

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

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

SEPTEMBER 2020

## CAPstone Welcomes New Board Members

### **PAM BARKER**

Growing up in the Gering-Scottsbluff area and a daughter of parents who were both educators, I have always had a love of education and working with students, families and teachers. Graduating from Nebraska Wesleyan University with a Special Education and Elementary Education degree; I started my teaching career in Madrid-Elsie, NE. Continuing to further my education, I returned to graduate school during the summers and evenings receiving a Specialist Degree in Administration with K-12 Superintendency, Principal and Special Education endorsements from UNL and Chadron Universities. I have worked with students in grades k-9 over the past forty-six years as a special education teacher, elementary teacher, Title I teacher, and principal.

My husband Jim and I have two daughters, who are educators, and four grandchildren. I feel blessed to be in a profession I love. I get up every morning looking forward to working with the best staff, students and families in the Gering School District. My years in education have taught me the importance of building relationships and collaborating, being flexible, instilling hope, accepting challenges, striving for high expectations, taking pride in one's work, being genuine and serving others.



### **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

### **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

Pamela & James Barker -\$200.00

### RECENT TANGIBLE DONATIONS

Julie Maaske and Chris Dooley -  
20 journals

Peggy Manley- Stuffed Animals

Megan Moreno-Stuffed Animals

## MELISSA VAN GALDER New CAPstone Board member

I was born in West Virginia, but I have lived all over the United States, traveling as part of my father's job. I moved to Nebraska in 1992 and eventually to Alliance in 2009 due to my husband's employment with BNSF. I attended college at both Western Nebraska Community College and Chadron State College, working toward a degree in Psychology, with a minor in Family and Consumer Science. Family life interrupted my education as I raised my children, including a child with special needs, that demanded more of my time than going to college would allow.

I have been married to my husband, Dale, for almost 15 years and we have 6 children between us with only 1 child remaining at home. We also have 3 grandbabies! I enjoy community work and riding my Spyder (3 wheeled motorcycle). My love of community and riding led me to becoming a member of the Guardian Belles Law Enforcement Riding Club. I have been involved with the club for almost 5 years and have been chapter President for the last 3 years. Our club supports the Punishers Law Enforcement Motorcycle Club which is made up of current or previous law enforcement, military, EMT or likeminded individuals. We live by the motto "in service to others" which is exhibited through our volunteer work within the communities in which we live, as well as fundraising for charity organizations. CAPstone is one of the many organizations we have raised funds for as well as donating items to.

I have worked in many positions that would be considered community service-based work, including as a Family Navigator for the National Alliance for Mental Health (NAMI), a Victims Advocate for DOVES, as an Early Head Start teacher for Northwest Community Action Partnership and as a Family Support worker for families who were at risk or already had lost their children to DHHS. Helping others is what I enjoy doing most. Serving on the Board of CAPstone fits right into what I enjoy, and I look forward to being part of an organization that provides such valuable services to our community.



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

# OMS Youth Feedback Survey & Pilot Program

## 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

This year the CAPstone Child Advocacy Center had the opportunity to be one of the child advocacy centers in a pilot program collecting surveys from youth that come to our center. The idea was to create a survey in which youth (ages 10-17) could express how their experience at the child advocacy centers was and give them a chance to provide feedback. Although we collect surveys from caregivers, we did not previously have a tool that allowed the same chance for youth to provide feedback from their experience.

## Process:

This process had phases prior to the collection of surveys in which the staff at CAPstone participated in a telephone interview and provided feedback on the draft of the survey. The research team that designed the survey took numerous items into account, such as wording that could be understood at lower reading levels and the best font for dyslexia. The actual collection process required our staff to provide the survey to youth ages 10-17 and record details in a workbook such as: if a caregiver gave permission, if the child participated, the survey collection method, time to complete, if the child asked for assistance and how difficult it was for the child to understand. The staff at CAPstone also participated in check-in calls throughout the pilot process. The pilot collection process began in February of this year and concluded September 18<sup>th</sup>. The pilot was lengthened due to COVID-19 and centers being closed due to directed health measures. The national release date is January 2021; however due to our participation in the pilot program we can continue utilizing the surveys after September 18<sup>th</sup> without collecting that additional information for a workbook.

## Results:

The results we have received from youth who came to CAPstone Child Advocacy Center from February 2020 to September 2020 include 77 responses including just a few; "What were the people at the center like?" 100% chose very nice or nice. When asked "Did they help you understand what to expect at the center?" 94.9% chose very helpful and helpful. When asked "Were they good at listening to you?" 98.7% chose very good and good. When asked "How good were they at answering your questions?" 83.1% answered very good or good. When asked "Did they help you feel safe" 96.1% chose very helpful and helpful. When asked "Did they care about you?" 86.8% chose a lot. For the written responses the first question that was asked stated "What did you like about the center?" some of the answers were: **"It's cool"**, **"I like how they asked questions and helped me understand"**, **"It's quiet"**, **"How understanding they are, and made me feel comfortable and safe"**, **"How nice and kind the lady was"**. The second question asked, "What did you not like about the center?" resulted in a similar response multiple times and that response **"nothing"**. Feedback received assists our staff in knowing what changes may need to be made and what is working. We at CAPstone always strive to make our center a safe space that is child/youth friendly.



Date Completed \_\_\_\_\_

### Youth Feedback Survey

**We want to hear from you!** Your answers will help us improve our services. There are no right or wrong answers. You can skip any question you do not want to answer. You can stop any time you want. This is completely private.

Please circle the answer that best describes how you feel.

1. What were the people at the center like?

-   
Very nice
-   
Nice
-   
Not so nice
-   
Not nice at all
-   
Not sure

2. Did they help you understand what to expect at the center?

-   
Very helpful
-   
Helpful
-   
Not so helpful
-   
Not helpful at all
-   
Not sure

3. Were they good at listening to you?

-   
Very good
-   
Good
-   
Not so good
-   
Not good at all
-   
Not sure

4. How good were they at answering your questions?

-   
Very good
-   
Good
-   
Not so good
-   
Not good at all
-   
Not sure
-   
Didn't have questions

5. Did they help you feel safe?

-   
Very helpful
-   
Helpful
-   
Not so helpful
-   
Not helpful at all
-   
Not sure

6. Did they care about you?

-   
A lot
-   
A little
-   
Not so much
-   
Not at all
-   
Not sure

7. What did you like about the center?

8. What did you not like about the center?

9. One last question... How old are you? \_\_\_\_\_ Years

Thanks for your help!



Register online @

[www.uwnn.org/5kforUnitedWay](http://www.uwnn.org/5kforUnitedWay)

Run/walk a 5k for United Way & be entered to win 1 of 3 prize baskets

September 21-October 31



# SPOTLIGHT ON KAROL GARDUNO FAMILY ADVOCATE

I am a Wyoming girl, born and raised, and graduated from the University of Wyoming in 1990, with a BA in Elementary Education. My career path never actually included teaching school, but many other opportunities in educating others, from working as a correctional officer, to working for a mortgage loan management company, to finally landing in the field of child welfare. The field of child welfare has been my passion for many years and I would not want to be anywhere else. I worked for NDHHS as a Child and Family Services Specialist, then I went to the training side with the University of Nebraska, Center on Children, Families, and the Law. I also took a turn working in the Employment First Program as a Project Supervisor and as a Community Coordination Specialist for the Developmental Disabilities department within DHHS. CAPstone is everything I had been searching and waiting for and I have been the Family Advocate since April 2018.

Away from work, I enjoy spending time with my family. I have been happily married to David Garduno for 18 years!!! David is the rock in my world, as he puts up with all my craziness. We are working on being an empty nesters, but not quite yet, as my son, Ceasar graduated high school in 2020 and is currently attending WNCC where he is studying welding. We have a fur baby, Mocha, who loves attention, and is very spoiled! I am always busy with other interests, whether it be cooking and baking, school activities (school board secretary/member, Booster Club Secretary/Treasurer, and activities fan), or community organizations (Minatare Action Committee), so it seems like I am constantly on the go. The most relaxing that I do is spending time with family, or enjoying the fire pit on the weekend; nothing is better!



## Instagram Monitoring: What Parents Need to Know

Instagram is a popular social media platform for teens to share photos and videos. People can post things like selfies, memes, and anything else they enjoy, all while allowing others to leave comments. Instagram is a great way to keep in touch, but it also presents plenty of opportunities for cyberbullying and inappropriate behavior. So, is Instagram safe for kids?

### Who are your kids following?

First, find out who your kids are following. Today, there's no shortage of viral YouTubers, Instagrammers, and Snapchatters. Unfortunately, some of these internet celebrities create content that is inappropriate. And despite Instagram's safety features and community guidelines, many people get away with posting explicit photos by simply putting a "sticker" on the photo. Check your kid's list of people they are following and go over with them who is an appropriate person to keep following and who they should unfollow.

Is Instagram safe?



Instagram does have some in-app controls, like putting together a list of banned words. The list of banned words will prevent posts with those words in the comments from appearing in your kid's feed and also prevent them from using the banned words. Consider creating a list of words together that your child will ban on Instagram. The banned words can also become part of your technology contract with your child. Creating a list with your child helps maintain open and honest communication about technology. It can also lead to some enlightening discussions about how to be a responsible digital citizen.

Online safety challenges arise as teens learn how to use Instagram and other apps responsibly. It's essential to keep in mind that the frontal lobe – the impulse control and decision-making part of teens' brains – are not fully developed until their early 20's. Kids do not always understand the permanent and future consequences of today's actions. This means that kids today often deal with online issues like cyberbullying and viewing inappropriate content. It's important we have multiple conversations with our kids about online safety and go over the safety features of each app they use. Sometimes, it's not our kid's actions that we have to worry about, but those of others. Online predators are rampant on social media.

As of December 4, 2019, Instagram has launched two new safety measures meant to better protect its younger users. Unfortunately, they're easy for kids to work around. The first change requires users to confirm they're at least 13 by entering in their birth date — but it's not hard for underage kids to enter an age that's older than they really are. The second change enables users to turn off direct messages from people they don't know, which is meant to prevent strangers from contacting kids. However, there's nothing to prevent kids from turning it back on once their parents leave the room.

## What is a Finsta?

Finsta is slang term for a fake Instagram account. Teens and tweens started making these accounts after older generations (and parents) joined their favorite social media platform. Finstas have become a perfect venue for cyberbullying. They allow a person to hide their identity, as tracing an account back to its creator is very difficult without some serious sleuthing. Using Finstas therefore give the perception of no accountability for one's actions.

## What you can do right now to keep your child safer

### How to set your child's account to private

A private account enables users to select who can access and follow what they post. Public accounts can be seen and followed by anyone, approved or not.

Open up Instagram.

Tap your child's profile picture in the bottom right corner.

At the top right of the screen, tap "...".

A screen will slide open to the left. At the bottom, click Settings.

Scroll down and tap Account Privacy.

Tap to toggle and enable Private Account.



### How to block accounts

Tap the offending user's username or profile photo. This will take you to their profile.

Tap the "... " in the top right corner.

Tap Block.

### How to report content that is abusive or inappropriate

Tap "... " in the top right corner of the offending user profile or specific post. Or, if it's a comment, swipe left on the comment itself and tap the exclamation mark.

If it's a message, tap and hold on the message and then tap Report.

### How to turn commenting off or on for a post

Tap "... " above your post.

Select Turn Off Commenting or Turn On Commenting. You can also turn off commenting for a post before you share it. On the screen where you add a caption or location to your post, tap Advanced Settings, then tap Turn Off Commenting.

by The Bark Team | Apr 15, 2019 | Social Media Monitoring



# Brain Foods

+ Best Foods For Brain Power!

1. walnuts
2. avocados
3. green tea
4. wild salmon
5. blueberries
6. eggs
7. pumpkin seeds
8. dark chocolate
9. turmeric
10. greek yogurt
11. oats
12. broccoli
13. oranges
14. coffee
15. kale

