

CARES Northwest Connections



Fall 2009

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CARES Northwest is a collaborative, community-based medical program of The Children's Hospital at Legacy Emanuel, OHSU Doernbecher Children's Hospital, Providence Health and Services and Kaiser Permanente that serves children for whom there are concerns of abuse or neglect.



Trauma and Vicarious Resilience

by Pam Crow, Licensed Clinical Social Worker and Multnomah County Mental Health Consultant to CARES Northwest

"The world breaks everyone and afterward some are stronger at the broken places."

Ernest Hemingway

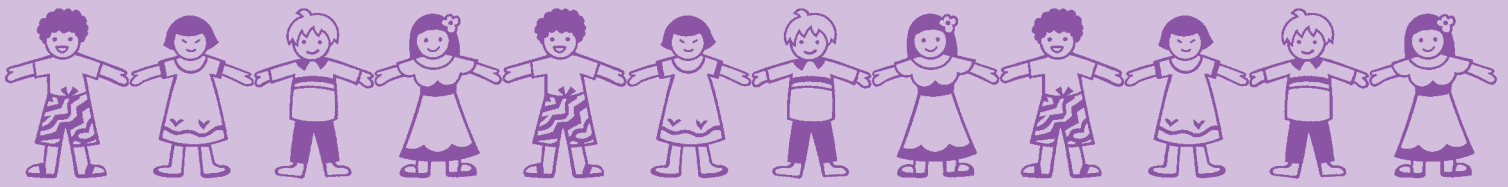
For the last year or so I've been working with a boy. I will call him Calvin. Calvin and his brothers were removed from their parents and placed into foster care almost three years ago. At the time, Calvin was four years old. Calvin and his siblings all showed signs of extreme emotional neglect and abuse. Calvin was (and is) very small for his age, with big brown eyes and a squeaky voice. He charms everyone with whom he comes in contact, but being with him in the playroom early on, I sensed a palpable sadness. When I tried to talk to him about his feelings, Calvin would tell me, I don't have any feelings. He would ask me, When am I going to get a family?

There has been a lot written about the negative effects of working with traumatized individuals. "Vicarious trauma" refers to the cumulative effect of hearing and empathically engaging with a client's traumatic stories. It would break my heart to see Calvin's sad little face and to see how hard he was working to keep his spirits up as he was moved from one foster home to another. However, there was also something else happening when I met with Calvin. I was in awe of his artistic ability, his intuitiveness, and the way he connected emotionally with me, in spite of all he had been through. Calvin was teaching me about courage and survival in the face of adversity.



In 2007, a study done at San Diego State University explored the formulation of a new concept: vicarious resilience. The researchers studied a group of clinicians who worked with survivors of kidnapping and torture. What they found was that, in addition to vicarious trauma, these clinicians were also experiencing a change in their attitudes and emotions based upon witnessing their clients' immense capacity to heal. The clinicians realized that they were also being affected in positive ways by their relationships with these survivors. One subject responded: With my resources and their resources, they teach me,

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because if I learn to suffer with them, I also have to learn to overcome the pain with them...if they are resilient, I must be so too.

A few weeks ago, Calvin learned that his biological parents had voluntarily relinquished their rights so that his current foster parents could adopt him and one of his brothers. He says, I have a mom and a dad now. I even

have a dog. I have a family. In his therapy session, Calvin asked if he could paint. As he swept the paintbrush across the paper, he began to sing along to the paint strokes. The words were nonsense words, sung to the rhythm of colors sweeping across the page. He looked at me and laughed. This is my made-up language, he said. I think it was a language I recognized.

It was the language of happiness.

Preventing Abuse through Education and Awareness

CARES Northwest's Child Abuse Prevention Program (CAPT), formerly Kids Preventing Child Abuse (KPCA), continued its work this year to prevent child abuse and neglect by conducting school and community-based presentations on topics including Shaken Baby Syndrome, SIDS, drug, alcohol and tobacco effects on babies, and domestic/dating violence. Between July 2008 and June 2009, CAPT reached 3,197 participants through a record 105 presentations to such diverse audiences as Jackson Middle School, Beaverton High School, Westview High School, Insights Teen Parent Program, Young Parent Opportunity Program, and the Department of Justice's Family Services Unit.

One teacher who viewed a presentation shared, "Each year for the past few years, representatives from the program have presented relevant, well researched, important information regarding the effects of abuse to our students. We periodically survey our students. The survey results in any given year range from thirty to eighty percent of our students reporting that they themselves have been either physically or sexually abused as children. The information that is presented is so important for them to understand, so that they do not continue the cycle of abuse to their own children."

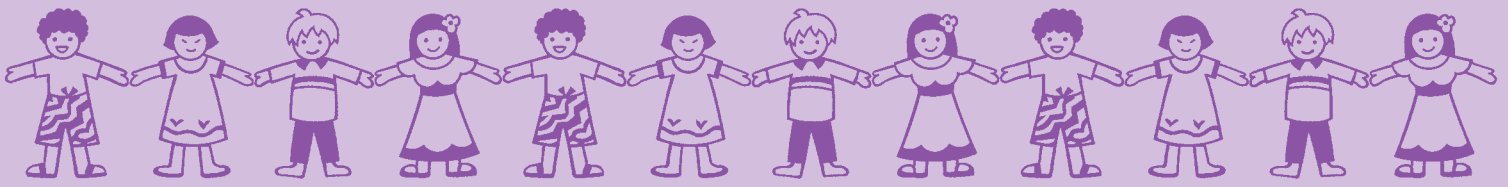
Over the next year, CAPT will launch two new program components: Sexual Abuse Prevention and Early Brain Development.

We could not do this important prevention work without your support. In particular, we at CARES Northwest would like to thank the Children's Trust Fund of Oregon, Target, the Clipped Wings Foundation, and the Leupold & Stevens Foundation, for their generous grants. For more information or to schedule a

presentation, please call Debby Kernan at 503-276-9054 or email dkernan@lhs.org.



Laura Dejuan (right), developed a presentation on domestic violence for her senior project at Liberty High School. Laura and her teacher Jessica (left) observed one of CARES Northwest's prevention presentations at Forest Grove High School and Debby Kernan of CARES also provided Laura with additional resources on relational violence. CARES Northwest later presented the CAPT program at Liberty High School. Laura shared, "The reason why I decided to have a "Dating Violence" presentation for my senior project was because us teens need to know more about healthy relationships. This can be a tricky subject because it's the person you like/love. The partner sometimes does things that look right and even seem normal when in reality they are not. No one has the right to HURT you in anyway, period! I want students to know how they can prevent it, recognize it and even take action." Jessica added, "Life moves so fast, there are many expectations and demands that many teens strive to balance. It is important that teens first understand that they have rights and that there are peers, teachers and community agencies available and wanting to support those in a truly unfortunate and unfair situation."



Providence Joins CARES Northwest Partnership

CARES Northwest and our partners Kaiser Permanente, The Children's Hospital at Legacy Emanuel, and OHSU Doernbecher Children's Hospital are pleased to announce that Providence Health & Services recently joined our consortium. When CARES Northwest was created in 1987, our goal was to provide a safe, child-friendly environment for the assessment of children for whom there are concerns of abuse, neglect and exposure to domestic violence. Today, CARES Northwest is one of the oldest and largest child abuse assessment centers in the nation, serving more than 4,400 children annually. Our success is due in part to the collaborative effort among the four leading health care systems in our area, and we are grateful that Providence Health & Services is part of this effort.

Grant to Help Fund Services for Children



CARES Northwest has received a \$600,000 grant from the Portland Children's Levy to support services for children needing urgent child abuse medical assessments. The grant began on July 1, 2009 and will continue for three years. Out of the 13 programs that received child abuse prevention/intervention investments, CARES Northwest was the only program focused on intervention.

CARES Northwest Participates in Hospital Summit

In August, CARES Northwest was honored to participate in a hospital-based child advocacy summit sponsored by the Western Regional Children's Advocacy Center. A hospital-based Child Advocacy Center (CAC) is one that is located within a hospital campus. Teams from 13 hospital-based CACs were invited to the two-day conference in Minneapolis. Our team from CARES Northwest was Kevin Dowling, program manager, Leila Keltner, medical director, and Megan Johnson, governing board member and Washington County Deputy District Attorney.

Of the 702 CACs who are members of the National Children's Alliance, only 48 are hospital-based programs like CARES Northwest. The increased integration and access to medical resources of hospital-based CACs help prioritize medical care for all child abuse victims. They also are adept at pulling together resources simultaneously from the medical, mental health and community systems, to work together for the benefit of children and families.

The outcome of the summit highlighted both the benefits of hospital-based CACs and the challenges they face, as well as generating ideas for strengthening hospital-based CACs in the future. CARES Northwest was the only hospital-based CAC that is part of more than one health system. Our strength and uniqueness, as part of four major health systems working together to serve our community's children, should be celebrated!

Thank you to the current CARES Northwest Governing Board members for your leadership:

Jean Rystrom, Chair

Regional Practice Director/Pediatrics,
Kaiser Permanente

Bronwyn Houston

Director, Ambulatory Pediatric Services,
The Children's Hospital at Legacy
Emanuel

Alexander Jackson

Associate Administrator, Providence St.
Vincent Medical Center

Megan Johnson, JD

Washington County District Attorney's
Office

Scott Turner

Associate Hospital Administrator,
Doernbecher Children's Hospital at OHSU

Rod Underhill

Chief Deputy, Family Justice, Multnomah
County District Attorney's Office

Gary Aas, CPA

Financial Consultant, College Housing
Northwest

Thank you to the Resource Development Board members for your time and expertise in finding creative and innovative funding resources for CARES Northwest:

Leah Atchison

Boehringer-Ingelheim

Jan Bottcher

CB Richard Ellis

Julie Bryan, CFA

Jennifer Black & Associates

Steve Bush

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Trade Show Development International

Monica Wells

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SAVE THE DATE!

The tenth annual Quilt Luncheon

Friday, December 4, 2009
11:00 a.m. – 1:30 p.m.
at the Multnomah Athletic Club
1849 SW Salmon Street
Portland, OR

Please contact the CARES Northwest development office at 503-276-9065 or lburns@lhs.org if you are interested in attending, volunteering or have questions. 100% of proceeds from the event help provide child abuse assessments for the children seen at CARES Northwest each year.



The Roots and Wings annual event, held in April (Child Abuse Awareness Month), is coordinated by the Multnomah County Commission on Children, Families & Community. It brings together many community partners to educate friends, families, neighbors and community members on the role each organization plays in preventing child abuse and neglect. Pictured above (left to right) are Lisa Collett, Multnomah County Mental Health Consultant to CARES Northwest, Debby Kernan, CARES Northwest Prevention Team Coordinator, and Leah Atchison, CARES Northwest Resource Development Board Member.

Please direct submissions, address corrections, or requests to be added to or removed from the CARES Northwest mailing list to: Liz Burns, CARES Northwest, 2800 N Vancouver, Suite 201, Portland, OR 97227, call 503-276-9065 or email lburns@lhs.org.

Child Abuse Response and Evaluation Services