

PREVENTION SERVICES NETWORK



Partnering, Supporting, Nurturing

November 2010

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Prevention Services Network is a community wide collaboration dedicated to strengthening families, and helping them become resilient to child abuse and neglect. This newsletter is designed to reach out to families and providers with current research and information about community resources that support prevention.

Social Connections

If someone asked you to rank what things are important to building a strong family that is resilient to child abuse and neglect, you could probably create a good list. You might list good parenting skills with appropriate discipline responses. You might say spending time together as a family and emphasizing your children's strengths. Are you aware that having emotionally supportive friends, family members and neighbors make it easier to care for children and yourself? It is very difficult to raise competent children alone. All parents need other parents to talk with them, share stories and get advice. Isolated families with few social connections are at a higher risk for abuse and neglect. It is important to develop the self confidence and communication skills to expand your social network. Remember how easy it was to make friends in grade school, high school and college? You had interests in common or lived near each other and naturally found the connections that helped you develop your personality, conflict resolution skills and hobbies. It is likely your parents or loved ones in your life encouraged this development of friends.

As we get older things change. Perhaps you moved here or are working so many hours you have not made time for yourself to seek new friendships. Perhaps you were so busy helping your children find friends, that you ignored your own needs. Parents are good at that!

Within Prevention Services Network (PSN), we recognize the need for parents to have social connections. We further understand that some of the parents served in our different programs are overwhelmed by the issues they face and do not have the money or resources to make time for themselves. We provide opportunities for parents to meet each other in a social setting and get some much needed "down time." We offer a weekly lunch, called Parent Talk Lunch on Wednesday's at the Job Center. We also offer a monthly Spotlight that also includes lunch and several lunchtime Women Circles that are hosted during the year. Each one provides parents an opportunity to get to know each other, enjoy a free lunch, and find commonalities that all parents share. The schedule of topics and times of events are included in every newsletter.

Some of us will share a Thanksgiving meal this month with our support system of social connections. Be thankful for those that support you and nourish you emotionally. If you are in need of a stronger social network, look inside the newsletter for opportunities to make new friends. You just might be helping someone else make friends at the same time.

DOMESTIC VIOLENCE AWARENESS

Domestic abuse is recognized as an important issue in today's society. Although October was Domestic Violence Awareness Month, domestic violence/abuse is an issue of concern at any time of the year. Domestic abuse does not discriminate – it can affect anyone, regardless of age, race, gender, economic or social status. Domestic abuse is defined as 'a pattern of coercive or controlling behavior that may include physical, sexual, verbal, emotional, psychological or economic tactics used by one person in an attempt to control or harm another person'. In the United States, it is estimated that one in every four women will experience domestic violence in her lifetime, and an estimated 1.3 million women are victims of physical abuse by an intimate partner each year. Approximately 85% of victims of domestic violence are women. These statistics are provided by the National Coalition Against Domestic Violence and are updated annually.

Each year, the National Network to End Domestic Violence conducts a national census of domestic violence programs in order to determine how many victims are receiving services on a given day. This year's census day was September 15, 2010. On this day, Women & Children's Horizons (WCH) served a total of 114 women and children; there were six women and 15 children in emergency shelter,

16 women and 25 children in transitional housing, and 51 women and one child in non-residential services. The individuals served were provided with 11 different types of services. In addition, 10 hotline calls were received on that day, and 50 members of the community attended a training or public education session conducted by advocates of WCH.

WCH is the only non-profit program and shelter in Kenosha County to provide shelter and advocacy services to victims of domestic violence and sexual assault, and victims' children. A variety of free services are available including but not limited to emergency shelter, transitional living, 24 hour crisis hotline, 24 hour on-call advocacy, food and clothing, legal advocacy (restraining orders, divorces, immigration), court accompaniment, one on one support, support groups, safety planning, services in Spanish, resources/referrals to other community agencies, and children's services. In 2009, WCH provided advocacy services to a total of 2,174 unduplicated clients. Because domestic abuse is known to be an underreported crime, we can anticipate that there are many silent victims in our community.

**Remember,
no one deserves to be abused.
Call WCH at 262-656-3500
or 262-652-9900 for assistance.
All services are free
and confidential.**



BUILDING SOCIAL CONNECTIONS

If we know that social connections are important for families to help them become resilient to abuse and neglect, then how can service providers, teachers, and other family support programs help families make these connections? Sometimes, parents don't come right out and say they are seeking social connections. They might say they feel isolated or have concerns about their children's behavior. Some of these issues might be addressed if the parents had a strong, positive network of other parents. According to a publication by the Department of Health and Human Services called, "Strengthening Families and Communities", a broad social network:

- Helps ease the burden of parenting
- Models positive social interactions for children and gives children access to other supportive adults
- Provides support in crises
- Offers opportunities to help others

Identifying parents' current social connections, skills and interests will help them expand their network of support. Asking questions about who they turn to for advice, or who helps them out, and how often, can uncover what support exists and the level of social isolation.

It is helpful to have families brainstorm ways to make it easier for them to develop connections. They might have transportation or child care issues. Maybe they could get a bus pass, carpool, or start up a babysitting co-op. A play group might be a good start, because parents can meet and talk while their children play. Hosting such a group or finding a location in an area agency or church relieves a stressed out parent from having to be a host, especially if it is a location close to the parent's home. Parents may need help finding a location, but once a group gets going, the parents can take turns planning activities and sharing responsibilities. Trying to raise children in an atmosphere of social isolation is difficult and frightening. As our society as a whole turns to defining social networking as an electronic means of communicating, it is important to help parents sit face to face with other parents and share concerns and celebrate successes.

The Strengthening Families and Communities resource guide can be ordered or downloaded from www.childwelfare.gov. It is filled with tips on how to develop protective factors, and much of the information in this article was taken from this resource.

TO VIEW PREVIOUS ISSUES OF THE PSN NEWSLETTER, LOG ON TO
<http://www.co.kenosha.wi.us/dhs/Divisions/CFS/Newsletter/index.php>

PSN NEWS AND TIDBITS

PSN Drop-In Hours

The Prevention Services Network Family Resource Center, located in the Kenosha County Human Services Building at 8600 Sheridan Road, Kenosha, is open every **Tuesday and Thursday afternoon from 2:00 to 4:00** for parents to drop in and talk to someone about parenting concerns, pick up information about community resources, and find out about programs and services of the PSN.

PSN Plaza

Kenosha County Center,
Thursday, November 11th
9:00 am to 12:00 noon

Stop in and talk to a PSN Service Coordinator about resources for your family. Pick up information about Parenting and Find out ways to Strengthen Your Family!

The next session of *Women's Circle* will start in January 2011. Watch upcoming newsletters for further details.



Ten SAPAR Students from Reuther High School visited the PSN Family Resource Center on Thursday, October 7th. The students viewed a video regarding emotional development in infants and were given information about the services of the PSN.



HAPPY THANKSGIVING!

FAMILY TRADITIONS

Encouraging Family Traditions Using Only a Fork!

Many families will be celebrating Thanksgiving by sharing a dinner with family and friends. Even if you do not celebrate this holiday, try this activity after a family dinner. After eating and before everyone leaves the table, ask a simple question to begin this storytelling activity. Just ask: "Did everybody use a fork?"

Chances are, everyone will stop and nod in agreement. This is the time to introduce, "The Talking Fork." Be sure to have a large serving fork for added effect and begin.

A Fork with a History

This is a variation on the "Talking Stick," a speaking tradition adapted by different cultures to encourage storytelling and turn taking. In Homer's *Iliad*, warrior kings pass the ribboned staff, giving one another room to speak. Native Americans still pass the Talking Stick from storyteller to storyteller.

In any event, use a fork. It's only a symbol, but a potent one. You can say, "This fork, although it appears ordinary, for this meal only imbues the user with **storyteller power**. It gives the gift of the **silver tongue**. While you hold this fork, memories will flow through you. While you hold this fork, everyone will listen." There's nothing a child likes better than having people whom he loves, especially adults, listen only to him.

Digging In

Mom, Dad, and Grandparents can model how it's done for the kids. Try stories about your childhood. The kids will love that. Or stories about how someone (great-grandparents, for instance) had quirks, funny sayings, or adventures. Or you can tell stories about your own children. How they behaved as tempestuous toddlers and the origins of their pet names. Or maybe what happened the day they were born. The only rule to follow is that the stories must not be hurtful to the person who is the center of the story. This is not the time to bring up mean spirited or excessively embarrassing stories. Such stories will only undermine the purpose of the activity. Once the kids realize that telling a story like this is simply remembering things and talking about them in their own words, they'll jump in.

Praise the Forkholder

Applaud as each person finishes, no matter what he or she says. Short story, long story, impressive story, or simply a wisp of recollection — doesn't matter. Applaud anyway.

Then sit back and enjoy the stories.

This activity was taken from a website called, Family Education, and more specifically from an article on that site, written by Odds Bodkin, called "Thanksgiving Family Activity: Pass the Fork!" The article can be accessed at <http://fun.familyeducation.com> There is other information about Thanksgiving, including recipes and cooking tips at this internet location.

BUILDING EMOTIONAL COMPETENCE

Can't something go right once in awhile?

We have all had those days, weeks, and sometimes longer stretches of time when it seems like everything is harder, longer and tougher. You over sleep, drop the glass of orange juice, and lock yourself out of the car. Your project is stalling and coworkers are not cooperating. The days are getting shorter right along with your energy. Added to all these issues is the looming holiday season and all that entails. Sound familiar? Could it be that you are giving the majority of your attention to the negative and almost enjoying the comfort of the funk in which you find yourself? It takes a conscious willingness to change, but in the long run, it is worth the effort and helps your mental health. Small changes make big differences in this effort.

Count your blessings.

You have probably been told this so many times, that you just ignore the message. Pretend you have never heard the expression, you find it compelling, so you try it. If you are conscientious, you will be amazed at what you have. Count big and little things. Are you healthy? Can you read? Do you have children? Can you vote without fear? Are there laws to protect your rights? Is your garbage picked up every week? See, the list can be almost endless.

Focus on the positive.

By reframing how things are viewed, you force your mind to stay positively focused. Bad things happen to everyone and those things can consume our lives if we focus only on the bad. Do you find that even if your day went pretty good, that you get sucked into thinking about the bad things that happened the day before or are likely to happen the next day instead of being thankful for a crisis free afternoon? If so, you are not alone. Try thinking about the person that thanked you, the boss that recognized your extra effort, and the child that smiled just because you walked into the room. Keep something in your pocket or at your desk as a reminder that you are loved. Then look or touch that reminder when things get rough.

Look at things from another perspective.

If you dread the coming of winter, realize that people from all over the country come to the Midwest to see the fall colors. They take long walks or camp in our state parks just to crunch those fall leaves that we complain about raking. If you haven't noticed, they are beautiful, and a crisp walk through fallen leaves does much to revive the spirit. If your job is tough, think what would happen if you lost it. There are millions of people who are unemployed and would do anything to get a chance to support their families. Thinking about being unemployed might make the job a little easier.

Counting your blessings, focusing on the positive and taking a fresh perspective all help build emotional competence, a factor needed to build strong, resilient families.



2010 Holiday House

**Registration begins
August 2, 2010**

Winter Wraps registration closes - October 15
Thanksgiving registration closes - November 11
Christmas registration closes - December 3

**Quantities are Limited to those who Pre-Register!
"ONE-TIME" PRE-REGISTRATION IS REQUIRED!**

Registrations accepted at:

Women & Children's Horizons

Shalom Center

The Spanish Center

Urban League of Racine & Kenosha

Kenosha County Center (Hwy 45 & 50)

Kenosha County Job Center/Human Services

EVENT DATES:

Winter Wraps

October 27 - 29, 2010

***Thanksgiving Food
Distribution***

November 22 - 24, 2010

***Christmas Toy & Food
Distribution***

December 14 - 16, 2010

Holiday House serves area children and their families who are "low-income" through a coordinated community effort. You may obtain these services by pre-registering at one of our registration sites.

NOTE:

Adult Only families will be served through a Kenosha County food pantry.

WHAT YOU WILL NEED TO REGISTER:

- Picture ID (i.e. Drivers License, State ID, Passport)
- Proof of Kenosha County Residency (i.e. utility bill)
- Your Social Security Card/Number or ITIN Numbers
- Children's Social Security Cards or ITIN Numbers
- Names & Social Security or ITIN Numbers of ***all*** individuals living in the home (*the total number of household members must equal the number of individuals listed on registration form*) - and -
- Proof of Income—(i.e. check stub, tax return)

***THESE DOCUMENTS WILL PROVIDE
YOU WITH A VERIFIED "PASS"***

Holiday House and all participating agencies work to serve all citizens of Kenosha County, not discriminating against age, race, color, religion, sex, national origin, ancestry, political beliefs, handicap, or any other status protected by law and follow all state and federal laws and regulations.

Holiday House serves area children in need through a coordinated community effort. Major funding for Holiday House comes from Kenosha Christmas Charities, Inc. (Goodfellows). The Holiday House participating agencies are: Goodfellows, Women and Children's Horizons, Shalom Center, Kenosha County Department of Human Services, The Spanish Center, Southern Lakes Credit Union, Urban League of Racine & Kenosha, Community Action Agency, Kenosha News, Hunger Prevention Council, R.S.V.P., and Goodwill Industries, Inc. — For more information call (262) 697-4549.

November 2010

Parent Talk Lunch

Parent Talk Lunch is a community collaborative lunch sponsored by Prevention Services Network, the Kenosha County Division of Health, Goodwill Industries, Early Head Start and Kenosha Area Family and Aging Services, Inc.

These organizations provide funds and staff time to bring a weekly lunch to parents served at the Kenosha County Human Services Building, 8600 Sheridan Road, Kenosha, WI 53143 in Room North Two.

Each week a nurse from the Kenosha County Division of Health presents on a health related issue and the other partner agencies present on other issues of interest to families.

LUNCH is FREE but registration is required

Call A Child's Place Child Care Center at 697-4754 to reserve a lunch.

There is no guarantee of lunch if you are not pre-registered.

Also, child care is free if spots are available. Call A Child's Place at 697-4754 to reserve childcare. Call Kathy Burns, PSN Outreach Specialist with questions: 697-4628.

Wednesdays from 12:00 pm to 1:00 pm

**November 3rd: Nutrition and Portion Size
Obesity and the Importance of Family Dinners**

**November 10th: Encouraging the Art of Conversation
Sexual Health**

**November 17th: Thanksgiving Dinner Celebration
Thanksgiving Food Safety, Tips, Etc.**

November 24th: No Lunch - Happy Thanksgiving!



COME—LEARN—GROW



PREVENTION SERVICES NETWORK



Spotlight Series

Tuesday, November 16, 2010
12:00 Noon

Nancy Hofstetter
Domestic Violence Program Coordinator
Women & Children's Horizons

will present information on:

Domestic Violence Awareness

PSN Spotlight Series is held in the
PSN Family Resource Center,
8600 Sheridan Road, Kenosha.
Lunch will be provided. Register by calling 697-4651.
Come join us!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Child Safety Protection Month.	2. Election Day. Get out and vote. Have a say in how you are governed.	3. Sandwich Day. Try a new one. Let the kids make their own.	4. First wagon train reached California in 1841 It left Missouri on May 1 st .	5. Always use an appropriate car seat for young children and safety belts for everyone else.	6. Book Lover's Day. Take some time to read.
7. Daylight Savings ends. Set your clocks back an hour.	8. Int'l drum month. Make a drum out of a coffee can, cookie tin, or oatmeal box.	9. Young readers day. Take the kids to the library.	10. The US Marine Corp was founded in 1775.	11. Veteran's Day. Remember our war heroes.	12. Chicken Soup for the Soul Day. Mmm....good.	13. Mariner 9 orbited Mars in 1971.
14. National Adoption Awareness Month.	15. America recycles day. Making recycling a habit.	16. Happy button day. Imagine life without buttons!	17. World Peace Day. Will this dream ever be realized?	18. Great American Smoke Out. Do it.	19. Lincoln delivered the Gettysburg Address in 1863.	20. Universal Children's Day (UNICEF)
21. Full Moon. It's a gift we get every month.	22. National Adoption Awareness Month.	23. National Novel Writing Month. Release your inner author.	24. Make a list with your children of everything you are thankful for.	25. Happy Thanksgiving. We are thankful for everyone that reads our newsletter.	26. Shopping season begins.	27. The Nobel Prize was established in 1895.
28. Peanut Butter & Jelly Month. A nice break from all the turkey leftovers.	29. Native American Heritage Month.	30. Mark Twain was born in 1835.	November birthstone: Topaz Flower: Chrysanthemum	November birthdays: Daniel Boone Will Rogers Marie Curie		Some ideas for this calendar come from www.enchantedlearning.com and www.holidayinsights.com www.hisdates.com About.com November special days.

