



Children's Advocacy C E N T E R

OF JACKSON COUNTY

JUNE

2011

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Advocacy Quarterly

Community Edition

CAC's Littlest Donor - Addie Smith

7 year-old Addie Smith is the "little sister" of the Boys Mentoring Program because her mom, Kara Smith, brings her to the group every Friday afternoon. Mother Kara has done something else. She has instilled in her daughter the idea that every person needs to be kind and good to others.

Therefore, it didn't come as a surprise to Kara that when Addie's 7th birthday was approaching, Addie said that instead of presents, she wanted her friends to give a gift of money for the Children's Advocacy Center of Jackson County.

On May 4th little Addie entered the office of the Executive Director Marlene Mish with her best friend Sarah and a brown envelope. Inside the envelope was \$75.00! Mish asked Addie to explain why she did this instead of getting presents, and she lit up like sunshine and explained with pride that she wanted to help, too. Her precious face had no fear, no lack of self-esteem. No one has hurt her. She is what we want all our children to be: whole.

She introduced her best friend, Sarah Musler, who was proud to say that she, too, had contributed to the gift to the children. Addie is an example of having been raised at a tender age of one's obligation to give, a rare thing. Obviously her family is doing a great job!

"Sometimes I get letters and calls from folks in the community apologizing for a 'small' donation. I always say there is no small donation. There is, however, a good heart," says Director Mish. It's those little gifts that add up to the perfect amount needed to serve the children of Jackson County.

Addie's gift and the expression on her little face was like a breath of hope for the future. She sets an example for all of us adults as we think of how to help in the war against child abuse. She gives of herself, her time, and now her means. She believes that she can make a difference. And she has made a difference!



As you read this *Community Edition* of the newsletter, remember that you don't have to be rich to serve. Remember it is "people power" that will defeat the problem of child abuse. Remember that a single act of kindness goes a long way and a child can sometimes soften our hearts and remind us that together we can do anything. Whenever you think that you don't count in our mission, remember Addie Smith!



Addie with her very best friend
Sara Musler

JUNE

2011

“If anything rings true for you after reading this article, remember, it’s never too late to be the father your daughter dreamed of. Chances are, she is still waiting for you.”

M. Mish

From the Desk of the Director



Fathers & Daughters - A Father's Day Message

The picture – a moment, quiet with tranquility and sacredness. A baby girl leaning into her father's strong arms. She knows nothing of fear or doubt. She relaxes into the complete peace that only comes to a few. He is the net to catch her fall, lest she should stumble. He is the foundation of her later belief in herself. She will see herself through his eyes not the world's. In a single, magical moment in time, we see the purity that should exist between fathers and daughters. He will be the cornerstone of her self-esteem and in unspoken words, she will grow into the woman he believes she can be. So it goes in a perfect world.

I think there is something in every woman who sees this picture that will resonate with her experience of “father.” Some will smile with a gentle curve of the lips, recalling times in their lives when their father taught them to fish, or caught them as they jumped into the pool for the first time, knowing that no matter how scary it was, daddy would catch them and it would be OK. Some women will feel a twinge of sorrow, emptiness never filled, because their experience of “father” was fleeting and elusive – a sanctuary never quite achieved. Others will just cry and not know why.



I think it is apropos to speak of fathers and daughters in June, because in June we celebrate Father's Day. Yet we mistakenly think that it's the father whose job it is to shape boys into men. What people don't realize or rarely speak of is the powerful impact a father has on his daughter. Recent research has now told us that it is not the mother who shapes a girl's view of herself as a woman, but the father. This flies in the face of past notions that only the mother plays a role in the development of a girl. Studies have shown us again and again that powerful, successful women in our world are ones who had fathers behind them, telling them that they could do anything, be anyone, that they were worthwhile and beautiful. A woman looks into the mirror and sees what her father has told her who she is.

But where are the fathers in our society? Some have limited roles, moving in and out of the family ecology. Like some superfluous entity, the father passes the girl without differentiating her from the furniture or the bills on the dining room table. All the while, her little face is uplifted in anticipation and longing. Some fathers have abandoned their children altogether, leaving all the children in the family with the proverbial “father emptiness” which cannot be filled, even with the best of all mothers. We more often than not couple the development of boys with their fathers, but the impact of love and support and validity with a daughter is profound and lasts a lifetime.

Imagine then what our girls face when their fathers or stepfathers have molested them, told them they were worthless or worst. Imagine a girl whose father has betrayed the most sacred of covenants. It is any wonder that the challenge we face at the Children's Advocacy Center of Jackson County is so deeply seated and profound, the wound so great and gaping? Is it a surprise to anyone that girls who have been betrayed by their fathers seek men in adulthood who mistreat them, hurt them, and devalue them? Is it a surprise that to numb this pain, they use drugs and alcohol, promiscuity and self-mutilation to cut away any semblance of the emerging woman their fathers pronounced as objects without worth or possibility? What powerful and poisonous message are these girls carrying in their DNA, which they can't even begin to articulate?

In this Father's Day month, let us be cognizant of the tremendous power "to create" that a father has with his daughter. Let us remember that little girls need strong, protective and loving fathers who play essential roles in their lives. Let us feel the utter tragedy of what it might mean to be betrayed by the one person a girl longs to please at any cost and whose betrayal is fathomless.

These are some of the things our therapists and mentors must know in order to carefully put back the fragments of a girl's psyche that has been betrayed by the most powerful person in her life, her father. It is our hope and prayer that with your help and support every young woman can one day look at a photo like this and think: "I know what it means to be loved like this." "I am beautiful and strong." "I can do anything in this world." "I am good just because I am me." If a man can do this for his little girl, only then has he earned the right to be called "father."

"He didn't tell me how to live; he lived and let me watch him do it."

Clarence Bndington Kelland

M. Mish

Angels Among Us Dave Ewing



Dave Ewing is a bonafide Angel. Lorna Conroy, Executive Assistant to the Director and a long-time friend of Dave, showed him a list of 14 jobs that needed to be done at the Center. She thought Dave, a retired Forest Service engineer, would be perfect to make a repair or two. Instead of doing one job as Lorna had hoped, Dave completed the entire list of jobs.

The Center had an estimate for stonework in front of the Intake building which had been destroyed by neighborhood kids. The cost to do the job was \$800. Dave did it for nothing and so began his list of good deeds.

He repaired two doll houses, one which needed 1,153 shingles to be cut and attached by hand. He cut and installed chair railing for the Medical Department and cut wooden cars for the children in Intake to play with while waiting for their forensic interviews.

Dave is seen below with Christina Hill, Coordinator of the Intake building, who was pleased as punch to have a refurbished doll house for the kids. Many children find great comfort the first time they come to the Center by playing with the doll house, which has every room meticulously decorated and lots of figures for them to use.

The Center thanks Dave Ewing whose tireless efforts have not only saved us thousands of dollars, but whose willingness to help qualifies him to be called one of the Center's Angels! Thank you, Dave. You are part of our CAC family!



Dave Ewing with Christina Hill, Intake Coordinator.

In Her Own Words Ashley Woods

The police reports said a two-year-old girl and a four-year-old boy were found on a busy road in the city. The little girl and little boy were covered in scratches, bruises and what seemed to be cigarette burns on their heads and bodies. The two were stinky and filthy. It was in the documents that they hadn't had baths or a diaper change in a week. They both had lumps on their heads and mucous coming from their eyes. Where was their clothing? They were barefoot in November all alone and unable to speak.

The policeman picked up the pair and drove the two back home. Knocking on the door, their mother answered unaware they had even been out of the house.

"They must have wandered off again," she said. The police nodded, told her to watch her kids better or they would be taken away.

On Mother's Day, she grabbed up her two children and handed them to a friend. "Call DHS, I'm done."

She drove away and never came back. This is my story. I was that girl.

§

My stomach and private areas always hurt. I cried a lot; it burned and my 'owees' were red. I wet my pants again. I shut my eyes at night and pretended to be asleep. I heard my bedroom door open in the dark and I held my breath. My tummy hurt worse. The steps got closer and closer. I felt my father's hands go under the blanket. I wish the pain would stop. "I'll kill you and your brother if you tell, bitch." Daddy got a new mommy when I was three. Dad got mad a lot and kicked our dogs; he broke a lot of stuff; he got in a lot of car crashes. I remember when he hit grandpa and he was bleeding. Mommy made us sit in the car.

We were going on a big trip to Disneyland. I couldn't wait. I asked daddy, if I would get Mickey Mouse ears. Daddy got mad and his foot flew at me. I hit my head and arm. The pain in my heart and stomach wouldn't stop. I cried silently, so he wouldn't get mad again. He was wearing steel-toed boots!

My dad was sad and was playing with a gun. He aimed it at me and said, "I can kill you." Sometimes I wish he had.

When I was a teenager, he chased me with a metal golf club. I'm glad I hid. He told me to show my brothers and sister my breasts. He made me lift my shirt. He said I was a slut. After my brother went away, the blood and bruises kept coming. The pain in my stomach and heart were still there. I kept getting visits in the night by my father. His words, "I'll kill you and your mommy, if you tell," kept repeating inside my head.

§

At 15 years, I broke the silence. My mom found out and the police came and got my dad. He went to jail. My mom and siblings got away. We never went back.

§

I was angry at 15. I overdosed on pills. I didn't want to live anymore. Mom took us to the Children's Advocacy Center. We were listened to. We kept going back. The people there were nice to us. They gave us hope and warmth and didn't judge us.

My Mentor Anna taught me to sew and paint and have a voice to speak out. I joined the girls' group and went out with other girls on trips. I found out I was a powerful person and could help others.

I am now twenty. I am still involved with the Children's Advocacy Center. I have a wonderful mentor, Anna. I showed my art in an art show there. Everyone there believes in me. I am a student in college, and I am in my second year in painting. I have volunteered for sewing smocks for the children coming in the Center. I have also volunteered to share my story about breaking the silence to get help for others.

Ashley Woods is a courageous graduate of our Center. She received all services we provide, including mentoring and being part of our summer art program. Her mentor, Anna Loeffler, taught her to sew on her own time. Ashley now is giving back to the Center. She is an example that we are stronger than our past.

Mentoring Kids Speak

"We LOVE Group"

Sometimes we just have to listen to children. As children go through the Children's Advocacy Center, they are touched somehow by every staff person they meet. This is "on purpose." We want them to know that we value them, believe in them, and support their healing. When asked recently what Mentoring meant to them, here is what they had to say. No changes have been made. The names have been removed to protect their identity and privacy.

"I come to group every week because of the support and love we share. We are like mothers and daughters." A

"I think the main reason why I come to group is because these people are my family. I love how when I come here, I can open up and tell them how my week has gone. The girls in the group have built a connection with each other. I could never talk to my mom. She never listened and called me a liar. Anna is like a second mom to me and she is always there for me." CM

"When I am here, I don't have to hide. I don't have to worry about being made fun of. I also don't worry about being blamed for what happened to me! Before group Being here I opened up to see that I don't have to feel uncomfortable and I can see that I can be more social and see the world as a beautiful place and that I am strong. before the group I used to do things to hurt myself and even lock myself in my room because I would be scared of the world. Group taught me that my body is too beautiful to harm and the world is too beautiful not to see it."

"I keep coming back, because when I come here I'm sad and depressed. But when I leave, I'm happy and not so.....DEAD."

Mentors Save Lives!

"After I was raped, I didn't want to be alive. I didn't have a reason to be alive. Group has given me a reason to move on and keep going. I was so insecure and now I have confidence. This is my safe place. I would be lost and most likely not here if it weren't for the guidance and support from Anna and the other girls in group.. Anna is my second mother.. I can honestly say that I love her with all my heart. This group means the world to me."

KH

Kids are a Great Investment!

"It is place where I don't have to be afraid to cry. I look forward to group every week. We all trust and love each other. It's a place where I feel completely safe." Since group has started, my self-esteem has risen so much. I don't know where else I could feel this way." LK

"They make me feel welcomed and loved. Even when you are feeling all alone and like no one cares, I can come to them for support and love." It's just an awesome place to go!"

Community Volunteers Make Mentoring Possible!

Community Aff

Harry & David Promotes Safety & Fun for Our Community's Children

On April 1st and 2nd, **Harry & David Country Village** helped the CAC celebrate and bring awareness to the work of the Children's Advocacy Center. Since April is Child Abuse Awareness Month, this fun event was a perfect beginning. There were activities for the children, including an opportunity to meet and be photographed with Jack, our therapy dog, who is a celebrity in our community! Thanks to Harry & David for the delicious appetizers and the great wines from Del Rio, Longsword, Madrone Mountain, RoxyAnn and other local wineries. A variety of the children's artwork from the Center was on sale and Harry & David contributed a beautiful signature basket full of goodies toward a raffle with the proceeds going to the Center.

This event also gave us an opportunity to speak to community members about our prevention training and upcoming events. Even though the weather was less than perfect, the two-day event was a happy experience. Thanks to all the great folks at H & D for their generosity and help.



Thank
You!



fects Children

Albertsons' Packs4Kids Gives the CAC a Chance to Educate the Community

During the entire month of April Albertsons on Ross Lane in Medford contributed to the Packs4Kids event by assisting the community in donating items for backpacks for the children of the CAC: school supplies, hygiene products, books, games, items for all ages. Albertsons had bins for shoppers to place items they had bought. On April 16th staff and volunteers from the CAC were on-site bringing much needed educational materials on child abuse to the community. Sign-ups for prevention training and general information about what the Center does helped the community understand the needs of our kids. Thanks to Albertsons for a job well-done and for being a supporter of the kids in our community.

Thank You!



Thanks, too, to Alexis McKenna, our new Volunteer Coordinator for kicking off her work at the Center with a bang!

The Children's Advocacy is going SO

From Where I Sit by Marlene Mish, Ex. Director

“Pattern your life after the giant bamboo. The exterior, though smooth and lovely to the touch, is tough and resistant to the sword. Within, it is soft, pliable with much empty space for continued growth. It grows neatly and ordered, never cluttered. Alone, it rises tall and straight, always toward the sky. There, it spreads its beauty to the sun. It leans on nothing. It makes its own way, perhaps near others, a part of others, but very much dependent upon its own strength and force. So pattern your life.”

Zen saying



I often look at the children who come through the Children's Advocacy Center in the same way I have looked at all students I have taught in my life. I know that as a teacher, we are nothing but seed planters. We plant the seeds and nurture the sprouts, but the real work is an inside job and we have no say over that. Personal growth or healing has its own time, much like life, death, and the course of love. Maybe the trick is to give 100% to the effort, but then step away and wait.

When we work with children who have been abused, the team uses the most cutting edge modalities in therapy. In mentoring, we begin with these limitless palettes and begin to repaint, slowly. We feed them good food. Teach them to see themselves differently than the world sees them, not as victims but as tender seedlings that will grow and blossom in their own time.

Often I am asked to measure the “success” of our mentoring program. Outwardly, I must follow the mandates of grantors who support us. But inwardly, I

know that the success we are looking for is not always visible to the naked eye. It begins like conception itself, quietly and mysteriously and most of the millions of changes that take place are not visible to the outside world, but in its own inner world, the child is growing toward a unique and wondrous fruition! It's a miracle to me and so is the phenomenon of healing itself.

Like us all, the Center's children take a step forward and three steps back as they begin that process of growing into the person they were meant to be before someone hurt them. No two are alike and the only thing that is certain is that nothing will be certain. We nurture and then we wait. We teach and then we wait. We console and then we wait. Sometimes, we hold them accountable and then we wait. Slowly the examples we show begin to be mirrored in them, and then they take the hardest step of all. They begin to trust. That alone is a miracle and a new beginning. This has always reminded me of the giant Chinese bamboo tree:

You take a little seed, plant it, water it, and fertilize it for a whole year, and nothing happens. The second year you water it and fertilize it, and nothing happens. The third year you water it and fertilize it, and nothing happens. How discouraging this becomes! The fourth year you water it and fertilize it, and nothing happens. This is very frustrating. The fifth year you continue to water and fertilize the seed and then...take note. Sometime during the fifth year, the Chinese bamboo tree spouts and grows **NINETY FEET IN SIX WEEKS!**

So I guess one could say that our philosophy is a bit Zen. But maybe our philosophy is just as simple as what a mother would do to her new baby: feed her, love her, guide her, stand beside her, support her, and then wait.

<http://marlenemish.blogspot.com>

www.cacjc.org

Shop at: www.zazzle.com/cacmish

Children's Advocacy Center of Jackson County

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ICIAL as in Blogging and Facebook!

ASK JACK blog

Dear Jack,

I'm writing because I think there is something wrong with me. I have such bad feelings almost every day. Sometimes I just hate people and want something awful to happen to them. Other times I'm so sad all I do is cry. My big brother thinks I'm crazy and tells me I'm like a roller coaster, one minute up and the next minute down. What's really scary is he's right. My moods are all over the place. I can wake up happy then go to bed mad. Please help me with these feelings.

Jenny

Dear Jenny,

Everyone has feelings. They're normal. We can feel happy, sad, mad, glad, ashamed, lonely, proud, and embarrassed, just to name a few. What is important is to understand what leads up to making you feel certain feelings. Learning to recognize and talk about one's feelings is an important part of growing up.

When you are angry with someone and want some awful thing to happen to them, ask yourself what happened before the feeling started? Did they say or do something that made you angry? Did you feel hurt, sad, jealous or another not-so-good feeling? Once you figure out why you feel a certain way it may be easier to know what to do with your feelings.

When you are feeling sad, ask yourself the same questions. Did someone do or say something to make you feel sad? When you're sad it's okay to cry. Sometimes crying is the best thing to do because it helps the sadness wash away with your tears. Another helpful thing to do is talk to someone you trust. Being able to talk and learn about your feelings can help you understand yourself more. It may also help others to understand you too, like your brother. The most important thing to remember is that all feelings are okay – it's what you do with them that counts. If you want to talk some more, just e-mail my mom, Toni, at trichmond@cacjc.org. (She works with me and the kids everyday and will tell me if you e-mail back!)

Your friend, Jack

<http://askjackcac.blogspot.com>



Zazzle blog for the week of April 26, 2011



Last weekend we celebrated Earth Day. The holiday was first celebrated in 1970 as a way to ensure that we remember to take care of one of the most important things around us – this planet we all call home. It seems funny that we have to designate a day to remember this, but it is a great way for us all to pay attention to caring for our natural world. For my small family, this means working in our yard, recycling, and being careful about what I purchase. How was it packaged? How “natural” is it? Was it grown or prepared in a way that helps or hurts the Earth?

April is also Child Abuse Prevention Month. It seems funny that we have to designate a month to work on this. And how can we do that? Most of us have busy lives, jobs, our own families. It is difficult to read or think about child abuse. Why would we, if we didn't have to? The answer is as simple as thinking about taking care of our planet. If we don't work together to make sure that kids grow up in safe, nurturing homes, what will our communities look like in 20 years? As the parent of a young son, this question is very important to me. I know that no matter what I give him, if he grows up with another generation with far too many kids facing abuse and neglect, he and his peers will continue to pay a high price for all the services these kids will need as they become adults, for all of the lost childhoods, for all of the broken souls trying to make their way in the world with a weight of trauma in their pasts.

Now the hard question: what do we do? How do we help to stop child abuse? My thought at this point in my life is to do the same things I do for the Earth: I start close to home, caring for the kids in my neighborhood and family and son's school as well as I

Continued on next page

can. I pay attention and ask questions when kids seem sad or upset. I also think, again, about how I spend money. When I buy gifts, I always try to buy things that support good causes, perhaps things that come from artists' cooperatives, or things made by young people.

If you have read this blog in the past, you know it is about our on-line store, Metamorphosis. All products feature art created by teens and pre-teens in our mentoring program. All of these kids have faced abuse and all are working hard to move into a healthier life, with the support of adults who care for them. When you make a purchase from our store, you help them by supporting the program that gives them mentors and weekly activities designed to help them make good choices.

Let's celebrate the Earth, kids, and all the rest of us ... everyday.

<http://changeispossiblethroughart.blogspot.com>

For the Zazzle Store go to www.cacjc.org/shop/html

Save these Dates!

**“On the Veranda” -
CAC's 2nd Annual Art Show
July 22nd
at
Veranda Park
6:30 - 8:30pm**

**Darkness to Light - Stewards of Children
Child Sex Abuse Prevention
Trainer of Trainers Certification
June 23rd
8:00am - 5:00pm
If interested contact Alexis at amckenna@cacjc.org**



**Allegations of Child Maltreatment
Community Training
September 13-14
8:00am - 4:30pm
Register Early
Space Limited
\$5 Registration Fee
Contact Alexis at amckenna@cacjc.org**

UPCOMING:

**Darkness to Light -
Stewards of Children
3-Hour Workshops**

**May 21st - 10:00am to 1:00pm
June 21st - 4:00pm to 7:00pm
July 16th - 10:00am to 1:00pm
August 9th - 4:00pm to 7:00pm
September 17th - 10:00am to 1:00pm**

**Contact Alexis at
amckenna@cacjc.org to register**

On Fire for the Children Libby Dowsett, our Newest Board Member

Libby Dowsett first became interested in the work of the Children's Advocacy Center while working for KTVL Channel 10. She produced, reported and anchored a half-hour special on the Center and the services it provides. She met the doctor, experienced a mock grand jury and heard the questions the kids have to answer. She also sat in on one of the girls' Mentoring Groups and interviewed several of the girls. Libby says that she went home with their stories haunting her dreams.

Hearing the excruciating details of what some children must endure and comparing their lives to her own happy childhood, she knew that she needed to get involved. Since that time, Libby has not sat idly by. She has attended the Darkness to Light - Stewards of Children Child Sex Abuse Prevention workshop and helped the staff develop several radio PSAs that encouraged others to take the class and get educated. Those PSAs are currently running on Radio Medford, thanks to the generosity of Joe Mussio.

She joined the PR/Marketing Committee of the Board of Directors and now is the Chair. She hopes to come up with more creative ideas to get the word out. Currently, Libby is working on a News 10 Special Report involving the Center and the piece is set to air on May 24th. Naturally the Board was thrilled when Libby agreed to join, because the best Board member is one who believes in the cause.

Libby graduated from the University of Oregon School of Journalism and has worked for 18 years at various stations around Oregon and Nevada. She met her husband here in the Rogue Valley and moved back from Nevada to get married. She and her husband Don have two beautiful children, Cooper and Lucy.

Libby has seen first hand how resistant people can be to talking and learning about child abuse. "Let's face it," says Libby, "It is easy to turn away and say



it's just too painful to hear."

Libby relates a conversation she had with her mom one time. "Why do they keep giving you these depressing stories?" Libby told her, **"Mom, I SUGGEST these stories. These are the stories I know can make a difference."**

Libby is an example of a community member who made a conscious decision to make a difference. And then they take action. A strong woman with a gentle touch, Libby, shows us that whoever you are, you can use your special talents to help children. The Board and

Staff at the Center are so happy to have this energetic, influential and dedicated young woman on our Board. In short, we got a gem!



Cooper and Lucy
"Buddies for Life," says Libby of her two children.



Welcome,
Libby
Dowsett



Children's
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