



The Children's Advocacy and Protection Center of Catawba County

A RAY OF HOPE. A VOICE FOR CHILDREN.

October 2019

What's new on our website...

- CAPC Year in Review
- Meet New Board Members
- Meet the team

www.catawbacountycapc.org

Save the Date:

- April 25, 2020
DENIM and DIAMONDS
Heritage Barn, Conover

Come Visit Us:

- Thankful Thursdays—open house on the 4th Thursday of the month at 11:00 am

Connect with Us:

Facebook: Children's Advocacy & Protection Center

Instagram: [capc1234](#)



From the Director

As we close out the 2018-2019 fiscal year, my heart is full! I am so thankful for the many individuals, churches, businesses, and community organizations who joined with us in caring for the children and families that came through our doors.

In 2020, we will celebrate 20 years of service. We opened the doors at our first location in April of 2000, next to Catawba Valley Medical Center with one staff member. Today we have five full time staff and three part-time staff providing the following onsite services:

onsite forensic interviews ▪ onsite victim advocacy ▪ onsite medical examinations ▪ onsite mental health therapy ▪ onsite caregiver support group ▪ onsite therapy dog (in training) ▪ Camp Dragonfly
We also offer prevention programs in the community:
Darkness to Light and Yello Dyno child safety training

I am reminded of a quote by Maya Angelou, "Life is not measured by the number of breaths you take but the moments that take your breath away." This has been breath taking year as I remember each of you who so generously shared your time, talent, and treasures with us.

~ Adrienne Opdyke, Executive Director

Fiscal Year 2018-2019 in Review

329 Children were interviewed at the CAC

Impact: Decreased trauma associated with the investigative process

119 Children received on-site medical exams

Impact: Child friendly environment reduces anxiety associated with a medical examination

390 Hours of on-site mental health assessments and treatment

Impact: Address and reduce any negative effects on behavior and development

970 hours of Victim Advocate services

Impact: Educate and guide families to needed information, services, and support

19 Members of the MDT attended State and National professional training

Impact: Team members stay current on trends, best practice methods, and research

543 Adults trained in Darkness to Light— **Total TD 7,455**

Impact: Positive changes in adults' child-protective behaviors over the long-term

1,387 Children trained in Yello Dyno Safety method— **Total TD 4,501**

Impact: Children learn safety rules and what to do if rules are broken

1,203 Volunteer hours

Impact: Ambassadors for our mission and connection to our community

Thanks to our 2018-2019 donors and volunteers!

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Twisted Covenant Motorcycle Social Club
Thurman Whisnant
Shana White
Jeff Wilham
Barbara Williams
Jake Williams
Marvin Yokum

*Thank
you!*

Butterfly Garden

The CAPC has been blessed with the addition of a beautiful butterfly garden that greets everyone coming through our front door. Master Gardener, Hugh McCammon, designed the space, tested the soil, reworked our memory bricks, prepared the soil, and planted the garden.



He had the assistance of 4 additional Master Gardeners: Peggy McCoth, Marvin Yokum, Susan Bisulca and Lori Greveling. Everyone enjoys the butterflies fluttering around in front of our center. We are grateful to the Extension Master Gardeners for this wonderful gift.

Resilience

What is Resilience? Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. Why are some people able to “bounce back” after trauma, while others have repeated struggles and difficulties? How do we mitigate the negative impact of traumatic events to assist in healing and success?

These questions are the basis for much research and we have learned about factors that can improve outcomes for children and families. It's not something that kids either have or don't have; it's a skill that kids develop as they grow. There are 3 core principles to improve outcomes for children and adults. **(1) Supportive responsive relationships** - responsive relationships in early life can develop the foundation upon which all else is built. This means being responsive to needs, modeling capabilities and helping children know they are not alone. Adults also need supportive relationships to help them deal with stress, support self-regulation and promote a positive outlook. **(2) Core Life Skills**- providing essential skills to manage life. Adults teach, coach, and strengthen these skills by establishing routines, modeling appropriate social behavior and creating/maintaining supportive, reliable relationships. **(3) Reduce sources of stress in the lives of children and families**- Not all stress is bad and we need to learn how to manage stress, develop healthy stress responses rather than excess/overactive stress responses that can come from repeated trauma exposure. The better adults are at managing their stress, the better they will be at providing support/nurturing children and modeling relaxation and stress management techniques.

The single most common positive factor in predicting a child's ability to do well regardless of the adversity, is having at least one supportive, stable, committed relationship with a parent/caregiver or other adult. Resilience is a process that can be built and it's never too late. How do you contribute to someone else building resilience?

~ Karen Henson, Mental Health Therapist

Catch Up with Chance!

Chance has had a busy first year at the CAPC! He's halfway through his training and has passed his basic and advanced obedience courses. He's been working hard on public access training and has done a great job while training in the courtroom and DA's office. He has begun task training, which will give him specific tasks to do with children and families based on what their individual needs are.

Over the past year, Chance has given support and comfort to over 100 children while they receive services at the CAPC. He was recently able to be a calming presence and provide reassurance to a child while they prepared to testify in court. Here are just a few things that families have said about Chance:

"Chance is so sweet and helped us to feel good about being there."

"I appreciated having Chance there to take our minds off things while we waited for our child to be interviewed."

"My kids felt comfortable and loved being with Chance."

"Chance helps a lot."

The CAPC staff and our MDT partners also appreciate having Chance as a part of the team. A few minutes with him can ease the stress of a difficult day and we all agree...

Chance does help a lot.



DENIM & DIAMONDS

SAVE *THE* DATE

SATURDAY ★ APRIL 25, 2020
6:30-10PM THE HERITAGE BARN
2575 EMMANUEL CHURCH RD. CONOVER



Children's
ADVOCACY & PROTECTION CENTER
OF CATAWBA COUNTY

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