

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

November 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

## #ItsYourBusiness

### Child abuse & COVID: Just the facts

Learn the impacts of the pandemic on kids, and pledge to protect them.  
**You may be the only one who will.**

- **Most abuse happens at home.** 88% of all child abuse is perpetrated by a parent, parent's partner, or relative.
- **Community professionals report most abuse.** Fully two-thirds of child abuse reports are made by teachers, counselors, doctors, and others. Many are not in regular, face-to-face contact with kids.
- **Because of a drop in reporting, many kids can't get help.** As many as 40,000 fewer children received services in the first half of 2020 compared to 2019.
- **You may be the best chance a child has at safety.**



**You won't regret reporting child abuse.  
Don't regret not reporting it.**

**#ItsYourBusiness**  
[nationalchildrensalliance.org/iyb](http://nationalchildrensalliance.org/iyb)

## 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 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

### RECENT MONETARY DONATIONS

Carol & Mark Sinner \$50.00

Amazon Smile - \$46.04

### RECENT TANGIBLE DONATIONS

Rene Newton - Quilts

Linda Kemoy – Stuffed animals and Blankets

Rhonda Groshans – Stuffed Animals

Piecemakers (St. Johns Lutheran/Alliance) –quilts

CAPstone was a recipient of snacks, juices, beanie babies and journals for all four of our offices!!! THANKS SO MUCH!!!

The Knight Museum & Sandhills Center recently hosted a two week Halloween exhibit belonging to the Kim & Max Galyen Family. They are happy to be able to share the free will donations collected of approximately \$4,000 to local groups including; CAPstone, Community Table, The Food Pantry and Diaper Depot. The local Guardian Belles LERC and Punishers LEMC assisted in the purchasing and distribution of the wish list items. Becky Maser of Grocery Kart arranged in buying quantities of needed items. Thank you to these wonderful groups.

A big thank you to the Galyen's for sharing their talents and time with all of us and thank you to the Alliance Community for supporting this project during these unusual times. This is really the "Best Hometown in America"!



CAPstone BOARD OF DIRECTORS 2020

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Retired Social Worker

GEORGE  
SCHLOTHAUER  
ESU #13

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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

## UPCOMING TRAININGS

The Nebraska Alliance is hosting "Following the Evidence in Child Abuse and Child Exploitation Cases" -a free, 2-day virtual training with live instructors from NCJTC Fox Valley on January 12-13, 2021. This training will be a special Nebraska-only session and will count for contact training hours for law enforcement.

This training is open to Law Enforcement, CAC staff and other multidisciplinary members. Registration is open until December 11th!

Following the Evidence in Child Abuse and Child Exploitation Cases

Dates: January 12-13, 2021  
Training Location: Online

Session Times:

AM Sessions 9:00AM-12:30PM CT  
Lunch: 12:30PM-1:30PM  
PM Sessions 1:30PM-5:00PM CT

Link to register:

<https://ncjtc.fvtc.edu/trainings/TR00011451/TRI0319807/following-evidence-in-ca-ce-cases-online>

Registration Deadline:  
register by **Friday, December 11, 2020.**

**NE CASA Needs 838 CASA Volunteers**

To our children that fear being **ALONE** during this pandemic & surge of child abuse cases, **volunteer.**

[casaforthekids.org](http://casaforthekids.org)

The logo for CASA (Child Abuse and Neglect Advocates for Children). It features a stylized figure of a person with arms raised, forming a heart shape, above the word "CASA" in bold. Below "CASA" is the tagline "Child Abuse and Neglect Advocates for Children" in smaller text.

Did you know... Nebraska CASA needs 838 CASA volunteers to serve all of the abused and neglected children in our state that are navigating the juvenile court system. If you are interested in volunteering, please go to <https://casaforthekids.org/volunteer/volunteer.html> to learn more.

## CAPstone EARNS RE-ACCREDITATION FROM NATIONAL CHILDREN'S ALLIANCE

National Children's Alliance recognizes CAPstone for its ongoing delivery of high quality and effective services to child abuse victims through accreditation.

Gering, NE (11/2/2020) – CAPstone Child Advocacy Center has been awarded re-accreditation by National Children's Alliance following an extensive application and site review process. As the accrediting agency for Children's Advocacy Centers (CAC) across the country, National Children's Alliance awards various levels of accreditation and membership to centers responding to allegations of child abuse in ways that are effective and efficient, and put the needs of child victims of abuse first. Accreditation is the highest level of membership with National Children's Alliance and denotes excellence in service provision.

Accredited CACs must undergo a re-accreditation process every five years to ensure that best practices are continually being applied. With accreditation standards being updated in 2010, re-accreditation this year reflects CAPstone's commitment to providing evidence-based methods practice.

CAPstone serves the 11 counties in the Panhandle and opened its first office in December of 2000 in Scottsbluff, opening satellite offices in Chadron, Alliance and Sidney prior to 2010. CAPstone first went through national accreditation in 2005 and had been reaccredited in 2010 and 2015. CAPstone interviews children between the ages of three and 18, and in 2019 CAPstone interviewed 540 alleged victims of child abuse and neglect. As an Accredited Member of National Children's Alliance, CAPstone is dedicated to providing comprehensive, coordinated and compassionate services to victims of child abuse.

National Children's Alliance awards Accredited Membership based on a CAC's compliance with 10 national standards of accreditation to ensure effective, efficient and consistent delivery of services to child abuse victims. Accredited Members must utilize a functioning and effective Multidisciplinary Team approach to work collaboratively in child abuse investigation, prosecution, and treatment. National Children's Alliance also considers standards regarding a center's cultural competency and diversity, forensic interviews, victim support and advocacy, medical evaluation, therapeutic intervention, and child focused setting.

"The staff at CAPstone are dedicated to adhering to the 10 national standards set forth by the National Children's Alliance. By obtaining accreditation for a fourth time, this should show the families we serve and the agency partners we work with our commitment to utilizing proven effective approaches to child abuse and prevention", stated Monica Shambaugh, Executive Director of CAPstone.

"CAPstone is to be commended for its continued commitment to effectively serve victims of child abuse. As the national association and accrediting body for Children's Advocacy Centers across the country, our goal is to ensure that every victim of child abuse has access to high quality services that result from professional collaboration. By requiring Accredited Centers to undergo re-Accreditation every five years, we ensure that evidence-based practices are being implemented and the highest quality of service is being provided," remarked Teresa Huizar, Executive Director of National Children's Alliance.

## 2020 Holiday Resources "Shop with a Cop"

The Chadron Police Department is participating in "Shop with a Cop" again this year. They are releasing information on the program/event soon via different platforms including the radio, look for their bottles around town to donate to this holiday cause. Officer Bauer (SRO) is the contact person for this program/event from the CPD, Chadron Police Department (308) 432-0510.

The Kimball Police Department has renamed their event "Holiday Heroes." Assisting with this event they have ambulance personnel, fire departments, the sheriff's office, state patrol, the ladies auxiliary, businesses and donors helping the families and children in their community. For more information the contact person for this event is Erin Heidemann at 308-235-8104. (<https://www.westernnebraskaobserver.net/story/2020/11/12/news/shop-with-a-cop-event-gets-new-identity/6721.html>)

Sidney Police Department is participating this year with some changes to keep everyone safe during "Shop with a Cop." The children will submit their wish lists, then officers will go out and buy the items, and then deliver the gifts to the children at their homes. They are also selecting a couple of families to provide a holiday dinner for. Please contact the Sidney Police Department at (308) 254-5515 for more information about their event.

The Scottsbluff County team for "Shop with a Cop" consists of Gering Police Department, Scottsbluff Police Department, Scottsbluff Sheriff's Office, and Nebraska State Patrol Troop E. This year they have had to scale back the event and are working on creative ideas to make this event happen while maintaining directed health measures. This event past and present could not happen without the support of the community. This year the Scottsbluff Leadership Team was unable to host their "Hopes for Heroes" event but still managed to raise \$12,000 dollars to donate to "Shop with a Cop."

### Other Community Holiday Resources:

CAPWN (Community Action Partnership of Western Nebraska): Applications for their Holiday food and gift program were due November 25th, they will work on collecting those items in order to get them out before Christmas. Their "Farmers to Families Food Box" program will be continuing throughout the first 3 Friday's in December. (See flyer at end of Newsletter.) 1-308-635-3089

The DOVES Program: Their "Winter Wishes" campaign has been advertised this month. They are asking for \$20 donations from which their staff will buy gifts for individuals and families who have experienced sexual or domestic violence. (See flyer at end of Newsletter.) 1-308-436-4357 or 1-866-953-6837

United Way of Western Nebraska: This year the United Way has partnered with Safeway in Alliance, the Ministerial Association, and the generous citizens from the community to provide Thanksgiving and Christmas food baskets for Box Butte Co. residents. All of the Thanksgiving baskets have been designated but you can still apply for the Christmas Food Basket at <https://www.uwnn.org/foodbaskets>

NCAP (Northwest Community Action Partnership): NCAP partnered up with Safeway in Chadron again this holiday season to bring no-cost holiday meals to residents in need in Dawes County through Safeway's Turkey Bucks donation program. Applications were due November 18th. They are continuing to provide their "Community Cares Food Distribution Program" in Chadron, Gordon, and Alliance. 1-308-432-3393

\*\*This is not an exhaustive list of the resources in every community that we serve. Please reach out to us or someone in your community if you need assistance finding resources.  
 \*\*All of these programs have other resources available that they provide year round, please contact them for more information about their programs including resources related to mental health we know that the holidays can be a stressful time for individuals and families.



**Fresh Food Box for those in need**  
 1st & 3rd Friday Nov 6 - Jan 15, 9:30 am  
 Limited Quantities - one distribution per vehicle  
 Drive Thru - Please don't leave your vehicle  
 St. Johns Lutheran Church - 2090 Emerson  
 Vehicles should head south on Emerson coming from 25th St. Enter the parking lot on the North entrance.



USDA  
 United States Department of Agriculture

**Farmers to Families Food Box**

**PICKUP**

HELPING FAMILIES THROUGH THE COVID-19 PANDEMIC

Drive-Thru Food Pantry  
 Fresh Food Boxes  
 Fridays, starting Oct 16 through December 18th  
**7:45 a.m. – until food runs out**  
 at the  
 CAPWN Commodities Warehouse  
 940 Crescent Drive

Drive-thru style – Please remain in your vehicle.  
 Only two households per vehicle and must be present.  
 We will be asking for your town/city and # in household.

2020  
**THANKSGIVING & CHRISTMAS**  
 FOOD BASKETS

Community Food Baskets for Food Insecure Families

**Sign up to receive a basket @**  
[www.uwnn.org/foodbaskets](http://www.uwnn.org/foodbaskets)

Coordinated by United Way in partnership with Safeway, Alliance Ministerial Association & area organizations.

Questions  
 Contact United Way  
 308-763-8031  
 bbe@uwnn.org

**WINTER WISHES**

Bring a smile to a survivor's face this December!

Simply donate \$20 at [DOVESProgram.com](http://DOVESProgram.com) and our festive staff will buy gifts for individuals and families who have experienced sexual or domestic violence.

Your \$20 will spread joy to someone right here in our Panhandle and make you feel as warm as a piping hot cup of cocoa on a cold, winter's day.

Because we want to keep everyone safe, we're being creative this year! Virtual donations will help those in need while reducing the chance for exposure for everyone.  
 It's a win win!



**Fresh Food Boxes for those in need**  
 Limited Quantities - one distribution per vehicle

**Tuesday - 1st and 3rd of month - Nov 3rd - January 19th**  
 Valentine 9:00 am - Cherry County Fair Grounds  
 Chadron 9:30 am - Chadron Ridgeview Bible Church

**Wednesday - 1st and 3rd of month- Nov 4th - Jan 20th**  
 Gordon 1:30 pm - Wayland Park at Shelter

**Friday - 1st and 3rd of month - Nov 6 - Jan 15th**  
 Alliance 10:30 am - St. John's Lutheran Church

## Making an Impact While Shopping Black Friday Deals

December is upon us and stores all over the world and on the internet, including Amazon, are having some of their best deals. We want to remind our supporters to shop for deals at [smile.amazon.com](https://smile.amazon.com). By shopping for deals through AmazonSmile you can get great deals on holiday gifts while the AmazonSmile Program donates to CAPstone. To select CAPstone as the charity you want to donate to while shopping, follow the instructions included in this article or go to the website below.

Shop at [smile.amazon.com/ch/31-1755892](https://smile.amazon.com/ch/31-1755892) and AmazonSmile will donate to Capstone, at no cost to you.

For the past three years CAPstone has collected a total of \$151.26 from the AmazonSmile program. We can now add \$46.04 to that total as a result of AmazonSmile program activity between July 1 and September 30, 2020.

### Here's how to sign up for AmazonSmile:

1. Visit [smile.amazon.com](https://smile.amazon.com)
2. Sign in with your Amazon.com credentials
3. Choose a charitable organization to receive donations, or search for the charity of your choice
4. Select your charity
4. Start shopping!
5. Add a bookmark for [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile

### Turn on AmazonSmile in the Amazon Shopping app

1. Make sure you're signed up for AmazonSmile (use your web browser to visit [smile.amazon.com](https://smile.amazon.com))
2. Download or update to the latest version of the Amazon Shopping app for [iOS](#) or [Android](#)
3. Open the app and find "Settings" in the main menu (☰)
4. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile in the app.



## Parents: Do You Know the Dangers of OnlyFans?

There's a new trend hitting Generation Z – and it's a problem. It's called OnlyFans. On this UK-based website, anyone can post explicit content and set up a paywall for “fans” to access it. While technically the site claims only individuals 18+ have access, many teens find ways to bypass the age restriction. Unfortunately, this graphic site is gaining popularity among teens and young adults, as many of the content creators have shifted over from Instagram or Twitter, two social media sites that are all the rage with adolescents.

### A COVID-19 Phenomenon

You may not have heard of OnlyFans yet. That is likely because the rise of OnlyFans is related to the coronavirus pandemic. Many Instagram influencers, Z-list celebrities, and models, finding themselves in need of extra cash since their usual avenues of income (filming, photo shoots, brand partnerships) have been halted or altered, have moved to OnlyFans.

The more celebrities or social media influencers promote their OnlyFans profiles, the more adolescents check it out. And, unfortunately, teens are getting hooked. During the pandemic, they are home most of the day and spending increased amounts of time online. Meaning they are more likely to have an opportunity to swipe a credit card to follow their favorite stars on OnlyFans. According to Vice, the month of April saw over a seventy-five percent increase in new OnlyFans users, with about 150,000 new users every day. Boredom, the economic fallout, and social-distancing regulations might all be responsible for this fast increase. Because of all the attention it's getting now, even a teen who has never visited porn sites might now be drawn to OnlyFans – and it doesn't help when megastars like Beyonce give props to the site, which she did in one of her most recent releases. But it gets worse.

### Teens Selling Photos

Teens don't just access the adult content. They set up explicit profiles themselves. Seeing adult influencers cash in, some youth who are struggling with their own financial issues – decide to do the same. Using data from Twitter to search for keywords such as “nudes4sale,” the British Broadcasting Corporation (BBC) found that many underage minors (primarily girls) sell explicit content on OnlyFans.



Though OnlyFans sets restrictions for underage users, many adolescents bypass them. In a new documentary from the BBC, one 17-year-old girl from Scotland admitted she's been selling nude photos of herself for about a year. It's now a full-time job.

Of course, OnlyFans isn't the only place teens take racy pictures and sell them to strangers. Adolescents do the same on Snapchat, using its Premium feature. Many parents already

know about the dangers of Snapchat, but many have never heard of OnlyFans, and are not aware of the risks.

## The Danger of Influencers

Even if your teen isn't accessing graphic content on OnlyFans, the danger could lie simply in the fact that they have subscribed to their favorite influencers on the site. Teens may think they are developing real, intimate relationships with these social media influencers that they follow and support — both monetarily and emotionally. They don't realize that many influencers are highly savvy, business-minded individuals who are exclusively doing this for the income. Excited by the prospect of an "intimate" look into an exclusive, subscription-only club "only" for die-hard "fans", adolescents with mental health issues may be particularly vulnerable to developing unhealthy and even toxic obsessions with such influencers.

## Advice for Parents

Don't assume your teen would never visit OnlyFans. Even if you know they'd never visit an average porn site, OnlyFans is different. It's become almost a household name among young, teenage social media users. Fortunately, there are several action steps that parents can take to keep their teenagers safe if they are worried about their children accessing this site:



-If you don't have a filter on your child's laptop or home computer already, make sure you get one as soon as you can.

-Browse your teen's tracking history. If you see OnlyFans on there, that's a red flag.

-Scan your credit card for any charges that look like they may be from OnlyFans.

-If you suspect your teen has been on the site, have an honest discussion with them about online safety.

-Talk to your teen, in general, about the damaging effects of pornography.

-If you suspect your teen may be sharing inappropriate or racy photos of themselves online, take action. Remove their internet access immediately and have a discussion about child sex trafficking and grooming.

-One last thing: don't be afraid to be the bad cop in this situation. Take a stand and block OnlyFans. Your teen may not be happy about it, but that's okay. When you keep your teen away from OnlyFans, you're keeping them safe – and that's good parenting.

# Bullet Journal

## List Ideas

### → Health

- ✗ Daily exercise log
- ✗ Water tracker
- ✗ Mental health log
- ✗ Weight loss
- ✗ Healthy foods list

### → Money

- ✗ Spending tracker
- ✗ Financial goals
- ✗ Savings log
- ✗ Extra income list
- ✗ Vacation fund

### → Habits

- ✗ Sleep tracker
- ✗ Personal growth
- ✗ Organization log
- ✗ Meal tracker
- ✗ New habits list

### → Interests

- ✗ Movies to watch
- ✗ Things to learn
- ✗ Dream wish list
- ✗ Places visited
- ✗ Books to read

### → Family

- ✗ Milestones
- ✗ School schedules
- ✗ Birthday list
- ✗ Relationship goals
- ✗ Contacts list

### → Gratitude

- ✗ 'Grateful for' list
- ✗ Year-in-review
- ✗ Happiness log
- ✗ Journal entry
- ✗ Achievement list

### → Food

- ✗ Meal planner
- ✗ Snack log
- ✗ Fave recipes List
- ✗ Allergy tracker
- ✗ Shopping list

### → Blogging

- ✗ Pageviews tracker
- ✗ Social media log
- ✗ Posting schedule
- ✗ Income Log
- ✗ Blog to-do list

