

Better Futures

SPRING 2023 PUBLICATION OF



casa de los niños

Giving Children and Families a Brighter Tomorrow

April is Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and to encourage individuals and organizations to take action to prevent it. For nearly 50 years, Casa de los Niños has committed to preventing abuse and promoting the safety and well-being of children.

In this organizational newsletter, we are sharing stories and information about child abuse prevention, the role we play in the community, and how you, too, can understand the signs and prevent instances of abuse and neglect.

You can make a difference by:

Raising awareness: Social media is a powerful tool for raising awareness about child abuse prevention. Share facts and statistics about child abuse and neglect, post information about local resources for parents and caregivers, and promote ways to prevent child abuse. You can use hashtags like #childabusepreventionmonth, #EndChildAbuse, and #ProtectKids to reach a wider audience.

Hosting a webinar or virtual event:

Hosting a webinar or virtual event is a great way to engage with your community and raise awareness about child abuse prevention. Invite local experts to speak on the topic or host a panel discussion with survivors of child abuse or professionals who work with victims of abuse.

Wearing blue: The color blue is often used to symbolize child abuse prevention. Encourage members of your community to wear blue on a specific day and share photos of the event on social media.

Displaying pinwheels: Pinwheels are another symbol of child abuse prevention. Plant a pinwheel garden in a public space or hand out pinwheels to members of your community.

Partnering with local organizations:

Partner with organizations in your community working to prevent child abuse and neglect. By working together, you can amplify your impact and create a stronger and more coordinated response to child abuse prevention.

Being the voice for change: Use your voice to advocate for policies and practices that promote child safety and well-being. Contact your elected officials to express your support for legislation that supports child abuse prevention and encourages funding for programs that lifts up children and families.

Raising awareness is just one part of preventing child abuse and neglect, but it is an important first step. Together, we can make a difference in the lives of children and create a future where all children can grow up happy, healthy, and safe.

Thank you for joining us!



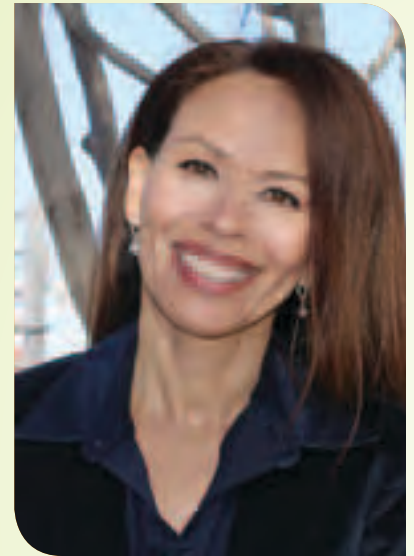
Get to Know Our New CEO, Nora Navarro-Hernández!

Dear Friend,

I'm honored and excited to introduce myself as the new CEO of Casa de los Niños. It is a privilege to join this dedicated and passionate team of professionals committed to making a positive difference in the lives of children and families in our community. With over 30 years of experience working in social services leadership, I'm well-prepared to move into this role. A passion for family stability and well-being has driven me throughout my career, and I am committed to bringing that same level of passion to Casa de los Niños's clients and staff.

As we begin this new chapter together, I want to take a moment to recognize the importance of Child Abuse Prevention Month. This month provides us with an opportunity to raise awareness about the devastating impact of child abuse and to reaffirm our commitment to preventing it. Child abuse and neglect can have long-lasting effects on a child's physical and mental health, as well as their overall well-being. It is estimated that nearly 1 in 4 children in the United States experience some form of abuse or neglect during their lifetime – a staggering statistic.

As someone who grew up in an impoverished community and experienced firsthand the struggles of economic insecurity and behavioral concerns in the home, I am deeply connected to the organization's mission of providing quality education, prevention, health, and behavioral care to children and families. The support and services I received early on set me and my family on a path toward a brighter future.



Preventing child abuse is a community effort. Everyone can play a role in keeping children safe. The first step is to become aware of the signs of abuse and neglect and report any suspicions or concerns to the appropriate authorities. You've already made an impact by supporting the programs and organizations, like Casa de los Niños, that work to prevent abuse.

As we reflect on the critical role Casa de los Niños plays in this effort, I am inspired by the work that our organization and staff do to promote safety, healing, and advocacy for those impacted by abuse. Their commitment to our families and dedication to our mission is what makes Casa de los Niños such a vital resource for our community. I am honored to be a part of this team.

My priorities as CEO are to build upon the strong foundation that has been laid, explore new opportunities for growth and innovation, and to ensure that our organization remains at the forefront of human services. I am committed to fostering a culture of collaboration and transparency and working closely with all of you to achieve our shared goals. Thank you for your continued support to Casa de los Niños, I look forward to getting to know our long-time and new friends and supporters, so please reach out and introduce yourself. I am confident that together we will positively impact the lives of children and families in our community.

Sincerely,

A handwritten signature in blue ink that reads "Nora Navarro-Hernández". The signature is fluid and cursive.

Nora Navarro-Hernández | nnavarro@casadelosninos.org

Did You Know?

Child Abuse in the United States



Victim Rate per 1,000 in Their Population

How to Identify & Tips on What to Do

Listen, Respond, and Act When a Child Discloses Abuse

LISTEN	RESPOND	ACT
- Check how they are feeling about their safety - Respect the fact they may only tell you some details - Be calm, patient and listen carefully to what they are saying - Acknowledge their feelings and that it can be hard to talk about - Let them tell you in their words what happened and how they felt - Give them time to talk about what has happened from their point of view	- Respond empathetically, objectively and use supportive language - Acknowledge their feelings and that it can be hard to talk about - Let them know you want to protect them and what you plan to do next - Ask open questions like: What happened? How does it make you feel? How often does it happen?	- Write some notes about what they have told you - Contact an appropriate authority or child protection service listed below - Tell them if you don't know an answer and say that you'll find it out for them - Tell them that you'll need to talk to someone whose job it is to keep them safe



8.9 Girls

7.9 Boys

15.5 American-Indian or Alaska Native children

13.2 African-American children

Words a Child Needs to Hear

"I believe you"
 "You're brave for telling me about it"
 "I want to help you be safe"
 "What's happened is NOT ok"
 "What's happened is NOT your fault"
 "You're not alone"
 "I'm here for you and will support you"
 "You've done the right thing telling me"



What to Avoid

Filling in the story
 Asking too many questions - leave the investigating and fact finding to trained professionals
 Expressing anger about the alleged abuse
 Confronting the alleged abuser
 Making promises you can't keep
 Pressuring the child for information
 Questions that infer blame



RESOURCES

Arizona and nationally-based resources and informational websites

ARIZONA RESOURCES

ARIZONA DEPARTMENT OF CHILD SAFETY

This website provides information on how to report child abuse and neglect, resources for families and children, and information on preventing child abuse.
dcs.az.gov/services/prevention

CHILD HELP ARIZONA This organization offers a 24-hour hotline for reporting child abuse and provides resources and support for families and children affected by abuse. They also offer training on child abuse prevention.
childhelp.org/hotline/childhelp-hotline

ARIZONA COALITION TO END SEXUAL AND DOMESTIC VIOLENCE This organization provides resources and support for victims of domestic and sexual violence, including children. They also offer training and education on preventing domestic and sexual violence.
www.acesdv.org

NATIONAL RESOURCES

CHILD WELFARE INFORMATION GATEWAY This website provides resources and information related to child abuse prevention and intervention, as well as resources for families and professionals. They have a page specifically for National Child Abuse Prevention Month.
childwelfare.gov/topics/preventing/preventionmonth

PREVENT CHILD ABUSE AMERICA This organization offers resources and tools to parents, caregivers, and communities to prevent child abuse and neglect. They have a page dedicated to National Child Abuse Prevention Month.
preventchildabuse.org/resources/national-child-abuse-prevention-month

DARKNESS TO LIGHT This organization is dedicated to preventing child sexual abuse. They offer resources and training for adults to help them recognize and to prevent child abuse and sexual abuse. They also have a page dedicated to National Child Abuse Prevention Month.
d2l.org/child-abuse-prevention-month-21

Child Abuse Prevention Starts With **YOU!**

Community support is essential to provide the resources necessary to keep kids safe and healthy. **DONATE TODAY** to help make an impact! Every dollar helps.



ARIZONA DEPARTMENT OF CHILD SAFETY

1-800-SOS-Child | 800-767-2445

NATIONAL CHILD ABUSE HOTLINE

1-800-4-A-Child | 800-422-4453

Making a Daily Impact



SARA MOODY | Our Behavioral Health Clinical Director talks about how Child Abuse Prevention Month is a daily commitment for her program at Casa de los Niños.

Can you describe your program's focus For Child Abuse Prevention and the specific issues it aims to address?

"One of the main things that stands out to me when we talk about Child Abuse Prevention is thinking about the family as a whole. There is

sometimes this impression that children need to get enrolled in behavioral health services to help them change their behavior. What we want to do is help educate a child's caregivers to understand the nature of a child's behavior and what could be impacting that behavior. When caregivers have a better understanding of what to expect and why, they can support the child in regulating their emotions, enhance their relationship together and guide the child in a more appropriate way of getting their needs met. This is often done through parenting classes, direct support services, family support, psychoeducation, among other ways."

How does your program typically approach child prevention? What are the key strategies or interventions tools you use?

"Often children may be put in situations in which they are most vulnerable when parents or caregivers do not understand why a child is behaving in a way in which that may make the caregivers feel embarrassed, ashamed, or not respected. We always want caregivers to know they are not alone; parenting is the hardest job. As parents we are not provided instructions on how to handle all the changes and struggles that a child goes through in their lifetime. It is impossible to know what to do all the time. A key strategy we use is again, working with the child and the caregivers together. Even if the child is 15 years old, we need to have contact with that caregiver. Behavior does not occur in isolation—the way we engage with each other will play a role in those outcomes."

How does your program engage with parents, care givers and children to promote child safety and well-being?

"We stay connected. Our goal is to complete regular check-ins with the families we are serving. Over the last year and a half, we have been working with one of our partner health plans to ensure our littles, our children birth to five are receiving all necessary well child checkups (immunizations, dental, EPSDT). We educate families on the importance of physical and developmental health and the impact regular checkups can have on a child. We always want to stress the importance of a child's social emotional and developmental health too, so we conduct screenings

(ASQ, ASQ-SE) that can help identify any concerns early on so they can be addressed. Any delays could impact behavior, and when behavior increases, so can the chances of abuse and neglect. I'm excited to say, we are also just starting another collaboration that also helps us identify whether any youth might be behind on their physical health markers. This gives us a starting point when talking with parents and older youth, helps them identify barriers to obtaining care they need, and allows us to support where the support is needed."

What are some of the biggest challenges your program faces in promoting child prevention, and how do you address them?

"Some of the biggest challenges I see facing us today in engaging families is life in general. Everyone is just trying to stay afloat. Parents and caregivers are doing the best they can, but they are most likely struggling with some of their own issues. This is when parents need the most help and when abuse and neglect may increase. They have jobs, kids in extracurricular activities, transportation may be an issue for families, there is always something that puts up roadblocks so that we can't quite get services in place to help support. How do we address them? Persistence. We have compassion and understanding of their struggles, because we too, have the same demands. We provide alternatives, maybe zoom, maybe a referral for in-home services instead, perhaps we go to the school and support the child there. We think out of the box, and we recognize that parents made the first step, but we may have to build the second for them."

What is something you would like our readers to know about your program and how it continues to work in Child Prevention?

"The biggest thing I would like readers to know about our program and how we will continue to do work in child prevention is because of the people that work here. Our staff that get up every day, sometimes to deal with very upset families, but still are kind, our staff that adapt at every turn so that they can ensure families are getting their needs met, our staff that listen to children and parents tell their stories and sit and hold space for them, our staff that continue to smile and support each other even when things get hard and frustrating. It is our staff that continue to do research on how to support our families best in their time of need. They are the ones dropping everything they have to support a family in crisis. Our program would not be what it is without them, and we will continue to do good, preventive work because of them. Thank you to all Behavioral Health Staff!"

PREVENTION PROGRAMS AT CASA DE LOS NIÑOS!

BEHAVIORAL HEALTH SERVICES Casa de los Niños is proud to provide behavioral and mental health services in a safe and supportive environment for children, teens and adults. Behavioral health services are open to all. All clients are offered services without discrimination by reason of race, age, religion, gender, sexual orientation or family income.

NURSE-FAMILY PARTNERSHIP NFP empowers first-time moms to have a healthy pregnancy and create better futures for themselves and their babies. It provides a free and personal nurse throughout the client's pregnancy and up until their baby turns two.

PARENTS AS TEACHERS Parents as Teachers is a free home visiting program offered in English and Spanish that teaches parents about early childhood development, increases their child's school readiness through play, and provides early detection of developmental delays and health issues.

KELLY EARLY EDUCATION CENTER The KEEC serves up to 100 infants and children between 6 weeks and 5 years old. Every child deserves access to high-quality early education to meet their full potential. Casa de los Niños is committed to making this resource affordable and accessible to all families. KEEC is a nationally accredited, quality first, 4-star rated center. DES is accepted. Now enrolling infants up to 5 years old!

CALL TODAY for more information
at 520-344-6678

COMMUNITY EDUCATION & OUTREACH

We offer "The Nurturing Parenting Program" a family-centered, trauma informed program for families in need of additional support. This program encourages positive parenting skills with nurturing behaviors and empowers families through structure, laughter and play. Parent education classes at Casa de los Niños are always free and available to anyone looking for support and resources to be a great parent!

*For more information about
Casa de los Niños's
prevention programs,
please visit our website at
casadelosniños.org
or call us at 520-624-5600*

Prevention Happens in Partnership



Nana's Needles

Rincon Country West's Nana's Needles

"We are a group of snowbirds from all over the United States and Canada. We love Tucson and love gathering every Friday morning for fellowship and to knit and crochet. Our creations have been gifted to Casa de los Niños the last 10 years. We believe Casa has been such a great benefit to the Tucson community in the last 50 years. Thank-you for caring for foster children and their families!"

Your Friends from RCW



Stotz Equipment

We would like to express our sincere gratitude for Stotz Equipment for their recent donation towards the funding of our Moore conference room



equipment. Their gift has allowed us to enhance the activities we can offer to the children and families who we serve! The new equipment has been a game-changer for our center. With its advanced features, we can now host movie nights for our children. We have also been able to host virtual parenting classes that have been a great success, and the new equipment has made it possible for us to conduct them seamlessly. With the high-quality sound and video, our instructors can communicate effectively, and parents can follow along without any interruptions.

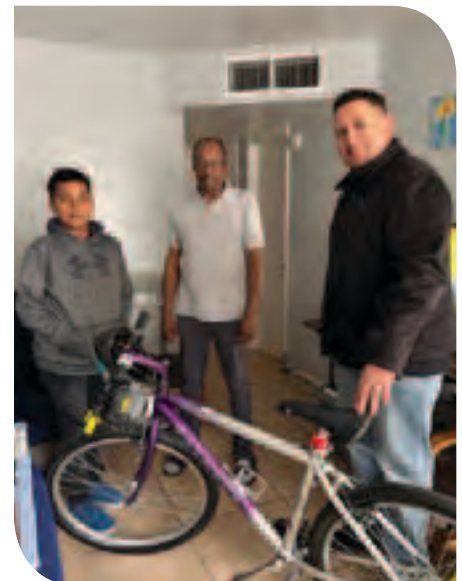
Their generosity has made a significant impact on our center, and we cannot thank them enough for their contribution!

Wheels for Kids azwfk.org

"The ability to support families who are dealing with all types of hardships provides me with all of the job satisfaction I could ever ask for.

In one particular case, the family was reunified after months of working towards meeting DCS case plan requirements and being without one another for months. With help from Wheels for Kids, Casa de los Niños was able to provide the family with an opportunity to rebuild their relationship by going on bike rides together, which all the family members had enjoyed in the past."

Raymond Garcia, Behavioral Health Care Coordinator



THE MISSION of Casa de los Niños
is to promote
CHILD WELL-BEING and
FAMILY STABILITY in our community.

the
voice
for change
advocacy
children



casa de los niños

CHANGING LIVES FOR GENERATIONS

Casa de los Niños
1120 North 5th Avenue
Tucson, AZ 85705

casadelosninos.org
520.624.5600

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PERMIT 2216

Ways to Give

In addition to financial donations, there are many other ways to support our children and families year-round!

- Put together a group of family members, friends or colleagues to collect items for our families.
- Consider hosting a fundraising event and use the proceeds to purchase new or unused items.
- Create a social media campaign and share our needs list with friends in your networks.

Currently, our greatest needs are:

CLOTHING FOR ALL AGES Clothing, socks, undergarments, jackets and shoes for babies, toddlers, pre-teens and young adults in sizes 4–12

HYGIENE ITEMS Deodorant, hair gel, comb/brush, body wash, soap bars, shampoo and conditioner, hair accessories, body lotion, toothbrush, toothpaste, baby soap, baby lotion, feminine products

TOYS AND TOOLS FOR TEENS Art supplies, puzzles, board games, journals, craft supplies, school supplies, and backpacks

TOYS AND TOOLS FOR KIDS Boys and girls costumes, dolls, car toys, school supplies, Legos, Play-Doh

TOYS AND TOOLS FOR TODDLERS Developmental toys, crawling mats, building blocks, highchair, strollers, pack-n-play, formula, bottles, pacifiers, diapers, and wipes

GIFT CARDS Target, Wal-Mart, Fry's, Safeway, Basha's, TJ-Maxx, Amazon, Kohls, Old Navy, and others

Visit our Amazon Wish List for more items and ideas, and for information on ways you can help, visit casadelosninos.org/how-to-help or contact Kimberly Gutierrez at kgutierrez@casadelosninos.org.

With a memorial or honorary gift to Casa de los Niños you can:

- Remember someone special
- Celebrate a birthday, anniversary, wedding or other milestone
- Observe an accomplishment
- Say thank you

Looking for a Meaningful Way to honor or memorialize someone special in your life?

A memorial gift can help perpetuate the values and ideals that guided someone's life; honorary gifts can celebrate someone who is still living or mark a significant event.

Tribute and memorial gifts shine a light on the one you love or the moments you want to treasure while at the same time helping our community support and empower families and children.

To learn more, visit our website at casadelosninos.org/how-to-help/donate or email give@casadelosninos.org, and a member of our development team will be in touch with you.