



THE POWER OF PREVENTION

2019 Blue Ribbon Campaign to Prevent Child Abuse in Jefferson County

Curiosity: A Stepping Stone to Prevention

For parents, caregivers, and adults in a community, curiosity can be a powerful prevention tool used to protect and support children when it comes to child abuse. As Central Oregon's child abuse intervention center and family relief nursery respectively, KIDS Center and MountainStar sees how knowledge and education can decrease anxiety surrounding a sensitive and, at first, scary topic. These moments of curiosity are opportunities to invite healing.

"Jody*" and her children, "Leah" and "Micah", visited KIDS Center early last year when Leah was brought in for a child abuse evaluation. Leah stated her older brother, Micah, acted out sexually towards her. Soon after Leah's evaluation, Micah disclosed his own sexual abuse by an older male family member to his school counselor.

The counselor referred him to KIDS Center to participate in his own evaluation but because Micah's abuse occurred so long ago, Jody decided to decline the visit. The family's DHS caseworker recommended Jody attend Darkness to Light's® Stewards of Children sexual abuse prevention training; curious about what the training could offer, she agreed.

Jody's experience at the training was profound. She immediately spoke with the facilitator and asked how she and her children could engage in therapy. Jody realized the benefit of having Micah participate in his own child abuse evaluation at KIDS Center. During Micah's appointment, Jody met with the same facilitator and shared that because of the training, she gained a better understanding of child sexual abuse and the impact it was having on her family. Jody began making more protective decisions for both Leah and Micah though she knew that the healing was far from done. Micah received on-going therapy through KIDS Center, and since Leah was only three-years old, she was enrolled into MountainStar's Therapeutic Early Childhood Program to help begin healing the effects of her abuse through rebuilding trusting relationships and strengthening her family.

While Leah and Micah's story ended with positive support, this is not the outcome for all families who experience child abuse. In Oregon, 45% of confirmed cases of child abuse occur to children ages 5 and younger¹. **The good news: research shows child abuse prevention trainings increase awareness and understanding. The even better news: 95% of child abuse instances are preventable²!** Read on to learn how prevention can lessen the risk of a child experiencing abuse and pique your own curiosity.

*Names have been altered to protect all individuals and elements of the story represent multiple situations seen at KIDS Center and MountainStar, not a specific instance.

¹2017 DHS Child Welfare Data Book

²Child Molestation Research and Prevention Institute



SPEAK UP, SAVE A CHILD! *About the Blue Ribbon Campaign*

The Blue Ribbon Campaign began in 1989 by Bonnie Finney who lost her three-year-old grandson at the hands of her daughter's abusive boyfriend. Tying a blue ribbon to her car to represent her grandson's bruises, Bonnie encouraged her community to do the same. The Blue Ribbon Campaign is now used throughout the country as a way to bring communities together to protect children.

In Partnership:



PREVENTION PARTNER

KIDS Center and MountainStar have partnered up and are excited to honor a community partner for their outstanding commitment to helping prevent child abuse in Central Oregon. This organization has dedicated valuable resources and time to learn how to better protect children, as well as provide concrete support for families in crisis.

Thank you for giving back to our community! *Congratulations to the following organization for your outstanding collaboration in preventing child abuse:*



POSITIVE PARENTING SKILLS

Prevention Opportunity: “Susie” is 18 months old and has not developed the strength to sit up on her own. She spends her day in a rocker unless she is feeding or getting her diaper changed. Susie’s parents are young, and her mom suffers from mental health issues. Unsure of how to engage with Susie, she remained strapped in the secure rocker. They didn’t realize how important it was for Susie to move her body and build strength. Unintentionally, through a lack of knowledge and awareness, Susie was being neglected.

Change the Story: As new parents, know the developmental stages and what you should be doing to support your child’s healthy growth. Reach out to MountainStar for information on parent support groups designed to educate and help meet the challenges of parenting.



OPEN COMMUNICATION

Prevention Opportunity: “Angela” has begun to shy away from giving hugs when saying goodbye to family members. Angela’s mom has received some pointed questions from family about why Angela “doesn’t love them anymore?”. To diffuse the situation, Angela’s mom has told Angela that she must give everyone a hug.

Change the Story: Although sometimes uncomfortable, communicating to family your child’s preferred boundaries and that they do not need to hug or kiss “goodbye” is a way to advocate for your child. A child should be taught and supported in having a choice and a voice about their body. Ask your child what would feel most comfortable to them so your child knows that no one can touch their body without their permission. Sign up for a Darkness to Light training at kidscenter.org to learn how.



BODY BOUNDARIES

Prevention Opportunity: “Daniel” came into his parent’s room and reluctantly states that his older cousin “opened his drawers and touched his stuff.” His parents, taking Daniel’s words at face value, told him to try and be nice and share with his cousin. However, what Daniel meant was that his cousin had put his hands down Daniel’s underwear and touched his penis. Daniel told his safe and trusting adults, but they misinterpreted the language he used.

Change the Story: Teach children anatomically correct names for body parts i.e. penis and vagina. Normalizing the use of the correct terms increases the chance of understanding a disclosure of abuse. Sign up for a Let’s Talk About It training at kidscenter.org to learn how.

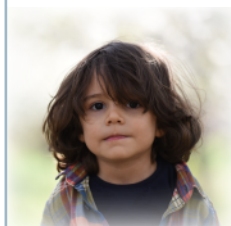


PREVENTION CHANGE THE STORY

WITNESSING VIOLENCE

Prevention Opportunity: “Luke” is either screaming or shuts down completely and hides in the corner. His mom suffers from low self-esteem and his father struggles with substance dependence. Luke has witnessed abuse against his mother and is responding to that trauma by demonstrating new and concerning behaviors.

Change the Story: When you realize you’re living in chaos and dealing with multiple risk factors, such as poverty, substance abuse, and mental illness in your home, look to your community resources to help support your family. Parent mentoring programs, mental health services, and therapeutic classrooms for children are free and available at MountainStar.



If you suspect that a child is being abused, call and talk to a trained professional at 911 or 855-503-SAFE. Anyone who makes a report in good faith, based on reasonable grounds, is protected by the law.

TRACES



Resilience is real!

Watch “Damon’s Story” by visiting youtube.com/kidscenterbendor

KIDS Center and MountainStar are partners in the United Way of Deschutes County’s TRACES Initiative with a shared commitment to make our region a place where every individual has the strength, social connections, and community support they need to be resilient and thrive in the face of adversity.

Resilience is the ability to succeed in the face of stressful events. Research shows that repeated exposure to high stress situations without supportive relationships leads to poor long-term outcomes for children. Understanding how to build resilience informs efforts to help vulnerable children and families be safe and successful.

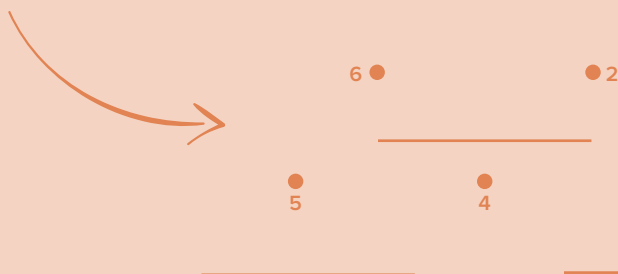
For more information, visit the TRACES website at www.tracesco.org/resources.

TRACES
CENTRAL OREGON
Trauma, RESILIENCE, & Adverse Childhood Experiences

CONNECT THE DOTS

- 1 Connect the dots to make the shape. _____
- 2 What shape is this? _____
- 3 Write the names of 3 adults on the lines on the triangle, with your name on the middle line. _____

- 4 This is a Trust Triangle! It represents 3 adults you can go and talk to if you feel unsafe, uncomfortable, or need to talk.



Kids prevention shapes and concepts borrowed from the Safer, Smarter Kids curriculum.

TRIVIA TIME!

Grab one of your trusted adults to ask you these questions!

- 1 Name two body parts. _____
- 2 How can you tell someone that you don't feel comfortable giving a hug? _____
- 3 What can you say or do if while you are in a locker room, a teacher/coach/peer asks you to undress in front of them? _____
- 4 Your friend has had bruises on his/her arms and back for a while. What can you do? _____

PREVENTION IS CLOSE AT HAND

Find your local prevention organizations throughout the tri-counties. Look for support from your after-school programs, school-based health clinics, health departments, home visiting nurses, mental and behavioral health programs, faith-based programs, and law enforcement agencies.

Below is a list of local organizations in the tri-county area that are Primary, Secondary, and Tertiary prevention resources.

Always remember there is a supportive community around you. Let's strengthen families and keep kids safe together!

PRIMARY

approaches for the community at large; seeking to eliminate the root causes of abuse

SECONDARY

focuses on at-risk groups and families; use of selective interventions for abuse

TERTIARY

aims to reduce further harm to those who have already experienced abuse

KIDS Center: Prevention Education • Oregon Child Development Coalition
• After-School Programs • Bend Parks & Rec • TRACES • Schools K-12 •
Faith-Based Programs • Family Resource Center: Parent Skill Training
• Saving Grace: DV Education • School-Based Health Centers •
Child Care Programs • Deschutes Children's Foundation
• Primary Health Care Providers and Clinics •

MountainStar Family Relief Nursery • Boys & Girls Club
• HeadStart • County Health Programs: Home Visiting Nurses •
Family Resource Center • Early Childhood Special Education
• Family Access Network • Juvenile Community Justice •
Central Oregon Partnerships for Youth • Mary's Place
• Healthy Beginnings • Circle of Friends - Sisters •
Friends of the Children • Every Child Oregon
• Human Dignity Coalition • Saving Grace •
Healthy Families of the High Desert
• Bend-La Pine Teen Parent Program •
Oregon Family Support Network
• JBar J (Multiple Organizations) •
County Behavioral Health

MountainStar • KIDS Center
• County Behavioral Health •
CASA • DHS - Child Welfare
• Victims Assistance •
Foster Care programs •
• Family/Drug Court •

KIDS CENTER

Built by the community and for the community, KIDS Center is dedicated to the prevention, evaluation, and treatment of all forms of child abuse. In a child-friendly environment, KIDS Center provides comprehensive child abuse evaluations to children who may have been abused, seeking to find out what has happened and to provide a path to healing through family support and therapeutic services.



541-383-5958
kidscenter.org
@kidscenterbend



MOUNTAINSTAR

MountainStar Family Relief Nursery is a child abuse and neglect prevention organization working with families in Central Oregon living in crisis. MountainStar offers early childhood therapeutic classes, home visits, parent education, crisis intervention, mental health services, basic needs, and connections to human resources. Strengthening families is what we do, keeping children safe is our highest priority.

541-322-6820
mtstar.org
@mtstar.bend



APRIL 2019 EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1		3 Let's Talk About It 5-7pm at Jefferson Co. Health Dept.	4	5	6 
7	8	9	10 MountainStar Tour 11am-12pm at MountainStar Madras	11 KIDS Center Tour 12-1pm at KIDS Center	12 Coffee Cuppers 8-9am at MtStar Madras	13
14 	15 Darkness to Light en Español 5-8pm at Jefferson Co. Health Dept.	16	17	18 Darkness to Light 5-8pm at Jefferson Co. Health Dept.	19 	20
21	22 SafetyNet: Internet Safety 5:30-7pm at Jefferson Co. Health Dept.	23	24 MountainStar Tour 11am-12pm at MountainStar Madras	25	26	27 
28 	29	30	 Sign up for events or donate at kidscenter.org or mtstar.org			

THANK YOU TO OUR SPONSORS



A HEARTFELT THANK YOU

to our many community partners and volunteers who work to prevent child abuse in Central Oregon!

