

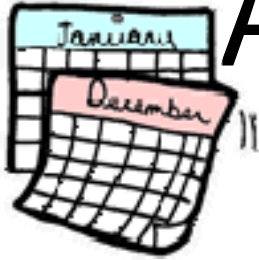


The Volunteer Voice

Children's Advocacy Center of Manhattan

Fall 2006

333 East 70th Street · New York, NY 10021 · phone (212) 517-3012 · fax (212) 517-6738



A Year in Review

As we near the end of our 11th year at the Children's Advocacy Center, it is another opportunity to

celebrate the positive changes and accomplishments of our agency. Signs of progress are present throughout the CAC, thanks to the support, hard work and dedication of our volunteers, staff and board of directors.

The CAC's therapy and forensic evaluation programs have continued to grow. Our social workers, psychologist, MSW interns and psychology trainees are currently providing individual therapy to over 40 children and adolescents, an increase of about 35% since last October. In 2006, social workers at the CAC have conducted child abuse evaluations for over 225 children to date.

Some of the most important accomplishments were made possible by the help of our volunteers, including our Holiday Party, Family Game Night, tutoring program and Case Tracking Program. Volunteers have graciously donated over 500 hours to the CAC in 2006 thus far, and we are delighted that new volunteers have joined the CAC over the past year. The CAC sends a heartfelt thank you to all of our volunteers who provide us with invaluable assistance and encouragement throughout the year.

In terms of child abuse prevention, CAC staff members and long-time volunteer, Alberta Tabak, conducted a total of 25 community workshops and trainings to parent groups and social service professionals in 2006. Workshops

and training topics included parenting skills, child abuse signs and symptoms, and prevention strategies. In addition, the CAC sponsored its first citywide conference on child abuse prevention entitled *Building Resilience in Children and Families*.

In January 2006, the CAC was awarded a grant from the ACT Foundation, run entirely by a board of seventh and eighth grade students who fund the foundation with monetary gifts from their bar or bat mitzvah.

The ACT grant enabled us to enhance our play therapy program to accommodate the growing number of clients treated at the CAC. We are pleased to announce that the finishing touches of the play therapy expansion are near completion. Over the summer, a former file room was transformed into a play therapy room by painting and filling it with a toy kitchen, dollhouse, games, art supplies, etc. The two existing play therapy rooms were also painted and filled with a puppet theatre, therapeutic games, and sand tray supplies. Other downstairs enhancements include a new tutoring area for volunteer tutors and clients and a newly furnished group therapy room and work area for psychology externs.

It is rewarding to look back over the past year and recognize the accomplishments of our agency. 2006 has been a memorable year for the CAC. As we anticipate 2007, we look forward to more efforts in the prevention of child abuse and continued services to the hundreds of children and families who will walk through our door.

Holiday Party



Please mark your calendars, and save the date for the Children's Advocacy Center's annual Holiday Party for clients and their families.

This year's Holiday Party will take place on Thursday, December 14th from 4:00 to 6:00 pm at the CAC. Volunteers will be needed in the weeks prior to the party to shop for and wrap gifts, assemble invitations, and prepare decorations. On the day of the holiday party, volunteers are needed to pick up food items, decorate the CAC, and supervise craft activities. More detailed information is to follow via email.

Welcome

The CAC continues to grow with the addition of caring, talented individuals. We welcome each individual who joined our center over the past year.

2006 new volunteers include Amanda Bedford, Blaire Biase, Amy Bluestone, Helen Carapella, Cynthia Jackson, Ryan Lahey, Joel Lyon, Martine Malle, Andrea Masters, Joan Pedley, Marie Restaino, Mimi Saltzman, Arlene Schwartz, Suriya Schmidt, Eileen Szeto, Nell Teare, and Mary Pat Treadwell. CAC's recent volunteer trainings were attended by an impressive group of new volunteers, some of whom have already contributed hours of volunteer work.

CAC welcomes masters level social work interns, Sachie Uchimaru from Columbia University and Meara Bearne from NYU, and doctorate level psychology trainees, Amita Santra from Queens College and Samantha Miller from John Jay College.

A new staff member, Meredith Appelbaum, has recently joined the CAC. Meredith is working as our part-time receptionist/program assistant.

We are delighted to welcome so many new additions to the CAC!

100 Women Against Child Abuse

100 Women Against Child Abuse, the CAC's annual gala fundraiser, will be held on Tuesday November 28th at Gotham Hall, located at 1356 Broadway at 36th Street. The evening will honor Ali Wing, CEO and founder of Giggle, and Judge Michael A. Corriero, presiding judge of Manhattan's Youth Part. The gala will be hosted by Jane Hanson of NBC and chaired by Kate Spade.

Volunteers will be needed on the day of the gala to assemble gift bags at Gotham Hall. Please contact Mary if you are available to help at (212) 517-3012, ext. 30 or marypesses@att.net.

Wish List



If you or someone you know is interested in donating to the center, the following items are needed. ❄ Denotes items needed for the upcoming Holiday Party.

- **Gift Cards** to Old Navy, Barnes & Noble, or Toys R Us, in \$25 increments please ❄
- **Board Games and Card Games:** Candyland, Memory, Trouble, Guess Who, Don't Break the Ice, Don't Spill the Beans, Uno Cards, Old Maid Cards, Connect Four, Sorry, Battleship, Chess, Checkers, etc. ❄
- **Train Sets** ❄
- **Basketballs** ❄
- **Art Sets** ❄
- **Jewelry Making Kits** ❄
- **Unused books for children, ages 6 to 18** ❄
- **Legos** ❄
- **Crayola Washable Markers**
- **Journals**
- **Washable Paints and Paint Brushes**
- **Play-Dough**
- **Hand Puppets**

7 Point Plan for Preventing Child Abuse & Neglect

In June 2006, the Children's Advocacy Center of Manhattan, in cooperation with Prevent Child Abuse America and the Administration for Children Services, presented a conference entitled *Building Resilience in Children and Families: Proven Strategies to Prevent Child Abuse and Neglect*.

As a follow-up to the conference, the CAC created the following 7 Point Plan of evidence-based strategies to help protect our most vulnerable children:

- **Universal risk screening for all pregnant women and new mothers.**¹ Prenatal care, delivery, and well baby care are ideal times to screen for risk of family violence and child abuse. Medical education and residency training needs to emphasize risk assessment and intervention to a great extent.²
- **Home visiting available in every community.**³ Home visiting services have proven to be effective in reducing child abuse, reducing low birth weight newborns, increasing access to health care, lowering rates of depression, enhancing bonding between mother and baby and increasing a parent's knowledge of their baby's development.⁴
- **Teen mother parent education and parent groups.** Young women 15 to 19 give birth to nearly 8% of babies nationwide. A 12-week parenting education program for unmarried teen mothers can prevent child abuse, improve the chance of high school graduation, and delay subsequent pregnancies until 21 or older.⁵ Groups of adolescent mothers are ideal ways to provide peer support, reduce social isolation and depression, and involve the extended family in the baby's care.
- **Head Start and Early Head Start programs available to all children and families.** Parents who participate in Early Head Start become more emotionally supportive, better at optimizing speech-language development, and engage in less corporal punishment.⁶
- **School programs to enhance emotional development.** School-based abuse prevention programs effectively improve knowledge about child abuse and reduce reported incidents when student participants reach high school.⁷
- **Educate school officials on psychology and child abuse issues.** Expanding school resources and working with multi-disciplinary community-based partners have been shown to enhance student mental health outcomes and build prevention programs.⁸
- **After-school programs in all high-risk communities.** A longitudinal study of after-school programs found better test scores, reading achievement, and motivation for children who participated in a full year after-school program.⁹

The 7 Point Plan is being shared with social service leaders throughout New York City. The CAC will be hosting a second conference in June 2007 tentatively titled *Challenges of Chronic Neglect: Early Intervention and Prevention*.

¹ James Hectman, Catch Them Young, *The Wall Street Journal*, January 10, 2006.

² EJ Alpert, AE Tonkin, AM Seeherman, HA Holtz (1998). Family violence curricula in U.S. medical schools. *American Journal of Preventive Medicine*, 14, 273-282.

³ Council on Child and Adolescent Health, The Role of Home-Visitation Programs in Improving Health Outcomes for Children and Families, *Pediatrics* 1998: 101:486-489.

⁴ Mitchell-Herzfeld, S., Izzo, C., Greene, R., Lee, E., & Lowenfels A. (2006). Evaluation of Healthy Families New York (HFNY): first year program impacts. New York Office of Children and Family Services, Bureau of Evaluation and Research.

⁵ PA Britner & ND Reppucci (1997). Prevention of child maltreatment: Evaluation of a parent education program for teen mothers. *Journal of Child and Family Studies*, 6, 165-175.

⁶ JM Love, EE Kisker, J Constantine, K Boller R Chazan-Cohen, H Raikes, J Brooks-Gunn, et al. (2005). The effectiveness of Early Head Start for 3-year old children and their parents: Lessons for policy and programs. *Developmental Psychology*, 41, 885-901.

⁷ SF Ko & MA Cosden (2001). Do elementary school-based child abuse prevention programs work? A high school follow-up. *Psychology in the Schools*, 38, 57-66.

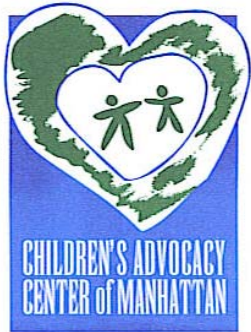
⁸ MD Weist, M G Ambros, CP Lewis (2006). Expanded school mental health: A collaborative community-school example. *Children & Schools*, 28, 45-50.

⁹ JL Mahoney, H Lord, E Carryl (2005). An ecological analysis of after-school program participation and the development of academic performance and motivational attributes for disadvantaged children. *Child Development*, 76, 811-825.

“One person may supply the idea for a company, community or nation, but what gives the idea its force is a community of dreams.” –Andre Malraux

“Changing one small thing for the better is worth more than proving a thousand people wrong.” –Anthony Pivec

“There are only two lasting bequests we can hope to give our children: One of these is roots, the other is wings.” –Hodding Carter



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