

Quick Peek

Upcoming

- ◇ Healthy Homes for the Holidays
- ◇ February 23, 2019—Healthy Family Fair

CAPS will be closed November 22-23 for Thanksgiving. CAPS will also be closing at 12:00 pm on December 24 and will be closed all day December 25 for Christmas.

Keep up to date by liking us on Facebook and visiting our website!



CAPS News

Issue 20

October, 2018



Program Spotlight: Crisis Intervention

The Crisis Intervention Program (CIP) has been part of the Child Abuse Prevention Services program roster for 7 years. CIP was developed to provide families with the support necessary to overcome a variety of crisis they may be experiencing with the prevention of child abuse as the number one goal.

Through CIP families are provided with up to 90 days of very individualized support from a CAPS Family Support Worker (FSW). In the initial meeting the FSW will meet with the family and establish goals to be completed in the program time-frame and together the family and FSW will come up with a plan for completing the goals. A unique aspect of the CIP program is that families are able to receive transportation to assist in completing the goals they set for themselves and their family.

In the seven short years the Crisis Intervention Program has served families of Marshall and Hardin Counties, 195 families have been referred for assistance through CIP. Throughout the duration of the program referrals have come from many different community services including school districts, Department of Human Services, law enforcement, medical clinics, and many other human service agencies.

Crisis Intervention has provided many families with the support and tools they need to move forward. For example a single parent with four children recently moved to the Marshalltown area after fleeing domestic violence. This parent and children were homeless and to complicate matters one child had a chronic illness requiring on-going treatment. Through Crisis Intervention this parent was able to establish medical care for the children, enroll them in school, obtain employment, and acquire permanent housing.

Crisis intervention worked with this parent to identify goals and the strengths they possessed to accomplish those goals. This is our hope for every family we serve!



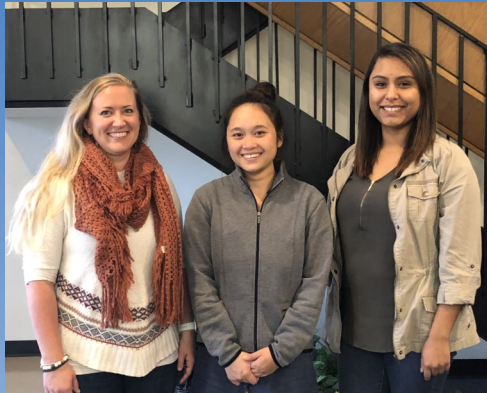
Child Abuse Prevention Services

811 E Main Street, Marshalltown, IA
www.caponline.us 641.752.1730

10 Tips for Talking about the Facts of Life

1. Encourage communication
2. Take advantage of teachable moments
3. Listen more than you talk
4. Don't jump to conclusions
5. Answer questions simply and directly
6. Respect your child's views
7. Reassure kids that they're normal
8. Teach your kids about good decisions
9. Admit when you don't know
10. Think of other trusted adults

Welcome to our New Staff



CAPS is happy to introduce to you our three newest staff members—Maria, Eli, and Hsawah. Maria and Eli started at CAPS in August, and Hsawah joined the CAPS team in October. Maria comes to us with a background in teaching, Eli has experience in human resources, and Hsawah has worked in the human service field as an interpreter for several years. All three are Child Development Specialists working in our home visitation programs. They will be working with families on child development, parental support and education, and serve as a sounding board for families as they raise their children. Welcome, ladies!

Board of Directors 2018-2019

One of the most important resources at a non-profit is the Board of Directors, and we have a great one! Our board never hesitates to jump in and help when we need it, whether that be helping to plan a fundraiser or volunteering at the Oktoberfest Kid's Night. This year, we are proud to have Julie Hitchins, Senior Cost Analyst for Fisher



Controls, LLC, serve as our Board President; Sarah Erikson, Human Resource Manager for Emerson, as our Vice President; and Brandon Ruopp, partner at the law firm of Moore, McKibben, Goodman & Lorenz, LLP, as our Secretary/Treasurer.

CAPS News

Issue 20

October, 2018

The Community after the Tornado

There have been many changes in Marshalltown since July 19th. One thing that hasn't changed is that CAPS is still serving the children and families in our community. Our home visitation programs have returned to a state of relative normalcy. Our school based programs are back in session after the summer break, and, as you may have read elsewhere in this newsletter, our Crisis Services never stopped moving.



Our staff, however, recognizes that the community won't hit that "normal" mark for awhile, and we are doing what we can to support those who need it most. We are a part of the Long Term Recovery Committee, which is made up of several agencies in Marshalltown. The sole purpose of this committee is to address the needs of the community following the tornado, especially since many families are still feeling the effects from July 19.

The committee is primarily focused on housing needs and mental health care. Housing is the more visible need, with many homes placarded in some way, but families are also faced with additional stressors of dealing with lost wages, insurance companies, and home repairs, which can have a major impact on their mental well-being.

The Long Term Recovery Committee is doing its best to address these concerns through multidisciplinary collaboration, and there are several ways families can still get assistance. Region 6 is offering financial help to replace window and repair roofs to help prepare families for the winter. MICA has funds to help families in a multitude of ways. Mental health care providers are doing what they can to address anxieties that have arisen since July 19. This can be a difficult time for both families and the community, but it is also an opportunity to come together and support one another.

CAPS News

Issue 20

October, 2018

Healthy Homes for the Holidays



It's that time of year again! The weather is getting cooler, the days are getting shorter, and families are making plans for the holidays. Part of our holiday planning at Child Abuse Prevention Services includes reaching out to businesses, service agencies, and others in the community about our Healthy Homes for the Holidays donation drive.

Through this drive we ask community partners to take the spirit of the holidays and collect new items from our Wish List. These items are used year round in our family support programs and help stock the Nest store.

Last year we had 325 families participate in our three family support programs and more than 400 families enrolled in the Nest. Our family support programs, Building Healthy Families, Refugee Health Connections, and Strong Foundations, provide educational information and guidance to families with young children. The Nest provides families that meet certain income guidelines access to necessary baby items.

You can take part in Healthy Homes for the Holidays by contacting Emma Chase at (641) 752-1730 or emmac@capsonline.us. Thank you for helping us support local families!

Wish List

- | | |
|------------------------------------|--|
| Diapers (Newborn–Size 6) | Safety First Thermometers |
| Diaper Rash Ointment | Infant Fingernail Clippers |
| Bottles | Infant Onesies |
| Sippy Cups | Receiving Blankets |
| Pacifiers | Cabinet Safety Locks |
| Baby Wash, Shampoo, & Lotion | Rattles, Small Infant Toys, & Teethers |
| Infant Wash Cloths | |