse. During nursing school I was set on being a Labor and Delivery nurse, but Emergency Medicine won my heart. I went directly to the ER out of school in 2008 and have worked there since. I was also a Flight Nurse with Air Link for about 4 years and have recently started working some in the Intensive Care Unit as well. I am a lifelong learner and a little over a year ago decided to focus more on education and took a position as a Clinical Nurse Education Coordinator as well. In addition I am a Trauma Nurse Core Curriculum and Emergency Nurse Pediatric Course instructor. One area that I truly want to strengthen in my personal education is Child Advocacy, which is a big reason that I was drawn towards the Board of Directors with CAPstone.

CAPstone would like to Welcome Amanda Bosse to the CAPstone Board of Directors. We are excited to add you to our committed group of directors.



**United Way of
Western Nebraska
Partner Agency**

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.

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

CAN 101 scheduled on Tuesday April 13, 2021 at the Alliance Public Library conference room from 2pm to 4pm. To RSVP email Rebecca at outreach@capstonenebraska.com or call 308-432-8145.

Project Harmony presents the 14th Annual Virtual Speaking of Children

Virtual Keynote Event
Wednesday, April 14, 2021 at 12:00pm

Featuring world-class swimmer, Diana Nyad, the event will focus on Diana's own journey as a survivor of childhood sexual abuse and the importance of education and awareness as parents, professionals working with children, and members of the community.

Register at www.projectharmony.com

Virtual Training Series
Exceptional online trainings once a month April through July

Thursday, April 8, 2021 from 10:00am-12:00pm
Francoise Mathieu, M.Ed., RP., CCC
Beyond Survival: How to Combat Compassion Fatigue and Burnout



Thursday, May 13, 2021 from 10:00am-11:30am
Darrel B. Turner, Ph.D.
The Analysis of Patterns of Denial Among Sex Offenders

Thursday, June 17, 2021 from 10:00am-11:30am
Ryan Sallans, MA
Matters of the Heart: Learning About Our Human Sexuality

PUTTING SOME SPRING IN OUR STEPS

WALK
YOUR WAY TO BETTER HEALTH

Anatomy of Walking

BOOSTS ENDORPHINS
EASING STRESS, TENSION, ANGER,
FATIGUE, AND CONFUSION
IN TEN MINUTES

REDUCES
GLAUCOMA RISK

HALVES
ALZHEIMER'S DISEASE RISK
OVER 5 YEARS

LIMITS SICKNESS
BY HALVING ODDS OF CATCHING A COLD

IMPROVES HEART HEALTH
BY INCREASING HEART RATE
AND CIRCULATION

WORKS
ARM &
SHOULDER
MUSCLES

ENGAGES
AB MUSCLES

IMPROVES
BLOOD
PRESSURE
BY FIVE POINTS

BUILDS BONE MASS,
REDUCING RISK OF
OSTEOPOROSIS

LIMITS COLON CANCER
BY 31% FOR WOMEN

STRENGTHENS LEGS,
INCLUDING QUADRICEPS,
HIP FLEXORS, AND HAMSTRINGS

IMPROVES BALANCE
PREVENTING FALLS

BURNS
MORE FAT
THAN JOGGING

ONLY 30 MINUTES A DAY,
5 TIMES A WEEK CAN MAKE YOU
HEALTHIER AND HAPPIER.

Every Body WALK!
The Campaign to Get America Walking

WWW.EVERYBODYWALK.ORG

CAC's like CAPstone need continued VOCA funding

The Victims of Crime Act (VOCA), passed in 1984, has funded essential victim services such as through its Crime Victims Fund (CVF) funded essential victim services such as medical care, mental health care, and victim's advocacy for the nation's crime victims for the last 35 years. **These funds are not taxpayer dollars**, but rather are fines and fees levied against those convicted of federal crimes and as a part of settlements in federal criminal cases. States receive these funds on a formula basis to provide care to crime victims, including, crucially those most vulnerable victims — children who have experienced sexual abuse or physical abuse.

Deposits into the CVF are historically low. Deposits the last three years have been \$445 million, \$495 million, and \$503 million respectively - deposits have not been this low since 2003. This decrease is caused in part by an increase in the use of deferred prosecution and non-prosecution agreements, the monetary penalties associated with which are deposited into the General Treasury rather than the Crime Victims Fund.

CACs receive between \$150 and \$200 million in VOCA dollars annually, which is the largest single source of funding for these programs. The cost of serving the more than 371,000 children they helped last year was \$614 million. If programs lose 70% of their funding, this would leave a \$140 million deficit, equating to not assisting about 84,450 children.

CAPstone receives VOCA funding from the Nebraska Crime Commission which pays for 80% of the salaries for each of our Family Advocates. This funding makes up approximately 18% of our yearly budget. Without this funding, these two positions could be in jeopardy.

The solution to this issue is to increase deposits into the Crime Victims Fund by depositing monetary penalties associated with deferred prosecution and non-prosecution agreements into the CVF as well as monetary penalties associated with convictions. **This is not new spending.** It is simply capturing money that would be going into the CVF if these crimes were prosecuted instead of settled. Congress must also increase the federal contribution to state victim compensation funds by matching 75% of state funds instead of the current 60%.

The VOCA Fix to Sustain the Crime Victims Fund Act of 2021 passed the U.S. House of Representatives 384-38 in mid-March, 2021. We are now waiting on the Senate to vote to fix this issue. Keep your fingers crossed our elected officials in Washington see the need and vote to change the way money is collected for the Crime Victim's Fund.

Beth Ruzicka, CAPstone Super Hero

"I have consistently found Beth to exemplify professionalism, compassion, and confidence in her role as a SANE nurse and child advocate. In a system that often changes "players" and structures, Beth has remained the constant advocate and champion for her SANE role in the systemic and team approach to child maltreatment. I am honored to know and work with her and call her a friend." These were some words shared by Shelley Thomas about Beth and her work with victims of sexual abuse.

Her commitment to the safety and security of victims inspired her nomination for CAPstone Superhero of the Month. Beth recently took on a new role at CAPstone and joined our Board of Directors. We look forward to working with Beth and watching how her passion for children unfolds as she takes on this new role.

We asked Beth to share with us some things about herself. She is currently a Clinical Resource Nurse in the Emergency Department at Regional West Medical Center. She also functions as the head of the SANE program at Regional West. She has been an RN for 10 years and involved in the SANE program for 9 years.

She originally got involved with CAPstone Child Advocacy Center through the SANE program with the monthly peer review meetings that CAPstone is a part of. She got to know the staff from CAPstone well through communication for SANE exams and follow up conversations.

Beth stated she hopes to be a positive and resourceful person while serving on the board with medical knowledge as needs arise.

She also shared that she obtained her Bachelor of Science in Nursing from the University of Nebraska Medical Center. She is married to Josh who is a deputy sheriff in Scotts Bluff county and has two daughters and two stepsons.



"There is a superhero in all of us, we just need the courage to put on the cape." -Superman

GIVING DAY IS COMING SOON !

Sponsored by

HOLLIDAY
FAMILY OF COMPANIES

Wyo  **Braska**
GIVES

May
4th

24 HOURS OF GIVING AT
WYOBRAKAGIVES.COM

Your donations to CAPstone Child Advocacy Center will help assist children in obtaining forensic interviews, assist with cost of medical and follow up mental health appointments, and help ensure the children have the opportunity to start the healing process. Please remember CAPstone on May 4th during the 24 hour Wyobraskagives online campaign.