

CAPstone CATCH UP



CAPstone CHILD
ADVOCACY CENTER

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

Congratulations Chief Hickstein



CAPstone Child Advocacy Center staff and board members would like to give a big shout out to Rick Hickstein for accepting his new role as Chief of Police in Chadron. We look forward to continuing to work with Rick and his officers in continuing to improve our community's response to child abuse and neglect.

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



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

First National Bank of Omaha
\$107.00

Panhandle Public Health District-Dental Health Program
120 Dental Hygiene Kits

Intralinks, Inc
Service for setting up new computers

Bob Hessler
Mini Journals and Pens

WYOBRASKA GIVES

CAPstone would like to send out a huge THANK YOU to all who worked so hard putting together the 2021 Wyobraska Gives Campaign. CAPstone was blessed with several donors throughout the day. Also, thanks to our tech-savvy Advocate Isabella who diligently kept our facebook viewers up to date throughout the day and sent reminders to them as well during the day of the campaign. Because of her efforts CAPstone received an additional reward from the foundation of \$1,000.00 for having the most facebook posts between 8 am and 10 pm. Thank you, Isabella, for taking the time to keep our viewers and followers up to date on the days happenings. The total amount that CAPstone will benefit from WyoBraska Gives in 2021 is..... (drum roll please)..... \$3,222.00. We here at CAPstone are so thankful for this blessing that will help children and their families who come to our center.



CAPstone BOARD OF DIRECTORS 2021

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Retired Social Worker

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Bridgeport Schools

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Heritage Estates

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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.



Picture: CAPstone staff participating in the walk at lunch day.

Uniting Against Child Abuse: A National Conversation happened a few weeks ago. If you missed it, you can watch it at the link below!

Organized by twelve child advocacy centers, This presentation features a conversation with Terry Crews, performances by The 5 Browns and Ashley-Lauren Elrod and is hosted by Sasha Joseph Neulinger.

<https://cacnationalconversation.com/>

(copy and paste link above)



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

Attention all MDT members and/or agencies that work with CAPstone CAC. If you have training needs and are needing some assistance in costs to attend, whether it be lodging, training costs, or meals, contact Monica Shambaugh at CAPstone to see if it is a training that CAPstone can help with. There are some funds available particularly if the training can be paid for before the 30th of June.

Monica Shambaugh @director@capstonenebraska.com

(308) 632-7274

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.



United Way of
Western Nebraska
Partner Agency

UPCOMING TRAININGS

Bridges Out of Poverty

June 11 @ 9:00 am - 3:00 pm MDT, Alliance High School Commons Area

This workshop is a comprehensive approach to understanding poverty using the lens of economic class and provides concrete tools and strategies for a community to alleviate poverty. Participants will review poverty research, examine a theory of change, and analyze poverty through the prism of the hidden rules of class, resources, family structure, and language.

This workshop is open to the general public and perfect for community organizers, elected officials, concerned citizens, nonprofit staff, mental health providers, educators and school counselors, those working in the health and human service industry, frontline employees and more!

Registration \$25 – includes refreshments and lunch.

Scholarships are available. Please email kayla.gasker@panhandlepartnership.com

Check-in and networking will begin at 8:00 a.m.

Various agencies will have outreach tables.

Contact Kayla Gasker to arrange a table, please email

kayla.gasker@panhandlepartnership.com

In order to have the workbook/book available for you at the event, the deadline to order is Friday, May 14.

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

If you are interested in a CAN 101 training for your agency or organization, contact Rebecca at outreach@capstonenebraska.com or call 308-432-8145 or Monica at director@capstonenebraska.com or 308-632-7274.

Winnie's Wellness

Mindfulness Practice in the Treatment of Traumatic Stress

Mindfulness involves paying attention to and accepting your feelings, thoughts, and sensations. Practicing mindfulness might help you cope with stress or difficult emotions.

What Is Mindfulness?

Mindfulness is a way of thinking and focusing that can help you become more aware of your present experiences. Practicing mindfulness can be as simple as noticing the taste of a mint on your tongue. There are some things you might do every day without even thinking about them, like brushing your teeth in the morning. Mindfulness involves paying attention to the feelings and sensations of these experiences.

While researchers have not yet studied the effects of mindfulness practice in helping trauma survivors diagnosed with PTSD, research has shown mindfulness to be helpful with other anxiety problems. It has also been shown to help with symptoms of PTSD, such as avoidance and hyperarousal. If you have gone through trauma, you may want to learn what mindfulness is and how it might be helpful to you.

Mindfulness practice has two key parts:

- Paying attention to and being aware of the present moment
- Accepting or being willing to experience your thoughts and feelings without judging them

For example, focusing on the inhale and exhale of your breathing is one way to concentrate on the present moment. Mindfulness involves allowing your thoughts and feelings to pass without either clinging to them or pushing them away. You just let them take their natural course. While practicing mindfulness, you may become distracted by your thoughts and that is okay. The process is about being willing to notice where your thoughts take you, and then bringing your attention back to the present.

References

Mindfulness Practice in the Treatment of Traumatic Stress. Retrieved on May 27, 2021 from https://www.ptsd.va.gov/gethelp/mindfulness_tx.asp.¹

YOU are a Mandatory Reporter



We all learned some new things during the Covid Pandemic. Some things we will no longer need once we start to get back to the pre-covid way of living, some things we have found will continue to be just as important as it was when we were working from home and home-schooling our children. The importance and responsibility of the COMMUNITY when it comes to reporting abuse/neglect of children must remain every bit as important. In Nebraska, we are all mandatory reporters, and it is our job to take the necessary steps if we have been a witness or suspect some type of abuse and/or neglect.

Research has shown that the number of reports during the pandemic of suspected cases of possible abuse/neglect decreased consistently throughout the United States. This trend coincides with what is typically seen during the summer months: a decrease in abuse reports when the students are out of school followed by an increase when school resumes. We, as community members and mandatory reporters have a responsibility to ensure these reports are made once you have been a witness or have knowledge of any abuse/neglect.

What CAPstone recommends if a person suspects child abuse has occurred:

- Immediately report the abuse to the Department of Health and Human Services (DHHS) by calling 1-800-652-1999. They will ask you pertinent information regarding the parties involved, who was there, when did the alleged abuse/neglect occur, and if the alleged perpetrator has immediate access to the child. Only report what you have knowledge of, if you do not, it is okay to say I do not know. You can call anonymously but we recommend that you do leave your name and number so that if additional information needs to be collected, Law Enforcement and DHHS know who to contact.
- You do not need "proof" to file a report. Leave the investigating up to the local authorities.
- Do not discuss the allegations with anyone else, including relatives or coworkers to ensure any investigation is not jeopardized.
- If the child is injured and needs immediate medical help or you know the alleged perpetrator is currently with the child victim call your local Law Enforcement office. Your phone call could potentially save the life of a child or change their life completely by ensuring the local authorities will make every effort to keep the child victim safe.

"Heroes are made by the paths they choose, not the powers they are graced with."

The Flash

Sara Grant

CAPstone CAC Board Member

While working for Early Head Start, I discovered my passion for working with and helping children. I decided at that point I wanted to get my Degree in Social Work. I decided to dive in and attend Chadron State. I graduated from Chadron State in 2014 and started working for the Department of Health and Human Services as a Resource Developer. While working with DHHS, I was fortunate enough to be able to obtain my Master's of Science in Social Administration (accredited through the CSWE) from Case Western Reserve University in 2017.

I was given the opportunity to help educate the next generation of social workers at the same place I was able to earn my own education. I am thrilled to not only be able to help teach the future generation, but also learn from them.

My family is my biggest support system. I am fortunate enough to live close to my parents and I have four boys. My boys range from almost 13 years old to almost 2 years old. My days are filled with ball games, practices, homework, and craziness! We also live on a farm and get to have chickens, dairy animals, and space to roam!

My passion for helping children drew me to CAPstone. While working at DHHS, I was able to become familiar with what CAPstone does and how they help children in the region. I was looking for a way to give back to CAPstone after all they've done for the community, and I feel very fortunate in getting the opportunity to not only give back to CAPstone but hopefully help the youth in our area.

CAPstone is honored to have Sara be our newest Board member! We look forward to her insight and knowledge being used to help us provide services to the families that come to our center.



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