

CARES Northwest Connections



Summer 2011

Teens speak out
against abuse
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Thank you to our
2010 donors
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Save the Date:
2011 Quilt Luncheon
Friday, Dec. 2
Multnomah Athletic Club

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



This year's Quilt Luncheon most successful to date

The 11th annual Quilt Luncheon was held at the Multnomah Athletic Club on Dec. 9, 2010. This annual "Afternoon of Cheer and Giving" is an opportunity for CARES Northwest supporters to mingle, enjoy a delicious lunch and informative program, and support a cause that is dear to their hearts.

Guests bid on a variety of beautiful handmade quilts as well as exciting auction items such as a Napa Valley Getaway, including airfare and lodging. The event culminates each year in an inspiring collective bid, where guests raise their cards to pledge a specific amount to CARES Northwest. The generosity of our donors ensures all children who come to CARES Northwest can receive our essential services, regardless of their family's ability to pay. This year's response raised \$42,345 for CARES Northwest – our highest net revenue ever.

Thank you to Julie Bryan, our 2010 event chair, and her dedicated planning committee; JillMarie Wiles, auctioneer; Chloe Houser, emcee; and Andie Petkus, photographer. Thanks also to Quilts for Kids for creating the beautiful quilts for the event and for children seen throughout the year at CARES Northwest.

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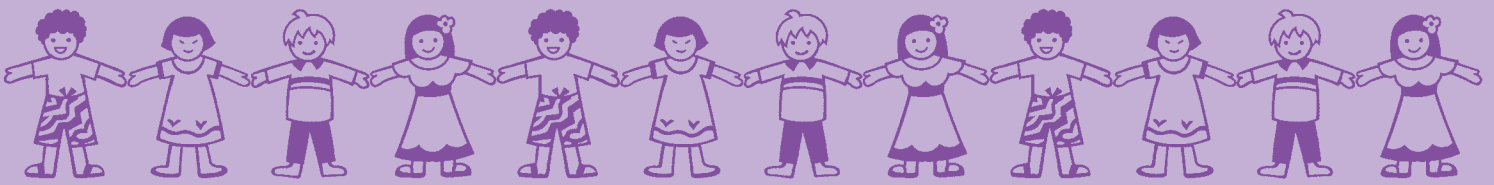


Quilter Lynn Anderson (left) and author Nancy Tillman with the quilt Lynn created, inspired by Tillman's best-selling book, "On the Night You Were Born."



Leadership from The Children's Hospital at Legacy Emanuel (from left): Molly Burchell, M.D., clinical vice president; Bronwyn Houston, director of ambulatory pediatrics; and Carla Harris, R.N., chief administrative officer.

Benefiting families one child at a time.



Quilt Luncheon *continued from page 1*

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Marjorie Petersen (left) and Kathy Shelton with several of the quilts featured at the event.



Mariel Combs won the “On the Night You Were Born” quilt pictured on page 1.



Lynne Siegel (left) and Sherry Chandos enjoy the festivities.

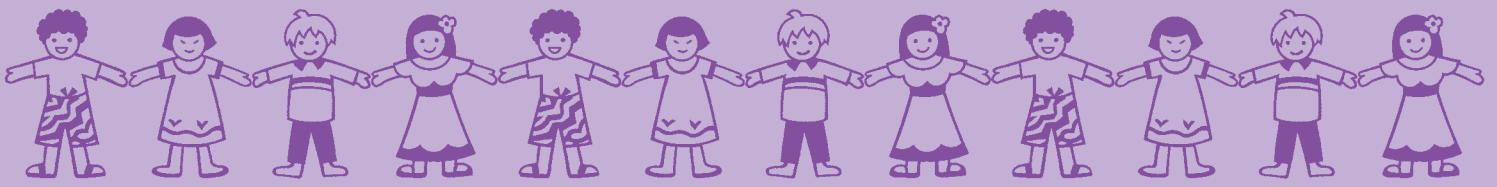


“Auctioneer extraordinaire” JillMarie Wiles has been an integral part of the Quilt Luncheon for the past nine years.

Progress made on fundraising for interview room upgrade

The interview is an essential part of a child abuse assessment and is just as important as the medical exam. Our recording equipment at CARES Northwest is outdated – we’re still using VHS – and the observation room space is overcrowded. Our upgrade project will result in a larger observation room, creating greater comfort and privacy, and

updated equipment including video cameras, monitors, microphones and DVD recorders. The total cost of the project will be about \$50,000. So far we have raised \$37,220. To make a gift and help us provide children and families these much needed resources, please see the enclosed giving envelope. Thank you.



Teens speak out against abuse

By Sally Blackwood, LPC, educator and presenter

In the fall of 2009, the CARES Northwest Child Abuse Prevention (CAP) team launched our sexual abuse prevention program. It was the beginning of the academic year and we were excited to talk to high school and middle school students. We started the year with a presentation to 190 students at Centennial High School and ended with 78 students at Oregon City High School. During that academic year, we also presented to two teen parent programs and the entire seventh grade class at a local middle school. This academic year, we have continued to speak with students and have added an adult presentation.

The CAP team knew speaking with teens about sexual abuse prevention would be sensitive in a way the other prevention topics had not been. We researched curriculum and decided to use videos from Presidium as the starting point. We chose these videos because they provide information about the prevalence of sexual abuse, sex offender modus operandi, and how sexual abuse affects children and teens. We also chose the Presidium curriculum because it teaches about healthy boundaries and how sex offenders manipulate boundaries. Each presentation uses a combination of discussion, video and activities.

Because of my background as a group counselor, I wanted to create activities that were relevant and empowering. Counseling teens taught me that they want to help, and they want to make a difference. It also taught me teens have a unique perspective and a strong voice. At the end of the second class, I tell students, "After two classes, you now know more about sexual abuse than most adults." I ask the students to think about what they believe everyone should know about sexual abuse and how to prevent it. Each student has the opportunity to design a button. The CAP team reviews the designs, picks a few and creates a button for each student who participated in the program. Through the buttons, the teens offer support to their peers, speak the truth about sexual abuse and challenge adults to respond. Last week, an eighth-grader suggested CARES Northwest post the buttons on Facebook. I realized in this moment that teens do feel empowered about preventing sexual abuse. I also realized what we have taught them is



Teens create buttons with their own messages about preventing sexual abuse as part of the educational program for young adults.

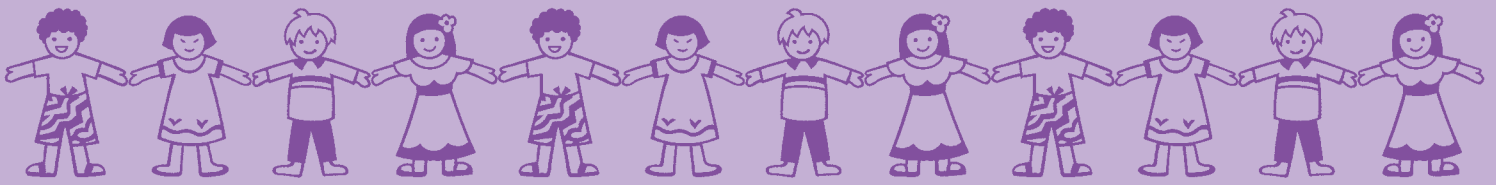
relevant to them. Initially, this was our goal. However, thanks to quilter Lynn Anderson, we now have the capacity to reach a wider audience. Lynn made a quilt entitled "Teens Speak Out About Sexual Abuse" (pictured below) and we hope to display this quilt at various community venues and events.

As I prepare to return to Oregon City High School at the end of this month, I remember the courageous young woman who invited me there. She had experienced sexual abuse and had been to CARES Northwest. She knew firsthand that sexual abuse exists in silence and she hoped the presentation could prevent children from enduring what she had. She shared with me, when people in her school found out



The CAP team plans to take this quilt created from many teens' buttons to community events to further spread the word about preventing sexual abuse.

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Sheriff's office works with CARES Northwest to respond to child abuse

Detective Kurt Tarkalson has served in the Washington County Sheriff's Office Child Abuse Unit for five and a half years and in law enforcement for more than 22 years. Recently we talked with Kurt about his experiences with CARES Northwest.

Q: How often do you work with CARES Northwest?

A: I probably have between 20 and 28 cases a year.

Q: Do you remember your first case with CARES Northwest?

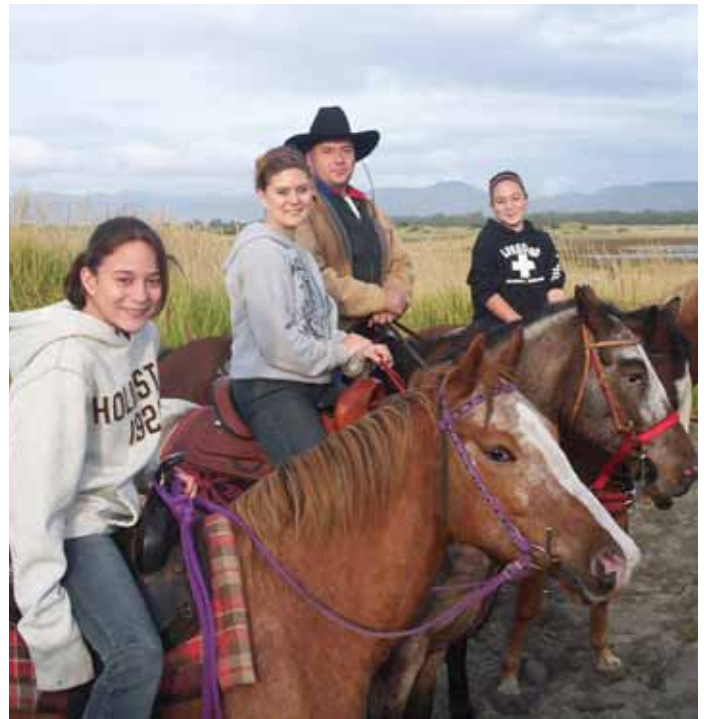
A: Absolutely. I was a corporal working on patrol during the graveyard shift. A woman had stopped by her boyfriend's house to pick up her daughter. The girl spontaneously disclosed the abuse to the mom. CARES Northwest was able to see the child the next day.

Q: What was CARES Northwest's role in that investigation?

A: The girl spoke to a CARES Northwest staff member and provided lots of specific information. Because CARES Northwest was able to see her so soon and provide us with thorough documentation, we were able to get a search warrant and quickly collect important evidence. We had a conviction in nine months.

Q: How does CARES Northwest affect your work?

A: I know from experience the importance of the exams and forensic interviews CARES Northwest conducts. Additional documentation, such as videotaped interviews, confirms the child was not asked leading questions and keeps our case solid. The video of the interview and the medical report also keep us from having to go to court as often – once offenders see the documentation we have from the child, they are more likely to plead guilty and save everyone from going to court.



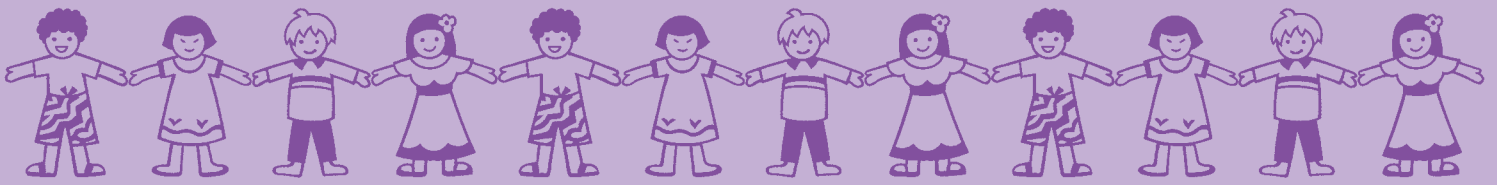
A member of the Washington County Sheriff's Office Posse, detective Kurt Tarkalson also enjoys horseback riding with his daughters McKenzie (center) and twins Megan and Morgan.

Q: Does involvement with CARES Northwest affect the outcome of these cases?

A: I recently had a case where a very young child and the child's sibling were sexually abused by a family member. It was a tough case and the children were very fragile. When the case went to court, we knew the defense attorney was tough and expected testimony to last three full days. But once the CARES Northwest interviewer and I had testified, the offender agreed to plead guilty.

CARES' staff testimony is powerful. They are knowledgeable, articulate and solid testifiers.

CARES Northwest is unique in coordinating experts in medicine, mental health, child protective services and law enforcement agencies. We greatly appreciate the dedication and compassion of the law enforcement professionals with whom we work, including Kurt Tarkalson, without whose help many child abuse cases would never be brought to trial.



Teens speak out *continued from page 3*

she'd been sexually abused some of them treated her cruelly. She wanted to let everyone know sexual abuse is common, and it is never the child's fault. When I last saw her, she shared her excitement about being accepted to college and told me she wanted to create a place like CARES Northwest that specializes in seeing teens who have been abused. I know, no matter what she does, she will be brave, and she will make a difference. She participated in the presentations and designed two buttons: "This is My Bubble, You're Not Invited In," and "Sexual Abuse Sucks, You Don't."

Thanks to this eighth-grader's suggestion, we have posted pictures of some of the buttons and the quilt on the CARES Northwest Facebook page and on our website at www.caresnw.org. I hope you visit the site – you will be inspired as I have been by these teens.

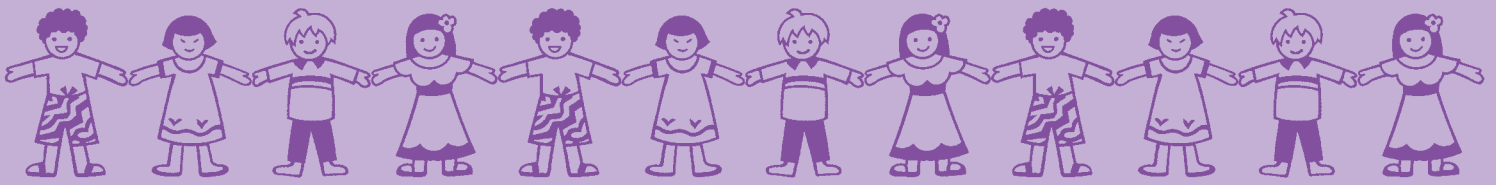


See more examples of teens' buttons about preventing sexual abuse on the CARES Northwest website at www.caresnw.org.

Thank you to our 2010 CARES Northwest donors

Gifts acknowledged in this newsletter were received between Jan. 1 and Dec. 31, 2010. Every effort has been made to ensure the accuracy of this listing. Should we have erred in any way, please contact Liz Burns, development officer for CARES Northwest, at 503-276-9065 or e-mail lburns@lhs.org.

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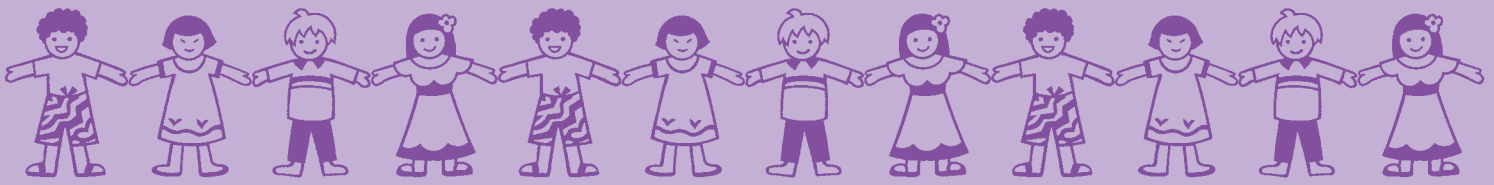


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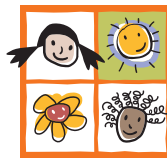


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