



CAPtivating News

Volume 1, Issue 1 – September, 2010

BACK TO SCHOOL 2010

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Greetings to the NJ CAP Network... As we welcome you back from summer break and to the new school year, we would like to introduce to you "CAPtivating News"; a Statewide newsletter which will update you three times a year as to what CAP is doing across New Jersey. CAPtivating News will offer special features on local CAP projects, Facilitators, Coordinators, upcoming events and other relevant CAP news.

In this issue, remembering that in 2010 we are still celebrating our 25th year of service, we have an article on the May 14th Commemoration celebration. Also featured are some of the activities CAP was involved in this summer, like the CAP migrant and camp workshop. Additionally, we have highlighted our new Cyber Empowerment workshops and changes like the appointment of our new DCF Commissioner Dr. Allison Blake and the retirement of Coordinator Fran Bradman and hiring of Interim Coordinator, Mildred Castillo.

Some of you may know that this summer tragically five children drowned in New Jersey because they did not know how to swim. Responding to these deaths, the Department of Children and Families promoted their water safety campaign which emphasizes learning to swim. How fortunate we are that in the work of CAP, we offer prevention strategies to children everyday of the school year. And as learning to swim may prevent the tragic accident of drowning so may learning to be safe from abuse and bullying help prevent a tragic outcome and we hope will empower children to live a life which is "Safe, Strong and Free".

We wish you the best this year as you do the work of CAP.

Sincerely,

Cheryl Mojta
Director of Operations

and

Jeannette Collins
Director of Curricula

"CYBER EMPOWERMENT"

Did you know that...

While 42% of students have been bullied online, 53% have admitted to sending cruel and hurtful messages to others and 48% of students say that they have been involved in receiving and distributing nude or semi-nude photos/videos of themselves or others — 85 % of parents are not aware of their children's social networking or online habits or how dangerous they can be.



Since July of 2009, Program for Parents (PFP) has hosted the NJ CAP's Northern Satellite office. It is located at: 33 Washington St., Newark, NJ. PFP and NJ CAP have similar missions to ensure that all children have the opportunity to live a happy and safe life. Northern CAP Coordinators now have access to CAP materials and the Northern Regional Supervisor at this site.

NJ CAP is pleased to offer to schools and community groups its Cyber Empowerment adult workshop which promotes adults understanding of the cyber activity of youth while teaching them ways to help students keep their own rights and guard the rights of others in cyber-space.

To schedule a workshop or for more information contact your local CAP project at: http://njcap.org/contact_us.wbp

New Jersey Governors continue their support of CAP...

Celebrating 25 Years of Empowering Children to be.. “Safe, Strong and Free”



Governor
Thomas H. Kean
1982- 1990

Governor
James J. Florio
1990 -1994

Governor
Christine T. Whitman
1994-2001

What an exciting day May 14, 2010 was as we commemorated our 25th Anniversary. To have three former Governors in attendance was a feat one would think unattainable but it happened. The first Governor to support CAP, the Honorable Thomas H. Kean, was the keynote speaker adding such rich history to the event along with both subsequent Governors, James J. Florio and Christine Todd Whitman. What an accomplishment! These special guests each added their specific perspective to the day’s events and NJ CAP recognized each of them for their impact upon the children of NJ during their tenure.

A special congratulatory letter was sent from Governor Chris Christie and read by his policy advisor, John Hullick.

Over 300 people attended the CAP event with representation from various state and county agencies, schools and county CAP projects. Each attendee received a favor with commemoration gifts at their seat. A documentary video of the 25 years of CAP history entertained the group with memories of how far we have come. We acknowledged three women who have worked with CAP for the last quarter century and Advisory Board Members who have served for many years. The event included testimonials from those who have witnessed the impact CAP has had in their own lives or in the lives of others. These testimonials were a wonderful addition to the day giving attendees the opportunity to realize how CAP has made a difference in the lives of these people.

There were incredible musical performances from the Music Video award winners. These performances featured a wide variety of artistic expression and showcased the following schools: Phillip G. Vroom Bayonne “CAP RAP”, Whitney Houston Academy East Orange “Us Against the World” and Alice Costello Brooklawn “Stand Up”. Having these children perform at the event inspired and invigorated the audience. Many people from these schools attended to see their children perform and to be honored by NJ CAP and the three Governors.

Words could not express what it meant to be in the presence of so many people who were united for one cause and to help ensure that NJ CAP’s motto:

“All Children deserve to be Safe, Strong and Free” becomes a reality.



NJ CAP....THEN AND NOW

1985

- Program available: Elementary CAP
- Trained 165 Facilitators
- Trained 75,000 children and 1500 adults
- No Curricula Evaluation



2010

- Programs available: Early Childhood, Elementary, Special Needs, Teen, “No More Bullies, No More Victim” Violence prevention through Conflict Resolution
- Trained over 1,500 Facilitators
- Trained 2.5 million children and 250,000 adults
- Curricula Evaluations from: Rutgers University, Rowan University, University of Chicago, NJ Dept. of Human Services

Most importantly...hundreds, maybe thousands of children and families received help to keep their rights to be “Safe, Strong and Free.”

Ensuring Quality Programming... in the 2010-11 School Year.

The NJCAP Network prides itself on providing quality services to the schools of our State. This year we are taking steps to further ensure excellent services by having the following:

- By May 30, 2011, all CAP Facilitators must have observed at least one CAP adult workshop to maintain their CAP Certification.
- By May 30, 2011– all CAP Advisory Board Members must observe at least one CAP workshop to maintain their Advisory Board membership.
- NJCAP RTC staff will visit every county to observe CAP workshops during the 2010-2011 school year.

NJ CAP Videos on YouTube



Child Assault Prevention
 NJ CAP Community Affairs Video
 To be used in CAP RAPS & Adult workshop presentations.



Child Assault Prevention
 Filmed by NJN as a 30 second PSA
 (may appear as Playground Bully PSA)



Child Abuse Prevention
 25th Year Anniversary of NJ CAP
 filmed with "Kids Alley" & Jersey City Students.

NJ CAP Music Video Award Winners



[Vroom NJ CAP Video](#)
"CAP RAP"
Bayonne School District



[Whitney Houston NJ CAP Video](#)
"Us Against the World"
East Orange School District



[Alice Costello NJ CAP Video](#)
"Stand Up"
Brooklawn School District

CAP Goes to Summer Camp

As we all experienced the hottest summer on record, many children were attending summer camps. NJ CAP RTC had the opportunity to present workshops to the children and adults of one of these camps.

"Kids Alley", under the direction of Pastor Vivian Tan, former recipient of the NJ CAP Clergy Award, participated in these workshops. Celi Galvis, Cheryl Mojta and Jeannette Collins implemented CAP for three groups of children from Kindergarten to Eighth Grade. The children were very excited and participated enthusiastically in the role plays and workshops. Since the groups were small, under fifteen, we were able to give all children who wanted a chance to participate.

Even in these small workshops, we can see the results of our work. One child disclosed abuse during review time resulting in a report to the Staff of the camp.



Cheryl Mojta and Jeannette Collins with child volunteer reenact the successful child against child role play.



Juana Martinez and Carol Polaha, from Cumberland County act out the bullying role-play.

Migrant Workshops

There has been a long history between NJ CAP and the families of Migrant workers in New Jersey. Since the late 80's we have been implementing workshops for the children of these workers during the summer months.

This year, NJ CAP implemented programs in four schools in Cumberland and Monmouth Counties. As a result of these workshops, 450

children participated in CAP's empowering message; 158 children came out at Review Time. During Review Time, 17 children reported problems with bullying, 11 of those were referred to Staff, and six additional Staff Interventions resulted in two children disclosing abuse which was reported to DYFS. Staff and Parents also participated at these sites with 129 attending workshops.

Thanks to the facilitators of Cumberland and Monmouth Counties for making a difference in the lives of these children. Special acknowledgement to Susan Bacon, Cumberland County Coordinator and Margaret Montone, Monmouth County Coordinator for their commitment to the children and families of the Migrant workers.

Become a Fan on facebook

One of the highlights for the year has been NJ CAP joining Facebook. Our new Facebook page has given the CAP network an opportunity to keep current and to share with friends and family what is happening in our work to help keep children safe from abuse and bullying. Currently, there are over 300 people who are connected to our link. We would like to have more join, so if you haven't joined, please do so and share with your friends.

NJCAP Website

The NJCAP website www.njcap.org was renovated this summer with a new home page and is updated monthly with NJ CAP current events which include pictures and posts.

If your County CAP Task Force would like to feature a photo, announcement of an event or other relevant CAP info on our Facebook page or website, please forward to: Araceli Galvis at agalvis@eirc.org (subject to RTC Review).

Union County CAP— Past & Present...



Fran Bradman receives her 25 Years of Service Award from Governor Christine Todd Whitman.

Fran Bradman

In 1985 as NJ CAP began its journey to empower the children of New Jersey to be "Safe, Strong and Free", Fran Bradman was along for the ride. A former Elementary Teacher, Fran saw CAP as an answer to her prayers to help children to be safe. She trained as a facilitator and then became the Union County Coordinator.

Always enthusiastic and willing to overcome any challenge that

came her way, Fran has touched the lives of hundreds of children throughout her tenure. Recently, she was acknowledged for her twenty-five years of service to NJ CAP.

A beautiful person inside and out. Fran is an accomplished poet and has shared with us many of her poems. Recently overcoming her personal battle with breast cancer, she has shown us how to be dignified and strong through a life threatening illness. Fran retired from CAP In June 2010. The torch has now been passed on to another but Fran's legacy continues on. Our best wishes go out to Fran as she begins her retirement.

Mildred Castillo



Mildred Castillo

"What may seem as something small to us may mean the world to a child."

These are the words that Mildred Castillo lives by. She is currently the interim CAP Coordinator for Union County, but she's no stranger to CAP.

Before taking on this position, for 10 years she worked as a facilitator for Hudson County and later established herself in 2005 as its Coordinator. Knowing that she is able to be part of a network of people that dedicate their lives to empowering children and lending a hand to those in need is what keeps her motivated in her line of work.

Taking on the role as the new Interim Union County Coordinator won't be an easy transition, but her enthusiasm and dedication to the program will help her overcome any obstacles that may come her way.

Mildred admires the dedication manifested by all of NJ CAP's Facilitators, Coordinators, and Administrators. "Even if we are able to reach out to at least one child, we have made a difference." Her love for children is also manifested in a poem she wrote entitled "*I Know Now I Have the Right to be Safe, Strong & Free*". She wrote this in light of a disclosure she had after one of her classroom workshops. We wish her the very best on this new journey.

Meet the New Commissioner of DCF...



Dr. Allison Blake was appointed Commissioner of the New Jersey Department of Children and Families by Governor Chris Christie and confirmed by the Senate on July 30th, 2010. Previously, Dr. Blake served as the Director of the Institute for Families at the Rutgers School of Social Work, where she oversaw grants and contracts aimed at strengthening families by

building the capacity of the individuals and organizations that serve them. She also served as Vice President of Accreditation Operations at the Council on Accreditation (COA), an international organization that develops best practice standards for public and private organizations that provide services across the continuum of care.

Dr. Blake spent 18 years at the New Jersey Division of Youth and Family Services, where she worked in various direct service and administrative positions. She later worked with the team charged with developing a blueprint for improving the capacity of the child welfare system to improve services to the state's at-risk children and families.

CAP Facilitators can keep up with other DCF news at their website:

www.state.nj.us/dcf/index.shtml

Next newsletter distribution date:

January 31, 2011

Article submission deadline:

January 5, 2011

(all articles are subject to RTC review)



Photo of Statewide NJ CAP Coordinator Network at 2010 Leadership Conference. To obtain additional information on individual county projects visit: www.njcap.org/contact_us.wbp

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If you are interested in contributing relevant topics or articles to CAPtivating News, please forward by emailing: [Araceli Galvis at araceli.galvis@eirc.org](mailto:Araceli.Galvis@eirc.org) or write:

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