

CAPstone CATCH UP



CAPstone CHILD ADVOCACY CENTER

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

October 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

VIRTUAL LIGHT OF HOPE AN AMAZING SUCCESS

CAPstone and CASA of Scotts Bluff County, both 501C3 non-profits, were worried last spring as the COVID-19 pandemic appeared to be putting a damper on the 12th Annual Light of Hope event scheduled for September 2020 in Gering. The Light of Hope fundraiser in previous years had supplied, on average, \$16,000.00 for each agency, which supplemented their respective budgets. With a large gathering of people out of the question, the Light of Hope committee opted to do a "No Show" Light of Hope event, sending out invitations, asking for donations from corporate sponsors and previous independent donors, family and friends. What an overwhelming response we received!!!

Forty corporate sponsors in the Scottsbluff/Gering area donated \$20,850.00. Over 400 invitations were mailed out in our area and 85 were returned. Those 85 people donated \$21,543.00. The Scotts Bluff County Attorney's office held their annual bake sale to benefit the event and raised \$684.00 and for the first-time people were able to purchase shirts through Scottsbluff Screen Printing which netted our event \$218.76. After we paid the bills, each agency will add \$20,000.00 to their budgets that will go a long way in assisting CAPstone keeps it doors open and continue to provide much-needed services in the area we serve. CAPstone and CASA of Scotts Bluff County cannot THANK YOU enough for supporting our respective non-profit agencies. Your donations will help each of us continue our mission to help children and families in the Panhandle of Nebraska.

CAPstone STAFF

Monica Shambaugh
Executive Director

Lisa Collins
Forensic Interviewer, MDT
Coordinator

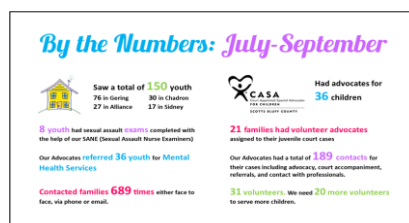
Karol Garduno
Family Advocate

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 Superhero's



RECENT MONETARY DONATIONS

- Harvest Moon Fall Festival \$73.52
- Grime Scene Unit \$490.00

RECENT TANGIBLE DONATIONS

- Megan Moreno
- Stuffed Animals

**Cares Act Funding:
Help During Trying Times**

Northwest Community Action Partnership and Community Action Health Center have CARES funding available that could help with rent/mortgage, utilities, prescription assistance, or food purchases. They also have other services as well that can help families out during this critical time.

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

PAMELA BARKER
Gering Public Schools

JANELL GRANT
Box Butte General Hospital

TINA JAMES
CS Precision

MELISSA VAN GALDER
Alliance Chamber

VICKY MORENO
SBCO Attorney's office

DR. WILL PACKARD
Retired

JEFF PECK
Intralinks

PAUL B. SCHAUB
Cheyenne County Attorney's office

KATHY STOKEY
Retired

CARES FUNDING NOW AVAILABLE

If you have been affected by COVID, CARES Funding may be available to help with overdue mortgage payments, rental assistance, utility assistance, and/or prescription assistance. Our offices provide non-COVID related assistance as well.

To find out more, or to submit an application for assistance, please contact your local NCAP Emergency Services office listed below. An NCAP staff member will assist with the completion and submission of your application.

Funds provided by CSBG, NE CARES, FEMA, Salvation Army, and HUD

EMERGENCY SERVICES OFFICES:

BOX BUTTE COUNTY: 308-762-4523	DAWES, SIOUX AND SHERIDAN COUNTIES: 308-747-2200	CHERRY COUNTY: 402-376-1886
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Call phone numbers provided on flyers for additional information about funding available.

CARES ACT FUNDING AVAILABLE

Have you or someone you know been affected by COVID-19?

Family Stabilization is helping people impacted financially by the coronavirus through food, and financial assistance.

You may qualify for assistance if COVID-19 has impacted your ability to pay your rent/mortgage, your utilities or to purchase food.

Call us at 308-635-3089 to set up an appointment and learn how we may be able to help you. All appointments will be conducted over the phone.

In the Sidney area, call 308-254-5856.

COMMUNITY ACTION HEALTH CENTER

COMMUNITY ACTION PARTNERSHIP OF WESTERN NEBRASKA

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.



Harvest Moon Fall Festival, Chadron



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



Harvest Moon was a spooky time at the Chadron 4-H building this year. Cupcakes were decorated with all the Halloween fixings. 150+ cupcakes were enjoyed by young and old alike. Thank you to board member, Kathy Stokey for donating cupcakes, Nicole Benigno for helping prepare cupcakes, Safeway for the donation of frosting and Halloween decorations. Heidi Irish, Joshua Fernau, and Nicole Benigno for helping the children make their cupcake creations. A great time was had by all and we could not have done it without the amazing help of our volunteers.

CALCULATOR+, DANGEROUS APP FOR KIDS AND TEENS



Parenting in the digital age is a daunting challenge. 90% of children aged 8 through 16 have reportedly viewed pornography in some form or fashion. Over half of kids and teens report having experienced cyberbullying, and 32% have engaged in sexting. What's more, 70% of teens admit to hiding online content from their parents.

The widespread availability of smartphones and tablets is one reason behind these staggering statistics. These devices open up world of possibilities for accessing online content and communicating with others via apps. While technical safeguards such as Curbi and Intego's Family Protector can help parents maintain visibility and control over the apps their kids are downloading, truly effective family internet safety plans still require parents to maintain a high level of awareness of what the apps their kids want can do.

Of course, for busy parents, staying on top of the latest trending apps is incredibly difficult. To make that job a little easier, here's an overview of Calculator+, a potentially dangerous app that parents should be on the lookout for.

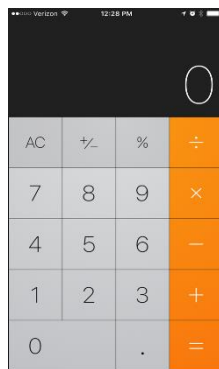
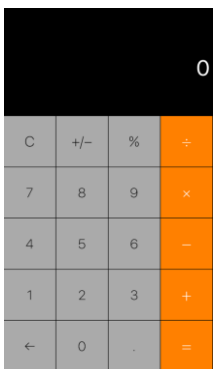
Calculator+: A Hiding Place for Photos and Videos

Calculator+ sounds like an app you'd want your child to have, right? All of a sudden, math homework just got a lot easier . . . and it's free.

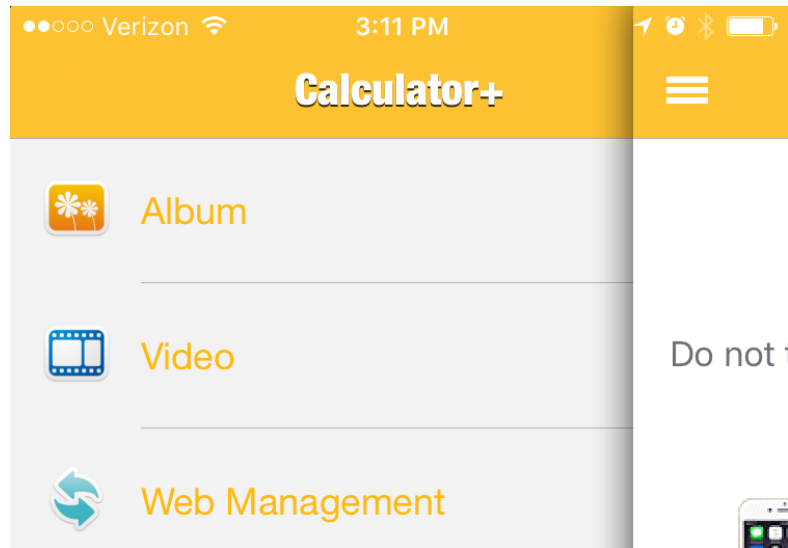
Not so fast. The problem with Calculator+ is that its name and appearance are deliberately deceptive. This is an app designed to hide private photos and videos behind an unassuming calculator.

How it Works

Calculator+ is tricky on two levels. First, it's designed to look like the native calculator in iOS, as you can see below



Second, Calculator+ is actually a functioning calculator. You can type in numbers and do normal operations on it, just like you can on the native calculator app. However, if you type in a passcode in the calculator interface and then press the percent (%) button, the app unlocks to reveal a secret vault for photo and video files.



Why It May Be Dangerous for Kids and Teens

Again, the purpose of this app is to deceive onlookers, giving users a place to store photos and videos they do not want others to see. While a young person's desire for privacy may be understandable, many parents do not like the idea of their children being able to hide content from them. Indeed, Calculator+ lends itself to being used for risky activities, such as sexting or viewing pornography.

What You Can Do About It

The first step, of course, is being aware that apps like Calculator+ exist. In fact, Calculator+'s model is a popular one that other developers have used. Other secret storage vault apps using the calculator interface include Secret Calculator and Secret Photo & Video Calculator, which are available in the iOS App Store, and Smart Hide Calculator, which is available in the Google Play store for Android users.

The second step is to make sure you are monitoring your child's app purchases. Parental controls in both iOS and Android allow parents to view the apps that their kids have downloaded. With iOS, parents can even set up notifications that allow them to approve or deny any app downloads. And now that you know about Calculator+ and similar apps, you're armed with the awareness you need to decline permission for these deceptive apps.

Reference: <https://www.affinitytechpartners.com/parent-resources-blog>

Janell Grant

12 years with CAPstone

In order to celebrate the 12 years that Janelle Grant has spent on our CAPstone Executive Board we first need to get to know her:

I grew up on a dairy farm. I received my associate degree in nursing from Iowa Central Community College. When I first moved to Alliance I worked at the hospital for 13 years while my husband worked for the railroad. I then moved to Mitchell Nebraska and worked at RWMC for 18 years. I chose to go back to school to receive my master's degree in Nursing. I then worked at Platte Valley Pediatrics for 10 years before moving back to Alliance to open my own practice. All together I have been a nurse practitioner for 22 years with a focus on pediatrics. I have 3 children, 3 stepchildren and 9 grandchildren. Most of my free time is spent with family and events centered around the grandchildren.

Now we can look at what drew Janell to become a board member, her involvement with the Alliance Satellite Office, and what she has to say about CAPstone CAC:

I was aware of CAPstone from its conception and sat in on committees during its development. Someone else at CAPstone found the physical space for the Alliance Satellite Office and I was able to help with the cosmetic part initially, although that has transitioned over time to make the area more friendly and comfortable for the child and family. I have a special interest in children, health and safety evidenced by my career choice and feel very strongly in the goals and philosophy that CAPstone represents. One of the most important ideals that CAPstone represents is to not have the child review/relive the trauma that they have suffered more than necessary. The recorded forensic interviews are valuable to investigations and the court system. I have appreciated all the resources that have been developed over the years for me as a provider as well as the child going through the trauma and court system. Throughout the 12 years on the board and being involved in cases involving trauma the biggest change I see is the transition from little support for children of neglect and trauma to a collaborative approach to support the child and caregivers through the legal arena, physical exam, mental health support, etc.

We would like to thank Janell Grant for the 12 years she spent on the CAPstone CAC Executive Board and for her continued service to the families and children we see by providing medical forensic exams. Thank you Janell!



CHILD ABUSE REPORTS INCREASE DURING THE HOLIDAY SEASON

Much research and reporting has been conducted on the issue of child abuse and how it coincides with the Holiday season. What should be a joyous time involving the love of family and friends, sharing traditions and making new memories, is sadly anything but these things for many children from all walks of life.

In an article published on the Indiana Chapter of National Children's Alliance website (December 20, 2018) entitled "Protecting kids from abuse and stress during the holidays", information was shared regarding the prevalence of child abuse and neglect that occurs during the Holiday season for many vulnerable children. Specifically, the article spoke about it being "...important to remember the holidays are not cheerful for everyone. Families struggling to feed themselves today will likely struggle on Christmas". A child fearful of a parent or family member will likely still fear them whether it is the Holiday season or any other "normal" day during the year.

The article went on to stress that "Even events that seem innocuous, like traveling to visit family may cause harm. Imagine a child who never disclosed a family member touched them at last year's holiday gathering. Or a teen who knows their family is in dire financial hardship and worries — perhaps too much — the gifts they have received may cause more harm to their siblings or family".

Some very helpful tips were listed in the article as well to ease some of the stress families often experience during the Holidays:

- **Parents and guardians can take steps to help their children and children in their family.**
- **Notice changes in tone, irritability, or anger in a child. Bring them aside and talk about what is on their mind.**
- **Recognize when you are at your limit and teach your kids how to do the same.**
- **Talk situations out to a positive outcome.**
- **Leave plenty of time to avoid rushing.**
- **Ask friends and family to bring parts of a meal.**
- **Schedule downtime away from gifts and other people for kids. This is good for parents and children!**
- **Know where kids are, even if in the house, and limit alone time. 70% of sexual abuse involves an adult, and 30% is perpetrated by another youth.**

- **Talk to your child about safe body boundaries. Use proper names for private parts when discussing body safety.**

It is important to note that in Nebraska, everyone is a mandated reporter of suspected child abuse or neglect. Many reports received by the Child Abuse and Neglect Hotline in Nebraska originate from concerns reported by teachers, school counselors or other school staff, daycare providers, mental health practitioners or extended family members who spend ample amounts of time with children. Though it is vitally important that parents are vigilant in protecting their children, it is of equal importance that other adults in frequent contact with children do the same. If anyone associated with a child other than the parent(s) notices anything concerning, please remember to advocate for that child and contact the Hotline with your concerns. Children who are among our most vulnerable in society are counting on you to stand in the gap and protect them as well; not just during the Holiday season, but 365 days a year.

What is National Stress Awareness Day?

Held on Wednesday November 4th. National Stress Awareness Day is run by the International Stress Management Association (ISMA).



What is stress and why is it important? Stress is a response to demands on the body and life, a response to crisis and fears. If stress gets overwhelming it can cause other mental health problems, emotional exhaustion and physical illness and can impact on work, relationships, families, and every aspect of life. When someone is suffering from negative or overwhelming stress, they may not act or react normally in some situations, for example driving or in an argument, with disastrous consequences.

The aim of the day is to raise awareness, publicity and profile of stress and its impact, and reduce stigma while promoting the importance of well-being and stress reduction for individuals and organizations.

25 HEALTHY WAYS TO DEAL WITH STRESS

1. Start waking up earlier.
2. Prepare for the morning the night before.
3. Wear more comfortable clothes.
4. Avoid relying on substance aids.
5. Keep an agenda/planner.
6. Check your agenda often.
7. Say "no" more often.
8. Evaluate your priorities.
9. Fix or abandon toxic relationships.
10. Manage your time well.
11. Focus on what you can control.
12. Find opportunities in life's challenges.
13. Read a book.
14. Watch a funny movie or TV show.
15. Talk to someone you trust.
16. Write in a journal.
17. Have a bubble bath.
18. Cook yourself a healthy meal.
19. Make time to exercise.
20. Pursue a passion project.
21. Spend time with your friends and family.
22. Be extra kind to the people around you.
23. Take a break from social media.
24. Let go of the past.
25. Smile!