

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

MAY 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

## What Have We Been Up To?



Gering crew spruced up the Gering Capstone Child Advocacy Office with some fresh paint. We all kept busy during this pandemic



## 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

## CAPstone Donors are Superheros



### 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

Kathy & Monica Shambaugh  
\$50.00

Will & Winnie Voss  
\$25.00

### RECENT TANGIBLE DONATIONS

Bob Hessler  
120 Journals

Sandra Reddish  
16 pks of mini journals

Leav Sar  
15 Journals

Do You Want to be a Part of Helping Children and Families??



CAPstone has openings for our Board of Directors. Must be willing to meet monthly either in person or via Zoom and participate in different fundraising and community events. If you have thought about being involved, or just have questions, email Monica Shambaugh at [director@capstonenebraska.com](mailto:director@capstonenebraska.com) or call CAPstone at 308-632-7274. Submit a letter of interest and your resume via email or in person at 900 P Street, Gering NE. We want YOU to be a part of our team.

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

MANDY BRICE  
Dawes County

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

## 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

## Honoring a loved one

Honor the memory of a loved one with a gift to help support CAPstone Child Advocacy Center in their quest to provide a safe and child-friendly environment for children to be heard, and start to heal. When you make a memorial gift in honor of someone who has touched your life, your tax-deductible donation will help a child start in the healing process. This donation can help provide a necessary medical exam, counseling for the child and/or non offending caregiver, or advocacy throughout the court process.

Your gift will also celebrate the life of your loved one by helping to support a child who is a victim of abuse or neglect to receive necessary services such as a Forensic Interview by a trained professional. It is a truly meaningful way to celebrate the life of someone you love.



## TRAININGS:

Unfortunately, all upcoming CAN 101 trainings have been cancelled due to the COVID-19 pandemic. We will reschedule our community trainings when it has been deemed clear and safe to do so 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. Training will cover 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](mailto:outreach@capstonenebraska.com)  
or call CAPstone at 308-  
632-7274

CHILD ABUSE AND NEGLECT

# Spotlight on Rebecca Fernau

I was born and raised in the Scottsbluff/Gering area and graduated from Gering High School. In 2002 my husband's job moved us to Chadron. At this time it was myself, my husband Scott, and our oldest son Jared. Our Son Joshua was born just a few short months later. Later that year, we also took in our niece and nephew, Adelia and Osvaldo, into our home from a foster home, and eventually adopted them approximately 5 years later. There were a few interesting years between then and now as we had 4 children ages 3 and under to take care of, but we managed.

During Osvaldo and Adelia's time with us in foster care, we learned a lot about the child welfare system, and I found something that I was truly passionate about. This is when I decided to take the leap and go to college, to get my degree in Social Work. Throughout my college years, I learned everything I could about children and families and the child welfare system. I graduated from Chadron State College with a Bachelor's degree in Social Work in 2011. I accepted a job with The Department of Health and Human Services, in the Chadron office, right after graduation as a Children and Families Services Specialist.

I was excited when CAPstone Child Advocacy Center announced they would be opening a new position in Chadron for a forensic interviewer and community outreach coordinator. In 2015, I started my new career at CAPstone. I was thrilled to work with a great group of people and some that I would consider experts in the field.

My family is my biggest support system and they truly get me through the rough as well as good days. Jared, Ozzy and Adelia graduated from high school and are moving on to higher education or working full time. Joshua will be senior in high school this next year, and keeps us very busy with activities. Orlando is my youngest nephew, and he recently joined our home at the age of 15. He is now 16 and keeps us all smiling. They all put up with my crazy schedule sometimes and cheer me up when it has been a trying day.

Being a Forensic Interviewer is truly my passion. I feel like I can give these children I interview an opportunity to share their experiences, and I can be that person there to help them start to feel safe and heal. As the Community Outreach Coordinator I have had the opportunity to meet many people in the community, share with them who we are at CAPstone, and what we do, as well as provide trainings about abuse/neglect. I consider myself very fortunate to have the many opportunities I do here at CAPstone Child Advocacy Center.



## A General Safety Plan

There are a lot of different safety plans on the internet that can quickly be found by typing those words into the google search bar. With all of those options how do you know which safety plan will work? Are you looking for one for a child, for an adult, for a family? There are a lot of choices for safety plan templates but it is hard to find one that is a general form, one that can be used for different ages of people and different reasons.

At CAPstone we thought we would put this safety plan in our newsletter to show a more general form. We wanted to find a safety plan that can fit a variety of people and a variety of safety concerns, a template that members of our communities could print out and personalize. This form was found at the website below, where the author goes into more detail about what she would ask someone when filling out the form, although the examples for answers are not the only selections that could be chosen:

<http://socialworktech.com/2017/05/16/safety-plan/?v=f24485ae434a>

# 's Safety Plan Today's Date: \_\_\_\_\_

### Step 1: Warning Signs of a Crisis

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Step 4: People I Can Call for Help

1. \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_
2. \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_
3. \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_

### Step 5: Ways That Supportive People Can Help Me Stay Safe

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Step 6: I Can Call These Very Important Phone Numbers

- I Have Great Strengths To Help Me Get By
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

### Step 2: Activities I Can Do By Myself to Try to Take my Mind off of Things

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Step 3: Taking My Mind off of Things

#### PEOPLE I CAN GO TO:

1. \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_
2. \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_
3. \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone #: \_\_\_\_\_

#### PLACES I CAN GO TO:

1. \_\_\_\_\_
2. \_\_\_\_\_

# Breast cancer prevention: How to reduce your risk

Article via Mayo Health for Women's Health

Breast cancer prevention starts with healthy habits — such as limiting alcohol and staying active. Understand how to reduce your breast cancer risk.

If you're concerned about developing breast cancer, you might be wondering if there are steps you can take to help prevent it. Some risk factors, such as family history, can't be changed. However, there are lifestyle changes you can make to lower your risk.

What can I do to reduce my risk of breast cancer?

Research shows that lifestyle changes can decrease the risk of breast cancer, even in women at high risk. To lower your risk:

- Limit alcohol. The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than one drink a day, as even small amounts increase risk.
- Don't smoke. Evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women.
- Control your weight. Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
- Be physically active. Physical activity can help you maintain a healthy weight, which helps prevent breast cancer. Most healthy adults should aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.
- Breast-feed. Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.
- Limit dose and duration of hormone therapy. Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about other options. You might be able to manage your symptoms with nonhormonal therapies and medications. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have your doctor monitor the length of time you're taking hormones.
- Avoid exposure to radiation and environmental pollution. Medical-imaging methods, such as computerized tomography, use high doses of radiation. While more studies are needed, some research suggests a link between breast cancer and cumulative exposure to radiation over your lifetime. Reduce your exposure by having such tests only when absolutely necessary.

Can a healthy diet prevent breast cancer?

Eating a healthy diet might decrease your risk of some types of cancer, as well as diabetes, heart disease and stroke. For example, women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts might have a reduced risk of breast cancer. The Mediterranean diet

focuses mostly on plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts. People who follow the Mediterranean diet choose healthy fats, such as olive oil, over butter and eat fish instead of red meat.

Maintaining a healthy weight also is a key factor in breast cancer prevention.

Is there a link between birth control pills and breast cancer?

There's some evidence that hormonal contraception, which includes birth control pills and IUDs that release hormones, increases the risk of breast cancer. But the risk is considered very small, and it decreases after you stop using hormonal contraceptives.

A recent study that showed an association between hormonal contraceptive use and breast cancer determined one additional breast cancer could be expected for every 7,690 women who use hormonal contraception for at least one year.

Discuss your contraceptive options with your doctor. Also consider the benefits of hormonal contraception, such as controlling menstrual bleeding, preventing an unwanted pregnancy, and reducing the risk of other cancers, including endometrial cancer and ovarian cancer.

What else can I do?

Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Also, ask your doctor when to begin mammograms and other screenings based on your personal history.

# 6 VITAMINS FOR WOMEN'S HEALTH

**B12**

Required for the proper function and development of the brain, nerves, blood cells, and many other parts of the body.

*Vitamin D*

Fights disease and depression. Boosts weight loss and more!

**MAGNESIUM**

Aids in heart health, reduces migraines, supports healthy bones, fights depression, reduces risk of type 2 diabetes, Relieves symptoms of PMS, lowers risks of some cancers.

**PROBIOTICS**

Can help treat gastrointestinal problems, delay allergies in kids, and treat and prevent vaginal and urinary infections in women.

*Calcium*

Builds and maintains strong bones. Your Also aids in porper heart, muscle and nerve function.

**B I O T I N**

Helps grow thicker Hair, and Nails and Beautifies Skin. Helps metabolic, nerve, digestive and cardiovascular functions.