

"Together we CAN stop child abuse and neglect"



She Was There For Me When No One Else Was

Since 2002, the CAN Council's Court Appointed Special Advocate (CASA) program has been providing a voice for our children who are in the system due to abuse or neglect. Throughout this year, the CAN Council centered its attention on the growth of the CASA program and the critical need for additional CASA volunteers. While recruitment and retention of CASA volunteers is an important focus, the daily commitment of current CASA volunteers can not be taken for granted.



A young boy was placed with his grandmother when it became unsafe for him to continue living with his mother due to domestic violence. Having gone through many struggles and traumatic events in his life, he isolated himself, played video games, and hardly acknowledged when people came to visit him. When his CASA started visiting, he would sit and stare at his video game, rarely responding to her questions. It seemed like everyone who came into his life had always left, and he never had anyone that would stay.

After getting to know his CASA, he slowly came out of his shell, playing board games and working on homework with her. He now talks about his CASA being someone he could count on because for months, she kept coming back and was there for him when it seemed like no one else was.

Would you like to be a powerful advocate in the life of a child that is in our court system due to abuse and neglect? You CAN! The next training series begins Monday, October 29th at 5:30pm – 9pm at the CAN Council Great Lakes Bay Region – Saginaw County office. If you have any questions or would like to apply, please call our office at: (989) 752-7226.

The CASA movement began in 1977, when a Seattle juvenile court judge concerned about making drastic decisions with insufficient information conceived the idea of citizen volunteers speaking up for the best interests of abused and neglected children in the courtroom.

Source: casaforchildren.org.

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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

In the last month, as part of the fourth cohort educated in Michigan, I was trained as a Master Trainer for the ACEs' curriculum by the Michigan ACE Initiative by one of the researchers. For two full days, I was in a room with physicians, child psychiatrists, educators, educational administrators, teachers, and human resource professionals. This information will transform the way we interact with children!



In the coming months, you'll hear more about Adverse Childhood Experiences (ACEs). This research shows that we need to talk directly with all people (especially children) and not ask, "What's wrong with you?" but rather "What happened to you?". ACEs is the largest public health discovery of our time and it's about the smallest among us. The effects of childhood trauma impact my work every day at the CAN Council, as well as in the collaborative efforts throughout our region. One of the most critical factors in a child's growth is whether or not they are exposed repeatedly to ACEs, which include abuse, neglect, and other factors including family substance use and the incarceration of a parent. Without protective resources in times of need, like support from adults, trauma can trigger the release of stress hormones which impede the growth of brain regions that regulate behavior. Studies show that the more ACEs a young person encounters, the more barriers to achieving positive life outcomes they face. One way that we are working to provide these protective factors is through our Parenting Support and Education programs which are evidence-based and available at no cost to all parents in our region. We are working daily to strengthen these programs so they are available for any and all parents!

This study will change the way that we move forward in our schools, medical offices, child care centers, and so much more! There will be trainings offered throughout our region, so please keep an eye out on our website and Facebook for more information!

As always, I welcome the opportunity to meet with you and share your ideas for protecting our children. You make it possible to work toward our mission daily! With our volunteers and supporters, we CAN stop child abuse and neglect! 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



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

**SATURDAY,
DECEMBER 1
7:05 P.M.
DOW EVENT CENTER**

**3RD ANNUAL
SUPERHERO
HOCKEY NIGHT**



**Celebrate local
superheroes**

**Superhero cape
giveaway** (first 1,000 kids)

**Dress up like your
favorite superhero**

The CAN Council will receive \$5 for each ticket purchased online using our special Saginaw Spirit Group Sales link, group ID and password, available at cancouncil.org/superhero.



GAME DAY SPONSOR:



For complete event details, to nominate a child or adult superhero, or for ticket information, visit: cancouncil.org/superhero

Many Hands Make Light Work

This quarter was filled with some fantastic fundraisers hosted by wonderful community neighbors in support of the CAN Council. These individuals and organizations are passionate about CAN's mission and worked hard to plan events that not only raised money, but got the community



talking about the issue of child abuse. A huge thank you to all of the supporters who find such fun ways to help!



Give Now. Give Local.

Support your Bay & Saginaw County's United Way today.

A Super September

North Central Area Credit Union hosted a month-long child abuse awareness, education, and fundraising campaign they called *Superhero September*. Local superheroes took over their Standish branch and helped collect cash donations and superhero-themed children's items for CAN Council's Arenac County programs and services.



Running on Wine & Giving Back

There was no "whining" at this event! On September 19th, **Team One Credit Union**, in collaboration with **Tri To Finish**, chose the CAN Council as beneficiary of the *Team One Wine Run 5k Run/Walk*. Over 600 folks gathered to "wine" down by enjoying a scenic jaunt down the riverfront, all while supporting critical CAN Council programs and services. Team One awarded each enthusiast with a t-shirt, a cork medal, a glass of wine, and delicious appetizers when they completed the race. Thank you to everyone who participated!



A Stroll Worth Celebrating

On September 22nd, *Susan's Sunday Stroll* was held in memory of **Susan Fjerstad**. This event welcomed community members to gather for a stroll down the Saginaw rail trail, celebrating Susan's life.

Susan was a cherished community member, educator, and dedicated supporter of the CAN Council. Thank you to the Fjerstad family for your continued dedication to CAN's daily work.



Find helpful parenting resources and tips, children's activities, upcoming events, and the latest news.

"Like" the CAN Council Great Lakes Bay Region on Facebook!

A Little Rain Never Stopped A Mighty Duck

Hundreds of people put on their rain boots, grabbed their umbrellas, and headed to the CAN Council's 6th annual *Ducky Derby & Family Fun Fest* at Bigelow Park in Bay City on August 25th. Thanks to event sponsor, **McLaren Bay Region**, families were able to enjoy games like hula hooping, basketball, and cornhole, face painting, and even an impromptu dance party with **Lou E. Loon**, **Sammy Spirit**, and **Miss Ducky!**

The *Derby* couldn't have been a success without our dedicated partner agencies including **Auburn Lions Club**, **Bay Area Women's Center**, **Bay-Arenac Great Start Collaborative**, **Bay City Cooperative Market**, **Bay City Fire Department**, **Bay County Health Department**, **Bay County Library System**, **COPOCO Community Credit Union**, **Covenant HealthCare**, **Holy Cross Children's Services**, **Kinder Kare**, **McLaren Bay Region**, **Michigan State Police**, **NEMCSA Head Start / Early Childhood Services**, **Sacred Heart Rehabilitation Center**, **State Street Academy**, and **Wellspring Lutheran Services**. Your time and contribution of children's activities and supportive information was so appreciated!

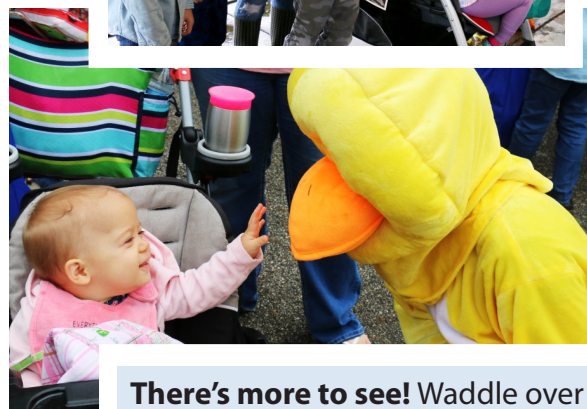


A special thank you to the *Derby* sponsors including **McLaren Bay Region**, **Molina Healthcare**, **Independent Bank**, **COPOCO Community Credit Union**, **Duperon Corporation**, **My Member Insurance Agency, LLC / Duclos Insurance Agency, Inc.**, and **Karen Preston for donating in memory of Ralph L. Johnson**; this event wouldn't have been a success without your support.

The Boys & Girls Club of the Great Lakes Bay Region, **Lori Carroll**, **Ashley Earle**, **Harbour Light Photography**, **Jodi Matuszewski**, **Glenn Rowley**, **Heather Thompson**, and **Sounds Just Right DJ Entertainment** were instrumental in assuring the *Derby* went off without a hitch.

Get in on the fun next year!
The *Derby* is slated for August, 2019!

All of the fun led up to a flock of nearly 2,000 rubber duckies racing to the finish line on the Saginaw River. A lot of encouragement came from the **Bavarian Bleachers**, as the cheering section hoped to win one of the ten prizes, the first being \$1,000! To **Bay City Downtown Management, Board & Development Authority**, **Buoy 18**, **Dow Bay Area Family YMCA**, **Monitor Lanes**, **Saginaw Spirit**, and **Sky Zone** – thanks so much for contributing to these prizes! Congratulations to all the *Derby* winners, especially to our 1st Place, \$1,000 winner, **Mindy Marr**, and our 2nd Place, \$500 winner, **Kae Pankow!**



There's more to see! Waddle over to our Facebook page to see all the photos from this year's *Derby*!

[f CANCouncilGreatLakesBayRegion](https://www.facebook.com/CANCouncilGreatLakesBayRegion)



There's No Time for Coffee Runs for these Interns

The CAN Council's Children's Advocacy Center (CAC) and the Saginaw Police Department's Victim Services Unit would like to welcome six new interns to the team.



Andrew Mertz, Amy Quintero, Alyssa Strauss, and Roger Sherman are working to complete their Bachelor of Social Work (BSW) degree at Saginaw Valley State University. Andrew, Amy, Alyssa, and Roger will be advocating for children and families through CAN Council's Bay and Saginaw offices, helping to provide a safe, supportive environment in which children who are suspected of being sexually or physically abused or have witnessed violence can be interviewed and examined.

Amy Dasky, a Criminal Justice major from Saginaw Valley State University, and **Madison Wolfe**, a Social Work major at Central Michigan University, will be part of the Victim Services Unit. Their primary focus will be to serve individuals affected by crime and crisis circumstances in an effort to reduce the impact of trauma and enhance the ability for individuals to rebuild their lives.

All of these dedicated students joined us in August and will be with us through April. The CAN Council and Saginaw Police Department are so fortunate that they've selected these program areas to personally serve the children and families in our community. Welcome, Andrew, Amy, Alyssa, Roger, Amy, and Madison!

Child Pornography & Technology-Facilitated Abuse Training

The mission of the Children's Advocacy Centers of Michigan (CACMI) is to unify and strengthen Michigan's response to child victims of abuse through sustainable growth, collaboration, and empowerment of Children's Advocacy Centers. Their vision is that all of Michigan's children will have access to a CAC.

Recently, the CACMI approached the CAN Council, requesting our space be utilized for an upcoming state training. With CAN's central location, it was an excellent opportunity to network with other CAC professionals.

A graphic featuring a yellow background. On the left is a black smartphone with a white outline. The screen shows the CAN Council logo and the text 'Together we CAN stop child abuse and neglect.' Overlaid on the phone and background is a dark grey box with white and yellow text. The text reads: 'If you suspect child abuse, call (855) 444-3911*'. Below this, in smaller white text, it says 'If you suspect a child is in immediate danger, don't delay - call 911.' At the bottom, in even smaller white text, it says '*All calls to this Michigan Department of Human Services hotline are kept confidential.'

On August 29th, 30 Forensic Interviewers from throughout Michigan came for a full day of specialized training on interviewing victims of child pornography and technology-facilitated abuse. Presented by FBI Forensic Interviewer Catherine S. Connell, this training focused on how to get an accurate testimony without further traumatizing the victim, the child. While abusers often use technology to maintain control over victims, many people don't know what constitutes digital abuse and are not able to recognize the signs.

Thank you, CACMI, for providing an excellent training to the many professionals in attendance and for such an in-depth look at something so critically important.

For more information on abusive technology, privacy, and safety, visit the **National Network to End Domestic Violence** at: techsafety.org.

Begin 2019 By Becoming A Powerful Advocate

Every abused or neglected child needs a caring, consistent adult to advocate for his or her well-being.

A Court Appointed Special Advocate (CASA) is a volunteer who devotes time to advocate for children who are in the court system due to abuse or neglect. The CASA is a source of stability to children during a confusing time that no child should ever have to endure.

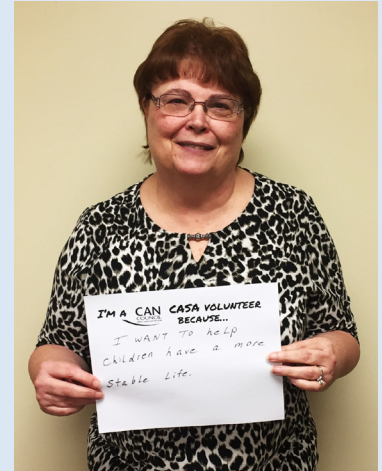
The next training series will begin this winter. The training will consist of 30 hours of instruction at the CAN Council office and 10 hours of courtroom observation, all culminating with a swearing-in ceremony. This training is for community members interested in advocating for children from either Bay or Saginaw County.



If you have any questions or would like to apply, please contact:

Emily Yeager
CASA Program Director
(989) 752-7226
eyeager@cancouncil.org

I AM FOR THE CHILD

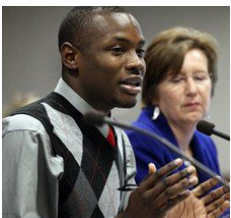


"I want to help children have a more stable life."

Jean Bouvrette
Dedicated CASA Volunteer

From Victim to Victorious

Six years ago, **Dashun Jackson** was a boy in need of a voice. After years of abuse at the hands of his mother and her boyfriend, he had many physical and emotional scars, including what he describes as an inability to talk with men.



"As a boy, my three sisters and I suffered just about every form of abuse you can imagine—emotional and physical attacks by my mother, later sexual abuse by her and her boyfriend. When I was 13 years old, we were all removed from our home. After that, I bounced around, from a children's emergency shelter to an aunt's house, then back to the shelter. There was so much I did not know about the foster care system. Without knowledge or the power to speak up, I felt like a victim."

"A year and a half later, I met my CASA volunteer, Robert. And everything changed. Robert taught me how to communicate, how to represent myself and my needs. He helped me understand what was happening in court and taught me how to stand up for myself."

"When I had something to say, Robert made sure my voice was heard. When I did not want to or could not speak, he spoke for me."

"At every school event, Robert was there. From ROTC ceremonies to my high school graduation, he was there. When I took hold of my diploma, I heard his cheers above the rest."

"About that same time, I was placed into my final foster home, where I learned about service to others. My foster father did so much more than he had to do, for me and for those around him. From that moment on I decided that there was much that I need to give back."

To see all that Dashun has accomplished, visit **CASA for Children** at: <https://bit.ly/2QYTZTe>.

Car Seat Safety Tips

The best way to keep your child safe in the car is to use the right car seat in the right way. Here are some fast facts about car seat safety and a few tips to protect your most precious cargo.

Hard Facts about Safety in Cars

- Road injuries are the leading cause of preventable deaths and injuries to children in the United States.
- Correctly used child safety seats can reduce the risk of death by as much as 71 percent.
- Three out of four car seats are not used or installed correctly.

The critical information on this page has been made available by **Safe Kids Worldwide**, a nonprofit organization working to help families and communities keep kids safe from injuries.

Thank you, Safe Kids, for all that you do!

Top Tips about Car Seat Safety

Buying the right car seat. Your baby needs to ride in a rear-facing car seat as long as possible, at least until age 2. When your child has outgrown that seat, you are ready for a forward-facing car seat.

Installing your car seat. You'll need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but don't use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors.

Getting the right fit. A properly-fitted harness gives the best possible protection for your child.

When to change your car seat. Look on the car seat label to make sure your child is still within the weight, height, and age limits for that seat.



Time to Move to the Next Type of Car Seat?

Don't be in a rush. Use your current car seat until your child reaches the maximum weight or height limit listed on the label. Don't be in a hurry, because every step forward reduces safety just a bit. Why? If you are in a front-end crash (the most common type of crash) a rear-facing car seat allows your child's head, neck and spine to move evenly into the seat, not away from it. Each seat is designed for maximum safety at a specific weight, height, and age.

Rear-facing car seats. Ride rear-facing until your child is at least 2 years old. As your child grows you might have to switch from using a smaller rear-facing-only car seat to using a bigger rear-facing convertible car seat that can hold a larger child.

Forward-facing car seats. After your child reaches the weight limit for rear-facing, you will then turn the convertible seat forward-facing, or use a forward-facing only car seat with a 5-point harness and top tether. Your child may need a forward-facing car seat with a harness that has a higher weight or height limit before moving to a booster seat.



Booster seats. After your child gets too big for the weight or height limits of the forward-facing car seat, use a belt-positioning booster seat with the vehicle lap and shoulder seat belt.

CAN-DO VOLUNTEER HIGHLIGHT



Our friends **Barb Daniels** (left) and **Sharon Rabie** (right) enter our Volunteer Spotlight for their hard work and dedication to keeping kids warm during the winter months. These ladies create beautiful afghans, hats, totes, and other “made with love” creations with our community’s children in mind.

Since 2005, Sharon has donated 1,752 items! Her beloved husband grew up in St. Vincent’s orphanage and has since passed away. Sharon began donating to honor his life and his memory. When CAN Council staff stopped to pick up the beautiful collection pictured above, Barb and Sharon said, “You have no idea how good this feels”.

All of the kiddos that have received these hand-made creations over the years no longer have to fear the coming of colder months, as they’re just as warm on the outside as they are on the inside. From the bottom of their hearts and the CAN Council’s, thank you for your hard work and dedication to helping those that need it most!

Together, We Can Build 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 Danielle Russell, Resource Development Manager, by e-mailing: drussell@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 this holiday season because together we CAN stop child abuse and neglect. Visit cancouncil.org/give today.

Thinking Outside of the Box



The CAN Council is pleased to work with so many individuals and organizations who wish to think ‘outside of the box’ to raise critical dollars to keep more and more children free from abuse and neglect. Some recent individual fundraisers include folks accepting monetary donations for the CAN Council in lieu of wedding gifts, giving to CAN in honor of a

friend’s birthday, hosting a LuLaRoe Pop-Up, collecting back-to-school supplies to help CASA families, crafting blankets so that no child has to sleep without, pop can drives, penny wars, business jean days, stuffed animal collections, and many, many more!

If you have an interesting way to fundraise or spread the importance of CAN’s mission, contact Danielle Russell, Resource Development Manager, by phone: (989) 752-7226 or e-mail: drussell@cancouncil.org today.

Kroger is committed to helping the community grow and prosper.

Kroger Community Rewards makes fundraising easy, just shop at Kroger and swipe your Plus Card!

**KrogerCommunityRewards.com;
Enter NPO #FY078.**

Sign up today to benefit the CAN Council at no cost to you!



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Michael Fjerstad
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Amanda Osborn
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Sabrina LeFevre
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