October 2017 VOL. 29 NO. 4

CAN Talk CAN COUNCIL GREAT LAKES BAY REGION

"Together we CAN stop child abuse and neglect"



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Together we CAN stop child abuse and neglect.

"We are building communities where children are free from abuse and neglect."

My Sister & I The First Steps to Healing

"My sister and I were abused at the hands of our father many, many times from the time I was 8 years old; my sister is a year younger. He would come into our room every night that my mom was working, touching us in our private

places and hurting us. Dad told us that if we told anyone, that he would really hurt us, so we didn't tell, until I thought I might be pregnant. I was now 12 years old and wasn't really sure if a 12 year old could get pregnant. I was really scared and didn't know what to do. After talking to my sister, we agreed we had to tell someone, but who could we trust to believe us?



"Together we went to our grandma; she listened and believed us. She went with us to tell my mom and she believed us too. Dad wasn't home so we went to the police station right away. Mom was afraid dad would hurt us if he knew we told. The police officer listened to us and said he would go with us to the CAN Council's Children's Advocacy Center (CAC) to talk with someone about what has been happening. He said our DHHS worker would be there too.

"When we got to the CAC, the people there were really nice. We got a tour of the Center and saw the room where we were going to talk to someone about what happened. The lady we talked to in the room was very friendly and really wanted to know what happened to us. She really cared about us and, you know, that felt really good. It felt good that someone cared enough to listen and believe us. After we talked with the lady, my mom talked to the professionals. Like the officer we had met and our DHHS worker, they all seemed to work really well together to make sure my sister and I were safe.

"We are now in counseling with my mom and my dad doesn't live with us anymore. He's getting help too. **We are so happy there is a place like the CAC** where kids are seen, heard, and believed."

This scenario is not uncommon at the CAN Council CACs. Everyday, the CACs see children that have been through some horrific experiences, ones that you couldn't even imagine, and the primary goal is to listen to them and help them heal from the trauma they are going through. These incidents affect many people and the road to recovery will not be easy. The CAN Council has partnered with many professionals that care just as much about children and together, we are making a difference. **So please, if you see something, say something.**

To report abuse, call: (855) 444-3911. If you suspect a child is in immediate danger, don't delay – call 911. For more information on child abuse and how you can help break the cycle, call the CAN Council Great Lakes Bay Region at: (989) 752-7226. Join us in our mission to minimize trauma and increase the safety of sexually and physically abused children and their families. We are presently serving Bay City, Saginaw, and Arenac counties.



Together we **CAN** stop child abuse and neglect.

Kelley Peatross

Rebecca Schultz

Trisha Yurgaites

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CAN Talk is a quarterly publication of the CAN Council Great Lakes Bay Region and is distributed as a complimentary service to supporters and other professionals of Bay and Saginaw counties.

PRESIDENT'S POINT OF VIEW

"Allies in Pursuit of the Mission"

After reading the cover article and thinking about the beautiful fall season upon us, I am grateful. Grateful for the tremendous impact of our programs in the lives of our children as well as the critical role of our **"Allies in Pursuit of the Mission"**! Is that you?

I heard this phrase – "Allies in Pursuit of the Mission," and it made me think about all of



you. Our allies include: Law Enforcement, Counselors, Department of Health and Human Services (DHHS), Medical and Education professionals, Volunteers, Donors... the list goes on and on! The bottom line is that each and every one of us is or can be an Ally in Pursuit of the Mission!

Our mission: "We are building communities where children are free from abuse and neglect", is not possible without each of you playing your role! Whether you are a professional in child welfare, a caring adult, a child with a great idea for a way to help others, or someone who would like to support us in a way only you can – you are a part of the solution! Take a few moments to check out the rest of our newsletter for other ways you could get involved. We are thrilled to have you on our team!

As always, I would welcome the opportunity to meet with you, discuss an idea you have for preventing child abuse, or invite you to join our *Take A Stand for Children Society*. Please mark your calendar and be my guest at our *Take a Stand for Children* breakfast to be held on **Thursday**, **November 16th** at Horizons Conference Center. If you need additional information, I can be reached by phone: (989) 752-7226 or by e-mail: sgreenberg@cancouncil.org.

With the best interest of children in mind,

Suzanne Greenberg President/CEO



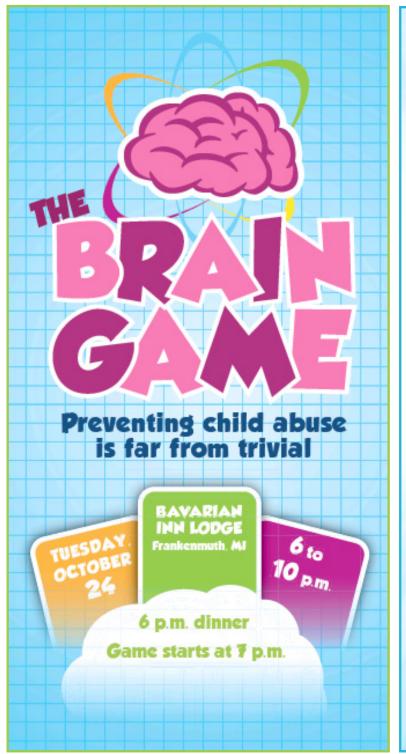
Children's Trust Fund Protecting Michigan's Children





Full Member of the National Children's Alliance Accredited Member of the National CASA Association Designated Council for the Children's Trust Fund (CTF) and United Way of Bay & Saginaw Counties

UPCOMING EVENTS







Join the CAN Council for their 2nd Annual Superhero Hockey Night!

On Thursday, December 28th, the CAN Council will highlight one child and one adult from the community who demonstrate outstanding commitment to protecting children during the Saginaw Spirit Game.

You and your children are encouraged to dress in superhero costumes to join us!

Sponsorship opportunities available! Call Abby L. Scherzer at: (989) 752-7226.

To register for *The Brain Game* or to purchase tickets for the *Superhero Hockey Night*, please visit: cancouncil.org/events.

EVENT HIGHLIGHTS

Free, Family Fun for Everyone

August 26th was a gorgeous summer day, and the CAN Council kicked it off with their 5th Annual Ducky Derby & Family Fun Fest! Nearly 2,000 plastic, yellow ducks raced toward the finish line on the Saginaw River at Bigelow Park in Bay City. Children enjoyed many family fun activities

including touring the McDonald DUKW Boat, a WWI amphibious boat, and a fire simulation to teach children what to do in case of a fire, thanks to the Bay City Fire Department's smokehouse. A bounce house, plenty of games, and even local mascots greeted the children including Dr. Cleo from Molina Healthcare, Lou E. Loon, the Ambassador of Fun for the Great Lakes Loons, and Sammy Spirit of the Saginaw Spirit hockey team!



A special thanks to all of our partner agencies: **Bay City Fire Department, Bay City Lions Club, Bay County Health Department, Bay County Library System, Bay-Arenac Great Start Collaborative, Bay-Arenac Preschool Partnership, Big Brothers Big Sisters of the Great Lakes Bay Region, Covenant HealthCare, Dow Bay Area Family YMCA, Growers Choice Insurance, H&R Block/Block Advisors, Holy Cross Children's Services, McDonald DUKW Boat, McLaren Bay Region, Molina Healthcare of Michigan, Neighborhood Resource Center, Peer 360 Recovery Alliance, Sacred Heart, TrueNorth Community Services,** and **Wellspring Lutheran Services Foster Care** for contributing children's activities to the fun.

Congratulations to all the Ducky Derby winners, especially to our 1st Place, \$1,000 winner, **Angel Moore**, and our 2nd Place, \$500 winner, **Shelly Marner**, who each donated half of their winnings back to the CAN Council.



A big thank you goes out to all of our volunteers including those from **Bikers Against Child Abuse, Bay City Lions Club,** and **Catholic Federal Credit Union**; we couldn't have done this without you!

We were joined by our sponsors: **Bay Animal Hospital, Bay City Noon Optimist Club, Garber Management Group, Molina Healthcare,** and **York Repair, Inc.** who helped make this event so successful.

We look forward to seeing you next year!







CAN-DO VOLUNTEER HIGHLIGHT

Elizabeth Andrew once said, *"Volunteers do not necessarily have the time; they just have the heart."* This sentiment describes the very busy members of **Bay City Western Middle School's Leo Club** perfectly. From spreading the CAN Council's mission at a variety of community outreach events, to selling pinwheels at Western athletic games, this group works tirelessly to stop child abuse and neglect in our region.



"It's incredible to have so much support from the Leo Club members. Their dedication to the children in our community, to even others their own age, show their commitment to protecting families by helping however they can," shares Jason Appleby, CAN Council's Volunteer Coordinator.

The CAN Council is at the forefront of addressing the issues surrounding child abuse and neglect, and couldn't be without the heart of the Leo Club members. Please remember whether you are spending your Saturday helping at an event or planting pinwheels at your schools, you are advocating for our mostvulnerable youth. We couldn't do this without you!

PROGRAM HIGHLIGHTS: CAC

Building Resiliency

Resiliency is defined as "the power to cope with adversity and positively adapt to challenges and change; the ability to emerge from stressful or traumatic situations feeling normal, or perhaps even stronger than before". Building Resiliency was the topic of discussion for the CAN Council Children's Advocacy Center (CAC) staff and Multi-Disciplinary Team members (MDT) in Bay, Arenac, and Saginaw Counties. The CAN Council coordinated with the **Michigan Chapter of National Children's Alliance (MINCA)** to offer this insightful training. This training was presented by **Maggie Devlin**, Program Director for MINCA. The trainings were well-attended with great discussion and goal setting for the future of the CAC.



Bay County CAC staff & MDT members



Saginaw County CAC staff & MDT members

The impact the CAC and the MDT has on the field of child abuse is profound. With 822 Children's Advocacy Centers nationwide, these centers assisted over 324,000 children just last year. Michigan has over 32 accredited centers serving 10,000 children.

Resiliency is not a trait, it's a dynamic process. There are five core elements of resiliency including: Personal Perspective & Meaning, Sense of Hope, Healthy Coping, Strong Relationships, Self-Knowledge & Insight. With these critical parts in mind, action plans were created and will be implemented.

Thank you to all the MDT members and staff who took the time from their busy schedules to join us for this valuable training. A special thanks to Maggie Devlin and MINCA for providing the training.



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PROGRAM HIGHLIGHTS: CASA

I AM FOR THE CHILD



"I am a CAN Council CASA Volunteer because kids need a voice!"

Peter Rose-Berry Dedicated CASA Volunteer

CASA VOLUNTEERS NEEDED!

Be someone a child can count on.

Start the application process to become a CASA for Bay or Saginaw County children.

Call the CASA Team today:

Bay County: (989) 671-1345 Saginaw County: (989) 752-7226

TO REPORT SUSPECTED ABUSE OR NEGLECT, PLEASE CALL:

Children's Protective Services

(855) 444-3911

Para reportar cualquier sospecha de abuso o negligencia infantil, llame al CPS (855) 444-3911.

Open House Full of Opportunity

The CAN Council Great Lakes Bay Region – Saginaw County hosted an open house for anyone looking to learn more about the Court Appointed Special Advocate (CASA) Program. Folks strolled in craving to learn more about how to become a Court Appointed Special Advocate (CASA) volunteer, while others simply wanted to know more about the program.

Attendees were given a full tour of the CAN Council, an overview of each program area, and an in-depth look into the heart of CASA. While refreshments were served, CAN Council staff and active CASA volunteers spoke about their personal experiences working directly with the children in the court system.

"People always ask me why I do all this for free. I tell them that when they (the children) see you and light up with a huge smile and are just so excited, that's payment enough," shared longtime CASA volunteer, **DiAnn Demetris.** DiAnn, like all of the CASA volunteers, have a deep-seated passion and a set of core values that help give a voice to the children who need it most.



Mark your calendar! We welcome you to join us at the next CASA Open House at the CAN Council Great Lakes Bay Region – Bay County on Thursday, February 8 from 5pm – 7pm. Please RSVP to Randy D. Roberts, CASA Program Director, by phone: (989) 752-7226 or e-mail: rroberts@ cancouncil.org.



As you shop on Amazon, log on using smile.amazon.com and a portion of your sale will be donated to the Child Abuse and Neglect (CAN) Council Great Lakes Bay Region.

We've made it easy! See our Amazon Wish List here: http://a.co/hD0Cbgd.

PROGRAM HIGHLIGHTS: CAPE

Be A Happier Parent with CAN Council Workshops

You are a phenomenal parent, but even the most perfect parent could use a few tips along the way. The CAN Council now offers workshops to help you stress less and be a happier parent.

Picky Eaters: Many of us have had to deal with a child that doesn't like to eat the meal you prepared or one that just doesn't seem to like much of anything. This workshop is discussion-based, allowing parents to become familiar with a variety of different techniques to use while grocery shopping, preparing meals, and sitting down to enjoy dinnertime in a household full of PICKY EATERS! Parents receive kid-friendly recipes to try with their families.

Loving Language: Many of us don't understand the importance language plays in your child's life and future. Participants will learn to understand and encourage language development for their children through one-on-one reading, vocal inflection, and respectful conversation practices.

Alternatives in Discipline: To spank or not to spank has been the question many parents have pondered forever. This workshop discusses the Michigan Law concerning spanking while exploring appropriate discipline techniques that fits a family's needs. This workshop also demonstrates ways to build a healthy relationship between parent and child.

These workshops are absolutely free, but space is limited! For upcoming dates and times, please call: (989) 752-7226 today.

Evidence-Based Parenting Programs

In addition to the above workshops, the CAN Council is thrilled to be working with collaborative partners to bring you a variety of evidence-based parenting classes with exciting curriculums. Childcare not provided; bus passes are available.

Strengthening Families: For parents and caregivers of children 10–14 years of age (7-week program, 2-hour weekly sessions, must bring child between the ages of 10–14 years of age).

Incredible Years Basic: For parents and caregivers of children 3–6 years of age (18–20 week program, 2-hour weekly sessions).

Incredible Years School Age Program: For parents and caregivers of children 6–12 years of age (14-week program, 2-hour weekly sessions).

Make Parenting A Pleasure: For highly-stressed parents of children 0–8 years of age (12-week program, 2-hour weekly sessions).

Make Parenting A Pleasure Enhanced Series: For highly-stressed parents of children 0–8 years of age (16-week program, 2.5-hour weekly sessions).

Upcoming Make Parenting A Pleasure Enhanced Series classes:

October 2, 2017 – January 29, 2018 March 6, 2018 – June 19, 2018 April 4, 2018 – July 25, 2018 June 4, 2018 – September 17, 2018 12pm – 2:30pm OR 4pm – 6:30pm 11am – 1:30pm 4pm – 6:30pm 12pm – 2:30pm

Classes are filling up fast! To register, please call Vera Harrison, CAPE Program Director, at: (989) 752-7226.

VOLUNTEER OPPORTUNITIES



Together we CAN stop child abuse and neglect.

VOLUNTEER OPPORTUNITIES Fall 2017

Help protect our children and strengthen families! The CAN Council depends on your volunteer support to build communities where children are free from abuse and neglect. Please consider representing the CAN Council at some of the following:

Date: Saturday, October 7th **Event: Johnson's Giant Pumpkin Farm** Location: 4715 N. Portsmouth Rd., Saginaw Help: CAN Booth, Children's Activity, & Handouts Shifts Available: 10am – 4pm



Date: Thursday, October 26th **Event: Trunk or Treat Event** Location: F.O.P Hall Lodge #105 1120 S. Niagara St., Saginaw Help: CAN Booth, Children's Activity, & Handouts Shift: 5:30pm – 7:30pm

Date: Saturday, October 28th **Event: Family Field Day** Location: Bay County Community Center, Bay City Help: CAN Booth, Children's Activity, & Handouts Shifts Available: 11am – 2pm

Date: Thursday, December 28th Event: CAN Council's 2nd Annual Superhero Hockey Night

Location: Dow Event Center, Saginaw Help: Handout Superhero Capes, Selling 50/50 Tickets, & Helping with Pass-the-CAN Shift: 5:15pm – 9:15pm Date: Friday, October 20th **Event: Jack "O" Dash** Location: Price Nature Center

6685 Sheridan Rd., Saginaw Help: CAN Booth, Children's Activity, & Handouts Shift: 6pm – 8pm

Date: Tuesday, October 24th **Event: CAN Council's The Brain Game** Location: Bavarian Inn Lodge, Frankenmuth Help: Variety of Volunteer Positions Available Shifts Available: 5pm – 10pm

Date: Thursday, October 26th

Event: Harvest Carnival Event Location: Henry Doerr Child Development Center, Saginaw Help: CAN Booth, Children's Activity, & Handouts Shift: 5:30pm – 7pm

Date: Saturday, November 18th **Event: Saginaw Spirit 50/50 Ticket Selling** Location: Dow Event Center, Saginaw Help: Selling 50/50 Tickets Shift: 5:30pm – 9:30pm



Visit our Sign-Up Page: www.SignUpGenius.com/go/5080C48AFAC22A4F94-saginaw.

Sign-up now! For more information or to participate in any of these events, please contact Jason L. Appleby, Volunteer Coordinator, at (989) 752-7226 or jappleby@cancouncil.org. **Thank you for your commitment!**

Bay County: Nathan Weidner Center · 715 N. Euclid Avenue · Bay City, MI 48706 · (989) 671-1345 Saginaw County: 1311 N. Michigan Avenue · Saginaw, MI 48602 · (989) 752-7226 cancouncil.org · facebook.com/cancouncilgreatlakesbay

HELPING HANDS

Lemons Make Lemonade

When life gives **Nikki Culver** lemons, she and the kids from her daycare make lemonade!

For years, **Nikki's Daycare** has generously donated the proceeds from their lemonade stand, and we couldn't be more thankful. Nikki has also been an avid CAN Council volunteer, helping with outreach activities and our premiere fundraisers. Thank you, Nikki's Daycare; you are helping to keep children safe and strengthen families in our community!

Making Back-to-School Better



This year, some valuable community partners helped to make back-to-school a little easier for 140 of the most vulnerable children throughout our community. Our friends at **Saginaw Medical Federal Credit Union** collected 536 school supplies and \$550 and **AT&T**, the **Business Network Institute (BNI)**, and the **CWA Local 4108** donated back-to-school bags, stuffed full of essential school supplies that were distributed through the CAN Council's Court Appointed Special Advocate (CASA) Program and parenting classes.

Thank you all so much for helping to ensure that every child is prepared to learn this school year. You truly have the spirit of giving back!

Breaking the Cycle of Child Abuse & Neglect

The CAN Council is so thankful to those who go the extra mile to spread its mission throughout the state. **Nate Brown of Brown Financial** participated in the 2017 Baroudeur, Wayne State Univeristy's annual cycling event. Nate raced 100 miles, all while raising money for the CAN Council and the Alzheimer's Association through his GoFundMe page.

He raised \$1 for every mile he was able to cross off and split the \$501 equally between each of the nonprofits. Thanks for creatively thinking of ways to break the 'cycle' of child abuse and neglect!



A Gift That Keeps on Giving



While presents are great, many people have started to "donate" their birthdays in support of causes they care about, and the CAN Council's very own **Lexie Karas** did just that. In lieu of gifts, Lexie asked that her friends and family honor her birthday by donating to the CAN Council through Facebook's fundraising tool, the donate button. This is a convenient way to create fundraisers for nonprofits and personal causes on Facebook.

Lexie's goal was to donate \$240 for her 24th birthday, but exceeded that amount, raising \$255 for CAN Council programs and services. Thank you so much for your passion to help the vulnerable children in our community, Lexie!



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Mary Lu Gilbert In honor of Reggie MacGregor & Ralph Otwell

Building Communities Where Children Are Free from Abuse & Neglect

We've said it time and again; our work would not be successful without the support of our community. To all who have helped and continue to help with our mission, thank you!

Please stop by to visit, learn about our new programs and services, and tour the facility in either Bay or Saginaw County. Contact Abby L. Scherzer, Donor Relations Specialist, by e-mailing: ascherzer@cancouncil.org to schedule your personal tour.

Successful prevention education, highly-trained and compassionate Court Appointed Special Advocates (CASAs) and forensic interviewers, not to mention parenting support and ongoing life-changing collaborations, are not possible without your continued support. Please consider supporting CAN Council Great Lakes Bay Region this holiday season. Together we CAN stop child abuse and neglect.

Give today! Visit: cancouncil.org/give.

