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Fall 2014

# CONNECT with CAPA

Child Abuse Prevention Association  
of Beaufort County, SC

**Mission Statement:** CAPA breaks the destructive cycle of child abuse and neglect by equipping parents, children and their caregivers with necessary skills, knowledge and values.

CAPA welcomes Christina Wilson as our new Executive Director. A graduate of Clemson University with a bachelor's degree in finance, Christina is currently a master's degree candidate in public policy at South University. She has worked in real estate law for the past 14 years. She and her husband are foster and adoptive parents.



"The only way to insulate a child from the disastrous effects of abuse and neglect is to prevent it from happening in the first place. I am humbled and honored to be able to serve CAPA, its partners and its volunteers in continuing the association's mission of breaking the cycle of abuse in our community."

Christina is following Susan Cato's 29 year legacy of leadership and compassion. Susan will stay on board through the transition. "Christina knows who we are and why we do what we do. Her boundless energy, knowledge, team spirit and passion for advocacy are valuable assets to take CAPA services to the next level."



## Adverse Childhood Experiences

The influence of Adverse Childhood Experiences has been widely researched for over two decades. The findings are clear—what we experience as children can and does have an impact on our health and the decisions we make as adults.

There are 10 types of childhood trauma measured in the ACE Study. The questions are about physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect that you experienced or witnessed.

**Having a bad childhood doesn't mean you can't have a great life.**

As the number of your ACE score increases, so does your likelihood for negative health outcomes. More than likely, you are apt to experience risky behaviors that impact your physical or mental health.

In order to change your future, you must understand how your past has created your present.

It is never too late to begin overcoming the legacy of adverse childhood experiences and to enhance protective factors which will increase positive outcomes for your family's well-being.

To find out your ACE Score, visit [www.capabeaufort.org/ACE/](http://www.capabeaufort.org/ACE/).

## Support CAPA Today!

Please complete the below form and return to CAPA, PO Box 531, Beaufort, SC 29901.

Or contribute online by visiting [www.capabeaufort.com/donate](http://www.capabeaufort.com/donate).

- I want to learn more about becoming a volunteer with CAPA.
- I would like to receive this newsletter by email. My email address is \_\_\_\_\_.
- I want to help the children of Beaufort and surrounding counties. My donation of \$\_\_\_\_\_ is enclosed.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Enclosed is a check made payable to CAPA or  please charge my credit card for \$\_\_\_\_\_

Visa/MasterCard Account # \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV \_\_\_\_\_



Probability of Outcomes		
Given 100 American Adults		
33 No ACEs	51 1-3 ACEs	16 4-8 ACEs
<b>WITH 0 ACEs</b> 1 in 16 smokes	<b>WITH 3 ACEs</b> 1 in 9 smokes	<b>WITH 7+ ACEs</b> 1 in 6 smokes
1 in 69 are alcoholic	1 in 9 are alcoholic	1 in 6 are alcoholic
1 in 480 uses IV drugs	1 in 43 uses IV drugs	1 in 30 use IV drugs
1 in 14 has heart disease	1 in 7 has heart disease	1 in 6 has heart disease
1 in 96 attempts suicide	1 in 10 attempts suicide	1 in 5 attempts suicide

**2014 Board of Directors**

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Dawn Freeman  
*President-Elect*  
Bob Bible  
*Vice President*  
Melissa Murray  
*Secretary*  
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Margaret Fyfe  
Jonathan Gray  
Katie Grindle  
Linda Karlyk  
Bernie Kole  
Nan Sutton  
Ron Voegeli  
Dawn Walz

Ramond Mecherle, *Emeritus*

The Child Abuse Prevention Association is committed to transparency. Board meetings are held at 5:30 p.m. on the 2nd Thursday of each month in Port Royal and are open to the public.

**JOIN THE BOARD**

We are currently recruiting for our 2015 Board, especially those with backgrounds in pediatrics or finance. Please call 524.4350 or email [Board@capabeaufort.org](mailto:Board@capabeaufort.org) for more information.



The Open Arms Shelter and Group Home for Children and Youth building is almost 30 years old and has been home to more than 2,100 children. Over the past two years, we have been at or near full capacity and have had to turn away children. CAPA is thrilled to announce that the shelter is undergoing renovations to increase our capacity to 18 beds.

Kole Construction, Atlantic Marine Corps Communities (AMCC) and volunteer construction professionals have generously stepped up to complete the work with minimal disruption to the residents. The project will include improvements to four bedrooms and one bath. A small porch will also be enclosed for use as a game room.

This past September, AMCC also rehabbed two other bathrooms as part of their company's Lend/Lease Make a Difference Day.

During the renovations, the Society of Fire Protection Engineers Central Savannah River Area Chapter (SFPE) will install a fire sprinkler system in the facility. Support for this project comes from SFPE members Foster Engineering & Consulting, LLC and Lifeguard Fire Protection. CAPA received additional funding through a Victims of Crime Act (VOCA) grant administered by the South Carolina Department of Public Safety. CAPA would like to thank Beaufort Fire Chief Sammy Negron, who has been instrumental in securing this project.



**Volunteers Needed**

The vital work of volunteers enables CAPA to provide life-changing services to children and parents. Volunteers are needed to receive and sort donations, price and merchandise items and run the register.

Thank you to the Red Hat Society, Sea Island Presbyterian Youth, Port Royal Methodist Women and Port Royal Baptist for bringing groups to volunteer this year.

Please call Barbara at 524-0281 to donate your time or schedule your group.



**Angel Wish Trees**

Each Christmas, CAPA collects presents for children residing in a Beaufort County foster home, the Open Arms Shelter or to a child involved in another CAPA program. Last year, CAPA collected gifts for **337 children**. We need your help to make this holiday special for those truly in need. Please call Charmian at 524.4350 to host a tree at your office or business.

Thank you to the students in the Beaufort High Interact Club for preparing 800 Wish tags for this year's trees.



**Thank You**

CAPA heavily relies on the generosity of local funders and businesses to help us keep our shelter doors open and programs available. We would like to take a moment to thank the following partners:

- **The Refuge** for your continued funding support.
- **Centurylink** for hosting a food drive for the shelter.
- **Carolina Air, Inc.** for keeping us cool.
- **ArtiZen Yoga & Massage** for including CAPA in their "Yoga it Forward" fundraising.
- **Carolina Glass, Secure Lock & Key and the Port Royal Firefighters** for assisting with the Shelter makeover.
- **Praise Assembly of God** for providing the shelter with Tuesday night meals.
- **Keith's House of Plumbing** for taking care of our systems, repeatedly.
- **Al's Vista Landscaping and Lawn Solutions, LLC** for generously taking care of our landscaping needs
- **Bangs Salon** for keeping our kids school-photo ready.
- **Baptist Church of Beaufort, Hobbit Hill Preschools, Honeytree Preschool, Mossy Oaks Kindergarten and Preschool, and Wardle Family YMCA** for allowing residents of the shelter to attend their programs throughout the year



Did you know?

- Most kids are first exposed to porn at less than 11 years of age
- An unsolicited image is the beginning of a long battle with porn addiction
- 1 in 5 children ages 10-17 have been approached for sex online
- 57% of kids have accidentally accessed inappropriate material online
- 75% of these young people do not tell their parents about these incidents
- The porn industry is now the 7th largest industry in the U.S.
- Unprotected Internet access can lead to identity theft, cyberbullying, and social network dangers

What happens in the privacy of a cell phone or computer can affect everyone in the family.

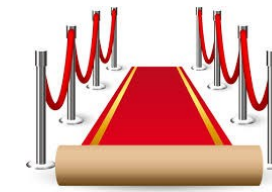
- Net Nanny



**22nd Annual Ghost Tours**

Take a carriage ride or walking tour through the moss lined streets of Beaufort's historic district while listening to haunting tales of the area. All tales are considered true and have been shared by current and former residents.

Call the "ghost line" at 52-GHOST (843.524.4678) to make your reservations.



**Rolling out the red carpet for CAPA!**

The Exchange Club of Beaufort is hosting the 27th Annual Auction to benefit CAPA on Saturday, November 15th at The Shed in Port Royal. The United States boasts more than 700 Exchange clubs whose national project is the prevention of child abuse. Our local club, The Exchange Club of Beaufort, has been working hard all year to make this



This year's Hollywood-themed event, will be a fun-filled night featuring a live and silent auction, cash bar, heavy hors d'oeuvres, costume contests and more.

To donate an item, service or trip to the auction, please call Ron Voegeli, Auction Chairman, at 843.812.2796. All proceeds from the auction benefit CAPA. To purchase tickets, please call Tracy at 843.524.4350. Visit the auction website to preview items: <http://goo.gl/cNVgF4>. Check out our online bidding on select items!



**There are currently 12 children in the shelter, ages 4 to 17.**