



ChildSafe

Help & Healing for Sexual Abuse

Dear ChildSafe,

On a late Saturday evening, the darkest shadow was cast on our family by the news that our child was sexually assaulted by a family member. It was a dagger through my heart. I could not believe what my son was telling me. I was appalled at what my niece had done to my son. All I could do was cry and hug my Patrick. I felt like I had failed to protect him and failed as a mother. After the police came, I took him to CHRISTUS Santa Rosa Children's Hospital where they did a sexual assault exam. As we headed home, my tears turned to anger. More anger than I'd ever felt in my life.

The next few days were the toughest. Patrick felt that he was to blame for what had happened. He didn't want to go to school in fear that SHE—his abuser—would be there. Or her family. He was afraid to tell me that he didn't feel safe and afraid the abuser would be allowed to come into our home again. He was scared to be alone. I was making his favorite sugar cookies and he was frightened to be in the dining room while I was in the kitchen. His fear tore my soul apart.

Then came the day for our forensic interview at ChildSafe. We met a CPS worker and a SAPD detective at ChildSafe. As Patrick went in for the interview, I met with Ricki, our ChildSafe advocate. She explained the process to me and described the services that my son and our family would receive. Then she asked me what happened. The tears came as I talked and Ricki listened. But when we were through I could almost smile and I felt assured that Patrick would get help.

A few weeks later, Patrick had his follow-up medical exam at ChildSafe. The nurse was terrific. She explained what she was doing, and why, and how. When Patrick mentioned to the nurse he was afraid THOSE people might come to ChildSafe, she told him that THOSE people are not allowed to come to ChildSafe. He relaxed, started talking to her, and became comfortable about the process.

Shortly after that we started therapy at ChildSafe. It wasn't easy. But our therapist, Mr. Henry, never forced Patrick to talk. Henry assured Patrick that he wouldn't force him to do anything. That all he wanted to know was Patrick's feelings about what happened. By the third week of therapy, Patrick was in better shape than I was. I know because that was the week Patrick told me it broke his heart to see me cry. He told me he would be okay. So I promised not to cry unless they were happy tears. And it was an easier promise to keep as I saw Patrick recovering. His fear was being replaced by smiles. He could go into a room by himself. And he was talking more about how he felt about what had happened.

We've been going to ChildSafe every week for the past seven months. You have been a Godsend for our family. The healing process takes time and you have never rushed us. I can't imagine going through this without them. ChildSafe has never let us down. You gave me back my son's wonderful personality. You gave him the strength to say "I am a survivor, I am not a victim." Those are the bravest words I've ever heard. And ChildSafe made them possible. Thank you—from my heart—for your care of Patrick and for your care of all the children in the city who need your help.

Forever grateful,
Marietta

All names in this letter have been changed to protect the privacy of our clients.



PRESIDENT & CEO MESSAGE



Things are always changing as we strive to improve our services and reach more children and families in need. But our mission of serving sexually abused children and their families will never change. We are working to do more with less, to be frugal, and to be responsible not just to those we serve, but also to the many friends and donors who support the important work we do.

ChildSafe is here to serve our community, to meet the needs of sexually abused children and their families. While we recognize that they are the victims of a devastating crime, we are not content to call them victims. ChildSafe dedicates every effort to give abused children and their supportive family members the tools they need to put their lives back together. Together with you and our many partners, we help children and families take the path from victim to victorious.

The work of ChildSafe is something we as a community must all share. Each of us has compassion and understanding for sexually abused children. But we must begin to also appreciate what the families of these children suffer. We need to realize that only the abuser is to blame. And we must share a commitment to ensure that everyone in our community knows that when a child comes forward with an outcry of abuse, we must believe and help them.

If your family has been touched by child sexual abuse, I urge you to find help at ChildSafe. If your family has not been affected, please let the plight of these children and families touch your heart. Listen to the voice of your compassion—to your heart—and generously support ChildSafe.

Kim Abernethy
President / CEO

MESSAGE FROM THE BOARD



Dear Friends of Children,

As the holiday season begins, the children of ChildSafe will be listening for sleigh bells.

With the generosity of corporate friends and long-time donors, each of these children will leave ChildSafe with a stocking full of small gifts, candy, and a gift card. These stockings will go to the children we see—as well as to their brothers and sisters—400 in all during the month of December.

We are very grateful to those who bring cheer. It is an important part of the holiday season for the children we see, but we know they need far more. Because their lives have been traumatically changed by sexual abuse, they need the array of services ChildSafe offers: a medical examination, a forensic interview, therapies (group, individual, family, adventure, and play) and the help of a Child and Family Advocate to ensure other services and assistance are secured in addition to ours.

The children we serve at ChildSafe have all experienced a traumatic, life changing event and we are here to help them and their families heal. With a gift from you, we can continue to help. Please take this season to remember ChildSafe and the children we serve—the sexually abused children of San Antonio and Bexar County. And know that when the New Year arrives, we will need your support so we can continue our work of helping and healing the almost 1,800 new children we see each year. Join me in giving generously to support the services they need. You can help ChildSafe bring happiness to their holidays and help to them year around.

Wishing you and your family the happiest of holidays,

Liz Crawford
Board Chair

Volunteer Profile

Kristin Graham is living proof that if you need help with something, you should ask a busy person. Kristin works with another volunteer, Erik Aagaard, as the team that organizes and collects the student art work featured in ChildSafe's annual fundraiser, Art from the Heart.

A little more than three years ago, Kristin was a mortgage broker helping a ChildSafe employee buy a home. It didn't take long for that introduction to involve the entire Graham family with ChildSafe. The first helping hand came as a piece of art from Kristin's husband, Chet, for an auction to benefit ChildSafe. Then Kristin was recruited to help with the student art portion of Art from the Heart.

Kristin's experience with child artists begins at home, where her daughter Jenna, 9, frequently paints alongside Chet. This experience seemed ready-made for Kristin to take charge of the collection of student art. Kristin knew that kids love to create and she enjoyed reaching out to schools to engage teachers and students to make a difference for others.

Attendees at last year's Art from the Heart may have seen Chet and Jenna welcoming kids and adults to make their artistic mark on the "Creative Canvas." Certainly the two of them inspired others to put brush to canvas. At the same event, the student art hanging on the walls of the Blue Star Contemporary Art Center was placed with much time and care by Kristin and other volunteers. It was a great evening, fun for guests and student artists, and raised important funds for ChildSafe.

But there is a much deeper reason that Kristin volunteers for ChildSafe. When she first heard about the number of children who are sexually abused in our community, she was appalled.

The "mom" in her knew that something had to be done to help these children. Then one day her volunteer efforts brought Jenna to ChildSafe—and the experience opened a conversation between mother and daughter about child sexual abuse, about staying safe, and about seeking help from a trusted adult.

Today, Kristin's volunteer work brings her in contact with schools and teachers, helps collect 200 to 300 pieces of student art each year, and takes a big hand in making Art from the Heart a successful fundraiser for ChildSafe. She gives two reasons for all her hard work:

- Art from the Heart helps ensure ChildSafe has the funds needed to provide services for the sexually abused children in our community.
- The teachers, students, and parents who take part in the project—kids creating for kids—have the same opportunity she had with Jenna to talk about child sexual abuse. It is more important than Kristin knows. Fewer than 30 percent of the children who come to ChildSafe have ever had such a conversation. The other children never hear about staying safe and seeking help.

In addition to the hours Kristin volunteers for ChildSafe and the many hours she puts in between her home office and her two mortgage offices, she spends time with her family...Chet, Jenna, two horses, two dogs, two cats, and a minnow approaching its second birthday!

Thank you Kristin, for all you do for ChildSafe and for sharing your story with us.

Volunteers at ChildSafe are living proof that **many hands make light work.** With the able assistance of volunteers, ChildSafe has a beautiful healing and serenity garden, a tidy filing cabinet, special events which run smoothly, and welcoming faces to greet children and families as they enter our waiting room.

If you'd like to make a difference at ChildSafe contact Toni Kyle. tonik@childsafesa.org or 210-208-5795



What is CARE?

CARE is unique to ChildSafe. Of the 65 children's advocacy centers in Texas, ChildSafe is the only one that has a program that connects children and families with activities designed to help them understand that they should not define themselves as victims—rather as capable individuals.

CARE stands for Child Abuse Resource Enhancement, but it also describes the feelings of ChildSafe staff and our many partners who care about the children we serve. CARE is designed to promote healing, help reduce the likelihood of future high-risk behaviors, and minimize the risk of re-victimization. Our partners also know that many of the activities they provide are fun and that laughter is a step on the path to healing.

CARE provides peer group activities including arts and crafts, sports, music, and more. There are mentoring programs that provide homework assistance and encouragement. Early childhood education provides classes in parenting and childcare. And there are a number of counseling services that work closely with ChildSafe's own counselors and therapists to ensure the children, siblings, and parents/caregivers receive the help they need in the place that is most convenient for the family.

Monica Vela

CARE Coordinator

CARE is made possible by the generosity of our CARE partners, grants from local foundations, and from donors like you.



OUR CARE PARTNERS INCLUDE:

CARE Peer Group Activities

Artworks
Carver Community Cultural Center
City of San Antonio
 After-School Challenge Program
 Special programs
 Youth Recreation
Diversified Youth Services
Guadalupe Cultural Arts Center
International Academy of Music and the Arts
Barshop Jewish Community Center
NEISD—Kids Involvement Network (KIN)
San Antonio Youth Centers
Southwest School of Art and Craft
Braundera Family YMCA
Mays Family YMCA
Davis Scott Family YMCA
D.R. Semmes YMCA at Tripoint
Walzem Family YMCA
Westside Family YMCA

CARE Mentoring

Bikers Against Child Abuse (BACA)
Big Brothers Big Sisters

Boys and Girls Club
Boy Scouts of America
Communities in Schools
DIVAs (Divine Intercession for Virtuous Adolescents)
Girl Scouts of Southwest Texas
Good Samaritan Community Services
Guardians of the Children

CARE Early Childhood Education

Boys Town Texas, Inc.
Early Head Start (a program of AVANCE San Antonio and Parent/Child Inc.)
Head Start (a program of Family Service Association and City of San Antonio)
YMCA-Precious Minds, New Connections

CARE Counseling

Baptist Child and Family Services
Boys Town Texas, Inc.
Counseling Assessment and Training Services
Family Service Association
Family Violence Prevention Service
Families de Novo
Roy Maas' Youth Alternatives
Real Families Counseling Services
Rodney Roussett, LPC
San Antonio Council on Alcohol and Drug Abuse



BIRDIES for CHARITY®

Now – April 17, 2012

Birdies for Charity® is a fundraising program designed by Golf San Antonio to generate contributions to nonprofits through the Valero Texas Open. It is a no-cost program that gives 100% of proceeds to the participating nonprofits. Funds are generated by soliciting pledges from individuals and corporations for every birdie made at the Valero Texas Open. Last year's open had 1,950 birdies, so a pledge of \$0.01 yielded a donation of \$19.50.

ChildSafe is requesting support from individuals and companies to pledge as follows:

- **Corporations:** \$.50+ per birdie
- **Individuals:** \$.01+ per birdie

Contributions can be made online at: www.valerotexasopen.org

Please be sure to specify ChildSafe as your gift recipient. Or contact Toni Kyle to request a pledge form: 210-208-5795 tonik@childsafesa.org

Thank you!

to the generous individual donors, corporate donors, and private foundations who have contributed a total of \$744,364.27 from January 1 – November 15, 2011. Please accept our apologies as we are unable to list our donors individually while our donor data base is under re-construction. Check back in the spring.

COMPANIES FOR KIDS

Companies for Kids is ChildSafe's effort to include our corporate neighbors in serving the sexually abused children—and their supportive family members—in San Antonio and Bexar County. Companies for Kids is designed to recognize these special donors in a variety of ways.

\$20,000 donors receive:

- Recognition as a title sponsor for either Art from the Heart (our annual fundraiser) OR our annual professional conference
- Recognition on signage at both events
- Recognition at both events by emcee
- Recognition on event invitations and announcements
- Tickets to Art from the Heart (10 tickets)
- Admission to annual professional conference (2 seats to conference, 5 additional seats at conference luncheon, complimentary vendor table)
- Recognition as a sponsor of Texas Public Radio PSA
- Recognition in event media releases, our newsletters and our website

\$10,000 donors receive:

- Recognition on signage at our annual fundraiser and professional conference
- Recognition at both events by emcee
- Recognition on event invitations and announcements
- Tickets to Art from the Heart (6 tickets)
- Admission to annual professional conference (2 seats to conference, 2 additional seats at conference luncheon, complimentary vendor table)
- Recognition in event media releases, our newsletters and our website

\$5,000 donors receive:

- Recognition on signage at our annual fundraiser and professional conference
- Tickets to Art from the Heart (4 tickets)
- Admission to annual professional conference luncheon (2 seats at luncheon, complimentary vendor table)
- Recognition in event media releases, our newsletters and our website

\$2,500 donors receive:

- Recognition on signage at our annual fundraiser and professional conference
- Recognition in event media releases
- Tickets to Art from the Heart (2 tickets)
- Admission to annual professional conference luncheon (2 seats at luncheon, complimentary vendor table)
- Recognition in our newsletters and on the ChildSafe website

\$500 and \$1,000 donors receive:

- Recognition in our newsletters and on the ChildSafe website

If you are interested in participating in Companies for Kids, please contact our Development Office at 210-208-5795.

Looking Ahead

THE TIMES ARE CHANGING

The current state of the economy has placed nonprofit organizations in the bull's-eye for funding cuts. There is increased pressure for nonprofit organizations to show that their programs are effective and cost efficient.

While funders are requesting more accountability for nonprofits there is a continued increase for the need for more services within the San Antonio community. Staff productivity and efficiency are now as important as client relationships to funding sources. Successful nonprofits must operate as well-organized businesses. The challenge for ChildSafe, and all human service nonprofits, is to operate as a proficient business while maintaining personal connectedness and premium care to our clients.

Historically, program evaluations from nonprofits have focused on the number served within a target population. A successful program can now be calculated by measurable outcomes that are consistent over time and can be replicated. Although ChildSafe has always done an excellent job of assessing children and their families throughout their course of care to assist our team with meeting their needs, we have never used the assessment data as a tool for program evaluation. Program evaluation is a shift in culture for ChildSafe. Our programs have traditionally focused on counting outputs rather than achieving measurable outcomes. ChildSafe wants to focus on interventions that help clients achieve their goals. With our shift to outcome based programs, program managers are being tasked to work with staff to identify current therapeutic techniques and interventions that are evidence based. Evidence based interventions have been researched and have shown to be effective. ChildSafe has recently applied and was accepted to be part of a learning collaborative to train therapists on Trauma Focused Cognitive Behavior Therapy, an evidence based therapeutic service for children and their families.

In order for ChildSafe to measure outcomes and increase our efficiency, we must have the means and tools to do so. In March of this year the Board approved the purchase of Efforts to Outcomes (ETO) software by Social Solutions. This software will provide the tools to measure demographics, monitor staff utilization/outputs, and measure client outcomes. ChildSafe began working with Social Solutions on software development in May, and completion of development is scheduled for this week. During this time program managers have been asked to develop logic models for all their current programs in order to determine measurable outcomes for each program. Program managers have also been asked to complete program specific policies and procedures. Once staff have been trained and working on ETO there is an expectation of software proficiency by January 1, 2012. By July of 2012 ChildSafe will have its first real look at concrete data for outcomes for those served by our current programs.

This is an exciting time for ChildSafe and its programs as we continue to build upon ChildSafe's history and foundation. More to come!

Randy McGibeny, LPC

Director of Counseling and Client Services

Multi-disciplinary Team Child Abuse Conference

January 5 - 6, 2012

Crowne Plaza, 111 E. Pecan, San Antonio, Texas

For nearly a decade ChildSafe has presented an annual conference on child abuse which features cutting edge speakers and new topics. Continuing education credits are available for law enforcement, medical professionals, legal and judicial staff, social workers, counselors, therapists, and many others whose professional activities bring them in contact with abused children.

This year's keynote speaker is Dr. Ann Jennings, The Anna Institute, dedicated to the life of and artwork of Anna Caroline Jennings. Anna's mother, Dr. Ann Jennings, tells the story of her daughter to educate others on the epidemic of childhood sexual abuse and its horrific effects on the individual and society.

Other program topics include:

*Protecting Your Children: Advice from Child Molesters
Reunification and Juvenile Sex Offender*

*Why Do I Keep Doing This Job? Secondary Trauma
The Impact of Pornography on Society, Sex Offenders,
and Children*

Detecting Deception in Written Statements

Trauma Informed System of Care

Registration through December 16 is \$225 and \$265 thereafter. For more information and online registration visit www.childsafe-sa.org/events.

A R T
F R O M T H E
H E A R T
2 0 1 2

Join us for our tenth annual gala celebrating kids creating for kids! The event will feature artwork from local school students who are making a difference in the lives of sexually abused children.

MAY 10

Blue Star Contemporary Art Center
\$75 per person / \$150 per couple



OUR NEW WEBSITE

Changes at ChildSafe have come not just to programs, but also to our website which now better reflects the services and programs we have to offer. Check it out!

www.childsafe-sa.org



WISH LIST

All year

- Gas cards (\$25 denominations for emergency assistance)
- Gift cards from HEB, Wal-Mart, Target, Payless Shoes (\$25 denominations for emergency assistance)
- Personal hygiene products
- Roto-molded kayaks for Adventure Therapy (1- and 2-person kayaks)
- New stuffed animals
- New children's books
- 15-passenger van for Adventure Therapy program

Seasonal

- Backpacks filled with school supplies (July, August and September)
- Easter baskets filled with treats and toys (March and April)
- Holiday Stockings with a gift and treats (November and December)

WHO SUPPORTS CHILDSAFE and our work with sexually abused children? If you think grants, you're partially right. But in this time of decreasing federal and state funding, grants do not cover all of our expenses. That's why ChildSafe is turning to you. Your gift will make a difference.

Please contact our Development Department for more information about our wish list, in-kind donations, other ways to give, or to make your gift by phone: 210-208-5795.

Happy holidays & thank you for your support!

I would like to support ChildSafe with a gift of:

\$5,000 \$2,500 \$1,500 \$1,000 \$500 \$250 Other

Name.....

Address.....

City State Zip.....

E-mail..... Phone.....

Payment Method Check payable to ChildSafe Visa MC AmEx

Name on Card.....

Account Number.....

Exp. Date..... Security Code.....

- \$5,000 covers complete services for one child for one year
- \$2,500 pays for five medical examinations (ChildSafe performs 600 each year)
- \$1,500 helps provide emergency assistance for three families
- \$1,000 will fund counseling for siblings who have been abused
- \$500 funds a month of counseling to help a child become a survivor, not a victim
- \$250 pays for a forensic interview for one child, helping ensure the child's outcry is investigated

Please detach and mail this form to ChildSafe, 7130 West US Hwy 90, SATX 78227.

EXECUTIVE STAFF

Kim K. Abernethy, *President / CEO*
Randy McGibeny, *Director of Counseling and Client Services*
Suzette Patton, *Director of Operations*
Rene Wilhite, *Director of Finance and IT*

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Our mission is to restore dignity, hope, and trust to children traumatized by sexual abuse.



CHILDREN'S
ADVOCACY
CENTERS™
OF TEXAS, INC.

*Breaking the Cycle of Abuse
One Child at a Time*

ChildSafe is a Children's Advocacy Center.

www.childsafe-sa.org / 210.675.9000

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ChildSafe

