

# CARES Northwest Connections



## Spring 2009

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



## The Power of Caring

*By Kevin Dowling, Program Manager, CARES Northwest*

We often hear people talking about “putting children first.” And for some people, it seems that’s all it is – talk. But at CARES Northwest, we actually do put children first, every day, each year for the past 22 years. In a world where children have had some of life’s most precious gifts taken away, the staff, volunteers, donors and community partners at CARES Northwest are giving children something back.

Looking back over the past year, I am particularly thankful and humbled by the support of so many people from our community on behalf of children who have been abused. The contributions are many – people giving of their time, expertise, and money. Some contributions are big, such as our partnership with Quilts For Kids, who not only help provide quilts for children we serve, but also help raise funds at the annual Quilt Luncheon for children’s evaluations and our child abuse prevention program. Some contributions are big in other ways, like the penny drive last year by children at the French American International School. Those contributions really add up, and CARES Northwest’s services literally depend on them.

At CARES Northwest, we believe every child should have access to high-quality medical evaluation services to address child abuse concerns, regardless of their family’s ability to pay. While child abuse occurs across socioeconomic lines, the truth is,

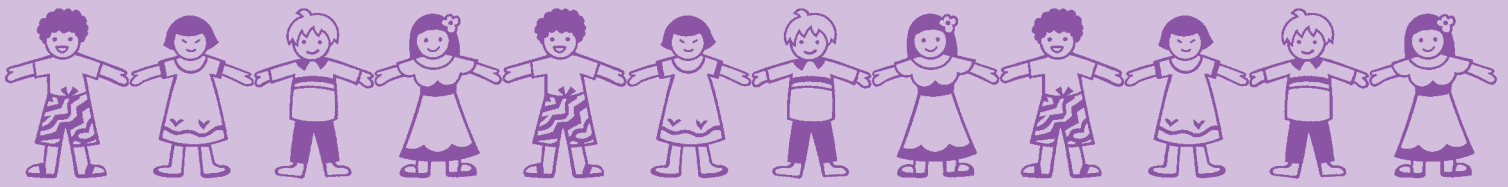


*Students from the French American International School collect coins for CARES Northwest.*

most of the children we serve at CARES Northwest have limited access to insurance and healthcare. As a result, we rely on multiple funding sources to assure children get the care they need. One of the main sources is fundraising, which represents about 14 percent of revenue for the program. That support is more critical now than ever. One

*continued on page 2*

*Benefiting families one child at a time.*



## The Power of Caring *continued from page 1*

reason is the downturn in the economy, which can lead to added stress for families and increased rates of child maltreatment. Another reason is that in 2008, the total number of children served by CARES Northwest was 5,351 – about 24 percent more children than in 2007.

For example, 1,380 children were seen for medical evaluations, up 8 percent from the prior year. More children were seen by CARES Northwest staff for ward consults at Legacy Emanuel Children's Hospital and in the emergency department. And our child abuse prevention program, Kids Preventing Child Abuse (KPCA), which is funded solely through community contributions, was presented to 2,434 children and young adults in 2008, a 63 percent increase from the prior year.

You – our CARES Northwest staff, donors, volunteers, and community partners – are making a difference in the lives of children each day. Thank you for your compassion and caring. Thank you for being there to help when children need it most.



*Events such as the annual Quilt Luncheon raise community support and awareness of CARES Northwest. (Left to right): Joy Tergali, who volunteers at CARES Northwest helping children and families in the waiting room; Kathy Kroeger, CARES Northwest interviewer supervisor; and Leah Atchison, who volunteers as a member of the CARES Northwest Resource Development Board.*

## A Special Opportunity for CARES Northwest Supporters

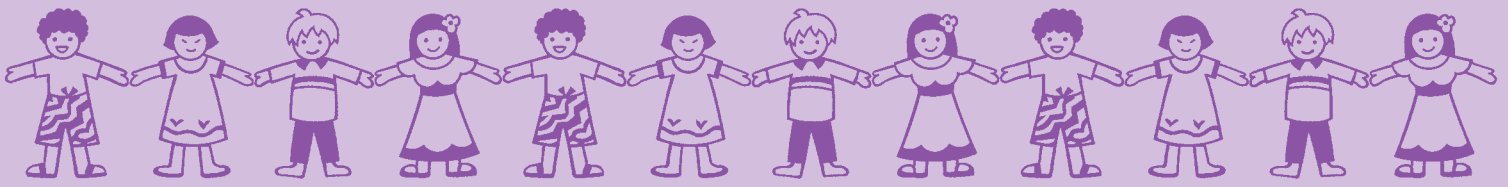
Supporters of CARES Northwest are now eligible for a special confidential, complimentary service, courtesy of Emanuel Children's Hospital Foundation. We have engaged Thompson & Associates, a national estate-planning firm, to help you develop and clarify your personal values and objectives for your estate. Thompson then reviews your assets and makes recommendations for your existing estate plan, or suggests a new estate plan that will truly achieve the outcome you desire. Some individuals also use this opportunity to get a second opinion on an existing plan, update an older plan, or just to find out if there are better ways of reaching their goals.

Issues often discussed include the following:

- How can I provide a secure income for myself and my family?
- What are the best time and the right way to distribute assets to family members?
- What can I do to lower my taxes?
- Can I be charitable and still provide for my family according to my wishes?

Thompson & Associates is a national leader in charitable estate planning based in Nashville, Tennessee. Bob Hoffman, CSPG, CFRE, serves as their senior vice president for Northern California and the Northwest. Bob is available to meet with you individually, or you may attend a group seminar to learn more about their services.

You may wonder, given the current economic climate, if now is the best time to develop or review an estate plan. This may be the best time – while you are thinking about your security and want to make the most of your assets. This service is available at no cost and no obligation to you. For more information, please contact Liz Burns at 503-276-9065 or [lburns@lhs.org](mailto:lburns@lhs.org) about scheduling an appointment. You can also learn more about the services of Thompson & Associates at [www.ceplan.com](http://www.ceplan.com). We encourage you to take advantage of this valuable opportunity that can provide real benefit to you and your family, now and in the future.



## Annual Quilt Luncheon Benefits CARES Northwest



*Kathy Wheatley (center), founder of Quilts For Kids and the Quilt Luncheon, among guests*



*Quilt Luncheon emcee Julianne Johnson shows off this year's quilts*

Friends and supporters of CARES Northwest came together on December 5, 2008, at the Multnomah Athletic Club for the 9th annual Quilt Luncheon and Auction. This year's quilts were more eye-catching than ever, and the event raised \$35,830 to benefit CARES Northwest, bringing the amount raised since the event's inception to \$280,000.

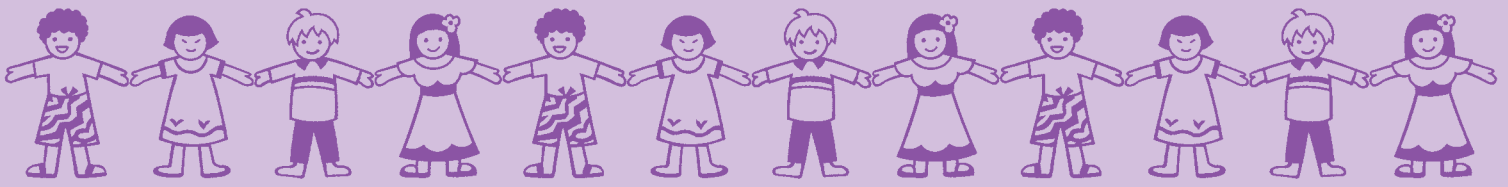
This event is organized each year by Quilts For Kids, a non-profit organization dedicated to making quilts for children seen at CARES Northwest. Thanks to these talented and generous individuals, every child seen at CARES Northwest goes home with his or her own hand-made quilt, a source of special comfort and caring to these children.

Special thanks to our event chair, Lynn Anderson, and her co-planners Betsy Biller, Debra Giles-Murtha, Dusty Trenberth and Kathy Wheatly.

*Thanks to Quilts For Kids, every child goes home with his or her own hand-made quilt, which provides special comfort and caring to these kids in need.*



*(Left to right) Daphne Kuhn, Lynn Anderson, Quilt Luncheon event chair 2007-09, and Debra Giles Mutha, who created the program and Powerpoint presentation for this year's event.*



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

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**Jean Rystrom**  
Regional Practice Director/Pediatrics, Kaiser Permanente

**Scott Turner, Associate Hospital Administrator**  
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**Rod Underhill**  
Chief Deputy, Family Justice, Multnomah County District Attorney's Office

**Megan Johnson, JD**  
Washington 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:*

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Boehringer-Ingelheim

**Julie Bryan, CFA**  
Jennifer Black & Associates

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## Human Trafficking of Children and Teens

*By Katheryn Kroeger, LCSW, Interviewer Supervisor, CARES Northwest*

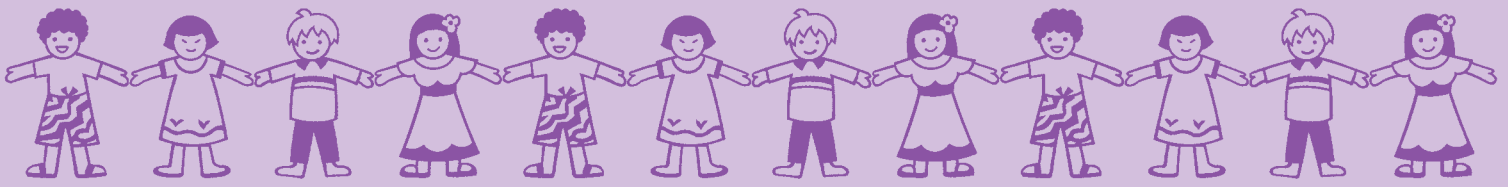
I doubt I am alone when I cringe upon hearing the term "human trafficking." Human trafficking is, literally, a form of modern-day slavery. It is a horrifying thought, the concept of human beings being bought and sold. However, this is an ever-increasing problem in our world and in our nation. As defined by federal law, human trafficking victims are subjected to force, fraud, or coercion for the purpose of sexual exploitation or forced labor. Unfortunately, more than half of these victims worldwide are under the age of 18, and many of them are U.S. residents.

Human trafficking is distinct from migrant smuggling, which involves a breach of a nation's borders. Human trafficking need not entail the physical movement of a person, but does include ongoing exploitation of victims to generate illicit profits for the traffickers.

The U.S. Department of Justice has funded task forces across the country to combat the serious problem of human trafficking. Because our patients have included victims of commercial sexual exploitation as well as victims of forced labor, I am fortunate to represent CARES Northwest as a member of our Oregon Human Trafficking Task Force.

One branch of the task force is focusing on domestic minor victims of sex trafficking. Any person under the age of 18 who is involved in commercial sex is a victim of human sex trafficking. The task force is examining coordination of services as well as the eventual development a statewide multidisciplinary team protocol to respond to the safety, medical, mental health, and educational needs of these children and teens, the majority of whom are female. Toward that end, CARES Northwest has conducted trainings for our clinical staff so that we can tailor our evaluations to address the unique and serious medical and mental health needs of these children and teens. An eventual goal for the task force would be to have a secure, residential facility in which these children and teens can recover in a safe and supportive environment. This effort is being spearheaded by Transitions Global, which has successfully set up such programs in other nations, e.g., Thailand and Cambodia.

Multnomah County Sheriff's Deputy Keith Bickford, who is also deputized as a U.S. Marshal, is spearheading the efforts to track and document the extent of the problem in his capacity as our State of Oregon Human Trafficking Coordinator. If you have questions or would like further information, you can reach him by email at [keith.bickford@mcso.us](mailto:keith.bickford@mcso.us) or by telephone at 503-251-2479. The National Human Trafficking Information and Referral Hotline (1-888-373-7888) will assist you if you think you have come in contact with a victim of human trafficking. Additional information can be found at [www.acf.hhs.gov/trafficking](http://www.acf.hhs.gov/trafficking) or [www.sharedhope.org](http://www.sharedhope.org).



## Young Volunteer Enjoys Helping Children



*Volunteer Calissa Warren*

Calissa Warren, a junior studying social work at Concordia University, volunteers four hours once a week in our waiting room at CARES Northwest. In the future Calissa hopes to use her degree in social work to help children and teens – possibly focusing on pregnant teens.

When asked why she volunteers at CARES Northwest, Calissa said, “I love that I am helping kids. Being with the family is the most important part. It is rewarding to

know that in one way or another you are helping the kids have a future in life.”

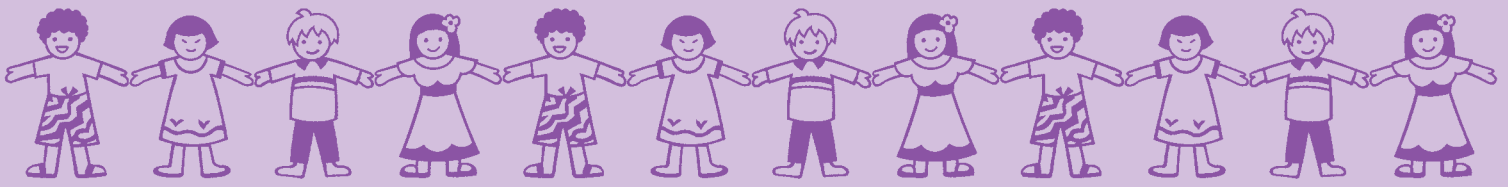
She continues, “You can feel the compassion when you come into the building. Everyone is so warm and welcoming. Seeing how much people bend over backward to help the kids is great. Recently a patient needed a prescription filled and the parents did not have enough money to pay for it. Staff members located donated gift cards in the clinic to give to the family, and when the family left they had what they needed to provide the necessary follow-up care for their child. It made me feel good to see that.”

We are always looking for dedicated volunteers at CARES Northwest to help out in a variety of ways. To learn more, please contact Debby Kernan, volunteer coordinator, at 503-276-9000.

## Thank You to Our 2008 CARES Northwest Donors

- |                                |                                     |  |                                   |  |
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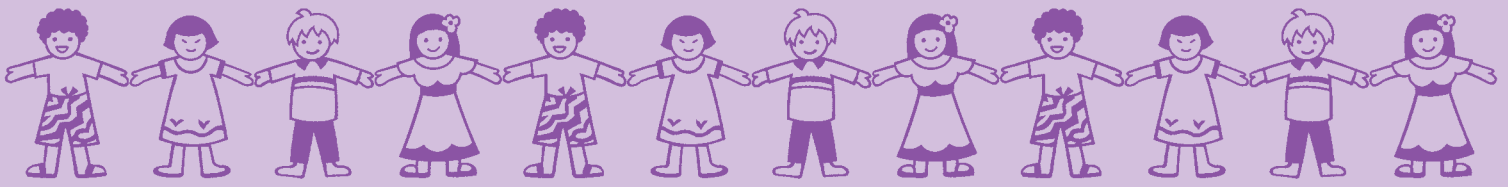
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## CARES Northwest Staff Member Receives Award

Sue Skinner, M.D., child abuse pediatrician for CARES Northwest, has been honored by the Child Abuse Training Committee of the Oregon Department of Public Safety Standards and Training (DPSST) as the "Medical Treatment Facility or Provider of the Year." She received her award at the Third Annual Child Abuse Conference in Salem on February 12, 2009. Oregon Attorney General John Kroger was the keynote speaker at the awards luncheon, emphasizing the importance of combating child abuse and keeping our kids safe.

Participants at this year's conference included law enforcement officers, employees from Department of Human Services, medical professionals, attorneys from the Oregon Department of Justice, and prosecutors from agencies across the state.

Dr. Sue Skinner has been a child abuse pediatrician for 13 years. During her time at CARES Northwest, Dr. Skinner has seen over 1300 children in the clinic for concerns of child abuse and neglect. In addition, she provides medical consults on patients hospitalized for injuries related to abuse.

When not seeing patients, Dr. Skinner plays an active role in training of other professionals in the state. On a statewide level, Dr. Skinner was one of the editors of the Oregon Medical Guidelines for Evaluation of Sexual Abuse in Children and Adolescents, 2nd edition 2004, and also a part of the Oregon Medical Training physician group. Dr. Skinner has particular interests in head trauma, physical abuse of school-aged children, and the medical diagnosis of abuse.

# CARES Northwest Connections

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## April is Child Abuse Prevention Month

### Roots and Wings

Saturday, April 18

10 a.m. to 2 p.m. at Lloyd Center

This annual event, presented by the Multnomah County Commission, is dedicated to the health and well-being of children, families and communities. The event features many community partners in preventing child abuse, including CARES Northwest, and will include resource booths, family-friendly entertainment, speakers and children's activities.

### What You Can Do to Help Prevent Child Abuse

We can all help prevent child abuse, every day, in our own community. Here are a few things you can do, courtesy of Prevent Child Abuse America:

**Be a nurturing parent** Children need to know they are special, loved and capable of following their dreams.

**Help a friend, neighbor or relative** Being a parent isn't easy. Offer a helping hand to take care of the children, so the parent(s) can rest or spend time together.

**If your baby cries...** It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.

**Get involved** Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.

**Promote programs in school** Teaching children, parents and teachers prevention strategies can help to keep children safe.

**Monitor your child's Internet activity** Many sexual predators use false identities to lure children over the Internet. Be aware of your child's Internet activity.

**Volunteer your time and money** for programs in your community that support children and families, like CARES Northwest or the child abuse assessment organization in your community. For more information, visit [www.caresnw.org](http://www.caresnw.org).

**Report suspected abuse or neglect** If you have reason to believe a child has been or may be harmed, call your local child abuse hotline or your local police department.

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](mailto:lburns@lhs.org).

*Child Abuse Response and Evaluation Services*