

*"Children need love, especially when they do not deserve it." Harold Hilbert*

## Family Support NH Weekly Newsletter

April 27, 2010



Today is my last day here at NH Children's Trust Fund. I am sad to go. I have enjoyed being able to help out. I cannot promise to continue the newsletter, but if I have time I may still try to make them. I want to thank everyone that has given me the opportunity to be a part of the effort on advocating for children and families.

One thing that I would like to include in this week's newsletter is a song called "Let Them Be Little", I will warn you it is a country song and I know many people don't like country, but I encourage you to at least watch the video and read the lyrics because I really think that it is a great reminder of how important childhood really is.

[http://www.youtube.com/watch?v=xU9SwD0Z\\_os&feature=related](http://www.youtube.com/watch?v=xU9SwD0Z_os&feature=related)

PSA on Child Abuse Prevention: <http://www.youtube.com/watch?v=zCUQY2v5meg>

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## **Congress Passes CAREGIVERS AND VETERANS OMNIBUS HEALTH SERVICES ACT (S 1963, HR 3155)**

Last week, Congress passed the **CAREGIVERS AND VETERANS OMNIBUS HEALTH SERVICES ACT of 2010**, which contains important health and family caregiver supports for veterans and their families, including respite. The compromise bill creates a separate program of general family caregiver support services for family and non-family caregivers of veterans of any era. Such support services would include training and education, counseling and mental health services, respite care, and information on the support services available to caregivers through other public, private, and nonprofit agencies. Family caregivers of veterans who served in Iraq and Afghanistan after September 11, 2001, would also be eligible for training and certification, a living stipend, and health care, in addition to the other supportive services for which all family caregivers will be eligible, including respite.

The bill now goes to the President for his signature and funds must be appropriated by Congress before the program can be implemented.

*As April ends, we're here to help you make prevention a habit.*

Greetings!

April is almost over and it's been a busy month. But we didn't want it to end without giving you some concrete ways that you can start to make prevention of child sexual abuse a part of your everyday life... something you do without thinking .... *a habit*.

First: [review and download](#) our FREE Tip Sheet "Everyday Actions to Keep Kids Safe"

Second: find out how you can [join with us in April](#) and [get materials](#) to speak up about preventing child sexual abuse.

Then do just one thing to help create safe and nurturing environments for children and families... and keep it up all year long.

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### What's so special about April?

April is [Child Abuse Prevention Month](#) and [Sexual Assault Awareness Month](#).

[Stop It Now!](#) recognizes and supports both of these campaigns because we've been working to empower adults to keep children safe from sexual child abuse - including the sexual assault of children - for nearly 20 years. Adults *can* prevent the sexual abuse of children with balanced information and practical guidance.



### What else is happening in April?

See what's [going on and starting](#) in April - and join:

- [A webinar](#) on Wed., April 28 (last week's was our largest ever!)
- Start It Now! Awareness day (April 30)
- Our [25=50 Challenge for Children campaign](#) to raise \$25,000 for first time donors by June 30th.

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*Show support, start a conversation*

### Identifying warning signs

[Visit us on YouTube](#) to hear Stop It Now! founder, Fran Henry, describe about how the original list of 'warning sign behaviors' was developed.

[Watch the video now](#)



### Now's the time to make a first time gift

*Haven't yet invested in preventing child sexual abuse?* Now is the perfect time to make your first donation to Stop It Now!.

Now through June 30, 2010 every new donor supports *25=50 Challenge for Children* campaign. If we raise \$25,000 from new, first-time donors all gifts will be doubled with a \$25,000 challenge grant from the Ms. Foundation for Women.



[Learn more](#) about the Challenge and what your donation means - then show your support.

[Donate online](#) through Network for Good, or [visit StopItNow.org](#) for more information & giving options.

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**QUICK SUMMARY** Over the next five years, CVS Caremark All Kids Can program is making \$25 million available to make life easier for children with disabilities. Through this program, CVS will support nonprofit organizations that provide innovative programs and services in local communities focused on helping children with disabilities to learn, play and succeed in life. The CVS Caremark Charitable Trust awarded \$6.3 million in grants to nonprofit organizations across the country in 2009.

**DEADLINE:** Oct. 31.

**FUNDING FOCUS:** The CVS Caremark Charitable Trust focuses primarily on supporting charitable organizations that are making a difference in the lives of children with disabilities. Resources are also allocated to help support organizations focused on providing healthcare to the uninsured.

**ELIGIBILITY:**Community-based nonprofits.

#### **FREE ACCESS TO MORE INFORMATION**

For more details on this grant, including contact information and other new federal and private funding opportunities, just click on or cut and paste the following link into your Web browser to get free access to Community Health Funding Report, our online, interactive, continually updated grant news service covering new private and federal funding opportunities for a wide range of community health and disability programs:

<http://www.cdpublications.com/d092>

When you reach our site, just scroll down the page and check off Community Health Funding Report. The date of this story is 4-19-10. However, it is only accessible for a limited time. So, you must sign up for your free access by Friday, April 30.

#### **AFTER APRIL 30**

After that date, you may sign up for free access, but to receive information on this grant opportunity, please click on or cut and paste the following link into your Web browser to receive the grant information.

<http://cdpublications.com/freeresources/freedown.php?ID=163>

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### **Here are the latest from the Child Welfare Gateway**

#### **Destiny or Destructive Environments: How Peer Discourse Sessions Toggle Between Child Mental Health and Illness: A FrameWorks Research Report.**

O'Neil, Moira.

FrameWorks Institute.

2010

[http://www.frameworksinstitute.org/assets/files/PDF\\_childmentalhealth/destiny\\_or\\_destructive\\_environments.pdf](http://www.frameworksinstitute.org/assets/files/PDF_childmentalhealth/destiny_or_destructive_environments.pdf)

#### **Fact Sheet: SB 945: Dual Status Youth Rights to Services.**

Liu, Carol.

2010

[http://www.cachildlaw.org/Misc/SB\\_945\\_FactSheet.pdf](http://www.cachildlaw.org/Misc/SB_945_FactSheet.pdf)

#### **Be a Get-Up-And-Go Dad.**

*NRFC Take Time Tips*

National Responsible Fatherhood Clearinghouse.

2010

Whether you share a home with your children or see them only occasionally, both you and your kids benefit when you are actively involved in their lives. Don't wait for your children to ask you to read them a story, play a game, or go for a hike--take the lead. Being enthusiastic about spending time with your children can energize your relationship with them and put in motion a stronger connection. (Author abstract)

*Ask a Gateway librarian for an electronic copy.*

#### **New Investments to Help Children and Families: The Patient Protection and Affordable Care Act and the Early Childhood Home Visiting Program.**

Children's Defense Fund.

2010

<http://www.childrensdefense.org/child-research-data-publications/new-investments-to-help-children-early-childhood-home-visiting-program.pdf>

#### **Family-Friendly, Eco-Friendly Chores.**

*NRFC Tips for Green Dads*

National Responsible Fatherhood Clearinghouse.

2010

*Ask a Gateway librarian for an electronic copy.*

#### **Supporting Low-Income Parents of Young Children: The Palm Beach County Family Study Fourth Annual Report.**

Spielberger, Julie. Rich, Lauren. Winje, Carolyn. Scannell, Molly.

Chapin Hall at the University of Chicago.

2010

For more than a decade, Florida's Palm Beach County has been building a system of prevention and early intervention services to promote and support the healthy development and school readiness of children from birth to age 8. The 2010 report presents findings from the fourth year of the study, carried out when the focal child was between 3 and 3½ years of age, and looks at change in family

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characteristics, service use, and selected maternal and child outcomes over time. (Author abstract)  
[http://www.chapinhall.org/sites/default/files/PBS\\_Longitudinal\\_Family\\_Study\\_04\\_20\\_10.pdf](http://www.chapinhall.org/sites/default/files/PBS_Longitudinal_Family_Study_04_20_10.pdf)

**Regional Partnerships: Creating Cross-System Strategies and Outcomes [Presentation Slides].**

Young, Nancy K. Crouch, Cheron.

National Center on Substance Abuse and Child Welfare.

2010

[http://www.cffutures.org/files/presentation-pdfs/CWLA2010\\_01272010\\_0.pdf](http://www.cffutures.org/files/presentation-pdfs/CWLA2010_01272010_0.pdf)

**Finding Fathers in Social Work Research and Practice.**

Shapiro, Alyson F. Krysik, Judy.

Arizona State University.

2010

*Journal of Social Work Values and Ethics*

7 (1) A comprehensive five-year review of five social work journals and one family-focused interdisciplinary journal was conducted to examine the prevalence of recent research on fathers. Despite an increase in father-focused research over the past two decades, there continues to be a significant lack of research examining fathers relative to mothers, as well as research that includes fathers as participants. Ethical issues regarding the inclusion of fathers in social work research and practice are discussed. (Author abstract)

<http://www.socialworker.com/jswve/spring2010/4findingfathers.pdf>

**Juntos de Nuevo: Reencontrándose con Tus Hijos. (Spanish version of Back in Touch: Reconnecting with Your Children.)**

*NRFC Spotlight on Dads*

National Responsible Fatherhood Clearinghouse.

2009

This information sheet discusses how biological fathers can rebuild their relationship with their children. Fathers are urged to reach out to a mentor to help them become a loving father and engage in the following strategies: be involved with children as much as possible, show acceptance of children for who they are rather than only for what they do, demonstrate affection through loving words or appropriate touch, and be consistent in personal characteristics and fathering habits. Discussion questions are listed, as well as suggested actions, movies, and books.

*Ask a Gateway librarian for an electronic copy.*

**Conflicting Models of Mind in Mind: Mapping the Gaps Between the Expert and the Public Understandings of Child Mental Health as Part of Strategic Frame Analysis: A FrameWorks Research Report.**

Kendall-Taylor, Nat.

FrameWorks Institute.

2009

[http://www.frameworksinstitute.org/assets/files/PDF\\_childmentalhealth/childmentalhealthculturalmodels.pdf](http://www.frameworksinstitute.org/assets/files/PDF_childmentalhealth/childmentalhealthculturalmodels.pdf)

**Competing Frames of Mental Health and Mental Illness: Media Frames and the Public Understandings of Child Mental Health as Part of Strategic Frame Analysis: A FrameWorks Research Report.**

O'Neil, Moira. Mikulak, Anna. Morgan, Pamela. Kendall-Taylor, Nathaniel.

FrameWorks Institute.

2009

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[http://www.frameworksinstitute.org/assets/files/PDF\\_childmentalhealth/competingframesofmentalhealth.pdf](http://www.frameworksinstitute.org/assets/files/PDF_childmentalhealth/competingframesofmentalhealth.pdf)

**Una familia para siempre: Antepasados que moldean nuestras vidas. (Spanish version of Forever Family: Ancestors Who Shaped Our Lives.)**

*NRFC Spotlight on Dads*

National Responsible Fatherhood Clearinghouse.

2008

This information sheet provides tips on how fathers can share stories about their family history with their children to help them to value both their heritage and who they are as individuals. The sheet also contains a list of topics for further discussion as well as recommendations for books and movies.

*Ask a Gateway librarian for an electronic copy.*

**Child Abuse Prevention, Identification and Reporting.**

*California Training Institute's curriculum for Child Care Health Consultants*

California Childcare Health Program. University of California, San Francisco School of Nursing.

2006

Sponsoring Organization: First 5 California.

The learning objectives for this curriculum are: To describe the unique role early care and education (ECE) providers play in preventing, identifying and responding to child abuse; To describe child abuse reporting requirements; To describe how the reporting process impacts Child Care Health Consultants (CCHCs) and ECE providers; To describe three ways a CCHC can assist ECE programs in meeting their child abuse prevention, identification and reporting needs; and To identify child abuse resources to assist and support ECE providers and families. (Author abstract modified)

[http://www.ucsfchildcarehealth.org/pdfs/Curricula/CCHC/11\\_CCHC\\_Child\\_Abuse\\_0406.pdf](http://www.ucsfchildcarehealth.org/pdfs/Curricula/CCHC/11_CCHC_Child_Abuse_0406.pdf)

**Protecting Your Child from Abuse While in Someone Else's Care.**

*Factsheet 1*

Prevent Child Abuse New York.

2006

There are many things you should consider before choosing a child care provider. The following guidelines can help you determine if a program will provide quality care for your children. (Author abstract)

[http://preventchildabuseny.org/pdf/protecting\\_your\\_child.pdf](http://preventchildabuseny.org/pdf/protecting_your_child.pdf)

**The Importance of Open Communication.**

*Through the Eyes of a Child: Grandparents Raising Grandchildren.*

University of Wisconsin--Extension. Division of Cooperative Extension.

2003

<http://www.uwex.edu/relationships/files/B3786-5.pdf>

**Child Abuse/Neglect: Protecting the Children in Your Care.**

Indiana Family and Social Services Administration.

2002

<http://www.in.gov/fssa/files/ChildAbuseNeglect.pdf>

**Child Abuse and Child Care.**

Oesterreich, Lesia.

Iowa State University. University Extension.

1999

<http://www.extension.iastate.edu/publications/pm1810.pdf>

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**Custodial Fathers: Myths, Realities, and Child Support Policy.**

<http://www.irp.wisc.edu/publications/dps/pdfs/dp98292.pdf>

**Myths About Custodial Fathers.**

Focus p. 12-15

<http://www.irp.wisc.edu/publications/focus/pdfs/foc142c.pdf>



View of beautiful Lake Champlain from the Grand Isle Lake House's porch

## Early Childhood Healthy Sexuality and Abuse Prevention Training of Trainers, June 29-30, 2010

### **Table of contents**

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[About the Trainer](#)

[Early Bird Discount](#)

**Find out about future training opportunities by joining our mailing list!**

Greetings!

I invite you to spend two days on beautiful Lake Champlain with me to learn two health-based programs that help prevent child sexual abuse. Participants will become Certified Trainers in:

- Nurturing Healthy Sexual Development workshop for parents and caregivers of young children, and
- Care for Kids, a curriculum for children ages 3-8 that addresses protective factors such as healthy boundaries, self-esteem, empathy, nurturing skills, and

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more!

Contact us at [pcavt@pcavt.org](mailto:pcavt@pcavt.org)



June is a wonderful time to visit Vermont! Come and see for yourself.

Yours truly,

*Robin Castle*

Child Sexual Abuse Prevention Manager

Prevent Child Abuse Vermont

Join us at the Grand Isle Lake House! Learn more about this gorgeous location at: [www.grandislelakehouse.com](http://www.grandislelakehouse.com)

**June 29-30, 2010**

**9:00 a.m. - 4:00 p.m.**



## Program Description

### Early Childhood Healthy Sexuality and Abuse Prevention

For registration information contact Robin Castle at [RCastle@pcavt.org](mailto:RCastle@pcavt.org) or

**802-229-5724.**

PCAV has been engaged in child sexual abuse prevention for over 20 years. Since 1990, Vermont has experienced a 62% decrease in the number of child sexual abuse cases! The Care for Kids curriculum has spread to other areas such as Iowa, Virginia, Baltimore, New York City, Nebraska, and Missouri. We invite you to join in our progressive movement to implement health-based programs that address both victim and victimizer prevention.

### Prevent Child Abuse Vermont

P.O. Box 829

Full descriptions of the two programs in which participants will become Certified Trainers:

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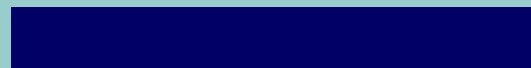
Montpelier, Vermont 05601

802-229-5724

**Nurturing Healthy Sexual Development™**, created by Prevent Child Abuse Vermont, helps adults better understand the sexual development of children, and how to respond to children's sexual behaviors and questions in ways that promote healthy development. This training also recognizes that a crucial component of nurturing healthy sexual development is protecting children from sexual abuse. Participants will gain an understanding of the scope of child sexual abuse and the relationship between healthy sexuality and child sexual abuse prevention. This workshop is a pre-requisite to the Care for Kids training.

**Care For Kids: A Healthy Sexuality and Abuse Prevention Program**, was developed in Ontario, Canada by the Leeds, Grenville and Lanark District Health Unit and was adopted by Prevent Child Abuse Vermont in the 1990s. The Care for Kids workshop introduces an innovative child sexual abuse prevention curriculum written especially for ages 3-8. Recognizing that adults need to take responsibility for protecting young children, the program provides specific ways to foster the open, non-threatening, developmentally appropriate communication about the broad range of issues connected to healthy sexuality. In addition, it emphasizes the importance of raising nurturing and empathetic boys and girls, and demonstrates activities that lead to these outcomes. Care For Kids is a theme-based curriculum for children that involves parents and caregivers.

**Who  
Should  
Attend?**



**Professionals working with children and families in any setting, for example:**

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- **child advocates**
- **parent educators**
- **home visitors**
- **social workers**
- **early childhood educators**
- **sexual assault response/prevention staff**
- **domestic violence workers**
- **health education teachers**
- **home/school coordinators**

## About the Trainer

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Robin Castle studied Psychology as an undergraduate and received a Human Services Certification. She has worked with adolescents, domestic violence survivors, and as an advocate for Senior Citizens. She has more recently worked in HIV prevention education, traumatic brain injury prevention and awareness, grants management, and community education. She completed her Master's Degree in Religious Studies in 2004. Since August of 2007 she has been the Child Sexual Abuse Prevention Manager at Prevent Child Abuse Vermont. She brings a passion for prevention and a love for training to her role.

## Early Bird Registration Discount off the Regular Price

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**Sign up before May 29 and receive a 10% discount! Cost includes taxes and meal gratuities:**

- Training fee and materials for the two days (\$277)
- Care for Kids kit (\$198)
- Overnight accommodations for June 28 and June 29 at

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- the Grand Isle Lake House (\$54.50 per night)
- Breakfast (\$12.70 each) and lunch (\$25.40 each) on both June 29 and June 30
- Transportation for an outing on the evening of June 29 at the Church Street Marketplace in Burlington (dinner on your own)

**Partial scholarships may be available. Apply ASAP.**

**Early Bird Price: \$594**

**Regular Price: \$660**

Registration and scholarship information available at [RCastle@pcavt.org](mailto:RCastle@pcavt.org) or call Robin at 802-229-5724.

*For over 34 years, Prevent Child Abuse Vermont has been working effectively to prevent child abuse and neglect through parent education, support and public awareness. Our mission: to promote and support healthy relationships between children and the people who care for them in order to eliminate child abuse.*

**Save  
\$20**

All participants will be eligible for a \$20 discount on each additional Care for Kids kit ordered before **July 15, 2010**. Discount off the \$198 regular price. Non-transferable -- coupon valid for participants/participants' organizational affiliation only. For an order form, contact [RCastle@pcavt.org](mailto:RCastle@pcavt.org).

Offer Expires: July 15, 2010

**The Links Between Sexual Abuse and  
Online Sexual Behaviors of Adolescents**

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Presented by:

Jennifer Lee, National Center for Missing & Exploited Children

This webinar will cover the links between childhood sexual abuse and the adoption by adolescents of sexual behaviors online. Tips on how advocates, educators, and law enforcement can recognize signs of prior sexual abuse in cases of online underage sexual activity to better support victims and hold offenders accountable.

<http://guest.event.com/EVENTS/Info/Summary.aspx?i=ff237e1e-7174-420b-96cd-b111c6cae5f9>

### **In This Issue of *Tips*:**

- [It's Not All about You: 2 Quick Fixes for Fundraising Appeals](#)
- **Free Training:** [8 Online Fundraising Changes You Must Make in 2010](#)
- **Free Training:** [Brandraising: How to Ensure Your Organization is Consistent across All Outreach](#)

### **It's Not All about You: 2 Quick Fixes for Fundraising Appeals**

The biggest thing that needs to change for nonprofit organizations this year is how we think about our donors. We are in the midst of an enormous generational shift that has major implications for our work.

### **So how do you reach these supporters and potential donors in a meaningful way?**

1. Rethink and restructure your donor relationships and experience
2. Get more tangible and impact-focused

### **[Read the details of the next two online fundraising changes to make this year >>](#)**

*(If you missed last week's *Tips*, you can catch up and [read the first two changes to make to your online fundraising program!](#))*

### **Free Nonprofit 911 Teleconference:**

### **8 Online Fundraising Changes You Must Make in 2010**

*Tuesday, May 4 at 1 p.m. Eastern*

What resources do you need to have in place to get your program going or boost an existing online presence to the next level?

Join Katya Andresen and Alia McKee Scott for a lively discussion that will delve into Network for Good's latest eBook with practical advice including:

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- How to **make your fundraising appeals stand out** from all the others your supporters are receiving from other organizations
- How to **empower your donors** to become fundraisers
- Tips for **convincing nonbelievers that social networking efforts are worth a try**
- Q&A ([Send in inquiries](#) ahead of time or during the live training!)
- **Free Nonprofit 911 Teleconference:**  
**Brandraising: One Organization, Many Channels**
- *Tuesday, May 18 at 1 p.m. Eastern*
- As you expand the tools you use to communicate online and off, and staff's roles change, **how do you ensure you're all speaking with one voice?**
- 
- Based on Sarah Durham's book "Brandraising: How to Raise Money and Increase Visibility through Smart Communications," (Jossey-Bass, 2010) this session will introduce nonprofits to the concepts of Brandraising that can help you **improve your fundraising, outreach and relationship-building communications.**
- 
- New study in Child Development, Vol. 80, Issue 5, by researchers at Duke, University of Missouri-Columbia, University of South Carolina, Columbia University, Harvard University, and University of North Carolina at Chapel Hill. The study was funded by the National Institute of Mental Health.
- Here is a news report on the study which was funded by the National Institute of Mental Health:
- In study of low-income toddlers, spanking found to have negative effects
- A new longitudinal study that looks at how low-income parents discipline their young children has found that spanking 1-year-olds leads to more aggressive behaviors and less sophisticated cognitive development in the next two years. Verbal punishment is not associated with such effects, especially when it is accompanied by emotional support from moms. In addition, 1-year-olds' fussiness predicted spanking and verbal punishment at ages 1, 2, and 3.
- The study, which explored whether mothers' behaviors lead to problematic behavior in children, whether children's challenging behaviors elicit harsher discipline, or both, appears in the September/October 2009 issue of the journal Child Development. It was conducted by researchers at Duke University, the University of Missouri-Columbia, the University of South Carolina, Columbia University, Harvard University, and the University of North Carolina at Chapel Hill.
- Beliefs on spanking vary across cultures. In this study, the researchers looked at more than 2,500 exclusively low-income White, African American, and Mexican-American mothers and their young children, interviewing and observing them at home when the children were 1, 2, and 3 years old. All participants' family incomes were at or below the federal poverty level.

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- Using their own interpretations of spanking, mothers reported how often anyone in the home had spanked their children in the past week. Researchers also made in-home observations of how often mothers verbally punished (scolded, yelled, or made negative comments) their children during the visits.
- The study found that African American children were spanked and verbally punished significantly more than the other children in the study. The authors speculated that this may be due to cultural factors, such as belief in the importance of children's respect for elders and in the value of physical discipline to instill that respect. Moreover, some African American mothers say that in preparing their children for a harsh, physically dangerous, and racially discriminating world, there is little room for error in their childrearing.
- The authors also uncovered information about the effects of those types of discipline.
- "Our findings clearly indicate that spanking affects children's development," according to Lisa J. Berlin, research scientist at the Center for Child and Family Policy at Duke University and the study's lead author. Specifically, children who were spanked more often at 1 behaved more aggressively when they were 2 and had lower scores on tests measuring thinking skills when they were 3. These findings held up even after taking into consideration such family characteristics as mothers' race and ethnicity, age, and education; family income and structure; and the children's gender. The study also found that children who were more aggressive at age 2 and had lower cognitive development scores at ages 1 and 2 were not spanked more at ages 2 and 3. "So the mothers' behaviors look more influential than the children's," said Berlin.
- Unlike spanking, however, verbal punishment alone didn't affect either children's aggression or their cognitive development. But interestingly, when verbal punishment was accompanied by emotional support from moms, the children did better on the tests of cognitive ability.
- The study was funded by the National Institute of Mental Health.
- Summarized from *Child Development*, Vol. 80, Issue 5, *Correlates and Consequences of Spanking and Verbal Punishment for Low-Income White, African American, and Mexican American Toddlers* by Berlin, LI (Duke University), Ispa, Jivi, and Fine, MA (University of Missouri-Columbia), Malone, PS (University of South Carolina), Brooks-Gunn, J, and Bracy-Smith, C (Columbia University), Ayoub, C (harvard University), and Bai, Y (University of North Carolina at Chapel Hill). Copyright 2009 The Society for Research in Child Development, Inc. All rights reserved.
- <http://www.scienceblog.com/cms/study-low-income-toddlers-spanking-found-have-negative-effects-25157.html>