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A Publication by the Friends of the Children's Justice Center of Maui • April is "Prevent Child Abuse Month"

The Importance of Building Resiliency to Childhood Trauma



Paul Tonnessen
Executive Director

The Friends of the Children's Justice Center understands the need to play a key role in addressing childhood trauma and to assist immediately to begin the healing process from it. When a child has been traumatized it immediately begins a shutdown process in a child's brain. It is imperative that all who are involved with these children from teachers, family members, peers and any other entities who play a role in their lives are aware of the importance of addressing and healing their trauma.

During a traumatic experience, the reptilian brain takes control, shifting the body into reactive mode. Shutting down all non-essential body and mind processes, the brain stem orchestrates survival mode. During this time the sympathetic nervous system increases stress hormones and prepares the body to fight, flee or freeze. Children who are exposed to repeated trauma may become hypersensitive to physical contact, and they may develop sensorimotor problems. Physical and sexual abuse can lead to many physical health problems.

5 Ways to Heal the Traumatized Brain

1. See a psychotherapist who is strength-focused (not victim-shaming/blaming), trauma-informed (has had extensive advanced training in evidence-based modalities to heal conditions like PTSD, C-PTSD), and who is competent and compassionate.
2. Physiological release is vital.
3. Expressing the "held emotion" of the event(s) allows the processing and release of traumatic loss to unfold.
4. When a survivor can release trauma physiologically and emotionally, then they can access their higher order reasoning and understanding of the traumatic event(s).
5. Spirituality helps make meaning of the nonsensical.

Resiliency

According to heysigmund.com all children are capable of extraordinary things. There is no happiness gene, no success gene, and no doer of extraordinary things' gene. The potential for happiness and greatness lies in all of them, and will mean different things to different kids. We can't change that they will face challenges along the way. What we can do is give them the skills so these challenges are never able to break them. We can build their resilience.

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

The great news is that resilience is something that can be nurtured in all children. Resilience and the brain. Here's what you need to know. During times of stress or adversity, the body goes through a number of changes designed to make us faster, stronger, more alert, more capable versions of ourselves. Our heart rate increases, blood pressure goes up, and adrenaline and cortisol (the stress hormone) surge through the body. In the short-term, this is brilliant, but the changes were only ever meant to be for the short-term.

Here's what happens ... The stress response is initiated by the amygdala, the part of the brain responsible for our instinctive, impulsive responses. From there, messages are sent to the brain to release its chemical cocktail (including adrenaline and cortisol) to help the body deal with the stress. When the stress is ongoing, the physiological changes stay switched on. Over an extended period of time, they can weaken the immune system (which is why students often get sick during exam), the body and the brain.

Stress can also cause the prefrontal cortex at the front of the brain to temporarily shut down. The prefrontal cortex is the control tower of the brain. It is involved in attention, problem solving, impulse control,

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Who are the Friends?

The Friends of the Children's Justice Center of Maui (FCJC) is a private, non-profit corporation, founded in 1989 by a non-partisan group of community and business leaders concerned with the social welfare of children and families who have been traumatized by abuse and severe neglect.

The Mission of the FCJC has three parts.....**To provide assistance to abused and neglected children in**

Maui County. We do this by receiving requests from over 25 social services agencies and other professions for services or items that will help with the healing of the child. These services could be for education or tutoring, counseling, medical, transportation, social activities, sports activities, after-school programs, self-esteem issues, school needs and everything in between.

Promote prevention of child abuse and neglect.

We accomplish this task by creating and distributing a 16-page supplement in the Maui News about child abuse and neglect prevention; by producing and distributing DVD's on "Mandated Reporting" and "Shaken Baby Syndrome"; by participating in several community-wide forums such as "Keiki Fest"; by distributing two newsletters annually; and by participating in the 2009 PREVENT Institute, the Ho'okaiaka Partners prevention committee, the Hanai Coalition for foster children and the Hawaii Children's Trust Fund Prevention Campaign.

To support the Children's Justice Center of Maui. The CJC is part of the State Judiciary, and is the safe and nurturing facility

where suspected victims of child sexual abuse and extreme physical abuse are brought for an interview and possible forensic examination.

We provide funds for training of the police and social workers who are involved in those interviews; snacks for the children being interviewed; snacks for the meeting participants; stuffed toys for the children; and support supplies for the office.

This past year, the FCJC:

- Served 800 children with funding for direct services.
- 1,612 children with Christmas gifts
- Over 24,000 households with our annual 16-page prevention newspaper supplement
- 3,000 readers through two newsletters
- 8,000 children and parents reached through community events
- 500 new parents given Shaken Baby DVD

And we do all of this with one paid staff person and many dedicated volunteers. We receive no Federal, State or County funding. Our funding comes from the Bradley and Victoria Geist Foundation, the Teresa Hughes Trust, Sentry Tournament of Champions Golf Tournament and companies and individuals through several fundraisers during the year.

We invite you to learn more about us and to help us through a tax deductible donation. If you have questions, call 986-8634, email us at info@mauicjc.org or visit our website at www.mauicjc.org.

Mahalo for your support!

Your donation is 100% tax deductible as allowed by law.

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Continued from front page

and regulating emotion. These are known as 'executive functions'. Sometimes not having too much involvement from the pre-frontal cortex can be a good thing - there are times we just need to get the job done without pausing to reflect, plan or contemplate (such as crying out in pain to bring help fast, or powering through an all-nighter). Then there are the other times.

Resilience is related to the capacity to activate the prefrontal cortex and calm the amygdala. When this happens, the physiological changes that are activated by stress start to reverse, expanding the capacity to recovering from, adapt to, or find a solution to stress, challenge or adversity.

How does resilience affect behavior?

Children will have different levels of resilience and different ways of responding to and recovering from stressful times. They will also have different ways of showing when the demands that are being put upon

them outweigh their capacity to cope. They might become emotional, they might withdraw, or they might become defiant, angry or resentful. Of course, even the most resilient of warriors have days where it all gets too much, but low resilience will likely drive certain patterns of behavior more often.

Can resilience be changed?

Yes. Yes. Yes. Absolutely resilience can be changed. Resilience is not for the genetically blessed and can be strengthened at any age. One of the most exciting findings in the last decade or so is that we can change the wiring of the brain through the experiences we expose it to. The right experiences can shape the individual, intrinsic characteristics of a child in a way that will build their resilience.

Now for the how. Building resilience in children.

Building small humans into healthy, thriving big ones isn't about clearing adversity out of their way. Of course, if we could scoop them up and lift them over the things that would cause them to stumble, that

would be a wonderful thing, but it wouldn't necessarily be doing them any favors. A little bit of stress is life-giving and helps them to develop the skills they need to flourish. Strengthening them towards healthy living is about nurturing within them the strategies to deal with that adversity.

And above all else ...

Let them know they are loved unconditionally.
(But you already knew that.)

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How to Help a Victim

If someone you care about is sexually assaulted, you may feel angry, confused, and helpless. There are several things you can do to help in the healing process and provide the support your loved one needs.

- Believe the victim/survivor unconditionally. Accept what you hear without judgment.
- Reinforce to the victim/survivor that it is not his or her fault. Sexual assault is NEVER the victim/survivor's fault. It is important not to ask "why" questions, such as "Why were you in that area at that time?" that suggest that he or she is to blame for the assault.
- Understand that you cannot control how the victim/survivor feels or "fix" the problem. Everyone reacts differently to sexual assault and heals at his or her own pace. It is important that you not assume you know how he or she is feeling—almost any reaction is possible and completely normal.



- Be a good listener and be patient. Let the victim/survivor know you are there for him or her when he or she is ready to talk. When and if the victim/survivor does want to talk about the assault, do not push for information. Let him or her tell you what he or she is comfortable sharing in his or her own time.
- Help the victim/survivor regain a sense of control over his or her life. During a sexual assault, power is taken away from the victim/survivor. Support

decisions and choices the victim/survivor makes without passing judgment. Try not to tell the victim/survivor what to do; instead, assist by presenting options and resources for him or her to make the decision that is right for him or her.

- Respect the victim/survivor's need for privacy. If the victim/survivor needs to be alone, respect that decision.
- Do not suggest that the victim/survivor "move on" with his or her life and forget about the rape. The victim/survivor needs the opportunity to work through the trauma of the assault and begin the healing process.
- Respect the victim/survivor's right to decide whether or not to report the assault to the police.
- Remember to take care of yourself—seek support if you need it. You will be better able to support the victim/survivor.

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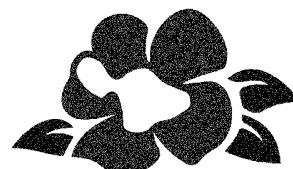
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Coming Soon to Maui! Hale Pono Youth Shelter

A growing need...

Flashback to 2019: the quarterly "Ku Like" meeting is being held with a number of Maui youth services providers meeting at the county courthouse. Members of the meeting are polled as to what is needed most for the youth of Maui...

"It came as a surprise to my wife and me that we don't have a youth shelter for short-term help for youth between 12 and 18 years of age," says Genesis Young M.D., Executive Director of the Network for Nonviolent Communication. "When the police pick up a youth, their options are limited. Frequently the youth cannot be returned home because the situation there is not yet safe. They can be sent to Oahu, but we were told that has sometimes resulted in the kids arriving there and being turned away with no return ticket (and ending up homeless in Honolulu). So there is a pressing need here on Maui. Currently members of our police force are staying with these youth overnight until services can be arranged the next day in order to keep our youth safe and provide them with the support and services they need in their time of crisis, but that seriously taxes existing resources."

Stepping up to serve

Seeing the need, Sulara James and Genesis Young have stepped up to create a privately funded youth shelter. The new Hale Pono Youth Shelter is planned to open in Wailuku this year. This will be a safe place for boys and/or girls 12-17 years old in need of a sanctuary until they can be reunited with their family or find other supportive living arrangements.

This safe space will be located at 1727 Wili Pa loop in Wailuku,. The project hopes to have its doors open by this summer, however the actual timeline is dependent on the Maui County planning department moving the permits for renovation forward and then having the renovations completed to ensure maximum youth safety and comfort.

The shelter will have 13 beds plus 1 ADA accessible bed. Hale Pono will be a short term sanctuary for youth, with stays limited to 30 days, as the primary



goal of the shelter is familyreunification or effective placement into long-term solutions for youth. Hale Pono is not a treatment facility of any kind, though therapeutic services will be coordinated for youth and for their families as needed to facilitate positive solutions for youth and families.

An approach that truly meets needs

At Hale Pono, we strive to go beyond basic needs (food, clothing, shelter) and meet as many needs as we can: love, respect, collaboration, cooperation, and being heard and seen for who you are. Our intent is to create a space where youth can re-boot, re-charge, and re-energize their lives in a positive and fulfilling direction.

Though youth may only stay at the shelter for a short period, Hale Pono will strive to develop a trusted relationship with Maui youth, and be a hub for referrals to other community programs, services, and resources available to our youth. Some of these programs will be offered by our organization, including our drop-in and outreach programs for families and youth in the community, and we have strong connections to many other Maui programs, agencies, and resources.

The programs and structure of Hale Pono will be steeped and based in Nonviolent Communication, Restorative Justice, and Trauma-Invested principles. These practices inform everything we do. The shelter

will be running programs and activities in these areas for youth and their families to assist with the youth's transition back to their family, or to long-termplacement. We will be teaching conflict resolution skills that allow youth to resolve conflict in a positive and safe way that increases connection and meets the needs of all. Our policies and procedures have been designed to support the youth and keep them safe and are modeled after the Big Island's BIJAC shelter and other continental U.S. shelters with whom we have been consulting. "We look forward to working with the youth and their families and the community to make things as right as possible to support the healing and development and education of the youth and our community in nonviolent communication, traumainformed /invested practices and restorative practices." reports Dr. Young.

Access to the shelter and its programs is completely voluntary. Hale Pono programs and activities will be free of charge and open to youth in the community. Youth do not need to be residing at the shelter to participate in our fun, educational, and nurturing programs.

As Sulara James points out: "Hale Pono is based on our belief that each person of any age is precious, and that love, honor, and respect are the keys to supporting and encouraging everyone's gifts, happiness, self-respect, and success in life."

Though we already have many connections with other agencies and non profit, Hale Pono will be needing staff, mentors and volunteers to support our youth going forward into adulthood in the best possible way so that they can discover and use their gifts for themselves and our society.

For more information about Hale Pono and to find out how you can support this key effort in Maui County, you can contact Program Director David Litman at 808-866-0833 david@nvcnextgen.org .

Recognizing abusive behavior in yourself

Do you feel angry and frustrated and don't know where to turn? Do you see yourself in some of these descriptions, painful as it may be? Do you feel angry and frustrated and don't know where to turn? Raising children is one of life's greatest challenges and can trigger anger and frustration in the most even tempered. If you grew up in a household where screaming and shouting or violence was the norm, you may not know any other way to raise your kids.

Recognizing that you have a problem is the biggest step to getting help. If you yourself were raised in an abusive situation, that can be extremely difficult. Children experience their world as normal. It may have been normal in your family to be slapped or pushed for little to no reason, or that mother was too drunk to cook dinner. It may have been normal for your parents to call you stupid, clumsy, or worthless. Or it may have been normal to watch your mother get beaten up by your father.



It is only as adults that we have the perspective to step back and take a hard look at what is normal and what is abusive. Read the above sections on the types of abuse and warning signs. Do any of those ring a bell for you now? Or from when you were a child? The following is a list of warning signs that you may be crossing the line into abuse:

How do you know when you've crossed the line?

- You can't stop the anger. What starts as a swat on the backside may turn into multiple hits getting

harder and harder. You may shake your child harder and harder and finally throw him or her down. You find yourself screaming louder and louder and can't stop yourself.

- You feel emotionally disconnected from your child. You may feel so overwhelmed that you don't want anything to do with your child. Day after day, you just want to be left alone and for your child to be quiet.
- The daily needs of your child seems impossible. While everyone struggles with balancing dressing, feeding, and getting kids to school or other activities, if you continually can't manage to do it, it's a sign that something might be wrong.
- Other people have expressed concern. It may be easy to bristle at other people expressing concern. However, consider carefully what they have to say. Are the words coming from someone you normally respect and trust? Denial is not an uncommon reaction.

Mahalo

Thank you to the Friends of the Children's Justice Center of Maui for providing hope and healing for our community's keiki in need.

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Ways of Responding to a Sexually Abused Child

There is much that you can do to help a sexually abused child. How you react to that young person and how you treat him or her will be important to his or her well being and successful recovery. A victimized child needs reassurance that he or she is okay: that someone likes him or her: believes in him or her: that he or she belongs somewhere: that he or she is wanted and is safe. The following suggestions will provide you with additional ideas on how to be more sensitive to the needs of a sexually abused child.

Trust

The young person who has been victimized needs very much to be able to trust someone and to be able to predict what will be happening to them. In your relationship with them, you can provide that consistency and predictability they so badly need. They also need to be able to trust that you will not tell anyone about their problem, that they can feel safe, and they need to know what to expect from you.

Self Image

A victimized young person/often suffers from a very low self esteem. Peer and family relationships may be very unstable or non existent. You can help them know that you like them and that you are there to assist them and support them.

Positive Reinforcement

Give approval and positive feedback whenever possible and the opportunity exists to do so.

Intimacy

Touching a sexually abused young person may make them feel uncomfortable, may even cause them to have flash backs about the assault. It may be a long time before they may want anyone to touch them. Other ways you can show intimacy are through eye contact, a smile, by showing warmth in your voice. After you have established a comfortable relationship,

ask if you can put your hand on their shoulder. It is a good idea to ask permission to touch a sexually abused child. Let them know you will respect their decision whatever it is.

Control

The sexually abused young person is very vulnerable. Help them to see that they have a right to control their own lives and that you respect their right to do so. Give them the opportunity to make decisions for themselves when appropriate: provide choices if possible. This helps to empower the child.

Myth:

Incest and child sex abuse are rare.

Fact:

10-20% of all families and children are directly affected

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The importance of reporting suspected child abuse

(Mandated to report versus our own moral obligation)

To me the answer is simple. Anyone who witnesses abusive behavior towards a child can and should report it! Keep in mind, child abuse takes many forms including physical, emotional, verbal, sexual, neglect, exploitation.

If you suspect someone is at risk for child abuse and neglect, do not hesitate to take action. Here are some "Signs of Child Abuse and Neglect" to help you identify if a child may be in danger.

Types of Child Abuse

Child abuse happens when someone harms a child's body or emotional health, development, and well-being. There are 4 main types.

Physical abuse means that someone hurts a child's body or puts her in physical danger. It doesn't matter if the child gets seriously hurt or if it leaves a mark. Any harm is abuse. It includes when someone:

- Burns a child
- Hits, kicks, or bites
- Holds the child under water
- Shakes or throws the child
- Throws objects at the child
- Ties up the child

Signs of physical abuse may also include:

- Bruises, welts, or other injuries that can't be explained or don't match with the child's story
- Burns, especially from cigarettes, that can't be explained
- Injury marks that have a pattern, like from a hand, belt, or other objects
- Injuries that are at different stages of healing

Kids who have been physically abused may also include:

- Avoid any kind of touch or physical contact
- Be afraid to go home
- Seem to always be on high alert
- Wear clothing that doesn't match the weather such as long sleeves on hot days to cover up bruises
- Withdraw from friends and activities
- Medical or dental issues that go untreated



Sheila Haynes, FCJC Board President

Sexual abuse is any kind sexual activity with a child, not just physical contact. It includes when someone:

- Forces a child to take part in pornographic pictures or videos
- Has any sexual contact with the child, from kissing in a sexual way to having sex
- Makes phone calls or sends emails, texts, or other messages that are sexual in any way
- Shows the child someone else's genitals, as with "flashing"
- Shows pornography
- Tells "dirty" jokes or stories

Signs of sexual abuse may also include:

- Avoiding a certain person for no clear reason
- Bloody, torn, or stained underwear
- Bruising or bleeding around the genitals
- Pain or itching around the genitals that might cause problems walking or sitting
- Pregnancy or STDs, especially for boys and girls under 14 years old
- Refusing to change clothes in front of others
- Running away from home
- Sexual activity or knowledge that people usually have only when they're older

Emotional abuse is a pattern of behaviors that harm a child's emotional well-being and development. This can mean when someone:

- Abuses others when the child is around, such as a parent, brother, sister, or pet
- Fails to show love and affection
- Ignores the child and doesn't give emotional support and guidance

- Shames, belittles, criticizes, or embarrasses
- Teases, threatens, bullies, or yells

Signs of emotional abuse may also include:

- Constant worry about doing something wrong
- Speech problems or delays in learning and emotional development
- Depression and low self-esteem
- Doing poorly in school
- Extreme behavior, such as being way too obedient or way too demanding
- Headaches and stomachaches with no clear cause
- The child doesn't seem close to a parent or caregiver
- Showing little interest in friends and activities

Neglect is when a caregiver doesn't give the child basic care and protection, such as:

- Clothing
- Food
- Heat in cold weather
- Housing with clean living conditions
- Medical care

Neglect is also when someone leaves the child alone for long stretches of time or under dangerous conditions.

Signs of neglect may also include:

- Always looking dirty
- Being left alone or in the care of other young children
- Eating more than usual at a meal or saving food for later
- Doesn't get medical, dental, or mental health care
- Missing a lot of school
- Poor weight gain and growth

The following are some commonly asked questions.

Who Should Report Abuse?

Everyone should report a suspected case of child abuse. By law, mandated reporters must report possible child abuse and neglect cases to Child Welfare Services (CWS) / Child Protective Services (CPS) or the Police Department immediately. The State of Hawaii Child Welfare Service's "A Guideline for Mandated Reporters" identifies mandated reporters as:

Continued on next page

CHILD ABUSE PREVENTION MONTH

(1) Licensed or registered professionals of the healing arts and any health-related occupation who examine, attend, treat, or provide other professional or specialized services, including but not limited to physicians (including physicians in training), psychologist, dentists, nurses, osteopathic physicians and surgeons, optometrist, chiropractors, podiatrists, pharmacists, and other health-related professionals.

(2) Employees or officers of any public or private school

(3) Employees or officers of any public or private agency or institution, or other individuals, providing social, medical, hospital, or mental health services, including financial assistance

(4) Employees or officers of any law enforcement agency, including but not limited to the courts, police departments, correctional institution, and parole or probation officers

(5) Individual providers of child care, or employees or officers of any licensed or registered child care facility, foster home, or similar institution

(6) Medical examiners or coroners

(7) Employees of any public or private agency providing recreational or sports activities

Call Child Welfare Services (CWS) / Child Protective Services (CPS) to discuss the appropriateness of referrals if you're not sure.

How Do I Report Child Abuse and Neglect?

To report child abuse and neglect, contact Child Welfare Services (CPS) / Child Protective Services (CPS) or the Police Department. This may be done anonymously. The police will investigate the suspected crime, and social service agencies will assess the risk to the child. You will need to report the signs and symptoms of maltreatment that you observe, as well as provide the child's name and the name of the person believed to be responsible for the abuse (if you know it). It is very helpful to give your own name and phone number however this report can also be done anonymously.

Emergencies: If you believe the child is in immediate danger, call 911.

Child Welfare Services (CWS) / Child Protective Services (CPS):

Oahu: 808-832-5300, Outside of Oahu: 1-888-380-3088

What Kinds of Information Will I Need To Provide?

The social worker will want to obtain as much of the following information as possible before referring the matter for investigation:

- Name and address of the child victim and his/her parents or other persons responsible for his/her care;
- Child's birth date or age;
- Names and ages of other persons who live with the child and their relationship to the child if known;
- Nature and extent of the child's abuse or neglect (including any evidence or indication of previous abuse or neglect);
- Date, time, and location of incident;
- Child's current location and condition;
- Identity of the alleged perpetrator;
- Whereabouts of the alleged perpetrator and any history if available;
- Any other information that may be helpful in determining the cause of abuse or neglect and whether or not there is a family member who can protect the child.

What If I'm Not Sure?

You can consult with the Department of Human Services regarding your concerns or observations. You need not be prepared to prove that abuse or neglect has occurred before making a report. If the child has shared information with you about the abuse/neglect, this is enough for you to call. Except for medical situations where history taking includes asking relevant questions to determine the appropriate kinds of tests or examination needed, the preference is that you make a referral immediately once the information is shared with you. Since the social worker may need to interview the child, it is our goal that the child not be subjected to numerous interviews about his/her abusive or neglectful situation by different people.

What Happens Following My Report?

If the report is accepted for investigation, a social worker will be assigned to investigate the referral to determine if the child has been harmed or is at risk of harm. The worker will gather as much information as possible by talking to the child, family members and if necessary, others in the community. Within sixty days of the date the report is assigned for investigation, a decision must be made whether the report is confirmed or not. You will be contacted regarding the disposition of your report.

Will The Police Get Involved?

A report of suspected child abuse or neglect or substantial risk of child abuse or neglect must be made to the Department of Human Services, Child Welfare Services or to the police. Depending on the circumstances of the report and harm to the child, the police may become involved either at the request of the department or by a determination by the police that they need to take immediate action and/or conduct an investigation.

Will The Family Find Out Who Made The Report?

The Department makes every reasonable effort to maintain the confidentiality of a reporter who requests that his/her name not be released. Anyone reporting in good faith is immune from liability.

Will I Need To Testify In Court?

If the social worker finds that legal intervention is necessary as a means of helping the child and family, a petition will be prepared and filed in Family Court (civil proceeding). We may need your testimony if we believe it is necessary in order to establish the court's jurisdiction to protect a child from abuse or neglect. Contact is usually made by the social worker or a representative from the Department of the Attorney General who will provide information regarding the type of testimony needed and the date and time of the court proceedings and other information you may need to know. The Department of Human Services may contact you in order to prepare you further for the proceedings.

Make A Difference

Please send donations to:

The Friends of the Children's Justice Center

1773-A Wili Pa Loop
Wailuku, HI 96793
Phone: 986-8634



You can also donate online
at www.mauicjc.org

QKC Cares Helps Maui Families Access Services

A young mother who fled her partner's violence couldn't afford a rental deposit plus the first month's rent on a tiny apartment. A man who lived at the beach had his backpack stolen; the backpack contained his psychiatric medications, and he had already missed one dose. An out-of-work father needed childcare so he could get a job, but without an income, he couldn't afford childcare.

These are just some of the weekly visitors to the Islands of Hope-Maui (IOH) resource center kiosk at Queen Ka'ahumanu Center (QKC). The kiosk, located near the keiki play area, is a one-stop-shop for resources for families. If a Maui nonprofit or government agency provides a service that helps families, information is at the kiosk.

IOH is a collaboration of Maui Child Welfare Services, Casey Family Programs, and Ho'okaika Partnership. QKC is an IOH Corporate Partner, providing space at the kiosk, sponsoring monthly keiki activities at the kiosk, and advertising the kiosk services.

With the help of IOH staff and volunteers, kiosk visitors got connected with Maui Community resources. The mom who escaped domestic violence received one-time rental assistance from Catholic Charities. The man who needed medication was connected with a Crisis Line counselor who arrived on site in just over an hour, had secured a bed for the man for that night, and was working with a doctor to obtain emergency medication. The father was referred to PATCH, which helped him apply for childcare

subsidies and find high-quality child care near where he lived.

A System Navigator Guides Families to the Right Services

Maui offers many services to support families, but it's not easy to find the right service at the right time. For example, Maui parents who can't afford preschool have four options for financial help. While this wealth of subsidies is fantastic, how does a parent with limited time figure out which program she qualifies for and how to apply?

Families must have their needs met quickly without having to become experts on Maui's social services system. Enter the Islands of Hope-Maui System Navigator, Jessica Pazos. Jessica knows Maui's agencies and connects families with the supports they need.

The connection might be as simple as answering a question or providing a name, phone number, and brochure. Or the connection might involve setting up an appointment and transportation, or arranging an on-the-spot phone consultation or intake with the right provider.

The IOH kiosk is always open, even when the Navigator or a volunteer is not on duty. One resource rack focuses primarily on young children, with information about pregnancy, parent support groups, childcare subsidies, preschool options, and safe and

nurturing parenting. Another rack focuses on concrete supports and crisis help like housing assistance, food distribution sites, legal aid, substance abuse treatment and support groups, and services for victims of sexual assault and domestic violence. The third rack provides information about services for the elderly, job training programs, healthcare, persons with disabilities, foster care, and parenting children of all ages.

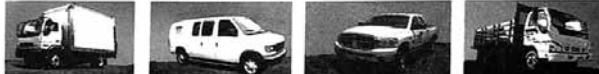
QKC Cares and IOH Share Information Where Families Gather

Sometimes getting to an agency poses a barrier to families. Most program applications must be completed in person, and agencies are typically open Monday-Friday during the hours that parents are at work. Or while parents are caring for children or have no transportation.

To bust this barrier, providers come to the kiosk. QKC is centrally located and the Maui Bus stops less than 100 yards from the kiosk. On keiki activity days, program workers help parents complete applications while their children color or create crafts provided by the agency. In February, PATCH staff were available to help parents complete POD applications. In March, WIC Counselors (from the Special Supplemental Nutrition Program for Women, Infants, and Children) visited the kiosk twice a week to let parents know about improvements to the WIC program and to enroll pregnant women and mothers of young children.

Continued on next page

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Continued

Other services offered at the kiosk in the last year included keiki vision screening, keiki ID's, child developmental screenings, enrollment in Healthy Families America—a home visiting program, and lots of fun arts and crafts activities and giveaways.

Partnerships Create Safe and Nurturing Communities

Children live in families and communities. When these environments are strong and supportive, children thrive. One proven way to strengthen families is to increase the presence of five Protective Factors, which are positive characteristics that counter risk factors and stressors. When families and communities have more Protective Factors than risk factors, children have a better chance of positive outcomes.

Protective Factors grow through collaboration. QKC Cares supports the Maui Community by providing a safe, shared space for families to shop, eat, and gather; sponsoring fun family-friendly activities; and supporting Maui's business and nonprofit community. IOH supports service providers and families through collaboration, coordination, and sharing information. Together, QKC Cares and IOH work to prevent child abuse and neglect by promoting the five Protective Factors:

1. Parental resilience is a parent's ability to manage stress and function well when faced with challenges, adversity, and trauma.
2. Social connections are positive relationships that provide emotional, informational, and spiritual support.

3. Knowledge of parenting and child development is a parent's understanding of child development and healthy parenting strategies.

4. Concrete support in times of need refers to having a family's practical needs met, like food, shelter, clothing, school supplies, employment, transportation, and medical care.

5. Social and emotional competence of children means that families interact in ways that support children's ability to communicate, regulate emotions, and have loving relationships.

To learn more about the IOH kiosk, contact Navigator Jessica Pazos by phone or text at 808-419-0781, or by email at islandsofhopenavigator@gmail.com.



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Last Year MFSS Provided ...

Outreach and Resource Information - Over **1400** moms visited at Maui Memorial Medical Center

Home Visiting Programs - Over **3500** home visits completed with families of children 0 -3 years old

Low Cost/No Cost Infant and Toddler Centers - Over **48** children received quality child care

Groups for Men and Male Caregivers - Over **175** men attended support groups on Maui and Moloka'i

Youth Life Skills Education - Over **1700** served in Intermediate and High Schools in Maui County

Child Care Subsidy Programs - Over **400** children were able to attend quality childcare in Maui County

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How Trauma Affects Child Brain Development

The sheer volume of research on trauma, brain development, and outcomes for children can be daunting. Fortunately, understanding and applying key concepts to child welfare practice doesn't have to be complicated.

Trauma and the Brain

"The human brain is designed to sense, process, store, perceive, and act on information from the external and the internal environment. All of these complex systems and activities work together for one overarching purpose-survival" (Goldstein, 1995 cited in Perry, et al., 1995).

Neurons are the building blocks of the brain. During development, neurons create networks that link to create systems. These systems are how the brain regulates all functions. Brain functions are organized from the most simple to the most complex. The development of these functions is sequential, meaning prior events impact future development.

A key fact that child welfare professionals, judges, and others who work with child welfare-

involved families should know is that there are critical developmental times when neural pathways are being formed that can be significantly altered by traumatic events (Perry, 1995, 2009).

Early Childhood

Brain development in infancy and early childhood lays the foundation for all future development. Neural pathways form at great speed and depend on the repetition of experiences. Experiences teach the brain what to expect and how to respond.

When experiences are traumatic, the pathways getting the most use are those in response to the trauma; this reduces the formation of other pathways needed for adaptive behavior. Trauma in early childhood can result in disrupted attachment, cognitive delays, and impaired emotional regulation. Also, the overdevelopment of certain pathways and the underdevelopment of others can lead to impairment later in life (Perry, 1995).

Continued on next page

Trauma's Impact on Brain Development

Exposure to chronic, prolonged traumatic experiences has the potential to alter children's brains, which may cause longer-term effects in areas such as:

- **Attachment:** Trouble with relationships, boundaries, empathy, and social isolation
- **Physical Health:** Impaired sensorimotor development, coordination problems, increased medical problems, and somatic symptoms
- **Emotional Regulation:** Difficulty identifying or labeling feelings and communicating needs
- **Dissociation:** Altered states of consciousness, amnesia, impaired memory
- **Cognitive Ability:** Problems with focus, learning, processing new information, language development, planning and orientation to time and space
- **Self-Concept:** Lack of consistent sense of self, body image issues, low self-esteem, shame and guilt
- **Behavioral Control:** Difficulty controlling impulses, oppositional behavior, aggression, disrupted sleep and eating patterns, trauma re-enactment

Source: Cook, et al, 2005

CHILD ABUSE PREVENTION MONTH

Continued

By age three, the brain is almost 80% of its size; by age five it is 90% (zerotothree.org). Although this creates a sense of urgency regarding intervention, it is also important to know that the brain has the most plasticity in infancy and early childhood, meaning there is the most opportunity for change. This is both the reason that prolonged trauma in early childhood can be so devastating, but also a window of opportunity for interventions that can alter the brain in positive ways (CWIG, 2011).

Children and Teens

Brain development continues in the school-age years, but more slowly. During this stage neural pathways are pruned or eliminated to increase efficiency. In addition, the brain coats neural pathways to protect and strengthen them (Shonkoff & Phillips, 2000). This process allows the school-age child to master more complex skills, including impulse control, managing emotions, and sustaining attention. Trauma during this stage of development can have significant impact on learning, social relationships, and school success (NCTSN, 2008).

The impact of trauma at this age also depends on the onset. If trauma continues into the school-age years from early childhood, the impact is greater on overall functioning. There is some evidence that trauma that begins during the school-age years will have a

different impact than trauma that begins in early childhood. Specifically, school-age onset seems to result in more externalizing behaviors (acting out) whereas early childhood onset results in more internalizing behaviors (withdrawal, depression, self-blame) (Manly, 2001; Kaplow, 2007).

In adolescence the brain goes through another period of accelerated development. The pruning of unused pathways increases, similar to early childhood. This process makes the brain more efficient, especially the part of the brain that supports attention, concentration, reasoning, and advanced thinking. Trauma during adolescence disrupts both the development of this part of the brain and the strengthening of the systems that allow this part of the brain to effectively communicate with other systems. This can lead to increased risk taking, impulsivity, substance abuse, and criminal activity (NCTSN, 2008; Chamberlin, 2009; Wilson, 2011; CWIG, 2009).

What You Can Do

Addressing the impact of trauma requires a comprehensive and collaborative approach. Awareness and understanding of the issue is the first step towards trauma informed practice.

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M.D.

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mark@givensel.com

If You Suspect Your Child Has Been Sexually Abused

If you suspect that your child has been abused, there is a chance that he may have been. He will be looking to you for support and protection.

There are steps you can take to support your child emotionally and physically.

- As hard as it may seem, try to stay calm. Talk to your child in a gentle, evenhanded and non-judgmental manner.
- Even though your child was not at fault, she may feel somehow that she was to blame. Reassure her this was not the case, and that she did the absolute best thing in telling you.
- Always report incidents or suspicions of sexual abuse. Resist any urges to "work it out" on your own, for two very important reasons:

Abuse victims tend to work through their trauma more successfully if they feel that they are listened to, and protected by, a "safe" adult. They will heal more quickly if they know this person will fight for them. Victims can easily be re-victimized - and further traumatized - if their stories are ignored or discredited by someone close to them.

If the abuser does not get help and is not held accountable, he will likely continue to abuse others.

- Call Dept. of Human Services-Child Welfare Services (also known as Child Protective Service) at 1-800-491-3991 or the police department, at 244-6400 on Maui, as soon as possible. An abuse report must be made in the state where it occurs.
- The goals of child welfare agencies are to protect children, to preserve families and to prevent further abuse. The law requires that they look into each report of abuse, decide whether services are needed, and arrange protection services and family treatment when necessary.

- Sometimes criminal charges must be filed, depending on the severity of the abuse.
- You may give the information anonymously.
- If you are confused or anxious about what to do, you also may want to discuss the incident with your pediatrician or school guidance counselor.

Know that these professionals are considered "mandatory reporters," and they will be required to notify the proper authorities if they suspect abuse.

- Set up ongoing counseling sessions for your child. Find a counselor (licensed clinical social worker, licensed professional counselor or psychologist) who is experienced in treating child victims of sexual abuse. (Ask your pediatrician, school guidance counselor, child welfare worker or community mental health center for referrals.) Make sure your child feels safe and comfortable with this counselor.
- Sexual abuse is too big a trauma for your child to recover from by herself. Working with a good counselor will help her realize:
 - She is not alone. She is not to blame.
 - She did nothing wrong, but the abuser did something very wrong. It is not her job to protect or satisfy the needs of grown-ups.
 - How to deal with possible feelings of anger, confusion, hurt, guilt, fear and betrayal.
 - Be aware that this experience may raise many confusing feelings within yourself, such as guilt, rage, despair and powerlessness. With some parents, it reawakens memories of abuse they themselves experienced. If it feels too difficult at any point, you may want to contact a therapist and get counseling for yourself.

Maui Resources for Information and Assistance

Child and Family Service -Crisis Response; prevention and education/parenting/ sex abuse treatment Maui 877-6888

**Molokai Branch 808 567-6100
24 Hour Hotline 873-8624**

Department of Human Services (CPS)-Maui Section 243-5143 Intake 888-380-3088 Molokai Unit - 808 553-1703 / Lanai Office - 808 565-7102

**Maui Police Department
244-6400 or 911**

**Aloha House 579-9584
Child & Adolescent Outpatient
Mental Health Services 249-2121**

Aloha United Way - 24-hour information & referrals Phone: 211

ATV (Molokai) - TROs/anger management -all ages 808 553-3202

Aloha House - Outpatient substance abuse treatment & mental health services 579-9584

Big Brothers/Big Sisters - Provides 1-on-1 mentoring 242-9754

Catholic Charities 875-2984

Children's Justice Center - Maui 244-7926

Community Clinic of Maui - Medical outreach services 871-7772

**It Takes An 'Ohana
<http://ItTakesAnOhana.org>
Support for those who care for children and youth affected by foster care**

**DOH-Family Guidance Center
- Mental health services for children 243-1252**

DOH Family Health Services 984-2136

DOH Public Health Nursing 984-8206

Hale Ho'omalu - 24-hour hot line & women's shelter on Molokai 808 567-6888

DHS-Income Maintenance - Financial, medical, and food stamps 984-8300

**Family Life Center
877-0880**

**Good Beginnings
270-5557
Hui Malama Center - Tutoring GED programs and youth services center 244-5911**

Imua Family Services - Children with developmental delays 244-7467

Ka Hale A Ke Ola Homeless Resource Center 242-7600

Lanai integrated Service System (LISS) Operated by PACT, services primarily to DHS families for counseling, visitation, & family strengthening 808-565-9191 pacthawaii.org

Lanai Women Helping Women 808-565-678

Lanai Community Health Center 808-565-6919

**Legal Aid Society of Hawaii- Civil (not criminal) legal assistance to low income persons 244-3731
Malama Family Recovery Center - Substance abuse education & treatment-women 877-7117**

**Malama Family Recovery
Women-specific outpatient and residential substance abuse treatment that targets pregnant and parenting women.
808-877-7117**

Maui AHEC Child Sexual Abuse Crisis Response - Molokai 553-3623

Maui County Catholic Social Ministry 244-8106

Maui Economic Opportunity - possible rent/utility help & child day care program 249-2990

Maui Family Support Services - In-home family strengthening services, Teen pregnancy prevention and support Program, Early Head Start, Healthy Start and Fatherhood Initiative Program 242-0900

Maui Food Bank 808-243-9500

Maui Humane Society 877-3680

Maui Youth & Family Services - Adolescent programs 579-8414 Molokai 808 553-3907

Mediation Services of Maui - Custody/dispute resolution 244-5744

Molokai Community Health Center 808-553-5038

Molokai Community Services Council 553-3244

Molokai Family Support Services-Family strengthening services, 0-5 yr. olds 808-553-3276

**Na Hale O'waine
Lahaina Homeless Resource Center 662-0076**

Neighborhood Place Of Wailuku 986-0700

Ohana Makamae 248-8538

PACT- Violence intervention services (men, women & adolescents), mental health services for public school students 244-2330

Pact-Ulupono Family Strengthening Program 244-2330

PATCH - Child care provider referrals 242-9232

**Queen Lili'uokalani Children's Center - Services for children of Hawaiian ancestry 242-8888
Molokai 808 553-5989**

Salvation Army - Possible rent/utility help for homeless 871-6270

Victim Witness assistance Program - Court-related services for victims 270-7695

Women Helping Women - Shelter & help for women victims of domestic violence and their children 242-6600

Nationwide Resources for Information and Assistance

Child Help National Child Abuse Hotline 1-800-4-A-CHILD or 1-800-422-4453 www.childhelpusa.org

National Center for Missing & Exploited Children 1-800-843-5678, missingkids.org

National Center for Victims of Crime 1-800-FYI-CALL or 1-800-394-2255 www.ncvc.org

National Children's Alliance 1-800-239-9950 www.nca-online.org

National Organization for Victim Assistance -800-TRY-NOVA or 1-800-879-6682 www.try-nova.org

Office for Victims of Crime Resource Center 1-800-851-3420 TTY 1-877-712-9279 www.ojp.usdoj.gov/ovc/ovcres/welcome.html

Children's Defense Fund 1-800-233-1200 www.childrensdefense.org

Darkness To Light 1-866-367-5444 www.darkness2light.org

National Clearinghouse On Child Abuse & Neglect Information <http://nccanch.acf.gov/>

Office of Juvenile Justice & Delinquency Prevention <http://ojdp.ncjrs.org>

Prevent Child Abuse America www.preventchildabuse.org

Annie E. Casey Foundation. Serving children and families.

Child Abuse Prevention Network www.child-abuse.org

Child Welfare Information Gateway www.childwelfare.gov

Connect for Kids. www.connectforkids.org

Faith Trust Institute www.faithtrustinstitute.org

National Teen Dating Abuse Helpline www.loveisrespect.org

Parents, the Antidrug www.theantidrug.com

Safe Kids.com Internet safety for kids www.safekids.com

US Dept of Health & Human Services www.os.dhhs.gov

Children's' Defense Fund www.childrensdefense.org

Connect For Kids www.connectforkids.org

Delta Society www.deltasociety.org

National Center For Victims Of Crime www.ncvc.org

Child and Family Web Guide www.cfw.tufts.edu

Center for Disease Control and Prevention www.cdc.gov/violenceprevention

National Child Traumatic Stress Networks www.NCTS.org

National Center on Shaken Baby Syndrome www.dontshake.org

Joyful Heart Foundation www.joyfullheartfoundation.org

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