

# THE POWER OF PREVENTION



## 2021 BLUE RIBBON CAMPAIGN TO PREVENT CHILD ABUSE



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

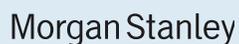
In 1989, Bonnie Finney lost her three-year-old grandson to abuse by her daughter's boyfriend, and began to tie blue ribbons to her car representing her grandson's bruises. Her community joined efforts in support of Bonnie and her family. Over the past 30 years, the Blue Ribbon Campaign has grown into a nation-wide event, bringing communities together to protect children.

### **11<sup>TH</sup> ANNUAL PREVENTION PARTNERS OF THE YEAR**

KIDS Center and MountainStar are excited to honor community partners for their outstanding commitment to helping prevent child abuse in Central Oregon. Each 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!



### SPONSORS



### THANK YOU'S

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



# PREVENTION: HOPE DURING CRISIS

The global pandemic has many Central Oregon families facing overwhelming challenges. In times of crisis, the risk of child abuse increases. The current prevalence of child abuse is likely at an all-time high despite abuse reports being drastically low. However, the steps to recognize and respond to abuse remain the same: learn the signs, learn the facts, and make a report. KIDS Center and MountainStar Family Relief Nursery continue to prioritize critical prevention services and work directly with vulnerable families offering support and resources to keep children safe. MountainStar increased basic need resources, continues to provide therapeutic classes for children, and connects weekly with families through video calls and socially distanced visits. KIDS Center family advocates offer connections to resources and therapists provide mental health services to support healing. KIDS Center also provides virtual trainings, online education resources, and a Child Abuse Prevention Toolkit for families to engage in collaborative education and awareness building.

Please visit MountainStar and KIDS Center websites to access more information – [mtstar.org](http://mtstar.org) and [kidscenter.org](http://kidscenter.org).

## YOUR ROLE IN PREVENTION

### CAREGIVER

**Be informed.** Be educated on signs, risk factors, ways to minimize opportunity, and how to report abuse responsibly. You could be the one to identify instances of abuse in your children or their friends' lives.

**Talk with other adults.** Be courageous and start conversations with other adults about child abuse prevention. Talk about how you can support each other.

**Talk with your child(ren).** Open and honest communication is one of the biggest protective factors we can offer our kids. Hard conversations can be nerve-racking, but they are ALWAYS worth it!

**Check-in with yourself.** When you notice your stress levels rising, pause and prioritize self-care. Meditate, go for a walk, journal, talk with a therapist, or call a friend. Engage in what makes you happy.

**Ask for help.** You don't have to parent alone. Reaching out to a friend, family member, parenting class, or a support group is helpful to many caregivers. Home visiting and therapeutic services are available in your community.

### COMMUNITY MEMBER

**Be a safe and trusting adult.** Know the signs of abuse and how to report responsibly. Call the DHS Hotline at 855-503-7233 or your local law enforcement. Children who have caring adults present in their lives are at a lower risk of experiencing abuse.

**Be an encouragement to caregivers.** Taking care of children is tough and knowing that someone recognizes your efforts can provide encouragement to a challenging day.

**Check-in.** Are you concerned about a family? Make an effort to check in with caregivers and youth. Unfortunately, abuse often occurs in the home. By making yourself available, you may be helping a child get the safety they need.

**Advocate and donate.** Talk about child abuse and how we can prevent it in our community. Raise the visibility of this issue and advocate/donate to organizations that provide education after crisis intervention to vulnerable families in our community.

### YOUTH

**Reach out.** Talk to a trusted adult when something happens or if you are unsure if what you or someone else experienced was abuse. Talking about a situation you experienced is never easy, but it is a step towards healing. You don't have to try and figure out how to handle a situation on your own!

**Be an active bystander.** Speak up when you notice someone being targeted. If you feel unsafe to intervene, connect with a trusted adult who can help.

**Know your rights.** No one, and we mean NO ONE, should make you feel uncomfortable, afraid, or touch you without your permission. If this happens, tell a trusted adult as soon as you can.

# SELF-CARE AS PREVENTION

A feeling by itself is not good or bad, positive or negative - *all feelings are ok* - and everyone can learn to express their feelings in an appropriate way that is not hurtful to themselves or others. It's important to remember that *everyone learns how to express their emotions* - through instruction or by observation of others. *The tools on this page help children and adults find their green zone where they are focused and calm.*

## DESCRIPTION

## ZONES OF REGULATION

## TRANSITION TOOLS

**Blue:** bored, tired, sad, disappointed, sick, depressed, shy



**Blue Zone**  
Low State of Alertness

**Blue:** talk to someone, stretch, take a break, take a walk, close your eyes, ask for a hug, think of something that makes you laugh

**Green:** happy, positive, thankful, proud, calm, focused, content, ready to learn



**Green Zone**  
Ideal State of Alertness

**Green:** you are doing great, you are ready to learn, exercise, enjoy hobbies

**Yellow:** excited, silly, annoyed, worried, embarrassed, confused, nervous, anxious



**Yellow Zone**  
Heightened State of Alertness

**Yellow:** talk to someone, count to 20, take deep breaths, squeeze something, exercise, draw a picture, take a brain break, have a healthy snack

**Red:** upset, angry, aggressive, mad, frenzied, overactive, loud, terrified, out of control



**Red Zone**  
Extremely Heightened State of Alertness

**Red:** stop what you're doing, take deep belly breaths, find a safe place, listen to music, ask for help, talk to a grown-up

## EXAMPLES OF TRANSITIONING BETWEEN ZONES

**Blue to Green:** Children can learn ways to rest and catch their breath - for little kids, they often need a hug or a snuggle to move from the blue zone to green. Creating a safe place, like the corner of a main room with a cuddly blanket or stuffed animal where the child can still see their family, can work well. Adults can help children of various ages and the tactics can be adjusted based on the age and development of your child.

**Yellow to Green:** Children can learn to move their bodies or minds to release energy - going for a quick walk to the mailbox or walking up and down the stairs can help a child reset. This is a great time for a parent to engage their child in a fun movement-making activity.

**Red to Green** (usually with a transition through yellow or blue): Children need to practice stopping; being able to pause and take a deep breath is key. Then offer a choice to either move their body to release extra energy or to snuggle to calm down. Using the blue or yellow transition strategies can help a child return to the green zone after the initial explosion of the red zone.

# PREVENTION IS CLOSE AT HAND

Prevention organizations are located throughout the tri-counties. You can always 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 organizations that are primary, secondary, and tertiary prevention resources. Remember, there is a supportive community around you. Let's strengthen families and keep kids safe together!

# 1

## PRIMARY PREVENTION

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

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

# 2

## SECONDARY PREVENTION

*focus on at-risk groups or families; use of selective interventions for abuse*

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

# 3

## TERTIARY PREVENTION

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

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

*\*Servicios disponibles en español*

## KIDS CENTER



**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 advocates and therapeutic services.



Donate by visiting [kidscenter.org](https://kidscenter.org)

541-383-5958

[kidscenter.org](https://kidscenter.org)

@kidscenterbend

## MOUNTAINSTAR



MountainStar Family Relief Nursery prevents child abuse and neglect through community support and therapeutic services that help vulnerable children and families succeed. MountainStar is the only program in Deschutes, Jefferson, and Crook Counties providing therapeutic classrooms, parenting education services, and family support targeted at protecting babies and toddlers who are at significant risk of abuse and neglect.



Donate by visiting [mtstar.org/donate](https://mtstar.org/donate)

541-322-6820

[mtstar.org](https://mtstar.org)

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