



JPA

Juvenile Protective Association



May 2017

Bearing Witness

When I first arrived at JPA in 2015, I found a two-volume set of books, richly clad in leather, sitting on a bookshelf in my new office. Curious to see what was inside, I opened the first volume to find page after page of searing images of child abuse. As I learned, the set was created as a comprehensive photographic reference designed to help physicians and frontline professionals identify potential cases of child maltreatment. I've always loved books but not that time. The images were unbearable. I'm sure you would feel the same.

Yet, we can't — and we shouldn't — look away. According to statistics released by the state of Illinois as of February 2017, there were over 16,000 indicated reports of child abuse in Illinois. With statistics like that, it's incumbent on all of us to ask what we can do to help. It turns out that many ways are available. You'll read about some of them in this month's issue. You'll also get acquainted with organizations stepping up to lead the fight against child abuse. You can also [click here](#) to read a report issued by the Chicago Children's Advocacy Center and co-authored by JPA's executive vice president, Dr. Stephen Budde, that offers important suggestions for improving the access and quality of mental health services to sexually abused children in Chicago.

So, please, don't look away. We have to be brave for the sake of the kids.

Karen G. Foley
Presidents & CEO



Beyond Individual Therapy: JPA's Insights Help Professionals Respond More Efficiently to Child Sexual Abuse Cases

Aside from its expert therapeutic services for children and families, JPA provides consulting services to schools and child welfare agencies. JPA's expertise in evaluation, quality improvement and mental health enables us to support other professionals.

Tragically, child sexual abuse continues to be a serious problem in Chicago and throughout the United States. JPA therapists often deal with the issue when working with individual children, but JPA's expertise reaches far beyond our own clients.

For many years, JPA has helped the Chicago Children's Advocacy Center (ChicagoCAC) improve their own services for victims of child sexual abuse by studying their procedures and contributing valuable insights, ultimately enabling the organization to better serve children and help them heal.

ChicagoCAC's Executive Director, Char Rivette, revealed in an interview that they receive anywhere from 5-15 reports of sexual abuse a day, with increased reports occurring when children return to school after holidays. Last

year, there were over 2000 reports. To date, they have served over 30,000 Chicago children going through one of the most traumatic periods a child can experience.

ChicagoCAC describes itself as the "First line of responders to reports of child sexual abuse, as well as reports of physical abuse of children under three." One major element of their work includes

"coordinating the efforts of child protection staff, police, family advocates, medical experts, and mental health clinicians under one roof."

In child sexual abuse cases, it's critical that children not only be encouraged to "disclose" so the perpetrator(s) can be apprehended, but also that

it be done with minimal further trauma to the child so healing can begin as soon as possible. (Disclosures ideally occur during videotaped interviews conducted by trained forensic interviews. These interviews are observed by law enforcement and child protection investigators so that the child will only have to be interviewed once, and the investigators can get everything they need to proceed with their investigation.)

Because the issue of child sexual abuse is so serious, ChicagoCAC needed to know how well

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it was doing and what it could do better. In 2001, they turned to JPA for help evaluating their capacity dealing with mental health issues and assessing their coordination of physical abuse investigations involving children under three.

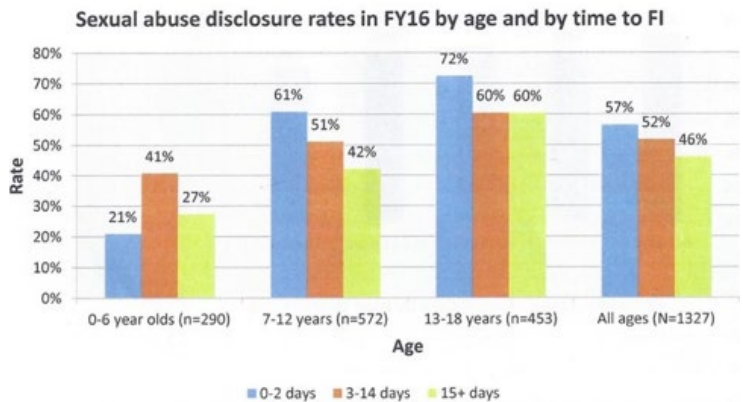
In 2010, JPA began working as the evaluator for the PATHH (Providing Access to Hope and Healing) Collaboration and continues to be instrumental on our work to improve the mental health access system for victims of sexual abuse.

In July 2016, ChicagoCAC chose JPA to oversee all of its evaluation and quality improvement efforts for their child sexual abuse program, prevention, and mental health programs. Most recently, Dr. Stephen Budde, JPA’s Executive VP, and Akadia Kacha-Ochana, Research and Quality Improvement Specialist, have collected data, conducted studies, and written reports suggesting ways ChicagoCAC can best serve the children who come to its attention.

JPA’s analyses showed that when children had to wait longer for a formal forensic interview they were less likely to disclose that they were sexually abused in these interviews. Furthermore, the age of the child made a difference.

Delays in conducting forensic interviews reduced the likelihood of disclosure more for children age seven and older. (See chart).

These findings, for example, helped ChicagoCAC highlight the need for the multiple professionals observing forensic interviews to coordinate their attendance and avoid delays in scheduling



the interviews. ChicagoCAC modified its procedures to better ensure that children would see investigators as soon as possible, while also being better informed about how these multidisciplinary teams could work together most efficiently.

Steve and Akadia have also provided expert research and technical assistance to the Illinois Children’s Justice Task Force, of which Char is the Chair. They provided a report to the Illinois General Assembly about the urgent need for a more systematic multidisciplinary approach to investigating allegations of child sexual abuse and serious physical abuse of young children in Illinois. Steve, Char, and others testified about the report’s findings and recommendations to a state Senate subcommittee.

Ultimately, DCFS chose to support piloting the recommendations of the report in four sites across the state, including the ChicagoCAC. JPA attends the subcommittee meetings for the pilot planning and provides technical support to on data collection to the CACs in each site.

“JPA’s findings and recommendation have helped ChicagoCAC successfully lobby for support from 45 different funding sources.”

Char praised JPA's work with the ChicagoCAC in part because of JPA's clinical and evaluation expertise, and their experience providing consultation and support to mental health service providers. "It helps that JPA has a clinical department. Other [organizations are often] more academically focused. JPA is more service oriented. They get it. They know what data means, which helps us formulate good practices."

In addition to helping ChicagoCAC improve their services, JPA's findings and recommendations have helped ChicagoCAC successfully lobby for support from forty-five different funding sources, including the Illinois legislature.

Char says, "JPA is just a great partner. They're easy to work with. It's so helpful to be able to bounce ideas off them. Steve is a great evaluator and researcher, and Akadia is just fantastic — a great writer. I can't imagine having a better partner than JPA.... We could not have done statewide recommendations without JPA."

She sees the partnership continuing well into the future as they continue to see what works in the best interests of the children they serve. Char hopes to connect more with schools through JPA's contacts and says, among other things, she'd like to introduce JPA into the Chicago Park District's work with kids and families.

Steve and Akadia continue to support ChicagoCAC's efforts in Chicago. They have recently received funding to provide similar technical assistance to CACs across the state in collaboration with the Children's Advocacy Centers of Illinois. By sharing its extensive research and therapeutic experience with them, JPA reaches far beyond its own borders. Through this partnership, JPA enacts its vision of enabling children affected by trauma from all over the city to "have access to the highest quality of services" as they begin to heal.

To report suspected abuse in Illinois, call 1-800-25-ABUSE (1-800-252-2873). Outside of Illinois, call 1-800-422-4453. [JPA](#)



ASK Jane

This month's questions focus on issues of child abuse and prevention. Everyone has a part to play keeping children safe.

Q: How can I as a parent ensure that I maintain healthy disciplinary boundaries when I feel like my kids are out of control?

Every parent's been there – that moment your stress level is through the roof and you just can't handle your kids' misbehavior any more. Your rational resources--asking nicely, instituting a timeout, making a no-TV threat--are exhausted. You just want to make your kids' arguing, whining, and carelessness stop.

Fantasies of a bubble bath or a night out watching football flash briefly through your mind, but then you're back in the kitchen trying to clean Spaghetti-Os off a previously clean floor.

In these moments, maybe you find yourself about to administer a good spanking or you pick up an object close at hand. You stop yourself – you don't want to go there – but you feel you've lost control and are unsure how to get it back.

You Are Not Alone

First things first: Know you're not alone. All parents feel this way at some time. Suddenly, your children seem like little strangers over whom you have no control. It's frustrating when they

don't behave as you expect them to. Your feelings are valid and common.

Next, take a few deep breaths. Step back and reassess the situation. Is your reaction about what's happening with your child or are you reacting to something that happened to you earlier?

“ ...when children misbehave, it's because they need a supportive adult... ”

In other words, who or what is really making you angry? Is your reaction proportional to the situation? A multitude of factors can be at play here – relationship or money problems, work deadlines or conflicts, and

other adult business.

Take a moment to calm yourself and explore the whole of what you're reacting to. Doing so lessens the impulse to lash out.

Defusing Anger

No matter what the provocation, remember it's never right to take things out on your children physically, mentally, or emotionally. As a parent, you need to protect them while modeling the behavior you hope to see. Try defusing your anger by leaving the room or even the house until you feel able to speak calmly. Walk around the block or to the park. Take a pillow with you and yell into it or even punch it a few times. Remember, they aren't doing things purposely

to anger you, especially if they're very young; they're just being children.

Once you feel in control of your anger, talk calmly to your children. Explain why you're feeling angry (age-appropriately, of course). If they've made a mess, make a game out of cleaning up. That will not only do what needs to be done in the moment but also show them how to do it in the future. If they've just been contrary, ask what's bothering them. They may have worries of their own they can't express verbally. Finding that out can lead to a good talk. See if you can agree about how to behave next time. Remind them to "use their words" instead of acting out. You can pleasantly surprise your children by sitting down and talking instead of coming at them physically or verbally.

Creating Positive Experiences

Third, create positive family experiences when you're not under pressure. Go to the park, take a walk together, play a board game, go to the movies. Find ways to be together. Show interest in things that are important to them. Let your kids know these times are special to you and create them consistently and purposefully. Creating positive relationships actually makes children want to behave out of love for you.

Most of the time when children misbehave, it's because they need a supportive adult to show them how to behave properly. Children need to be taught boundaries, how to relate to others, and how to behave appropriately. It might seem that five-year-olds should be able to set the table correctly, but they may need guidance and practice before they can do it themselves.

Last, but certainly not least, attend to your own mental health. Whether this means asking a trusted family member to take the kids for a night, setting up a date night with your significant other or friends, or scheduling some "me" time to

nourish the part of you that isn't a parent – find time to nurture that.

Numerous resources are available to guide, and support you. See the partial list at the end of this column.

Q: As a concerned adult, how can I help prevent child abuse?

Numerous ways exist to become involved, support families and children, and communicate support around this difficult issue.

As a Concerned Citizen...

Join a local organization that supports children and/or parents. (See the resource list at the end of this question.) Volunteer at or donate to organizations that support healthy families, such as the YM/YWCA, a local shelter or food pantry. Supporting families in multiple ways helps parents who need opportunities to de-stress.

Mentor a child who needs additional support academically or socially. Being a consistent positive presence for children outside the family can help them and the family cope with many difficulties. Get involved in local politics or attend a talk about this issue at a nearby university or non-profit organization. Also

consider how what you learn affects your own parenting philosophy — how can you promote healthy and flourishing relationships in your own home?

As an Educator...

Build strong, healthy relationships with families to minimize abusive behavior in the home. (Remember, as a mandated reporter, educators are required to report suspicions of abuse they see to the appropriate authorities.)

How have you best accomplished this in the past? Can you highlight positive behavior in addition to negative behavior when calling home? Can you discuss a student's tough day

“...nourish the part of you that isn't a parent — find time to nurture that.”



at school in a way that avoids blaming/shaming a parent? How might you align with parents around supporting students so they don't become defensive when you call home?

You might even include them in your thinking about how to support students when they seem to go off track. This relationship building enhances your goal of supporting your students.

Final Note...

Regardless of who you are, if you see or suspect child abuse—physical, verbal, or sexual—you should contact the Illinois Department of Children & Family Services child abuse hotline, 1-800-25-ABUSE (1-800-252-2873) right away. If a child is in immediate danger, also call 911. Outside of Illinois, call 1-800-422-4453. We are all responsible for keeping children safe.

Many resources specifically discuss healthy relationships and boundaries in child-appropriate language. Some resources a parent could read to and begin to talk about with their children are:

No Trespassing — This Is MY Body!: Pattie Fitzgerald

My Body is Private: Linda Girard

I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private: Kimberly King, Zack King

Your Body Belongs to You: Cornelia Spelman

No More Secrets: Protecting Your Child from Sexual Assault: Caren Adams and Jennifer Fay (1981)

The Safe Child Book: A Commonsense Approach to Protecting Children and Teaching Children to Protect Themselves: Sherrill Kraizer (1996) Effective, non-threatening techniques

Play It Safe: Kathleen Sharar Kyte (1983) Advice for protecting your home, property, and body from robbery, assault, and other crimes.

No-No the Little Seal: Judith Feldman (1986) A young seal is upset when his uncle starts touching his body in private places, until he finds the courage to tell. Level: baby-preschool

Something Happened and I'm Scared to Tell: A Book for Young Victims of Abuse: Patricia Kehoe (1987) Helps shift the blame from the victim to the perpetrator, a crucial message. Available in English and Spanish.

Loving Touches: Lory Freeman (1986) Tool to reach children about the need for loving, nurturing touches as well as the prevention of harmful touches Level: ages 4-8

Telling Isn't Tattling: Kathryn M. Hammerseng (1995) Encourages kids to think about how to handle minor irritations and potentially dangerous situations. Level: ages 4-8

The Trouble with Secrets: Karen Johnson (1986) Helps young children understand the difference between secrets to be kept and those that are not. Available in English and Spanish.

Other Resources:

[Dept. of Health and Human Services, National Child Abuse Prevention Month](#)

[Resource list from National Runaway Safeline Prevent Child Abuse America](#)

[Child Welfare Information Gateway](#) connects child welfare and related professionals to comprehensive resources to strengthen communities and families around this issue.

A website with many additional resources for parents for an organization called [Darkness to Light: Ending Child Sexual Abuse; 5 Steps to Protecting Our Children](#) **JPA**



Tips for Parents: Preventing Child Sexual Abuse

JPA therapist and consultant Katie Gleason, LCSW, conducts workshops with parents about early childhood sexuality and child sexual abuse prevention. She's provided some tips for caregivers here.

- **The best** protection is your good relationship with your children. Being able to come to you to get a clear answer makes all the difference.
- **Be proactive** in teaching personal safety and abuse prevention. Let them know they've control over who touches them and where.
- **Model** respectful boundaries when it comes to touch and affection with others.
- **Develop positive** and open communication around topics of sexuality and personal safety.
- **Discuss** private parts, teach their proper names, and say why they're private.
- **Define** "safe touch" vs. "unsafe touch"
- **Use** specific examples; don't be vague or diffident. Children need clear age-appropriate information.
- **Tell** your child some adults or older children could try to make them do something they feel uncomfortable doing, but that they can say "No. That makes me feel uncomfortable." Then leave and find a trusted adult to talk to.
- **Talk** to your children about "tricks" and "secrets." Remind them they can come to you, especially when someone asks them to keep secrets. Insist they tell you about any uncomfortable touching or if someone wants them to keep that touching secret.
- **Teach** your children to pay attention to their feelings. If they feel uncomfortable with any form of touch, even well-meaning hugs or kisses from trusted family, they should tell that person that they don't want to be touched that way.
- **Talk** with children about how they should respect others' bodies.
- **Talk** with your children every day about their relationships, activities and feelings. [JPA](#)



NOTES and NEWS

April 2017



CRYSTAL CRUISES®
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SHINE A LIGHT ON JPA!

- Our **grand prize** live auction item is an amazing 14-day cruise (Jan. 22, 2018-Feb. 5, 2018) for two exploring “The Wonders of Western Australia” aboard the Crystal Symphony, one of the world’s most luxurious cruise ships. Imagine the memories created cruising the beautiful Indian Ocean on this

all-inclusive voyage in a desirable “A1” category, deluxe verandah stateroom. JPA is grateful to Crystal Cruises for their donation of this once-in-a-lifetime trip.

The “**Shine a Light on JPA**” Benefit is just around the corner! Join us on May 19th at Venue One from 6:30-11:30 PM to raise funds for kids and families in crisis. Help continue this necessary work as JPA celebrates its 116th year serving Chicago’s neediest neighborhoods and schools.

Tune into <http://www.jpachicago.org/events> for a display of spectacular live and silent auction items. While you’re there, check out our exclusive raffle prizes: a \$5,000 shop-a-thon sponsored by Saks Fifth Avenue, and an exclusive in-home custom designed 4-course dinner with wine for up to 10 people offered at RPM Steak by Chef/Partner Doug Psaltis!

Only 100 tickets will be sold for each raffle prize, so make sure to purchase your tickets ASAP! (Winners need not be present to claim their prizes.)

- Derrick Buckingham, our Director of Development, was invited by Chicago Alderman Walter Burnett, 27th Ward, to be on his TV show, Network 27, which informs the community about organizations serving the needs of residents and families on the West Side.



Derrick explained our history and contributions to addressing mental health issues that many kids face daily. Derrick shared the TV stage with the Executive Director of the Westside Justice Center, Tanya Woods.

Derrick’s been active since arriving at JPA. “We have been busy raising the visibility of JPA and making connections that should help us help more of our children. Our message is simple — we are here to help our kids move through trauma so they can increase their chances of getting a quality education and break the cycle of violence that permeates too many of our communities.” **JPA**