



ChildSafe

Expert Care for Abused Children
Especializando en el Tratamiento de Niños Abusados

Annual Newsletter / February 2013

*As the only Child Advocacy Center
in Bexar County, we restore hope and
healing through expert treatment to
children and their families who have
been traumatized by abuse.*

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Healing More Children: Expanding Our Mission



Austerity. Economic turbulence. Unemployment. Everyone in our nation has felt the effects of the economic downturn and sluggish recovery; and, social service agencies are no different. Funding has been cut and everyone must accomplish more with less.

In the case of ChildSafe, we have realigned our organization to expand our services to treat children traumatized by all forms

of abuse. We are now providing comprehensive treatment to children who have been physically abused and neglected, as well as continuing our mission of 23 years of providing care to children who have been sexually abused.

Why? Because we can and must. Child abuse, neglect and child sexual abuse are at an all-time high. In 2011, Bexar County had the highest rate of confirmed child abuse cases in Texas, even higher than Harris County, which has nearly three times as many children as Bexar County (BBC, 2011). How many cases of child abuse were confirmed in the San Antonio area last year? 5,915. Almost 6,000 children going through unspeakable trauma. Twenty children in Bexar County died from physical abuse in 2011. And in Bexar County, 1 in 4 girls and 1 in 6 boys will be sexually abused before their 18th birthday; almost one third is not old enough to attend kindergarten.

To employ efficiencies and reduce duplication, ChildSafe migrated all medical services to Christus Santa Rosa Children's Hospital and its "Center for Miracles" in order to provide comprehensive medical care to the children and families we serve. With state-of-the-art medical technology and services in place for abused children, it makes sense for the "Center for Miracles" to provide inclusive medical services to children who have been sexually abused as well as those who have been abused and neglected.

Because our staff is experienced and trained in treating children who have been traumatized by any form of abuse, we are able to seamlessly aid young victims who have been physically abused and neglected while continuing our services to those who have been sexually abused.

The statistics are staggering, but ChildSafe — along with our multi-disciplinary partners — are committed to drastically reducing child abuse and neglect in our community with steadfast fieldwork, in-house agency education to ensure every staff member is "trauma informed," and proactive community outreach and educational initiatives.

In addition, we plan to increase the scope of our fieldwork so that our case managers/family support specialists will be able to visit children in their home settings and community venues in order to better understand the family dynamics as well as save families the costly and often difficult trip to the ChildSafe campus. Case managers/family support specialists will also accompany clients to other service agencies to assist with accessing needed services and accompany families to court.

As part of this all-inclusive approach, ChildSafe will become a "trauma-informed" agency. What does this mean? All staff members are receiving ongoing education regarding the neurological, biological, psychological and social effects of trauma and violence to better understand how trauma affects an abused child. The core consideration of interacting with traumatized children involves helping them avoid shame, humiliation, and exploitation. To achieve this, ChildSafe counselors and staff focus on techniques that help abused children manage dissociative symptoms such as detachment and amnesia, de-sensitization therapies that help render painful images more tolerable and behavioral therapies that teach skills for moderating powerful emotions. A thorough understanding of the impact of trauma, or being "trauma informed," minimizes re-victimization and facilitates recovery and empowerment.

Along with streamlined services, this new year brings a renewed dedication to doing more, because every child deserves the right to a safe and healthy life. Our Children. Our Community.

Kim Abernethy
President & CEO

Corporate Commitment Can Change Lives



The Board of Directors of ChildSafe is a dedicated group of businesswomen and men who believe in the mission of ChildSafe and the work the staff does to help heal the children and their protective family members who come through the doors of ChildSafe every day. I am proud to serve as their Chair. The numbers of children who suffer abuse in Bexar County are staggering and

it will truly take the support of Our Community to provide the comprehensive services to the more than 2000 of Our Children who ChildSafe will serve this year. That is why ChildSafe is expanding its mission to treat children traumatized by all forms of abuse.

We are writing a new chapter for the children of San Antonio with our commitment to aggressively reduce child abuse and neglect in our community. And we're calling on the business community to help. The companies that call San Antonio home can make a huge difference in the lives of abused children through ChildSafe's Companies for Kids program. Your membership will help stop the cycle of abuse by supporting our efforts to deliver comprehensive, expert treatment to child survivors of abuse and neglect. Your membership will also help fund our outreach and education programs to prevent abuse, thus empowering San Antonio children and families.

As board members, we all financially support ChildSafe with individual donations and donations through our businesses. We hope you will help ChildSafe and do the same this year.

Sincerely,

Elizabeth Flavin Crawford

Managing Director, Sendero Wealth Management

If you need more information about Companies for Kids, please contact Cathy Siegel, Director of Development, at CathyS@ChildSafe-sa.org.

Welcome Cathy Siegel: Experienced and Committed

I am so happy to find myself welcoming the new year at an incredible new work 'home'. It did not take long for me to discover that this is a group of people that works well together. And they do it with a passion for our mission. Everyone here at ChildSafe brings an expertise unique to his or her own department, yet they share the work and create the vision for success as a team. I have confidence in the people and the programs here, and I am proud to represent them when I reach out to companies, foundations, and individuals to partner with us and help fund our work.

Though new to this job, I have been in the non-profit arena for a very long time, and have worked for children's causes for the last four years. I have much to learn about ChildSafe, and I hope I have a great deal to offer as well. I know this: children grow up in different kinds of homes, have different life experiences, and learn from different teachers and adult caregivers. But ALL children have the right to feel safe...at school, at play, and at home. That is why I know that my work here is so very important—to garner the funds necessary to support our mission and ensure that these children, our children, are taken care of.

If it's been awhile since you've heard our story or seen our beautiful space, or if you are one of the special people in our community who want to help us with a donation or share our message with others, please email me, CathyS@ChildSafe-sa.org. I look forward to my work at ChildSafe and the positive steps we can all take together for our children.

Many thanks!

Cathy Siegel

Director of Development



Annual Report 2012

SERVICES STATISTICS

Children and Protective Family Members Served

1879 children who were sexually abused and 1441 protective family members. Services provided included forensic interviews, case management, victims' assistance, counseling and therapy, Adventure Therapy and CARE (Child Abuse Resource Enhancement program).

8610 total individual service units provided (case management, victim's assistance, therapy, and CARE)

1264 forensic interviews conducted

1641 children served for the first time

Ethnicity

- 1% American Indian
- 1% Asian/Pacific Islander
- 7% Black/African American
- 66% Hispanic
- 17% White
- 8% Other

Ages

- 50% were between the ages of 6-12
- 30% were between the ages of 0-5
- 20% were between the ages of 13-17

Gender

- 70% were females
- 30% were males

Profile of the Offenders

- 44% Parents/Caregivers or parent's boyfriend/girlfriend
- 31% Related to child – not parents or caregivers
- 23% Known to child but not related
- 2% Unidentified

Financials for the period of July 1, 2011 – June 30, 2012

STATEMENT OF FINANCIAL ACTIVITIES

Support and Revenue

United Way	\$170,237
University Health Systems	186,450
Government contracts – federal	183,108
Government contracts – state	471,296
TDFPS Medical, Counseling, and Consulting	31,940
Contributions and grants:	
Foundations	\$258,707
Corporations and business	7,834
Individuals	40,920
Other	336
Special Events, net expenses	60,145
Program revenue	79,276
Investment earnings, net	8,923
Other revenues	29,095
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Total Support and revenues	\$1,527,657

Expenses

Program services	\$1,498,306
Supporting services	156,519
Fundraising	128,512
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Total Expenses	\$1,783,337

STATEMENT OF FINANCIAL POSITION

Assets

Current Assets:	
Cash and cash equivalents, unrestricted	\$77,844
Accounts receivable, net	237,818
Pledges receivable, current portion	56,750
Prepaid expenses and other current assets	18,175
Total current assets	\$390,587
Cash and cash equivalents, Board designated	913,309
Property and equipment, net	1,172,742
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Total Assets	\$2,506,838

Liabilities & Net Assets

Current Liabilities:	
Accounts payable	\$31,521
Accrued expenses	36,525
Total current liabilities	\$68,046
Net Assets:	
Unrestricted:	
Available for operations	\$258,991
Board designated	913,309
Invested in property and equipment	1,172,742
Temporarily restricted	93,750
Total net assets	\$2,438,792
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Total Liabilities and Net Assets	\$2,506,838

Thank you! to our corporate partners and private groups who have made gifts and in-kind donations throughout the year. We could not do this important work without your support.



Blue Knights

The Blue Knights, an organization of San Antonio Police Officers who ride motorcycles, held a raffle to raise funds for ChildSafe. The group presented a check for \$800 to ChildSafe of San Antonio.



AECOM

AECOM San Antonio – Environmental Office, donated furniture and office equipment to ChildSafe. The team volunteered their time and muscle to move the heavy furniture and equipment after hours to ChildSafe’s campus. This generous donation made it possible for many of ChildSafe’s staff to receive better desks and office furniture.

The powerful team included: (L to R) Greg Blackburn, AECOM; Di Anne Garza, ChildSafe; Don Coulombe, AECOM; Angelica Martinez, ChildSafe; Robert Abernethy, Adam Wosneski, and Doug Ruppel, AECOM, along with ChildSafe staff Fred Borroel and Randy McGibeny and two ChildSafe volunteers, far right, Danica Moran and Rosie Ramos. Not pictured from AECOM are Kirk Abbott and Rod Croslen; and from ChildSafe Kim Abernethy and Sue Ellen Ruggles.

If you or your company would like to donate time or inkind, please contact Cathy Siegel, Director of Development, at CathyS@ChildSafe-sa.org or call 210.208.5769.



MPS

Di Anne Garza, ChildSafe’s Executive Assistant, expresses her personal gratitude to Daniel Cantu, Vice President of The MPS Group, for the gift of a new color multifunction copier for the Administration Building. We are grateful to Mr. Cantu and to Mr. James Thomas, President, for being so committed to solving ChildSafe’s needs. Generosity such as this by The MPS Group assists ChildSafe in containing overhead expenses so that more of our donors’ gifts directly benefit the child victims of neglect and physical and sexual abuse.

ChildSafe would also like to thank Art Garcia, Bohanan’s Restaurant & Bar, Nicha’s Comida Mexicana, and A Sweet Friend for their inkind donations which made our December MDT reception so warm and wonderful!

Visit www.ChildSafe-sa.org to view our most current wish list. Helping today may be easier than you think!

A R T
F R O M T H E
H E A R T
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THURSDAY, MAY 9

KIDS CREATING FOR KIDS

Historic Petty Mansion – Now the VFW Post 76 on
the Museum Reach of the San Antonio River

Join us for our eleventh annual fundraiser celebrating kids creating for kids! This event will feature artwork from local elementary, middle, and high school students across San Antonio — students who are making a difference in the lives of abused and neglected children.

To be a sponsor or make your reservation for tickets, please contact Cathy Siegel, Director of Development. CathyS@ChildSafe-sa.org or call 210.208.5769.



Children's Summit

A conference on child abuse & children's mental health

ChildSafe is proud to announce its tenth annual conference on children and youth. The conference will be held on **JUNE 24 & 25, 2013** at the El Tropicano Riverwalk Hotel in downtown San Antonio. With over 700 attendees expected, this is a one of a kind opportunity for those in the region who care about children's mental health and safety.

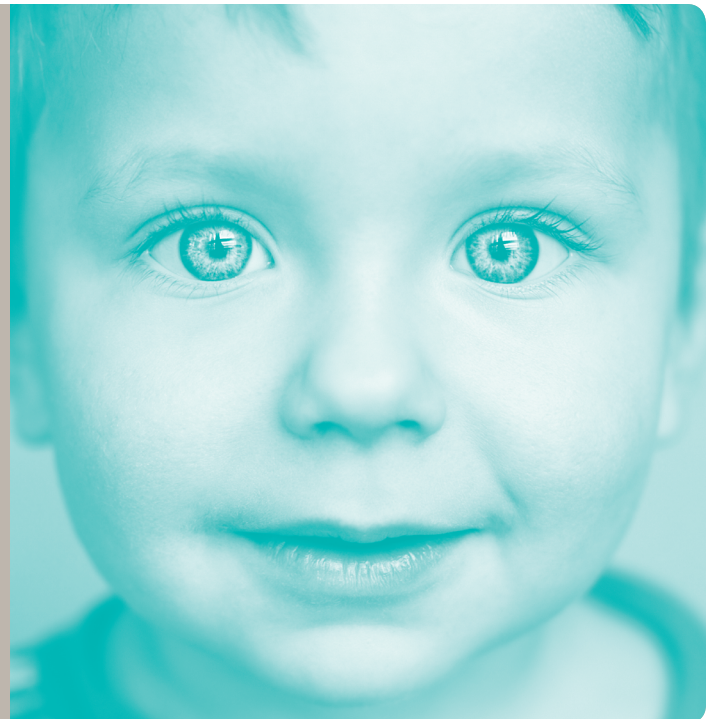
For the first time, ChildSafe is partnering with Clarity Child Guidance Center to deliver this year's conference. ChildSafe and Clarity are the region's experts on children's abuse and mental health respectively. No conference in the state offers this level of experience and depth/breadth of topics on children's care and health.

Luncheon speaker Wm. Paul Young, author of the best-selling novel *The Shack*, will share his own thoughts on forgiveness after being abused as a child.

If you or your company is interested in being a conference sponsor or purchasing a table or tickets for the luncheon on June 25th, please contact Cathy Siegel, Director of Development. CathyS@ChildSafe-sa.org or call 210.208.5769.

HOW CAN YOU HELP CHILDSAFE?

- Share information about ChildSafe and our education programs with teachers, administrators, PTAs, coaches, Boy and Girl Scout troops, daycare centers, church youth groups or any setting where kids spend time with adults!
- Talk about ChildSafe's work and outreach initiatives at your place of employment.
- Spread the word about ChildSafe with friends and family; and, share via social media.
- Promote child safety and family empowerment in our community.
- Donate money, time and in-kind to ChildSafe today!



Family Enrichment Through Adventure Therapy

EMPOWERING FAMILIES

ChildSafe continues to empower families overcoming the effects of child abuse and neglect through therapeutic adventure activities. Launched in 2009 with a grant awarded from the Texas Parks & Wildlife Department, ChildSafe's Family Enrichment Adventure Therapy (FEAT) program connects family members with one another while, as a unit, they connect with the outdoors and other families healing from the effects of child abuse and neglect.

ChildSafe's professionally licensed counselors and properly trained support staff focus on enhancing family collaboration and empowerment in the wake of the discovery of child abuse. Staff members, volunteers, and graduate counseling students from Our Lady of the Lake University and the University of Texas at San Antonio work together to facilitate outdoor therapeutic activities on or near the ChildSafe campus and in surrounding natural areas, including Texas state parks such as Enchanted Rock or South Llano River. In conjunction with traditional "talk therapy" in individual, group, and family settings, participants of the ChildSafe FEAT Program travel, hike, and camp outdoors. Other activities include archery, rock climbing, kayaking, geocaching, outdoor cooking, and ropes challenge courses, among others.

While activities may vary, the intent of each outing remains solution-oriented as clients work together toward goals identified with one another either at the beginning of the activity or previously with their family's counselor or family support specialists at ChildSafe. Adventure Therapy personnel guide conversations and activities in ways that highlight a family's unique strengths and the family's preferred way of relating to and being with one another.

Clients participating in the FEAT program report an appreciation to ChildSafe for offering new experiences for

their families to enjoy peace and recognize their resiliency together through life circumstances they have regarded as chaotic and tormenting. Moreover, clients express amazement in discovering new talents and capacities of family members to accomplish feats such as completing a kayaking excursion down the Guadalupe River or scaling a rock face at the Barton Creek Greenbelt in South Austin. When asked what her favorite part of a FEAT outdoor adventure activity was, one child responded, "When my mom and I got further than our goal. She and I had a fun, healing and bonding process. I felt that we accomplished a lot today and that feeling made me happy."

ChildSafe continues to strengthen the adventure therapy program in the agency's pursuit to become a leader in trauma informed care. Plans are underway, for example, for the expansion of the program to include more research-based initiatives specifically designed to investigate the triumph of families over the effects of abuse and neglect.

Clients continue to call for more opportunities for therapeutic adventures together and the FEAT program remains dedicated to enhance ChildSafe's mission to restore dignity, hope, and trust to children traumatized by abuse and neglect. As overheard on a camping trip, when her children played in the waters of the South Llano River, one mom sitting by her husband on the riverbank said, "Look honey. You've got to see the smiles on these kids' faces." That same mother called months later, letting a ChildSafe staff member know they were planning their own family camping trip together, able to do so with the confidence they gained during their FEAT experience.

Federico A. Borroel, MS, LPC-S
CARE & Adventure Therapy Manager

For more information on the FEAT program, please contact Fred Borroel, CARE & Adventure Therapy Manager, at FredB@ChildSafe-sa.org.

C.A.R.E. Program News

THE FORTY DEVELOPMENTAL ASSETS

Promoting a safe, healthy and productive family unit is paramount to ChildSafe’s core values, so we would like to share information on the Search Institute’s 40 Developmental Assets and a new framework of Family Assets. Strengthening these Assets in the children and families we serve at ChildSafe is a primary focus of ChildSafe’s Child Abuse Resource Enhancement (CARE) program. Apart from aiming to support these assets in our daily work with our clients, we also hope to connect our children and families with community-based organizations that also honor the value of instilling positive traits and cultivating healthy relationships. For more information, please visit the Search Institute’s website at www.search-institute.org/developmental-assets.

What are Developmental Assets?

The Developmental Assets® are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. Because of its basis in youth development, resiliency, and prevention research and its proven effectiveness, the Developmental Assets framework has become one of the most widely used approaches to positive youth development in the United States.

A Positive Approach to Strengthening All Families

Building on 20 years of groundbreaking Developmental Assets research, Search Institute conducted a national research study to identify a set of “Family Assets” that make a major difference in the lives of both kids and parenting adults. The Family Assets focus on how families function, not on their structure. Illuminating the ways families live their lives together—how they relate to each other, how they spend their time, and how they connect to others—allows us to draw out what families do in their day-to-day interactions that lead to positive outcomes. The Family Assets recognize that family members of all ages both contribute to and benefit from a strong family unit.

Why Family Assets Matter

Search Institute’s new research, The American Family Assets Study, shows that the more of these Family Assets families experience, the better off family members are. They are more satisfied with their lives, healthier, and more engaged with the community around them. Kids from families with more assets are also more likely to engage in learning at school and develop close relationships with others.

The Power of Assets

The 40 Developmental Assets represent everyday wisdom about positive experiences and characteristics for young people. Search Institute research has found that these assets are powerful influences on adolescent behavior—both protecting young people from many different risky behaviors, and promoting positive attitudes and actions.



Search Institute® has identified the following key qualities that help all kinds of families be strong. When families have more of these research-based assets, the teens and adults in the family do better in life.

Nurturing Relationships

- **Positive communication**—Family members listen attentively and speak in respectful ways.
- **Affection**—Family members regularly show warmth to each other.
- **Emotional openness**—Family members can be themselves and are comfortable sharing their feelings.
- **Support for sparks**—Family members encourage each other in pursuing their talents and interests.

Establishing Routines

- **Family meals**—Family members eat meals together most days in a typical week.
- **Shared activities**—Family members regularly spend time doing everyday activities together.
- **Meaningful traditions**—Holidays, rituals, and celebrations are part of family life.
- **Dependability**—Family members know what to expect from one another day-to-day.

Maintaining Expectations

- **Openness about tough topics**—Family members openly discuss sensitive issues, such as sex and substance use.
- **Fair rules**—Family rules and consequences are reasonable.
- **Defined boundaries**—The family sets limits on what young people can do and how they spend their time.
- **Clear expectations**—The family openly articulates its expectations for young people.
- **Contributions to family**—Family members help meet each other’s needs and share in getting things done.

Adapting to Challenges

- **Management of daily commitments**—Family members effectively navigate competing activities and expectations at home, school, and work.
- **Adaptability**—The family adapts well when faced with changes.
- **Problem solving**—Family members work together to solve problems and deal with challenges.
- **Democratic decision making**—Family members have a say in decisions that affect the family.

Connecting to Community

- **Neighborhood cohesion**—Neighbors look out for one another.
- **Relationships with others**—Family members feel close to teachers, coaches, and others in the community.
- **Enriching activities**—Family members participate in programs and activities that deepen their lives.
- **Supportive resources**—Family members have people and places in the community they can turn to for help.

For information on the research behind the family assets, visit www.search-institute.org/familyassets

For practical ways to build assets in your family, visit www.ParentFurther.com/familyassets

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