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MCAC presents.... “Children Grieve Too: Supporting families after the death of a loved one”

“Presenter: Cathy Fox, MSW

Program Director of Ted E. Bear Hollow

Friday, May 10th, 2013

9:00 AM—10:30 AM

This presentation will give an overview of Ted E. Bear Hollow's program and services, discuss developmentally appropriate responses to grief, and offer intervention and activities for people to take back with them to their work setting.

Please pre-register by visiting the following link:

<http://www.nebraskacacs.com/EventDetail.aspx?ID=1144>

If you have any additional questions about this program, please contact April Anderson

at 595-1326 or aanderson@projectharmony.com

Nebraska Children's Home Society

4939 S. 118th Street

Omaha, NE 68136

For more information,

Please visit our website: www.mcacomahane.org.

This program meets the criteria of the approved continuing education for Social Work, Mental Health Practitioners and Marriage and Family Therapists for 1.5 contact hours. This training is free and open to all regardless of membership status, however you must be an MCAC member to receive the continuing education credit for this program. Individual membership is \$15 for 1 year and you can sign up at the training.

Reminder:
**The next
Board
Meetings
will be held
Tuesday
April 16th and
May 21st
From 11:45-1:00
at
Project
Harmony
In Training
Room 1!**



Ted E. Bear Hollow

Mending the hearts of grieving children and teens

Ted E. Bear Hollow—www.tedebearhollow.org

National Alliance for Grieving Children

www.childregrieve.org

Over the last few months the MCAC Board and subcommittees have been working diligently to kick off Child Abuse Awareness month in April and put together educational programming among other things. I want to thank all who attended the March program: Stewards of Children/Darkness to Light training presented by Sheryl Overby. There were approximately 60 individuals in attendance at this training who are now able to help stop child sexual abuse *before* it starts. Don't miss the next programming event on May 10, 2013!

I encourage you over the next couple of months to find a way to give back to the community. There are opportunities listed in this newsletter to include giving of your time to assist with spreading awareness for child abuse in April to educating yourself and others on foster care as May is National Foster Care Month. If you are interested in learning more about the MCAC or increase your involvement, please contact me at Melissa.nance@nebraskafc.org.

If you have not yet renewed your membership with MCAC or would like to sign up, you can contact Jamie Chiburis for more information at jchiburis@kvc.org. Below are just a few of the benefits included with your membership:

- **Free CEU's at the 4 MCAC programs per year, the annual conference and breakfast
- **A reduced rate and the annual MCAC conference
- **6 editions of the MCAC newsletter per year
- **Free listing on the newly revised MCAC Therapy Resource List

Melissa Nance, MS, PLMHP
 Family Permanency Director
 Nebraska Families Collaborative
 2110 Papillion Parkway Suite 110
 Phone 402.492.2508

Erin's Law

"It is my mission to pass Erin's Law in all 50 states and I won't let anything stop me. Children are waiting on us to give them a voice. The voice I didn't have as a child." – Erin Merryn

Erin Merryn, a survivor of childhood sexual abuse, first introduced Erin's Law in January 2010. Erin has written two books about her experience, "Living for Today" and "Stolen Innocence". She graduated with a master's in Social Work from Aurora University in 2009 and is currently working to get Erin's Law passed across America at the state and federal level. Erin's Law was first passed in the Illinois state legislature, without receiving a single "no" vote on February 14, 2011. Erin's Law has now passed in Indiana, Missouri and Maine and is currently pending in New York, Pennsylvania, Michigan, Georgia, Mississippi, Minnesota, New Mexico and Nevada.

Erin travels all over the country speaking at high schools, colleges, sexual assault centers, child abuse conferences, and community events. She is most passionate about speaking to the 700 Children's Advocacy Centers in America because it was "the very first place in my childhood I broke my silence and began sharing some of the details of what I went through. I learned there I was not at fault for what happened." We grew up learning in school to say "no" to drugs, but there was never a program implemented that educated us in a child friendly way about what is a good touch and what is a bad touch. With this law, we would be renovating that.

What is it?

Under Erin's Law school districts would be required to educate children in pre-K through 5th grade on sexual abuse. The law would implement child-friendly programs designed to inform and protect students by educating them on ways to avoid falling prey to sexual abuse and empowering them to tell a trusted adult if abuse does occur. The sexual abuse curriculum would include: (1) A clear definition to students on sexual abuse and how to prevent becoming a victim through "How To Tell Today" & "How To Get Away;" (2) Educating elementary-level children on appropriate touches: safe and unsafe touches; (3) Educating elementary-level children on safe and unsafe secrets and giving them the power to break their silence; (4) Identifying safe people in children's lives they can talk to if someone inappropriately touches them; (5) Providing information to parents on warning signs of sexual abuse; (6) Providing parents with resources of help if child reports abuse; (7) Information printed in student handbook on sexual abuse.

What can you do?

Erin started speaking when she was a senior in high school and is now a nationally recognized speaker. She has spoken to the United States Department of Education, child advocacy centers, child abuse conferences, high schools, Universities and State Capitals. To book her for your next event, conference, or workshop, you can visit www.erinmerryn.net.

Centering Corporation: A grief resource center in Omaha, NE that sells books, magazines and videos on all different types of grief and loss.

Dougy Center: The first children's grief center in the United States, located in Portland, OR. Their website contains a lot of helpful information and includes a site locator so you can search for children's grief centers around the world.

Grief Counseling Services

Kid's Inc.: 330-4014

Center for Counseling & Psychotherapy: Sue Bace, 502-1024

The Attachment & Trauma Center of Nebraska: 403-0190

Community Counseling at UNO: 554-2727

Training Opportunities

Child Grief Facilitator Training: A 20-hour comprehensive training that prepares adults to lead grief support groups. Includes training manual and Ted E. Bear Hollow curriculum manual, which can be used personally or professionally once training has been successfully completed. CEUs awarded. Offered in February and September. Visit Ted E. Bear Hollow's Events & Program page for more information.

How to Start A Grief Group: A Workshop for School Personnel: 15-hour workshop that provides guidance counselors, school social workers and psychologists with the tools they need to start a grief group in their buildings. CEUs awarded. Contact Ted E. Bear Hollow for more information. www.tedebearhollow.org

Upcoming Events at Ted E. Bear Hollow

Monthly Support Group

Saturday April, 13th, 9:30 a.m.

Ted E. Bear Hollow – 7811 Farnam Dr.

This free support group is open to any family with children ages 3-18 who have experienced the death of a loved one.

Camp Hope: A Retreat for Grieving Teens

Saturday, April 20th, 8:00 a.m.

Joy Holling Retreat Center in Ashland, NE

A weekend retreat just for grieving teens.

Visit website to register online.

Child Grief Facilitator Training

Friday, April 26th, 8:30 a.m.

Ted E. Bear Hollow – 7811 Farnam Dr.

A comprehensive 20-hour training session to equip adults with the knowledge and skills to co-facilitate grief support groups. Register online. www.tedebearhollow.org

From the Program Committee...April is Child Abuse Awareness Month

Please join Mayor Tom Hanfan and Mayor Jim Suttle on Saturday April 6th at the

Bob Kerry Pedestrian Bridge as they help raise awareness of efforts to reduce child abuse and neglect in our community.

This event will include a joint mayoral proclamation and an opportunity to plant a blue pinwheel (a symbol of child abuse prevention) at the Pedestrian Bridge. We would love to have your participation and that of your clients, friends, neighbors, etc. Details are on the attached flyer as well as contact information. We encourage you to wear royal blue for increased awareness!

This is a public event sponsored by Prevent Child Abuse Pottawattamie County, Shaken Baby Task Force, and the Metropolitan Child Advocacy Coalition.

We're using VolunteerSpot (the leading online signup and reminder tool) to organize our upcoming activity.

Please sign up for MCAC Child Abuse Prevention Month - here's how it works in 3 easy steps:

1. **Click this link** to go to our invitation page on VolunteerSpot: <http://vols.pt/d3e5gR>
2. **Enter your email address:** (You will NOT need to register an account on VolunteerSpot)
3. **Sign up!** Choose your spots - VolunteerSpot will send you an automated confirmation and reminders. Easy!

Note: VolunteerSpot does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually. Hope to see you April 6th!!!

Sheryl Overby, MS NCC LMHP

Recommendations for Parents and Caregivers

It is important that parents accept their role and responsibility as primary support for children – especially children experiencing trauma, grief and loss.

Parents should try to learn as much as they can about grief and mourning and just be available as a source of support to children. It is important that the child knows a parent cares and is reassured that the parent is there for them. Where that is absent, the potential for serious problems inevitably exists.

A holistic intervention plan involving all the important support for children is most effective and can potentially maximize the therapeutic benefits for children in grief and mourning. For example, teachers and youth workers are also critical support in the lives of children. A multi-focused intervention involving the home, school and community can be most beneficial.

The children's grief support groups are recommended as having the best therapeutic outcome for children, especially when they combine individual counseling and creative art therapies (i.e. bibliotherapy, art therapy, puppets, movement therapy, etc.). These expressive therapies can be especially helpful in clinical interventions with children.

Individual differences should be respected. Each child may grieve differently. Sensitivity to differences in culture, age, gender and the type of loss must be recognized.

For all individuals involved in the support of children in grief and mourning, it is important to be diligent in resolving their own issues regarding loss to be able to assist rather than encumber children in their grief recovery.

As adults, we must not be in denial of death, our fears and anxiety, grief nor hide our mourning from children. It is healthier that adults honestly share themselves with children as a way to teach that loss and grief are a part of life. This fundamental lesson in death education with children can be shared during opportunistic events such as the death of a pet or other living creatures.

The trauma of a significant loss of a child takes time and requires patience and understanding, especially from significant adults (e.g., parents, teachers, guardians, youth workers, etc.) All should be informed of the child's experience.

Funerals are important rituals and events for the release of grief via mourning. Funerals are also a valuable occasion for death education for children to observe and learn much about their religion and cultural heritage. Children should be told what to expect at funerals and given choices (to attend or not attend, view or not to view, etc.)

Finally, despite all of the pitfalls, children are not as fragile as they are resilient. With some help and lots of support, most do recover – one day at a time.

Author: Ronald K. Barrett. Originally published in "Children Mourning, Mourning Children."

Published by Hospice Foundation of America: www.hospicefoundation.org or 1-800-854-3402.

www.tedebearhollow.org

MAY is National Foster Care Month

NFC raises awareness about the need for caring, supportive adults to foster Nebraska Youth

OMAHA, Neb. – May 1, 2013 – The best place for children to live is with their own family. When situations arise that require children to be separated from their family, they need caring, compassionate and committed adults who understand the grief and loss caused by this separation.

This May in honor of National Foster Care Month, Nebraska Families Collaborative (NFC) is reaching out to all those considering fostering in an effort to educate about the process and the deep, everlasting rewards that fostering can bring.

Families who desire to help other families through foster care can start by learning about foster care at Nebraska Families Collaborative's (NFC) website — nebraskafc.org. When they are ready to take the next step, families interested in fostering should reach out to an agency like NFC, which will guide them through the process. Requirements for foster care licensing include completion of required training, background checks, clearance from a physician and an approved home study.

All kinds of families can become licensed foster homes. Families who are willing to care for teenage youth and sibling groups of three or more children are needed most. For more information about foster care for children in Douglas and Sarpy counties, contact Jewel Schiffers, NFC Manager of Kinship Care Services, at 402-492-2515 or jewel.schiffers@nebraskafc.org. For detailed information on Nebraska State Foster Care Licensing requirements, please visit <http://dhhs.ne.gov>.

Every day in Nebraska: 8 children are removed from their homes and families and enter our foster care system (Voices for Children, Kid's Count Report 2012).

"We are normal kids in abnormal circumstances."

— Former foster child, Reflecting on the Simple Things in Life

Board Member Spotlight

Name: Mary Uhlig

Agency: Children's Square USA, Omaha Foster Care

Position: Foster Care Supervisor, Admissions and Training

What do you do? I started out at Children's Square USA on the Council Bluffs campus working in the emergency shelter, group homes, and academic center. There are some pretty amazing people there who taught me about caring for kids in crisis.

For the past 21 years I have trained and licensed foster homes in the Omaha area. I admit foster children into our program and ensure that their needs are being met. Our staff works as a team to support foster homes through a tough, rewarding, emotional process.

Educational/Career Background: I attended Benedictine College in Atchison, Kansas. I finished my last two semesters at UNO. I have a degree in Criminal Justice.

Family/Pets? My husband, Dave is an Omaha firefighter and a photographer. We have three sons, Dan, Austin and Luke. We have a golden retriever, Dixie.

Most memorable accomplishment? Raising three great kids feels like a huge accomplishment. It also feels like an accomplishment to stay in this business a long time and still love my job.

Favorite vacation destination? So far....Riviera Maya, Mexico. We also spend as much time as we can on Lewis and Clark Lake.

Favorite Quote? My mom, Mary Lee, had many great quotes but this is my favorite;

"You're brave, you're smart, you'll figure it out".



Child Abuse Prevention Month Resources Available for Faith Communities

Dove's Nest is a 501(c)3 organization whose mission is to equip and empower faith communities to keep children and youth safe in their homes, churches and communities. Dr. Jeanette Harder, Associate Professor at the Grace Abbott School of Social Work at the University of Nebraska at Omaha, is the organization's board president. Dove's Nest serves as a resource for information about developing, implementing and following through with child and youth protection policies within faith communities. They also provide information about the *Circle of Grace* safe environment curriculum. *Circle of Grace* offers age-specific lessons to teach children and youth about the value of positive relationships with God and others.

Dove's Nest recently hired their first Program Coordinator, Jon Stanton. Jon is responsible for organizational networking, administration, fundraising, resource development and training. He has worked in communications, administration and organizational development for non-profit organizations for nearly 15 years. Jon is based in Lincoln and is proactively pursuing collaboration with other child abuse prevention organizations. He can be reached at (402) 577-0866, or via email, Jon@DovesNest.net.

In preparation for Child Abuse Prevention Month in April, Dove's Nest has developed a resource kit for faith communities. The kit includes a variety of resources faith communities can use to learn more about child abuse and prevention and their role in protecting children and youth. To access the kit, visit www.DovesNest.net/CAPMonth.

"We're excited to offer the resource kit to faith communities during Child Abuse Prevention Month," said Dr. Harder. "We hope that they will use the kit to help their members understand the scope of the problem and their important role in bringing an end to child abuse and neglect."

Omaha Home for Boys

Save the Date for these
Upcoming Sessions:

- Youth Service Worker Certificate Program
- May 15 ~ Gangs in our Community (please note date change)
- June 19 ~ Social Skills Replacement - CORE
- July 31 ~ Stop Freaking Out! Teaching Youth Self-Control - CORE
- August 20 ~ Adolescents and the Law
- September 5 ~ Gateway Drugs
- October 9 ~ The Effects of Domestic Violence on Children
- November 27 ~ Got Stress?

www.OmahaHomeForBoys.org

Adoption...the Dream, the Journey, the Reality

Please join Susan Peach and Grey Endres as they explore the dreams, challenges, and joys that families experience throughout the adoption process. The day will be divided into two parts:

Morning- "As the Family is Dreaming the Child is Waiting"- During this session Susan and Grey will explore the impact on children, parents, and families when Attachment Theory and trauma collide.

Afternoon- "As the Dust Settles and the Dream Becomes Reality: Creating Connections Out of Chaos"- During this session Susan and Grey will explore Attachment Parenting and Trauma Informed Parenting as a treatment consideration.

This information-packed day will benefit new and experienced parents as well as professionals!

Date: Friday, April 5, 2013

Location: Nebraska Children's Home Society, 4939 S. 118th St., Omaha, NE 68137

Cost: \$30.00 per individual registration, or \$50.00 per couple. Includes continental breakfast, lunch, and beverages.



AGENDA

- 8:30am Registration Opens
- 9:00am- Conference Begins
- 10:30am Morning Break
- 12:00pm to 12:30pm- Lunch
- 2:30pm Afternoon Break
- 4:00pm- Conference Ends

CEU's: This program offers 6.0 ceu's for Social Workers and Mental Health Professionals, and 6.0 education hours for foster/adoptive parents.

Meet the Presenters



Susan Peach, LCSW, LCSE, is the Clinical Director of LifeWorks Family Treatment Group in Kansas City, Missouri. She has extensive experience and expertise in trauma, grief and loss, and attachment. She is a Consultant, Educator, and Advocate.



Grey Endres, MSW, is the Clinical Director of The Gillis Center, and Co-Owner of LifeWorks Family Treatment Group. He has expertise in individual, group, and family therapy.

Together, Susan and Grey have over 50 years of experience in adoption, attachment, trauma, therapy, teaching, and parenting!

"Our goal is for you to learn, be challenged, connect, smile, laugh, and maybe even cry!" -Susan and Grey

Positive Parenting

A 12-week class to strengthen families

Positive Parenting is for parents of children birth to age 12 who want to learn more about:

- Developmental stages & needs
- Appropriate expectations
- Effective discipline
- Family roles
- Cooperation & independence

Program Co-sponsors:

This group meets once a week throughout the year to learn about healthy parenting styles. Parents share tips and experiences and get to know how other families solve the challenges that cause stress in their daily lives. Participants are given handouts with lessons and information to practice at home.

Fee: \$25
Call (402) 552-7400 for more information.

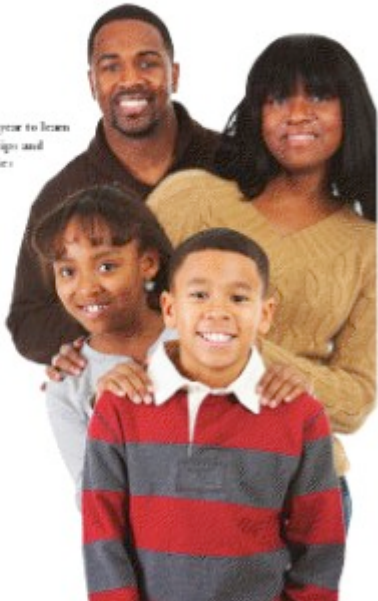
CLASSES

Tuesdays, 6:30 - 8:00 pm (English)
Central O Rm, 1181 S. 42nd Street, Omaha

Families may join at anytime and may leave when they have attended 2 classes.
Free child care is available.

Tuesdays, 6:30 - 8:00 pm (Spanish)
Central O Rm, 1181 S. 42nd Street, Omaha
*To find time a year, spring and fall.

TO REGISTER
(402) 552-7400



2013 Parenting Classes



All classes are six consecutive Thursdays and take place at The Omaha Home for Boys, 52nd & Ames

February 14, 21, 28, March 7, 14, 21
Feb. 14th session begins @ 8:30am
Remainder: 9:00am-11:00 am

May 2, 9, 16, 23, 30 June 6
May 2nd session begins @ 5:00pm
Remainder: 5:30pm-7:30pm

July 25, August 1, 8, 15, 22, 29
July 25th session begins @ 5:00pm
Remainder: 5:30pm-7:30pm

Sept. 26, Oct. 3, 10, 17, 24, 31
Sept. 26th session begins @ 5:00pm
Remainder: 5:30pm-7:30pm

\$30 per person

Pre-registration is required.
For more information contact:
The Omaha Home for Boys
402-457-7000
www.OmahaHomeForBoys.org
Space is Limited...Register Today!

School Social Work Association of Nebraska's
2013 Conference

**Maintaining Control in Challenging Situations:
Power Struggles and Ethics**

April 19, 2013

Nebraska Children's Home Society, Omaha, NE**

For more information, contact Molly Schnabel
mschnabel@paplv.org

- 4/10/13 Videoconference – Anatomy of A Sexual assault Case from the Defense Point of View
1:00 – 3:00 2 credit hours
- 4/11/13 9th Annual CVCR Conference – New Challenges, New Solutions
8:00 – 4:45
- 4/18/13 Child Abuse and Neglect 101 – Reporting Responding to Child Abuse and Neglect
9:00 – 12:00 3 credit hours
- 4/18/13 Videoconference - What Is TF CBT? Understanding the Role of Trauma Focused Therapy and Why Is It Important?
1:00 – 3:00 2 credit hours
- 4/25/13 Corroboration in Child Abuse Investigations
1:00 – 3:00 2 credit Hours
- 5/1/13 Medical Aspects of Child abuse and Neglect
9:00 – 12:00 3 credit hours
- 5/6/13 Lecture Series: Advocating for Older Youth in Care
1:30 – 4:45
- 5/9/13 Darkness to Light – Stewards of Children
9:00 – 12:00 3 credit hours
- 5/14/13 Child Abuse and Neglect 201 – Collaboration in Child Abuse Investigations
8:00 – 12:00 4 credit hours
- 5/15/13 Videoconference – Impact of Culture on the Treatment of Latino Youth Who Witness Domestic Violence
1:00 – 3:00 2 credit hours
- 5/16/13 Prosecution of Cases with Limited Evidence
1:00 – 3:00 2 credit hours
- 5/16/13 Child Abuse and Neglect 101 – Reporting and Responding to Child Abuse and Neglect
9:00 – 12:00 3 credit hours
- 5/30/13 Videoconference - Craig's List Undercover Investigations
1:00 – 3:00 2 credit hours

(Unless otherwise mentioned, go to www.projectharmony.com/events.asp to register for the listed events)

Creating a Culture of Wellness in Healthcare Settings Conference

The Lied Lodge in Nebraska City on May 17 and 18 is the site for an innovative conference designed to aid physicians and clinical staff in enhancing their own wellness and their clinics' workplace wellness. The conference will be lively and interactive, with an emphasis on physical activity, nutrition, and stress management. Clinicians will also learn new strategies, resources, and patient counseling techniques to improve wellness outcomes for their patients.

Many well-known national and local speakers are featured. They include Dr. Jeremy Lazarus, President of the American Medical Association; Dr. Edward Phillips, Director of the Harvard Institute of Lifestyle Medicine and co-author of Exercise is Medicine; and Matt Davison, former Husker star athlete and current Husker broadcaster.

The conference is a collaboration of the Nebraska Department of Health and Human Services, the Nebraska Medical Association, Nebraska Methodist College, and many other partners and sponsors. It begins at 3 p.m. on Friday, May 17, and continues through Saturday, May 18, to facilitate attendance by clinical staff. Ten continuing education credits will be offered for a variety of health professions. Conference participants are encouraged to bring their families for a spring weekend at the beautiful Lied Lodge. Wellness activities for families are offered, including family Zumba, Tai Chi, yoga, an excursion to the Treehouse Adventure, and an early morning Adventure Challenge.

More information is located at www.dhhs.ne.gov/WellnessConference2013. Significant early bird discounts are offered to encourage early registration. For questions, please contact Kathy Ward at kathy.ward@nebraska.gov.

Therapy Resource List Information Form

A benefit of being a member of MCAC is the Therapy Resource List. This is a published list that contains the names and contact information for therapists in the community who are also MCAC members. This list is distributed to community professionals to use as a resource guide. If you are currently an MCAC member and would like to have your information published in the Therapy Resource List, please fill out the form and return to the contact below.

Name: _____

Agency: _____

Address: _____ Fax _____

Phone: _____ E-Mail: _____

Specialization: _____

Psychiatric Consult: _____

Fee: _____ Hours: _____

Please send the above information to:

Jamie Chiburis
jchiburis@kvc.org

www.mcacomahane.org

We're on the Web!

Metropolitan Child Advocacy Coalition
PO Box 6646, Elmwood Station
Omaha, NE 68106

