

CAPstone CATCH UP



CAPstone CHILD
ADVOCACY CENTER

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

September 2021



13th Annual Light of Hope Fundraiser benefitting CAPstone and CASA

Our Light of Hope event will be on Thursday September 2nd at the Gering Civic Center from 5:00 PM to 7:00 PM. The speaker will start at 5:30, so if you don't get off work until 5:00 you will still have time to join us! Our speaker this year will be Nicole Abbott- learn more about her and her experience in the foster care system and her work in our spotlight page. While we at CAPstone and CASA are not requiring attendees to wear masks, we will have some masks available (should you not have one or forget to bring yours) and choose to do so. Hand sanitizer will also be available. We do request that if you are not feeling well that you, please stay home and participate virtually instead. Please contact Monica at CAPstone (308) 632-7274 to reserve a seat. Even if you are unable to attend in person, we have decided to offer it as a live event as well. You can obtain that at <https://casaofscbcounty.com/loh-videos/>. This will be available after the event if you miss the live. We would greatly appreciate your consideration in donating. Donations can be made by check, cash, or at the “donate” links online. All proceeds are split evenly between the two organizations.



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

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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



DONATIONS

Intralinks

Technical services for Chadron & Gering office

Karol Garduno

National Night Out School Supplies

Teresa Sherfey

Notebooks, Pens, & \$25.00

Kathy Stokey

Journals & Pens

SHS Girls Soccer Team

\$4,753.60

Kathy Shambaugh

Volunteer work in Chadron office



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

NATIONAL NIGHT OUT-FUN WAS HAD BY ALL



CAPstone BOARD OF DIRECTORS 2021

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Chadron State College

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Retired Social Worker

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SBCO Attorney's office

BETH RUZICKA
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AMANDA BOSSE
RWMC

JEFF PECK
Intralinks

KATHY STOKEY
Retired

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.

What are you doing to prevent VICARIOUS TRAUMA?

In July 2019, Capstone began using vidanyx software for our forensic interview storage needs. Tabitha Mpamira delivered an inspiring message during the VidaNyx Survivor Support Day event. Now she's facilitating a 5-session workshop to help us tend to the emotional needs of ourselves and our team. Below is a Series of 5 complimentary/free Healing Us workshops with Tabitha on VICARIOUS TRAUMA which will be presented every Wednesday for five weeks after Labor Day. Email info@vidanyx.com to register today.

o September 8th, 10:00-11:30 am CT

Safety, Identity, & Intention

Setting foundations for group safety

o September 15th, 10:00-11:30 am CT

Knowledge is Power

Neuroscience of vicarious trauma & coping strategies

o September 22nd, 10:00-11:30 am CT

Bearing Witness

Sharing stories that validate and reframe lived experiences

o September 29th, 10:00-11:30 am CT

Harm, Healing, & Resilience

Understanding vicarious trauma & resilience

o October 6th, 10:00-11:30 am CT

Boundaries, Agency, Self Love, & Community

Cultivating a sense of personal agency & community care



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

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

SEPTEMBER

September 13-16 – NCJTC: Current Drug Trends

September 13-17, 2021 – NCJTC: Conducting Child Abuse Investigations (Location: San Diego, CA)

September 23, 2021 @ 10:00 am - 4:30 pm CST, September 24, 2021 @ 10:00 am - 12:30 pm CST – Advanced TF-CBT for PSB: Register Online: <https://psbcbt.ouhsc.edu/PSB-CBT-Training/Advanced-TF-CBT-for-PSB>

September 28-29 – NCJTC: What Are They Running From? Youth Trauma and Addressing Adverse Childhood Experiences

September 28 - Nebraska Court Improvement Project Conference in Ogallala

September 30 - Nebraska Court Improvement Project Conference in Omaha and Virtual

OCTOBER

October 14-15 – NCJTC: Enhancing Investigations through Genetic Genealogy:

October 18-19 – NCJTC: Criminal Connections: Child Pornography and Child Sexual Abuse:

October 18-22- NCAC Training Center- Forensic Interviewing (Huntsville or Virtual):

October 26-27 – NCJTC: Child Homicide Investigations:

October 27-29- NCAC Training Center- Extended Forensic Interviewing Training (Colorado or Virtual):

Child Abuse/Neglect training (CAN 101)

This 2 hour training is available free of charge to any group or organization that works with children. Goes over mandatory reporting, what happens when you report, where to report, and also scenarios to review. If you are interested please contact CAPstone at 308-632-7274 or 308-432-8145

**[Be sure to check out our updated website at
www.capstonenebraska.com](http://www.capstonenebraska.com)**



WINNIE'S WELLNESS

September

Journal Prompts

1. How have you improved someone else's life? What did you do? How did you help them? How did this help you?
2. Write one of your individual gifts or skills. How do you use this to improve the world around you?
3. What was the worst thing that happened to you today? How did it affect the rest of your day?
4. Write one specific goal to accomplish in the next week. It doesn't have to be huge! Just one goal.
5. What is one way you can improve in the next week?
6. When do you feel at peace?
7. Look at your day from your 6 year old self. What would they wish you'd done differently? What would they be proud of?
8. Make a list of everything that is adding stress to your life. What is one thing you have control over on that list?
9. What is a habit or vice you'd like to change? Why? List 10 things you can do instead of that thing.
10. When do you feel joy?
11. Write in a stream of consciousness. Write for 10 minutes straight. If that's too much to handle, write for 3-5 minutes straight. No filter. No censor. Just write.
12. What is one way you can improve in the next 24 hours?
13. List every tiny victory you had today.
14. Who have you helped today? Be specific - how did you help?
15. Make a list of 5 things that lift your mood. Put it somewhere you can reference often.
16. What is one habit you're grateful for? How does that habit improve the quality of your life?
17. In what ways are you better today than you were a year ago?
18. Take a moment to sit in silence. Where is your attention drawn?
19. When do you feel helpful?
20. What is one thing you can do for yourself today?
21. Where can you go to lift your mood?
22. What person has made your life better? What specific actions did they take to help you?
23. Who is in your life that you are grateful for? What can you do for that person today?
24. Complete this sentence: Today I feel _____.
Because I feel that way, I will _____.
25. When do you feel content?
26. When you're in a good headspace, write yourself a pep talk. Be sure to use specific things about you - don't just generalize.
27. Pick a word to focus on for the next 7 days. Write it somewhere you'll see it. Make a list of ways you can add the essence of this word into your daily routine.
28. Make a list of five things you're grateful for - one for each sense: sight, sound, smell, taste, and touch.
29. How do you deal with anger or frustration? How could you improve your reactions?
30. Write about a current challenge from the perspective of your favorite book character.

NICOLE ABBOTT

Superhero for Children

Our speaker this year for our annual Light of Hope event is Nicole Abbott, Nebraska CASA Champion and former foster youth. Her experience being removed from her childhood home and having multiple placements was very traumatizing and she faced enormous challenges during this time. With the support of her CASA and other advocates, Nicole rose above challenges and today is thriving at Bellevue University. She recently won the title of Miss Nebraska U.S. International and competed at Miss U.S. International.

Nicole wants to convey the message to Nebraskans that CASA Volunteers are more than an advocate for abused and neglected children. A CASA volunteer can serve as a mentor to children who are getting older and who age out of the foster care system. She hopes to increase the number of CASA volunteers by sharing her experience and hope for others.

We look forward to welcoming Nicole to our event and hearing her story! Nicole will be presenting virtually. We are so thankful that even though circumstances have changed and she can't be there in person with us, she is still willing to share her inspiring journey with us!



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