



All Because of Children

June 2014

ABC House - A Child Abuse Intervention Center serving Benton and Linn Counties

ABC House Myth Busters!

MYTH: Child Abuse is Always Violent

When most people think of child abuse, they imagine physically violent events such as being beaten or forcibly raped. Although this type of abuse occurs, children can be abused and seriously harmed without ever experiencing major physical injuries.

Some of the most damaging types of child abuse may not be physically violent at all. Neglect is a good example; children are left alone and unsupervised, are not provided with food or clean clothing, or do not receive necessary medical or dental care. Research shows that caregivers' failure to meet these essential needs has a major impact on children in many areas of development, yet it has nothing to do with physical violence. Similarly, while emotional and verbal abuse may not leave any outward signs, they have an enormous and lasting impact on a child's behavior and mental health. Children have reported that being hit hurts them less than the emotional pain of neglect or verbal abuse.

By Esther Friedman, ABC House Interviewer

Indeed, the most common category of abuse (45.2%) in 2012 in Oregon was "threat of harm," meaning a child was placed at risk of but was not necessarily experiencing other forms of abuse. Neglect accounted for almost 40% of child abuse. Physical abuse accounted for less than 8% of documented child abuse cases and sexual abuse accounted for less than 7%. Moreover, of those children who were sexually abused, typically only 10% show physical injuries from that abuse. Some offenders take great care not to physically injure the child so that the child will not tell or to avoid leaving evidence of abuse.

It is critical that we teach children to tell a trusted adult when they are being hurt, whether that pain is a physical injury or being made to feel uncomfortable. And when they talk, that we listen to what they are trying to tell us.



A Message From the Director



Hello, and happy Summer from ABC House! As many of you know from joining us at Celebrate Hope or reading our most recent newsletter, ABC House continues to expand our services and serve more children and families at a given time. To create more privacy for

clients receiving on-site services and to better meet the needs of our community, our building recently underwent a small remodel. Thanks to this construction project, our main waiting room is now more private, and we now offer a dedicated waiting room for counseling clients and a small training/meeting room for community trainings, interviewer peer review and other meetings.

Our remodel would not have been possible without the donation or discount of services and materials by the following local businesses: Kevin and Gordon

By Jennifer Gilmore-Robinson, ABC House Executive Director

Vogt, Gordon Vogt Homes; Andrea Hampl, AK Carpet and L & R Windows; M&W Electric; Lance and Stephanie King of Midway Plumbing; Mike Weaver, Mike's Heating; and Jim Stom, Stom Painters.

Heartfelt thanks to all of the donors who contributed to the remodel and purchase of new furniture and electronic equipment, including: Albany Police Benevolent Association, The Bess Spiva Timmons Foundation, Consumers Power Inc. Trust, the OSU Folk Club, the Rotary Club of Albany and the Siletz Tribal Charitable Contributions Fund.

We continue striving to better meet the needs of our community's children. Thank you for your help in making this possible!

April Events

Thanks to all of the wonderful businesses and individuals who contributed to the April Events for child abuse prevention month. These valuable partners helped raise over \$10,000 for ABC House! Thank you!!

Citizens Bank
Many Hands Trading
Corvallis Papa's Pizza

Fred Meyer
Ruby Tuesday
Grocery Outlet

Mega Foods Albany
Mega Foods Lebanon
Coastal Farm & Ranch

Walmart of Lebanon
CoEnergy Propane



Thank you to the Lebanon Police Department for helping spread the word about Child Abuse Prevention by holding the "Walk A Mile For A Child"!



Community Partnership Awards

These outstanding individuals were honored for their commitment and dedication to ABC House at our 2014 Celebrate Hope Event.



Pausha Peters
Crop Production
Services



John Harris: Horsepower
Production
Jodi Herring: Emagine
Marketing



Will Tucker
Linn County
Commissioner



The Dare to Dream Club from South Albany High School decided to donate \$1,000 to ABC House from their fundraisers! THANK YOU to this awesome group of students!!!



Randy Camp of CoEnergy Propane presenting a check to ABC House for the donations received during the month of April. Thank you!

Quilters Corner

- Elaine Justman & Quilters
- Helen Crossley
- Margaret Warfel
- Avon Mumm
- Albany Senior Quilters
- Mary's River Quilt Guild



Celebrate Hope

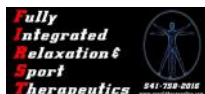
ABC House's Community Partnership Celebration 2014

Celebrate Hope 2014 was a success! With the help of our Table Hosts, more than \$86,000 was raised. Thank you to our generous community members for your support!

Premier Sponsor



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**Gordon Vogt
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And
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Eye Beam Event Services

Thank you to everyone for making this event successful!

Dear Dr. Carissa: I think my friend is in an abusive relationship – should I also be worried about her kids? What is the impact of domestic violence on children?

Every year, an estimated 3.3 to 10 million children are exposed to domestic violence. They may see it, hear it, or be directly involved in it by intervening or being used as part of the violent event. Some children become physically injured, either accidentally or intentionally by the abuser. They may be threatened or manipulated by the abuser to remain silent about the violence. At every level of exposure to domestic violence, children are at risk of emotional and physical trauma, physical abuse, other forms of child abuse, and loss of one or both parents.

Parents often believe that they are buffering their children from the abuse, yet research shows that 80-90 percent of children living in homes where domestic violence occurs can provide detailed descriptions of the violence. Moreover, in 30-60 percent of domestic violence cases, the child is also being abused.

Domestic violence exposure not only risks children’s physical safety and wellbeing, but also causes serious emotional and psychological harm that may be seen in a range of child behavioral and psychological problems. Children may experience

higher levels of depression, anxiety or aggression, and lower cognitive functioning and school performance. They are at risk before they are even born; when the mother is abused during pregnancy, it can lead to low birth weight, prematurity, and even miscarriage.

If you know someone suffering from domestic violence, be supportive and ask how you can help. In Benton and Linn counties contact the Center Against Rape and Domestic Violence (CARDV) at (541) 758-0219 for more information.

** Dr. Carissa is a staff pediatrician at ABC House*



Visit ABC House

You are cordially invited to visit ABC House and learn more about how we help children.

Tours are offered by appointment on Thursday mornings or Monday-Thursday at 5 pm.

Contact Megan Konzelman at 541-926-2203 or coordinator@abchouse.org



Stewards of Children is a 2-hour training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse.

- Three training dates are available to choose from:*
- Wednesday, June 25 5:30 – 7:30 pm
- Friday, July 18 11:00 am – 1:00 pm
- Tuesday, August 5 5:30 – 7:30 pm



Donations of \$10 are welcomed to help cover the cost of training materials. Refreshments will be provided.

*Please pre-register by contacting Maria Schauble at 541-926-2203 or educator@abchouse.org.

ABC House can also provide a *Stewards of Children* training exclusively to your organization or community group. Contact Maria for details.

Caring Community Highlights

National Children's Alliance



Thank you for the grant to be used for counseling and advocacy. It is appreciated!

Benton County Foundation



ABC House received a grant to be used in Benton

County for education programs. Thank you!

Rotary Club of Albany



The training and waiting rooms will have new furniture, thanks to Rotary Club of Albany!

Ralph Hull Foundation

Granted ABC House for child abuse assessment services. Thank you!

OSU Folk Club Thrift Shop Foundation



Helped ABC House by granting funds for training room equipment. They look great in our newly remodeled room!

Altrusa Club of Albany



A grant for child abuse assessment services is greatly appreciated!

Trust Management Services, LLC

Thank you for the grant to purchase needed medical equipment.



Thank You for Your Support

These lists represent all generous monetary donations from March 4, 2014 to June 2, 2014 including our Monthly Donors. *If we have inadvertently missed someone or misspelled a name, please let us know so we can acknowledge your generosity in our next newsletter. Send corrections to Megan at coordinator@abchouse.org or call 541-926-2203*

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In Honor Of

Douglas Baily
 From the City of Corvallis
 Regina Stanley
 From Dani Harp

In Memory Of

Delores Turnwald
 From Beckie and Barry Cousins



Saturday October 18th
 at Cheadle Lake Park
 Lebanon.

Look for details at
www.runawaypumpkinhalf.org
 and follow us on Facebook at
www.facebook.com/runawaypumpkinhalf

There are many ways to participate in the 2014 Runaway Pumpkin Half Marathon!

- Sign up to be a runner or walker! Best price is before August 31.
- Can't make it? Live out of town? Be a Virtual Runner for only \$45 and get all the perks!
- Pre-order very own Runaway Pumpkin hoodie! Get one for your family members too.
- Be a corporate sponsor or purchase a booth to showcase your product or business!
- Create a fundraising team and win a prize if you raise the most money.
- Raise money for ABC House by getting pledges from family and friends!
- Details can be found at www.runawaypumpkinhalf.org or email info@runawaypumpkinhalf.org!



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Gold Sponsors



**14th ANNUAL ABC HOUSE
 BENEFIT SHOOTING MATCH RESULTS**



Congratulations to the first place winner Gene Morin! Gene competed with 123 other sharp shooters from around the state in a six stage marksmanship competition.

Look for more information in the September newsletter!

Why is Post-Trauma Therapy Important?

Children do a good job of hiding their true feelings when they have been victims of child abuse and other traumas. It may seem to adults that they have forgotten or gotten past what happened when in reality they are suppressing anger, fear, guilt, and other emotions. Without professional help, these effects of trauma can haunt them through physical illnesses and emotional disturbances later in life. Getting the right kind of therapy can be critical to healing.

ABC House started its current on-site counseling program in January 2006. Since then hundreds of children and family members have received therapeutic counseling that helped them develop coping skills to deal with anxiety, blame, fear, anger and other troubling emotions. This service has been provided to anyone who needs it, regardless of their ability to help cover the cost.

ABC House counselors teach mental and emotional self-management skills to children and adolescents that help them learn to control their emotions and reduce the negative behaviors that are getting in their way of growing up healthy. Most children are eager to become adults and be treated as such. When they learn what behaviors are “grown up” and will bring them the things they want, and learn how to “shrink” away their bad feelings, they can take control and move forward toward living happy and successful lives.

***T**he counseling program's success can best be described through a case overview. Anna (name changed for privacy) is a 5 year old being raised by her maternal grandparents due to her mothers' continued battle with substance abuse. Her grandparents brought Anna to counseling to address her intense “meltdowns” that occurred multiple times per day, screaming and fighting with siblings and pulling her own hair out. Anna received counseling previously at two other agencies with no improvement in her behavior before coming to ABC House. Since beginning counseling at ABC House, her grandfather reports that she is “like a different child.” Her tantrums have largely disappeared, occurring less than once per week and the acting-out she does now is “more like a 3 when before they were a 10-plus.” She is learning her own skills to control her behavior when she is upset and is modeling those skills for her younger siblings. She is much better able to verbally express her needs and feelings as opposed to physically striking out or injuring herself as before. Her grandparents report success in using the skills they learned in counseling to help Anna “grow up instead of grow down.” Anna and her grandparents continue in counseling and are very satisfied with their progress.*

In the past year The Oregon Community Foundation, the Peck Family Foundation, and the Weyerhaeuser Employee Giving Fund have provided almost \$30,000 in grant dollars to help fund the Counseling Program. This program has been supported almost 100% by donations from individuals, events and grant makers. Only a small amount of money comes from health insurance. A portion of all unrestricted contributions are used for this very important service.

Donors are being sought to sponsor the costs of one or more therapy sessions for a child and their family. If you are interested, please contact Lynn Youngs at development@abchouse.org.

Make a secure online donation today



www.abchouse.org



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Give From What You Own Instead of What You Earn

Would you like to make a gift that gives you great tax savings and other benefits? Contact your investment manager and transfer shares of appreciated stock, bonds or mutual funds to ABC House.

The benefits to you include:

- No capital gains tax on the appreciated value.
- You can deduct 100% of the value (sale price on the day shares are transferred) on your next tax return.
- Shares purchased for \$100 years ago could potentially be a \$1,000 gift or more today.
- You can make gifts from your IRA, 401K or retirement fund if you are over 70 ½ years old. These gifts are tax free!

For more information or to transfer a gift to ABC House, contact your financial advisor and call Lynn Youngs at ABC House, 541-926-2203.

Child Protection is Everyone's Responsibility

Tips from Craig Roberts, Clackamas County Sheriff

What You Can Do To Prevent Child Abduction and Exploitation

- Know where your children are at all times. Be familiar with their friends and daily activities.
- Be sensitive to changes in your children's behavior; they are a signal that you should sit down and talk to your children about what caused the changes.
- Be alert to a teenager or adult who is paying an unusual amount of attention to your children or giving them inappropriate or expensive gifts.
- Teach your children to trust their own feelings, and assure them that they have the right to say NO to what they sense is wrong.
- Listen carefully to your children's fears, and be supportive in all your discussions with them.
- Teach your children that no one should approach them or touch them in a way that makes them feel uncomfortable. If someone does, they should tell the parents immediately.
- Be careful about babysitters and any other individuals who have care of your children.



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