



Children's
ADVOCACY & PROTECTION CENTER
OF CATAWBA COUNTY

The Children's Advocacy and Protection Center of Catawba County

A RAY OF HOPE. A VOICE FOR CHILDREN.

October 2018

What's new on our website...

- New testimonial videos
- Find a link to our Facebook page
- Meet the team

www.catawbacountycapc.org

Save the Date:

- October 23, 2018
Vigil—Under the Sails
- November 3, 2018
Grateful Gathering Fundraiser
- Thankful Thursdays—open house on the 4th Thursday of the month at 11:00 am

Connect with Us:

Facebook: Children's Advocacy & Protection Center

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From the Director

The 2017-2018 FY was an exciting year for the Children's Advocacy and Protection Center, full of change and progress. We welcomed new staff and new Board members, added a new program – Camp Dragonfly, trained 3,307 adults and children with our prevention and education initiatives, and have been building partnerships that will have a lasting, positive impact for our mission; *Advocate for the protection of the children of Catawba County by working to: empower individuals through training and education, coordinate a comprehensive team response to abuse and neglect, and reduce victim trauma.* We're proud to be working with a wide range of dedicated caring individuals and organizations. Our success is the community's success. With the ongoing support of our donors, partners, Board and volunteers, the Children's Advocacy and Protection Center is ready for the challenges and achievements ahead. **THANK YOU** for sharing your time, treasure, and talents with us!

~ Adrienne Opdyke – Executive Director

CAPC In Action

Fiscal Year 2018 – Year in Review

- 326** cases of reported child abuse were received.
- 60%** of the children seen were females; **40%** were males.
- 36%** of the children were less than 7 years old.
- 466** mental health therapy sessions were provided to **96** child abuse victims at the CAPC.
 - 12** girls participated in Camp Dragonfly; a three day-three-week day camp offered to girls that have been victims of sexual assault or sexual abuse.
- 776** adults received child abuse prevention training through programs offered by CAPC with Darkness to Light's Stewards of Children curriculum.
- 19** MDT members attended state, national, and international trainings on child abuse and neglect.
- 2,531** children participated in our Yello Dyno Safety Program..
- 287** Forensic Interviews were conducted at the center.
- 391** families received Victim Family Advocate services, providing direct aid as well as assisting them in accessing needed resources.
- 118** Medical Exams were conducted at the CAPC.
- 1,156** hours of service were contributed to the CAPC by our dedicated volunteers.

Thanks to our 2017-2018 donors and volunteers!

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*Thank
 you!*

Trauma Journey

What I know about trauma used to come from reading, studying, learning, observing. Until last year when I got a lesson in trauma from a 1st hand experience. Now I understand the impact, the aftermath, the symptoms and responses and the imprint it leaves moving forward. Dealing with trauma and healing is not a one-time event with a clear beginning and end. Instead, it is a process, a journey of learning to navigate and integrate that experience into everyday life as it unfolds. A journey to overcome the experience, not through denial or avoidance but by directly addressing its impact. Trauma treatment is about education and identifying reactions/symptoms, learning coping skills to address those symptoms, understanding the thoughts, feelings, behavior connection and sharing one's story of the trauma in their own words, their own voice. It's about learning one's capacity to manage emotions and thoughts and learn who they are is not what happened to them. Trauma is not erased or forgotten but does not have to define one's present or future.

As I approach the one-year anniversary of the trauma I experienced, I am aware of various times I have worked harder to manage my reactions due to a certain trigger or situation. It's not something that doesn't require attention, despite completing treatment. For me, and the children I serve, the hope is that treatment provides the tools and foundation to respond to the trauma aftermath in a positive, healthy way. That it allows for successful integration and functioning as life unfolds. That the tools become part of who we are and how we deal with things, while the trauma remains something that happened to us. I am thankful for the opportunity to walk with children on a brief stretch of their healing journey and with my own new insight have more empathy and awareness of the journey that it is! ~ *Karen Henson, Mental Health Therapist*

Meet Chance!

Please meet our newest staff member. We are collaborating with Good Day Doodles in Greensboro, NC, to bring animal assisted activity services to the Children's Advocacy & Protection Center (CAPC).

After doing a poll on Facebook and on Instagram to choose a name, the winner is CHANCE! He is an Australian Labradoodle who will provide comfort and support to children and families who are participating in services at the CAPC.



Chance started working with us on September 4, 2018. He has beds and toys in the Victim Advocate's office, the Therapist's office, and the Medical office so he can be familiar with the offices where clients will be. In his short time here Chance has already brought so much joy to everyone who meets him. ~ *Chance*



Thankful Thursdays

We are so thankful for the community support of our vision at the Children's Advocacy & Protection Center to build a community dedicated to the prevention of and the coordinated response to child abuse and neglect. We would like to invite you to come for a visit to see our facilities and meet our staff. On the **4th Thursday of the month**, we will be offering tours **from 11:00—12:00 noon** for anyone interested in coming over for a visit.

Please call Connie at 828-465-8162 to set up your visit!

We are located at 4360 County Home Road, Conover, across the road from Sipes Orchard Home.



Children's Advocacy Center
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