



# All Because of Children

March 2016

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

**J**oin us at **Celebrate Hope, ABC House's annual fundraising and awareness dinner!** This popular event is in its 7<sup>th</sup> year and our theme is "Hope Shines." Music and bar service will begin promptly at 5:30 pm with dinner and the program at 6:00 pm. The event will be finished by 8:00 pm. There is no cost to attend, but there will be an opportunity to donate.

RSVPs are required to attend—**please RSVP at [www.abchouse.org](http://www.abchouse.org) by March 30.** Come learn more about child abuse and neglect in our community and what you can do to help to shine a light on this problem.



**Celebrate Hope**  
 ABC House's Community Partnership Celebration 2016  
*Seventh Annual Celebration of Hope Dinner*  
**Thursday, April 7, 2016**  
**5:30pm - 8:00pm**

Join other community members for dinner and learn how you can make a difference in the life of an abused child.

## My Child Has Been Abused—How Can I Help?

By Esther Friedman  
ABC House Interviewer

**O**ften when a child has been abused, the parents feel overwhelmed. Grief, rage, guilt and helplessness are all very normal reactions. Many parents fear that the child will have lifelong problems. Yet, parents are not helpless and the child is not doomed. The question many parents ask once a child has disclosed is **"how can I help my child?"**

The most crucial thing parents, caregivers, and loved ones can do is **reassure the child that he is believed**, and that **what happened was not his fault**. On a consistent basis, whenever the child mentions the abuse, he needs to hear that everyone knows he is telling the truth, this was an awful experience, but that it was not his fault and that everyone is doing their best to keep him safe. This is the most healing message you can give an abused child.

Another thing parents and caregivers can do is take care of yourselves. Finding your own resources such as counseling or support groups or trusted friends, and dealing with your own reactions to the abuse with those adults, away from the child, will give your child the message that **it is okay to get help** and it will give you needed support so you have the emotional resources to support your child.

After a child has disclosed abuse, **counseling can be critical**. Find a therapist the child is comfortable with, and don't be afraid to interview multiple providers until you find one that is a good fit. The therapist should have good knowledge about trauma, abuse, and child development. The therapist should have an approach that incorporates coping skills and an emphasis on empowering the child to deal with and move past, not dwell on, the trauma she has experienced.

Many abuse survivors continue to struggle to varying degrees at some points in their lives. Milestones such as beginning to date or having a child of their own may trigger memories and emotions but with good support and care early on, these reactions will be easier to cope with and the abuse can be a part of the child's story, not the child's identity. Just as we can heal from serious injuries or illnesses, **children who have been abused who are then protected and supported can heal and thrive.**

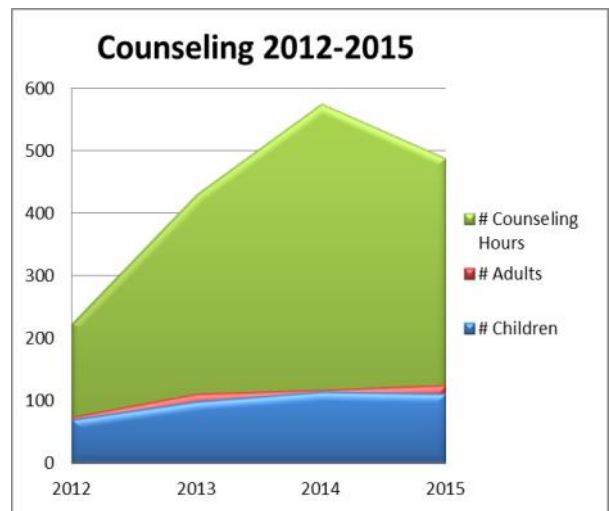
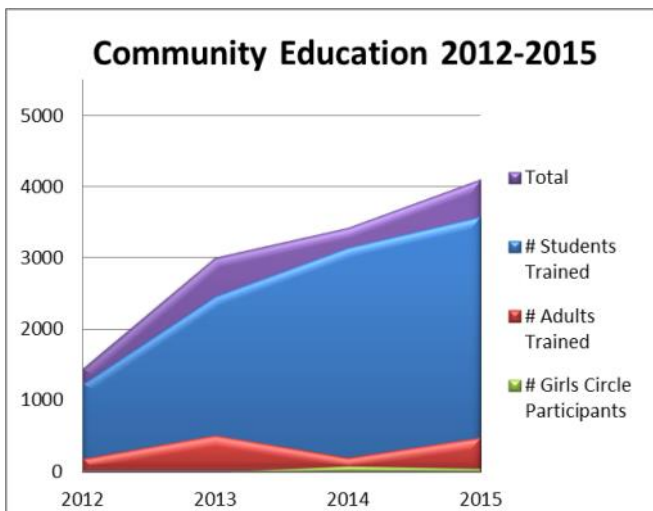
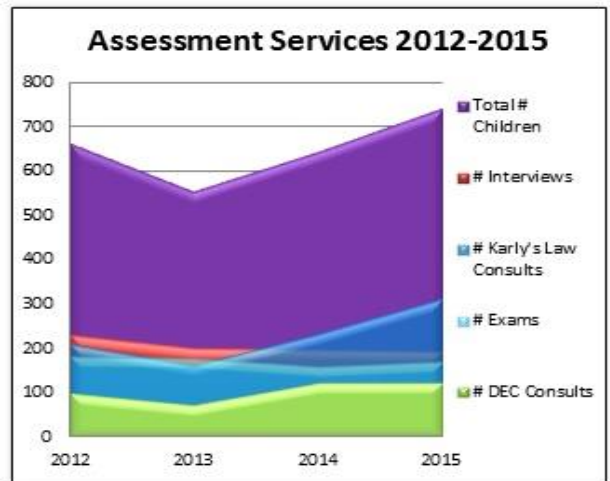
***Oprah Winfrey, Senator Scott Brown, Rosie O'Donnell, Bill Clinton, Queen Latifah, Maya Angelou, Rudyard Kipling, and Christina Aguilera are only a few of many survivors.***

# 2015 At A Glance

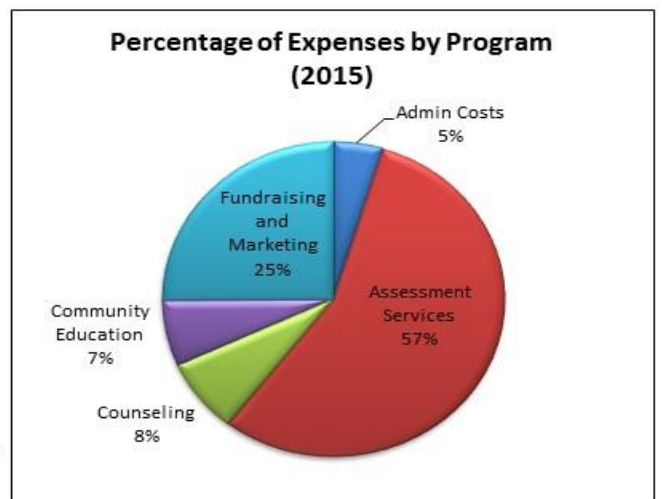
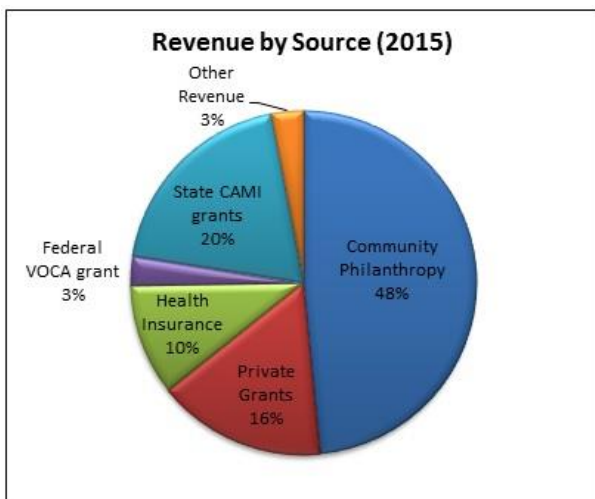
In 2015, all ABC House programs served more people than in the previous year—over 5,000 people! The number of children served through our Assessment program reached an all-time high after an uncharacteristic decrease in clients in 2013. Notably, medical exams, Karly's Law consults and Drug Endangered Children (DEC) consults increased, while interviews decreased.

Community Education services saw an overall increase, particularly in student presentations and adult trainings. The number of Girls Circle attendees decreased slightly.

Counseling saw increases in the number of children and adults served, although the overall number of counseling hours declined.



In 2015, ABC House was required to fundraise 87% of our budget. Only 10% of our costs are funded through service fees, primarily due to major shortcomings in insurance reimbursement. As a result, we continue to invest in marketing and fundraising to address the funding gap. 72% of expenses were related to direct-services.



## Director's Corner

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**W**elcome to Spring! Our March newsletter is a great opportunity to share with you—our friends—ABC House's accomplishments over the past calendar year and to thank you for your ongoing support. In the following pages you will read excerpts from our 2015 annual report, including financial information, service statistics and trends observed over the past four years. I'm thrilled to tell you that **ABC House served over 5,000 people in 2015!**

Of note, **all of our service programs experienced increases in the number of people served** compared to 2014. While it may feel frightening when our numbers rise, particularly in our child abuse assessment program, we take comfort in the fact that we were able to provide support to all of these children and their families. Every child referred to us is one more child on the path toward healing.

We consider ABC House supporters to be investors in our organization and so **we want you to feel confident** that your donation is being used effectively and efficiently. If you would like more information on our services, please get in touch to schedule a tour and learn more about how ABC House helps children heal.

Want another great way to learn about what we do and—most importantly—how you can help? RSVP now to attend our **7th annual Celebrate Hope fundraising and awareness dinner on April 7**. This year's theme is "Hope Shines" and I can't think of a better metaphor for the importance of bringing the secret that so many children carry alone out of the shadows and into the light. Space is running out so RSVP asap at [www.abchouse.org](http://www.abchouse.org).

As always, thank you very much for your generosity and commitment to keeping children in our community safe.

**Did you know that only one-third of child victims tell someone they are being abused? Some never tell.**

## Dear Dr. Carissa: Are some communities safer for children than others?

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**W**ith spring coming and many of us spending time outside enjoying the nice weather, we often take stock of our neighborhood and our community: how safe is our community for children? Child abuse and neglect is present in all communities; it cuts across all socioeconomic classes. However, some communities experience higher rates of abuse and neglect than others. Why?

Communities with higher rates of child abuse and neglect are more likely to have the following characteristics: higher rates of poverty, single parent households and unemployment, more high-density housing and a higher level of child care burden. And, most notably, **greater social isolation and less social cohesion**.

**Social cohesion** is the willingness of members of a community to cooperate with each other, build shared values and face challenges together. It is a sense of belonging. A recent study looked at two communities with very similar socioeconomic levels and demographics. One had higher rates of child abuse than the other. **The only difference was that the community with lower rates had more social cohesion.**

Social cohesion among neighbors combined with their willingness to intervene on behalf of the common good is linked to reduced violence in the community. This means that **any community can reduce their child abuse prevalence simply by working together.**

Even though you may think there is little or no child abuse in your community, there is. Child abuse happens everywhere. Many people are afraid to bring up the subject with their neighbors but it needs to be addressed in all communities.

Talk with neighbors about what risk factors and protective factors are in existence in your area. Find solutions to reduce those risk factors. Connect with neighbors via social media or parenting and neighborhood safety meetings.

Advocate for community resources in areas of higher risk.

There are many community programs in existence to help reduce child abuse and neglect but the communities basic needs (food and housing security, access to education) must be addressed as well. **Preventing child abuse is not just about working with the family in which the abuse is occurring; it is developing communities that share responsibility for the children that live there.**



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



# The Power of Praise Revisited: A Full Formula

By Greg Warburton, ABC House Counselor

Have you ever noticed yourself traveling a negative path with your child, but you're not sure why and you can't seem to get off that path? And even when you try praising your child, it still doesn't seem to be enough? As I counsel parents and help children build a strong sense of self-worth and self-reliance, maintaining a constant focus on positive behavior and actively praising or complimenting has greatly aided me. But I have learned that **diligently praising them isn't enough**.

The idea of praising your children is certainly not new; rather, the issue is that the praise process is considerably under-practiced and is often incomplete. To begin to clarify when praise is fully engaging and effective for children, I apply my full praise formula:

## Step 1: Model giving praise

When working to turn around negative behaviors, take no positive (socially appropriate) behavior for granted.

## Step 2: Make praise specific

Specific praise clarifies, teaches, and reinforces appropriate behavior, whereas general praise can leave a child guessing about what she did that pleased her parent.

Following are some examples of general versus specific praise:

General Praise	Specific Praise
Good job!	<i>I really like how you started picking up the toys all by yourself. I didn't even have to ask you.</i>
Nice work.	<i>I really like how you started, stuck with, and finished your math homework.</i>
I like what you just did.	<i>I thought it was great that you did your chore without even being asked.</i>

## Step 3: Include your child in the praise moment

Giving praise isn't enough for your children to clearly recognize and internalize positive personal qualities. They must begin to believe the good things people say to them. To move in that direction, consistently invite your child to *think with you* by including her in the praise moment.

Below are some sample questions that facilitate bringing children into the



praise moment, engaging them and challenging them to think with you about what they just did:

*What is one thing you like about how you handled your chores this morning?*

*What is one thing you like about how you solved that problem?*

*What is one thing you like about what you did this time when you got mad?*

*How does doing what you just did make you feel now?*

Posing questions like these is powerful medicine, because it gets children used to noticing their own feelings and behaviors.

## Step 4: Help your child connect a present behavior pattern with life results

As you work to include your child in the praise moment, another marvelous opportunity arises. You can build on the praise moment and help your child practice connecting his current behavior to how his life is going and how it will turn out. Practice catching your child performing growing-up behaviors and add the practice of asking him how he thinks he did.

Here are some sample questions that help connect behavior with life results:

*What good things are headed your way when you continue to run your life like this?*

*What is one good thing you will keep getting when you keep acting this way?*

*Will learning how to help others help you make friends or lose friends?*

## Step 5: Share the news of the praiseworthy behavior with others

When you agree to let significant others know about the positive, growing-up behavior that has happened, you enhance the likelihood of your child maintaining this desired behavior. You can ask: *Who else do you think ought to know about the growing-up thing you just did?* Along with your child, you can generate a list of significant others whom you will inform of the child's praiseworthy actions. Ideally, use the child's language and then record the observable behavior.

Give them practice joining you in the praise moment, and consider that: **precise parent praise + self-praise = high self-esteem.**

# Thank You for Your Support

This list represents generous donations from November 17, 2015 through February 29, 2016. *Monthly supporters who have already reached our Vision of Hope society are listed on the following pages. 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 Bobby at [coordinator@abchouse.org](mailto:coordinator@abchouse.org) or call 541-926-2203*

## Cash Donations

Adrienne Hoskins  
Albany Mega Foods  
Albany Police Benevolent Association  
Alice Bean  
Amiee Kennel  
April and Travis Stitzel  
Barbara Brunkow  
Barbara Butts  
Barbara Davis  
Barbara Hogg  
BFF Cellars  
Brendan Kane  
Carl Johnson  
Carol and Glenn Harrison  
Carol Glassman  
Cassie Cruze  
Catholic Daughters Of America  
Charles and Janis Volz  
Cheri Ayres-Graves  
Christian Womans Fellowship-First Christian Church  
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Dale and Kris Latimer  
Darin and Shelby Klarr  
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David and Darlene Chambers  
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Faith Lutheran Church  
Frank and Linda Morse  
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Friendship Force  
Gerding Builders  
Glenn and Jeenie Balkins  
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Ian and Heather Rollins  
Jacob and Tiffany Backer  
Jacob Lamp  
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Journal Technologies, Inc  
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Kathy and Rick Durling  
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Lisa Schwartz  
Lloyd and Sharon Jochimsen  
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Maureen Rhea  
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Miller Timber Services Inc.  
Nancy Hart  
Nancy Powell and Jon Pirie  
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Noreen and Robert Peterson  
Norman and Sandra Jager  
Oregon Network of Child Abuse  
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Paul and Linda Dole  
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Peggy and Kenneth Burling  
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Peter Walker  
Philomath Frolic and Rodeo, Inc.  
Richard and Donna James  
Robert and Joyce Weatherly  
Sharlan Colson  
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Starker Forest  
Stellmacher Farms  
Stephen and Sharon Konopa  
Sure Clean Northwest  
Susan Keister-Schy  
The Fahy Team  
The Grove Church  
Timothy Roels  
Town and Country Realty  
Tunnel Radio of America INC  
Virginia Larsen  
Walter and Mary Gustav  
Willamette Sams RV Chapter  
William and Marsha Langer

## Tangible Donations

1st Christian Pre-Primary  
Activity Day Girls Latter Day Saints Church  
Albany Police Department  
Albany Wells Fargo  
Alexa Wilkerson  
Angela Muse  
Annette Miller  
Barb Stellmacher

Beth Bargsten  
Bev Dougherty  
Brent, Justina and Jessica Yoder  
Calapooia Middle School Leadership Class  
Carol Leslie  
Cathy Kerr  
Central Linn High School Leadership Class  
Chris Holdridge  
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Shannon Johnson  
Sharon Byrd  
Springhill Women's Association Book Club  
Susan South  
West Albany High School Leadership Class

## In Honor Of

Larry and Patty Silbernagal  
From Pam and Randy Silbernagal  
APD Officer Travis Giboney  
From Patrick and Rhonda Hynes

## In Memory Of

Janelle Cunningham  
From Ashton and Jenna Cunningham,  
Alan and Nora Hartman, Stacey and Randell  
Lary, Jami and Richard Kenyon, George and  
Cheryl Pugh, David and Victoria Keister,  
Lloyd and Sharon Jochimsen, Carolyn  
Eggars, George and Winifred Yeager, Janes  
and Pat Lamp, The Garner Fund (June  
Miller), Randy and Jody Kruse

Lillian Glassman  
Catherine Stearns and James Raney,  
Cheryl and John Ervin

# 2015 Vision of Hope Society

Names listed below represent individuals and organizations who have donated \$120 or more in 2015 to provide safety and child abuse services to local children. These gifts may be spread out over the year or made in one lump sum.

Thank you for your faithful support.

## Angels of Hope (\$1000 and above)

AHM Brands Inc.  
AK Carpet & More  
Albany Optimist Club  
Albany Police Benevolent Assn  
Albany Rifle and Pistol Club  
Altrusa International of Albany  
Assurant Solutions  
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Barbara Emily Knudson  
Charitable Foundation  
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Bicoastal Media  
Bill and Barb Stellmacher  
Bill Barish and  
Carol Chervenak  
Blue Dawg Promotions  
Buzz and Sheila Wheeler  
Carissa Cousins  
Caroline Fisher and  
Patrick McCabe  
Carolyn and John Gardner  
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Consumers Power Inc.  
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Dutch Bros Coffee  
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Jim and Becky Merryman  
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KB Creative  
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Linn County Expo Center  
Lowe's Regional Dist. Center  
Many Hands Trading, LLC  
Mark and Amy Starr  
MDU Resources Foundation  
Mega Foods  
National Children's Alliance  
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North Coast Electric Company  
NW Natural  
OFD Foods  
PacificSource Health Plans  
Peak Internet  
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Phillip Krolick and  
Jeanee Reichert  
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Ralph and Linda Scariano  
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Rotary Club Of Corvallis  
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Samaritan Health Services  
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## Cherubs of Hope (\$600—\$999)

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Arthur Meeker and  
Chrystal Hart-Meeker  
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Scott Jackson  
Selmet  
South Pacific Auto Sales  
Stephanie O'Connor  
Sure Clean NW  
Weaver Seed Of Oregon



## Caring Community Highlights

### The Ford Family Foundation

Thank you for the grant for our community education program!



### Barbara Knudson Charitable Foundation

Wow! Thank you for the grant to support our assessment program at ABC House.



### Samaritan Health Services - Mullins Healthy Children's Fund

Thank you for awarding ABC House with a grant for our Counseling Program! That is amazing!



### SELCO Community Credit Union

SELCO members chose ABC House to receive donations during a member appreciation called SELCO Cheer during January. Thank you!



### NW Natural



We are so thankful for the grant to be used for our assessment program!



## Quilters Corner



Albany Senior Quilters  
Helen Crossley Quilters  
Margaret Wimp  
Mary's River Quilt Guild  
Nettie Karr  
Riverside Baptist Church



## Hope Builder (\$300—\$599)

Albany Sport & Spine  
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William Machugh  
Woods Family Dentistry

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Annie Johnson  
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Sharlan Colson  
Shawn and Staci Rubesh  
Shelly McInnis  
State Farm Insurance  
Steven and Lynne Schauble  
Suzanne Meyer  
Take Shape For Life  
Terri Shank  
Terry and Sue Thompson  
The Friendship Force Of  
OR's Mid-Willamette Valley  
The Grove Church  
Ticor Title  
Timothy Johnson  
Timothy Roels  
Top Form Contracting  
Town and Country Realty  
Travis Giboney  
Virginia and Michael Corcoran  
Virginia Gardner  
Willamette Community Bank  
Willamette Sams RV Club

**Take Darkness to Light's Stewards of Children training at ABC House!** Sign up for one of the trainings listed to the right on our website ([www.abchouse.org](http://www.abchouse.org)) ABC House currently offers this training for **FREE**, although donations are gratefully accepted.

Trainings are held at ABC House in Albany. Light refreshments are provided.

Evenings not convenient? No problem! You can schedule a Stewards of Children training for a parent group, workplace, church, or other organization at a time, date, and location that is more convenient. Contact Maria Ross, ABC House Prevention Coordinator, at 541-926-2203 or [educator@abchouse.org](mailto:educator@abchouse.org) to schedule.



**Tuesday, April 12th**  
**Monday, April 18th**  
**Tuesday, May 3rd**  
**Wednesday, May 18th**  
**Thursday, June 9th**  
**Tuesday, June 4th**

\*all trainings are from 5:30 - 8:30 pm



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A BENEFIT FOR ABC HOUSE

**Register online at [www.abchouse.org](http://www.abchouse.org)**

**Choose your race when registration opens April 15th!!**

Special thanks to Jay for inviting the ABC House team out for a tour of Burcham's Metals, and to Angela for showing us around. Lots of great shopping and recycling options. With an always-changing inventory stop by at 3407 Pacific Blvd SW and find your treasure! Interested in a tour? Call 541-926-4616.

**16th ANNUAL ABC HOUSE BENEFIT SHOOTING MATCH**

Saturday, June 18, 2016 @ 9am • Albany Rifle & Pistol Club

**Features:**

- \*6 exciting stages of fire
- \*Excellent door prizes
- \*All levels of shooter welcome!
- \*Catered, delicious lunch
- \*ALL this for ONLY \$60!

**Register online at [www.abchouse.org](http://www.abchouse.org)**  
**Registration opens April 15th!**

Can't attend but would still like to help? Send tax-deductible donations to:  
ABC House · PO Box 68 · Albany, OR 97321  
Or make a secure online donation at [www.abchouse.org](http://www.abchouse.org)

**All proceeds benefit ABC House**