



The Washoe County Child Advocacy Center Quarterly Newsletter

December 2017 Issue



The Washoe County Child Advocacy Center has been busy since the last newsletter. We hope everybody has a wonderful holiday!

Washoe County Impact Awards

The Washoe County Child Advocacy Center received the Washoe County Impact Awards on October 12, 2017. The Washoe County CAC won the Quality Public Service Award for the services that we provide to child victims. We were so grateful to be surrounded by the many nominees that do such great work in the community and honored to receive this award!



Also recognized at the Impact Awards

- ◆ Assessor's Personal Property Hispanic Outreach
- ◆ ACCELA Regional License and Permits Program
- ◆ CERT
- ◆ Crossroads Program
- ◆ CSD University
- ◆ District Attorney's Family Support Division
- ◆ Washoe County Health District WIC Program
- ◆ Washoe County Crisis Communications
- ◆ Washoe County Library Summer Reading Program
- ◆ Second Judicial, Reno Justice and Sparks Justice Court-Specialty Courts
- ◆ Sober 24 Program
- ◆ Trauma Intervention Program of Northern Nevada

Paws 4 Love

Paws 4 Love is an amazing program in the community that uses pet therapy to help with literacy, comfort, and general well-being. These specially trained dogs join the children at the Washoe County CAC and provide comfort during their healing journey.



Studies have shown that simply petting an animal can lower blood pressure and heart rate; and lessen anxiety and depression.

-Paws 4 Love



Spotlight: Medical Unit



The medical unit is an imperative piece to our MDT. On average they see over 70 children per month for various types of exams.

The Washoe County CAC offers many medical examinations based upon the recommendation of the MDT members. One exam offered at the CAC is a CARES (Child Abuse Response and Evaluations) exam. A CARES exam is provided for those children who are suspected of having experienced age-inappropriate sexual activities. Children and adolescents may express concerns about their body's health. These concerns are the best addressed in a complete medical history and head to toe examination.

All children can benefit from a comprehensive medical evaluation after experiencing trauma. Because our bodies have great healing capacity, the doctor or nurse may not identify physical harm, however that does not mean that abuse did not occur.

The medical examination can have great therapeutic value to the child and parent, and is one of the first steps in the process of healing following sexual abuse regardless of how long ago the abuse occurred.



26% of children in the United States will witness or experience a traumatic event before they turn four.

~ National Center for Mental Health - Promotion and Youth Violence Prevention, "Childhood Trauma and Its Effect on Healthy

All We Want for Christmas...

CHRISTMAS WISH LIST

The CAC relies heavily on the generous donations that we receive from the community. This year we are in need of the following items:

- Socks (all sizes)
- Children's underwear (all sizes)
- Kids shoes (flip flops or CROC type shoes are best)
- Women's shoes (flip flops or CROC type shoes are best)
- Pokémon, Minions, Power Rangers, or super hero toys
- Colored pencils
- Mindfulness coloring books for older kids (ages 7 - 14)
- Children's Puzzles (for all ages)
- Granola bars and fruit snacks
- Quilts / Blankets
- New stuffed animals
- Target or Walmart store gift cards

**Please call Jordan Fralick at 775-284-2769 to coordinate pick-up.
Monetary donations can be made payable to the Friends of the Washoe
County CAC and mailed to 3983 S. McCarran
Boulevard, Box 455, Reno, NV 89502. The Friends of the Washoe
County CAC is a tax-exempt non-profit organization.
Federal Tax ID 81-2733506**



Expansion of Mental Health Services at the CAC



Engaging in psychotherapy post any disclosure of abuse can be incredibly helpful for the child victim and their non-offending caregivers. Just like with any other type of medical trauma, early intervention is key to attaining a positive prognosis for future outcomes.

Having early access to a trauma trained psychotherapist can provide the child and caregivers with support to manage any current symptoms, and/or psychoeducation on the impact abuse can have and how to identify future clinically significant symptoms that may have a delayed onset.

The CAC understands the importance of immediate psychotherapy and have decided to expand services by adding more providers and increasing the number of sessions per child and by offering therapy for non-offending caregivers and siblings.



Victims of child sexual abuse have higher rates of revictimization (later sexual assaults) than non-victims. ~ National Center for Victims of Crime

The Friends of the Washoe County CAC is a 501(c)(3) that has been formed to support the mission of the Washoe County Child Advocacy Center which ensures the health and safety of the child in a child-friendly environment for the purpose of minimizing trauma, providing advocacy, and supporting effective investigations and prosecutions.

First Annual Wellness Retreat

The Washoe County CAC hosted their first annual wellness retreat for their employees. There was yummy food, chair massages, activities, and self-care gifts. We also had Amber Barnes from Start Human come speak to our group. Amber helped our staff gain understanding, awareness, and how to engage more fully and effectively at work. We examined ways to build trust and improve camaraderie and connections. Vicarious trauma, compassion fatigue, and burnout effects many workers in the helping profession. We plan to continue to have these wellness retreats to support the staff at the Washoe County CAC.



Vicarious trauma, compassion fatigue, and burnout effects many workers in the helping profession; and self-care is a necessity. Below are some self-care tips and activities:

- ◆ Spend time with Friends and Family
- ◆ Relaxing Bath
- ◆ Journaling
- ◆ Meditate for five (5) minutes each day
- ◆ Exercise

To Our Generous Donors - We Thank You

We are so honored to be the recipient of your generous donations in support of the Washoe County CAC. You have truly made a difference!



Maison T Ortiz Foundation
The Assistance League
Boy Scouts of America
Cindy Carano
Glenn and Lamise Carano
Clasen Quality Chocolate
Jesse Haw
HAWCO Development Company

Bud and Suzette Hicks
Jensen Precast
James Lahey
Kay Jewelers
Greg and Keni McKenzie
Reno Rotary Foundation
Western Nevada Supply Co.

Special Thanks

The Frame Shop at Lakeside
Upland Contractors
Reno Police Department - Victim Services Unit
Builders Association of Northern Nevada



"Let's raise children who won't have to recover from their childhoods."

~ Pam Leo



The Washoe County Child Advocacy Center

Mailing Address

3983 S. McCarran Blvd.

Box 455

Reno, NV 89502

775-284-2750

cacinfo@washoecounty.us

<https://www.washoecounty.us/da/childadvocacycenter/index.php>

Like us on Facebook!

