

## New Jersey Child Assault Prevention



### “CAP Gives Children a Voice”

In June Jerry Sandusky, former Penn State Assistant football coach, was convicted of 45 counts of child sexual abuse and will most likely spend the rest of his life in prison.



In August, Monsignor William Lynn, of the Philadelphia Archdiocese will receive his sentencing for covering up sexual abuse by priests and shuffling them off to other unsuspecting parishes.

These high profile media cases have horrified and outraged the public, as heard from voices around the world in blogs, FB postings and tweets. With all of the outcries, still children across our country are being molested at an alarming rate. Sadly, the majority of these victims will never be lamented by the media; and more importantly, may never be given the assistance they so rightfully deserve.

It is estimated that over 30% of child victims don't tell anyone about their abuse. Studies indicate that most children do not disclose because they fear they will not be believed. As they suffer violation of body and soul, they are often easily manipulated into secrecy by the offender. So what can be done to give them a voice and help others never experience this pain?

The Child Assault Prevention (CAP) project has spent the last thirty years empowering over 7 million children across the world to be safe from assaults. We have done this by lessening children's vulnerability by training parents, school staff and students grades Pre-K through 12.

All CAP trainings provide:

**1. Information** - CAP teaches that all children, as all adults, have “rights.” The right to be **“Safe, Strong and Free”**® is an inalienable right that all people deserve. Children need to know this. They also need to know that sometimes other people, both peers and adults, will try to take these rights away and what to do when it happens. As we teach children traffic and fire safety, so CAP teaches students Pre-K through 12<sup>th</sup> grade what to do in a situation that they may feel is dangerous; a situation where they have lost their personal safety rights. Depending on the type of assault, strategies include – standing up for their rights, enforcing their boundaries, getting away from danger, and enlisting aid from a “trusted adult” to defend these rights.

**2. Empowerment** – The first step to prevention and stopping any assault is self-assertion. CAP encourages children to know that they are not weak and without options; but that they have the power or “inner strength” to stand up for themselves. They are taught to set limits and boundaries when it comes to their own safety with any person, including an adult who may have a close relationship to them.

**3. Support** - Children who are abused are isolated and may not know where to go for help. CAP “brainstorms” with children a list of those in their community who will believe and assist them, if they are being abused or bullied. Support resources include those trusted adults in their family and/or in their schools that can ensure their safety and their rights for the future.

**CAP's prevention strategies give children a sense of well being and a voice to protect their rights and grow up free from abuse. To learn more contact your local CAP project or visit [www.njcap.org](http://www.njcap.org)**

#### Inside this issue:

CAP Gives Children a Voice	1
Family Success Centers	2
Rowan University and CAP	3
Bi-lingual Facilitator Training	3
Coordinator/Facilitator	4
Advisory Board	4



## Antonio R. Lopez, MSW, LSW

### Administrator, Office of Family Support Services

As the Administrator for the Office of Family Support Services (OFSS), I oversee the implementation of the Family Success Centers and the Kinship Navigator Program. The Office of Family Support

Services works with the community entities in an effort to coordinate and consolidate services provided to families and their children. Both programs provide wrap-around resources and supports for families. I joined the New Jersey Department of Children and Families' Division of Family and Community Partnerships in September 2010. Since then OFSS has nurtured the long term development of the Family Success Centers and the Kinship Navigator Program, so they can fully engage their communities and families.

#### Family Success Centers

I want to take this opportunity to share briefly with you the enthusiasm that Family Success Centers are creating in neighborhoods across New Jersey. A Family Success Center is a neighborhood gathering place, where any resident can go to for support, information, and services. The Centers provide family support services, encouragement and cross-generational relationships. They promote social connections that empower families and enhance the lives of children and adults alike. The Centers are guided by a Parent/Community led Advisory Board. Family Success Centers encourage families to take a leadership role, identify and build upon their own unique strengths and talents. A Family Success Center is not a community center or your traditional social services agency; it is a gateway to the Family Success Movement which embraces families and individuals in their life goals they have set for themselves. New Jersey now has one of the country's only statewide systems of publicly-supported Family Success Centers. Forty-two Centers across 21 counties with seven new Centers slated to open in July 2012.

Family Success Centers enrich the lives of children by strengthening families and neighborhoods thereby empowering them with tools to strengthen their families and communities. Family Success Centers aim to keep families safe by developing networks that provide locally-based services which reduce isolation and promote social connections.

#### Ten Core Services for Family Success Centers

- ✦ Access to information on child, maternal and family health services
- ✦ Development of "Family Success" plans which help families set goals to overcome challenges and achieve success
- ✦ Economic self-reliance/ employment related services/ income security services
- ✦ Information & Referral Services (connection to off-site public and private resources)
- ✦ Life Skills training (budgeting, nutrition, etc.)
- ✦ Housing related services
- ✦ Parent education
- ✦ Parent-child activities
- ✦ Advocacy
- ✦ Home Visiting

#### Kinship Navigator Program

The Kinship Navigator Program partners with NJ 2-1-1, a human services directory for all of New Jersey, to provide services to blood-relative caregivers. Kin caregivers can call this hotline to apply for services with the Kinship Navigator Program and to receive information and referral for other services throughout New Jersey. The Program provides the opportunity for relatives, who have a child in their care, to easily access assistance information and services available to them. These services include: information and referrals, child care subsidies, wraparound services (i.e. furniture, suitable housing, legal services), and subsidy program which provides a monthly stipend for children living with caregivers who acquire Kinship Legal Guardianship.

#### Division of Family and Community Partnerships Vision Statement

*"Our goal is that children, youth and families develop the attributes and have access to the resources that enable individual and family success, including social connections, basic needs, self-sufficiency, parenting skills and social and emotional well-being, as well as timely and appropriate supports during times of difficulty, in a manner that respects their cultures, values, and aspirations."*

- written by Antonio R. Lopez,  
Director of Office of Family Support Services

## "Cyber-Empowerment"



I walked into the CAP State office looking for teacher preparation training and materials in the area of child abuse and walked out with a teacher preparation service learning

project. Pre-service teachers are in need of instruction on the signs, effects, possible interventions, and legal responsibilities regarding child abuse. As a teacher educator, I am committed to offering my students who are teacher candidates engaged in student teaching, initial lessons, coaching, and mentoring in child abuse, neglect, bullying, and maltreatment.

As I met the staff members at NJCAP/ICAP Regional Training Center within the Educational Information & Resource Center at Rowan University's South Jersey Technology Park, I was impressed with the obvious dedication to children being "Safe, Strong & Free."® The materials available for teachers, parents and elementary school age children are fabulous!

I stopped at the Director of Operations, Cheryl Mojta's office to positively comment on the educational materials, and thanked her for their generosity. During our conversation, Cheryl asked how CAP could get pre-service social workers to assist in creating a cyber-bullying instructional workshop for middle school students. My response was, "Why ask social workers? That is a job for teachers." In fact, that would be an excellent opportunity for my teacher candidates to participate in a service learning curriculum project. We discussed two or three days of three hour meetings to design the curriculum. The response was terrific! A group of 25 Rowan teacher candidates signed up for the service learning curriculum design of a cyber bullying workshop for middle school students. The Rowan students met Thursday evenings for nine weeks for 27 hours. We defined cyber bullying; discovered problems and needs in the schools; investigated the causes and effects of cyber bullying; researched various solutions; evaluated the pros and cons of each part, and decided on the actions to take. All participants developed a rich collaboration between preserves teacher candidates, their university professor, and the community partners. We created a curriculum for a cyber bullying workshop; a time-line to implement the pilot; and evaluate the results of actions. - written by Dr. Yvonne Gonzalez Rodriquez Professor of Education, Rowan University

The "Cyber-Empowerment" student workshops began in the fall of 2011 and proceeded through the school year with outstanding results. We implemented workshops in every county in the state and in 30 schools for over 4000 6th, 7th and 8th graders in approximately 200 classrooms. The "Cyber-Empowerment" workshop is the third session of CAP's Bullying Prevention Program.

The staff was impressed with the content and outcome of the student workshops. The students loved the topics presented including social networking sites, gaming, sexting and technology, in general. They were very engaged in the workshop via interactive activities which allowed them the opportunity to think through options on how to handle themselves on the web and other electronic devices. The workshop encourages the students to make informed choices while keeping their rights to be "Safe, Strong & Free."®

During Review Time, students reached out for help with changing their bullying behavior, being proactive witnesses and dealing with thoughts of suicide ideation. These students were referred to the appropriate school staff.

### Spanish Elementary Workshop Training



The first Statewide Spanish Elementary Workshop training was held on May 10, 2012. Facilitators from Burlington/Camden, Cumberland, Essex/Newark, Hudson, Middlesex, Monmouth, Morris/Passaic, Ocean and Union Counties attended. The presenters were Mildred Castillo, Hudson County Coordinator and Araceli Galvis, Northern Regional Supervisor. The workshop was a success and as one of the attendees noted: "It helped unify the efforts of those who translate CAP's empowering message that all children deserve to be "Seguro, Fuerte y Libre."

**Ellen Gallagher  
Morris/Passaic County Coordinator**



Ellen was trained in the Elementary CAP curriculum in 1988 and worked as a facilitator in Sussex County until 1994. At that time she was named "CAP Facilitator of the Year" and moved on to become the Passaic County Coordinator. Due to the dedication, hard work of her facilitators and Ellen's unwavering tenacity, 100% of the elementary schools in Passaic have implemented CAP. Ellen is trained in all CAP curricula and is a certified trainer in Elementary, Special Needs, Teen, and Preschool. In 1995, she designed a workshop for classroom and playground aides.

Passaic county piloted many of the programs utilized throughout the state including; "Violence Prevention through Conflict Resolution," "CAP's Bullying Prevention Program" and this year the new "Cyber-Empowerment" Workshop for grades 6-8, implementing 28 classroom workshops. She served as the Chair for the Curriculum Review Committee and was involved in editing and updating the "Strategies For Free Children" Manual in 2005. In 2007, Ellen was asked to coordinate Morris County also, giving her the responsibility of coordinating both Morris/Passaic Counties. The Division of Catholic Family & Community Services acts as host agency for these CAP projects.

Ellen says that, "It has been a privilege to work with so many wonderful people all focused on one goal: to empower children to believe they deserve to be Safe, Strong and Free."®

**Karen Winograd  
Monmouth County Facilitator**



Winner of the 2012 CAP Facilitator Award, Karen Winograd began her eighteen year journey with the CAP Program after attending a parent workshop at her son's elementary school. She knew from the start that CAP was an organization with which she wanted to be involved. Karen credits CAP for influencing her life in many ways but most importantly helping her to better parent her own children.

Karen has been trained in all the CAP curricula and presents over 450 workshops for adults and students yearly. She is greatly respected by the County Coordinator, Margaret Montone, as well as the entire Monmouth County Task Force, as a resource for curricula, computer programs, or just about anything CAP related. Karen lends her assistance often volunteering her time for practice and preparation of new programs.

Karen embodies the CAP philosophy of education and empowerment. Her student workshop presentations are outstanding and interactions with students and staff clearly show her concern and compassion. She has instilled confidence in untold numbers of students; empowering them with the belief that they can take care of themselves long after CAP has left the classroom. When asked what keeps her doing CAP, Karen says, "I enjoy the faces of children as they hear, maybe for the first time, that they have rights. I love interacting with the kids and making a difference in their lives."

**Welcoming New Advisory Board Members**

**Sgt. First Class Gregory Williams**



Sgt. Williams has been with the State Police for over 24 years. Currently, he is with the Community Affairs Unit and the NJ Association of School Resource Officers. He has long been an advocate for bullying prevention and a speaker on the subject.

**Reverend John P. Bambrick**



2012 CAP Award Recipient, Father Bambrick was recognized for the work he does as an advocate for victims of those abused by priests. He has been instrumental in working towards changes in laws to protect those who are sexually abused.

**Kim Pinto,  
Gloucester/Salem Coordinator**



Kim has been with CAP since 1994. She chairs the Committee on Missing and Abused Children in Gloucester County. Under her leadership, CAP continues to be a driving force in both Gloucester and Salem counties.



**NJ CAP Advisory Board Members**

L to R- back row: John Bambrick, Kim Pinto, Gregory Williams, Rush Russell, Beverly Lynn, Patti Crimaldi, (Mid. Row) Linda Carson, Debbie Brentari, Ro Gerace, Natasha Palmer, Charlotte Arr, Millie Castillo, (Front row) Jeannette Collins and Cheryl Mojta

**Contributing authors and editors to this issue :**

**Antonio Lopez, Dr. Yvonne Rodriguez, Cheryl Mojta, Jeannette Collins  
Araceli Galvis, Patricia Crimaldi, Ro Gerace & Debbie Brentari**

If you are interested in contributing relevant topics or articles to CAPtivating News,

please email: [njcap@eir.org](mailto:njcap@eir.org) or write:

**NJCAP—CAPtivating News  
South Jersey Technology Park  
107 Gilbreth Parkway, Suite 200  
Mullica Hill, NJ 08062**