

# ARBEST

Arkansas Building Effective Services for Trauma



## Noteworthy News

*Volume 4, Issue 8 April 4, 2017*

### Dear Partners,

April is [National Child Abuse Prevention Month](#), and all over Arkansas, communities are coming together to take a stand for our state's children. There were more than 35,000 reports of child maltreatment in Arkansas last year. But when we work together, we can *prevent* child abuse. We are pleased to share with you a number of ways to take your stand this month. Join the movement. Because all children deserve great childhoods.



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### [Highlight](#)

#### **Arkansas Takes a Stand Against Child Abuse**

Our state takes child abuse prevention seriously. Governor

Asa Hutchinson has declared April Child Abuse Prevention Month in [this proclamation](#), and First Lady Susan Hutchinson will be the key note speaker at the [State Rally at the Capitol on Wednesday, April 19 at 10:30 a.m.](#) Come to the steps of the Capitol wearing blue as we raise awareness about child abuse and how to prevent it.

Two other great ways to get involved is to plant a pinwheel garden and to wear blue. Throughout Arkansas, communities are putting up pinwheel gardens in public locations in April as part of the Pinwheels for Prevention child abuse awareness campaign. To obtain pinwheels for your area, please contact the [Arkansas Children's Trust Fund](#).

Join ARBEST for our [#weARblue Facebook video campaign](#). All month we will be posting videos to share why we support child abuse prevention. You can join us! Simply wear blue, record yourself sharing who you are and why you wear blue, and post your video with the hashtag #weARBlue. Together, WE ARE BLUE!

### **Statewide Prevention Month Activities**

There are a number of fantastic events happening all over Arkansas in support of Child Abuse Prevention Month. [Click here to see a full calendar of statewide events](#) held by the Department of Human Services, Child Advocacy Centers and other partner organizations. April is also an excellent time to support your local CAC. Check out some of these upcoming CAC events:

**April 1** [Duck Derby Festival and Super Hero Run](#) The Percy and Donna Malone Child Safety Center held their 2nd Annual Duck Derby Festival and CASA Super Hero Run over the weekend. Participants bought ducks to support the CAC and put on their best super hero costumes to run in the 5K in support of CASA.

**April 6** [Child Abuse Prevention Rally & Luncheon, Hot Springs](#) The Cooper-Anthony Mercy Child Advocacy Center (CAMCAC) will hold its annual Child Abuse Prevention Rally with First Lady Mrs. Susan Hutchinson as keynote speaker. CAMCAC will also honor its patrons for their generous support.

**April 7** [Grandma's House Gala, Harrison](#) Grandma's House Children's Advocacy Center holds a benefit gala at North

Arkansas College. Dinner will be followed by a silent auction, a raffle, a live auction, and a message from Arkansas's First Lady, Susan Hutchinson.

**April 8 [Heroes for Hope Race. Simon Park. Conway](#)**

Children's Advocacy Alliance of North Central Arkansas hosts a 1K/5K/10K race open to runners, walkers, families and corporate teams. Starting and ending in downtown Conway, the races are certified by the USATF. Capes and tights are optional but they sure make it more fun.

**April 21 [Glo Run. Rogers](#)** The Child Advocacy Center of Benton County hosts its annual glow-themed run, a family-friendly event that raises awareness to empower children to find their voice and speak up against abuse.

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## **Meet a VIP**

This month's VIP (very interesting person) is Elsa Gonzalez, Bilingual Child and Family Advocate and Forensic Interviewer at Hamilton House Child Safety Center in Fort Smith.

**April VIP: Elsa Gonzalez**

It did not take Elsa long to become a passionate advocate once starting her internship at Hamilton House. "I saw what one interview could do to improve a child's life," she shared. She accepted a full-time position in August and hasn't looked back. "Being an advocate allows you to build a connection with the family. I assist with questions, court dates, or even when they just need to talk-- absolutely anything they need."

On any given work day, you will find Elsa reaching out to families to provide support. She frequently refers children to therapy and works with the therapist to help families feel comfortable with this intervention. Her biggest challenge is working with skeptical caregivers. "It is difficult when the parents don't believe their children." Her advice for advocates like her: "Don't take any cases to heart. Many days are sad, but when you realize you've helped a child, it is very rewarding."



*Elsa Gonzalez, Bilingual Child and Family Advocate, Hamilton House CAC*

**When not at work:** I enjoy reading when I have time.

**Funniest story:** When I was kid, I went to my grandparent's farm that had a lot of chickens. I went to pet some baby chicks, when the mother hen started chasing me all around the farm! I was so scared. But now that I think about it, it's very funny.

**Superpower of choice:** The ability to read minds, so I could know unspoken language that goes on. But I would also be able to turn it off, because that would be too much to know everyone's thoughts all the time.

Send us your [suggestions](#) for our next VIP.

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## Update

### **New to the Team**

ARBEST has a new Communications Specialist, Anna-Kate Bogaards. Anna-Kate joins us with valuable experience in nonprofit communications, most recently with Arkansas Children's and Heifer International. She has both a way with words and a passion for children's mental health. We are so excited to have her on board! For general information and questions about regular communications, you can email Anna-Kate at [abogaards@uams.edu](mailto:abogaards@uams.edu).

### **2017 TF-CBT Conferences**

Registration is full for our upcoming Introductory and Advanced TF-CBT Conferences on May 3 - 5 at the UAMS College of Public Health. Our next TF-CBT training will be held this fall. Stay tuned for more details.

TF-CBT was developed to help children who have experienced or witnessed trauma. Our TF-CBT trainings are unique and free opportunities to learn this therapy from experts and network with colleagues. Training is facilitated by nationally certified mental health professionals, Jan Church, Ph.D., and Ben Sigel, Ph.D., and include case presentations by local therapists. For questions related to TF-CBT, including the May Conferences, contact [Chad Sievers](#).

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## Resources

### **PCIT Webinar Review**

Joy Pemberton, Ph.D., presented an informative webinar on Parent-Child Interaction Therapy (PCIT). If you missed it, you can view it [here](#). PCIT is an evidence-based treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. For more information, visit the [PCIT website](#). If you're interested in getting started with PCIT at your own facility, email [Joy Pemberton](#).

### **Upcoming Webinar**

#### **April 12 ▪ 12 PM ▪ “The System of a Child of the System”**

Kathy Helpenstill of the Child Safety Center of White County discusses how to use the CANS (Child and Adolescent Needs and Strengths) tool for a child in Arkansas' child welfare system, looking particularly at trauma indicators. To register, [click here](#).

### **National Resources for Child Abuse Prevention**

Child Abuse Prevention Month is a great time to review national child abuse prevention materials. Two excellent resources to start with include [Preventing Child Abuse and Neglect](#) from the Center for Disease Control, and the World Health Organization's [INSPIRE: Seven Strategies for Ending Violence Against Children](#).

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## Calendar

**April 12 ▪ 12 PM ▪ [Webinar: The System of a Child in the System](#)**

**April 13-14 ▪ [Arkansas Mental Health Counselors Association Conference](#), Little Rock.**

**May 3-4 ▪ ARBEST Introductory TF-CBT Training.**  
UAMS, Little Rock. Registration full.

**May 5 ▪ ARBEST Advanced TF-CBT Training.** UAMS, Little

Rock. Registration full.

**June 16-17** ▪ River Cities Dragon Boat Festival to benefit the Children's Protection Center. Lake Willastein, Maumelle. [Register](#) your team early!

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