



January 2022

## ***IMPACT & RESILIENCE IN CHILDREN WHO HAVE BEEN ABUSED***

Research has repeatedly shown that child sexual abuse can have a very serious impact on physical and mental health, as well as later sexual adjustment. Depending on the severity of and number of traumas experienced, child sexual abuse can have wide-reaching and long-lasting effects. Those who have suffered multiple traumas and received little parental support may develop post-traumatic stress disorder, depression, and anxiety. Their ability to trust adults to take care of them may also be jeopardized. Sadly, when children do not disclose sexual abuse and/or do not receive effective counseling, they can suffer difficulties long into the future. On the other hand, children who have the support of an understanding caregiver and effective treatment can recover without long-term effects.

The effects of traumatic experiences on young children are sobering, but not all children are affected in the same way, nor to the same degree. Children and families possess competencies, psychological resources, and resilience, often even in the face of significant trauma, that can protect them from long-term harm. Research on resilience in children demonstrates that an essential protective factor is the reliable presence of a positive, caring, and protective parent or caregiver, who can help shield children against adverse experiences. They can be a consistent resource for their children, encouraging them to talk about their experiences, and they can provide reassurance to their children that the adults in their lives are working to keep them safe.

## ***HAPPY NEW YEAR***

From the staff at Advocacy Network for Children, we would like to wish you and your family a happy, safe and healthy new year.



### **CALENDAR OF EVENTS**

#### **January**

- 13 CASA Noon Networking
- 17 Office closed

#### **February**

- 10 CASA Noon Networking
- 11 Office closed
- 21 Office closed

We currently have the following volunteer needs:

- Happy Bear Presentations
- CASA Volunteers
- Fundraising
- Mailings

If you would like to help, please contact our office at 217-223-2272.

Our agency could not continue its mission of advocating for children without your help. You can help by:

- Monetary Donation
- ANC Foundation Donation
- Office Supply Donation

## *WE NEED CASA VOLUNTEERS*

There is a huge need for CASA volunteers in several of our counties. An accelerated training in Morgan County is scheduled for February 18th-20th, a training in Hancock County will be held on Tuesdays and Thursdays in March, and an accelerated training in Adams County is scheduled for March 4th-6th. A number of informational meetings have been scheduled via Zoom in January (5th, 12th, 19th, 26th) and in February (2nd, 9th, 16th, 23rd). The informational meetings will be held at 12:15 p.m. and last approximately 30 minutes each. They are designed to explain the program and answer any questions a person may have about the trainings and becoming a CASA volunteer.

CASA volunteers are trained community volunteers appointed by a judge to speak up for abused or neglected children in court. The trainings are free and all materials are provided. No special experience is required. If you would like to be the voice for an abused or neglected child in our community, please call Danielle Buss, CASA Manager, at 217-223-2272. Additional information about our CASA program is available on our website or Facebook page.

## *PREVENTION PROGRAM*

Advocacy Network for Children offers a child sexual abuse prevention program to schools, pre-schools, and other organizations throughout West Central Illinois at no cost. Illinois law requires schools to implement a child sexual abuse prevention program to students in Pre-K through 5th grade. We provide the program to students Pre-K through 5th grade. The curriculum we use, Happy Bear and P.S. It's My Body!, is evidence based and age appropriate. If you would like more information, would like to schedule a presentation, or would like to volunteer to help with presentations, please call the office.

## *THANK YOU*

The agency received a \$4,000.00 Capacity Building Grant from the Tracy Family Foundation. This Video Storytelling Grant will be used to recruit CASA volunteers in all seven counties served by the agency.

Thank you to everyone who made a donation to our agency in 2021. Whether it was a monetary donation, a donation of supplies or snacks, or you volunteered your time to help us with an event, your support of our agency means the world to us. We could not continue our mission of helping abused and neglected children without it.

Your thoughtfulness and support of our agency is truly appreciated!

**\*\* When shopping at Amazon Smile, choose Advocacy Network for Children as your charity and Amazon will donate a portion of your purchase price to us!\*\***



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