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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 or www.facebook.com/CAPABeaufort.



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 _____



Spring/Summer 2015

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.

Celebrate the summer with CAPA, help us spread the word by PINWHEELING A FRIEND!

Over 4,000,000 pinwheels have been displayed across the nation since April 2008. Planted as “pinwheel gardens,” these eye-catching displays entice the public to take notice of this societal problem and to play an active role in prevention in their communities. The Child Abuse Prevention Association is securing pinwheel sponsors from across our community to raise funds for prevention programs!

Let us plant a garden in your friend or family member’s yard or even your business anywhere in Beaufort County. The pinwheels will be placed during the morning and will stay in place for 24 hours. Please call the office today at (843) 524-4350 to *order your own gift garden* or you may *request a PINWHEELING on our website at www.capabeaufort.org*.

\$25.00 Garden of 25 \$50.00 Garden of 50 \$100.00 Garden of 100

OR

Because we value prevention, you may purchase pinwheel insurance for \$100.00



We had originally planned to celebrate with pinwheels during Child Abuse Prevention Month in April, but the port strike in California delayed our shipment. Rather than spoil our fun it has given us the opportunity to celebrate all summer long.

Photos of your garden will be posted to Facebook for you to share with your family and friends.

Pinwheeling proceeds will be used to fund CAPA’s abuse prevention programs: personal safety and character development for elementary students, Cribs for Kids, Triple P parenting, mandated reporter training, and adolescent pregnancy prevention.

Your tax-deductible donation will be used to educate and empower thousands of children and families in the Lowcountry.

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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.



There are currently 14 children, ages 4 to 15, in our Open Arms Children's Home.



Director's Cut

Our social media newsfeeds are full of sad stories. Sometimes I wonder if writers simply sit around trying to pull our heartstrings with every article they write. Of course, I know this not to be the case, but truthfully, I always find myself focusing on the negative stories as opposed to the happy and encouraging ones. I guess you could call that a smidge pessimistic. Perhaps my own newsfeed is filled with stories about abuse and neglect simply because that's what I continue to read. We all need a little good news though, don't we?

Spring is a good time to talk about renewal and new beginnings. I think of this season as the time where it rains a lot but towards the end, you can start to see the beauty in nature. The bulbs start blooming, the plants that looked so woody the month before start to show green life, even the birds sound happier in the spring. So what's the good news from the child abuse prevention front? What's the glass half full news that we can soak in like the spring sun? What can make us realize that efforts to stop child maltreatment are, in fact, worth it?

Well, there is good news! First, Community Foundation of the Lowcountry awarded CAPA a generous grant to start a trauma-focused home visitation program to help heal families and prevent children from entering foster care. Second, we continue to educate our elementary students, county-wide. Just this year, one child disclosed being touched inappropriately after learning about good touch, bad touch in one of those programs. And last, but certainly not least, we had a surprise when a former resident of our Children's Home came back with his parents. The parents profusely thanked us for taking care of their child when they couldn't. They discussed turning their lives around and how they've been doing the right thing for nearly three years now. Stories like this are everywhere. Caseworkers who have indeed saved children from certain death, teachers who noticed something and reported it, or friends who just knew something wasn't right in a family. There is always a silver lining. There is always a spring to be found. We just need to look for it!

Holding CAPA in my heart and hands,

Christina



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. Call 524-0281 and speak with Barbara.

Follow CAPA's Closet on [Facebook](#) to check out photos of our newest treasures!



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:

- **Lowcountry, SC Kappa Delta Alumnae** for providing paper products and summer beach supplies.
- **Praise Assembly of God** for providing the shelter with Wednesday night meals.
- **ADK Sorority** for paper towels and toilet paper.
- **Al's Vista Landscaping, Lawn Solutions, LLC** and **Alpha Landscaping** for generously taking care of our landscaping needs.
- **Pinckney Retreat** for hosting our volunteer appreciation party.
- **St. Peter's Catholic School** for hosting a paper product and juice box drive.
- **Riverview Baptist Church and TLC Women** for helping the Easter bunny deliver baskets.
- **Habersham** for treating our kids to the circus.
- **Plaza Stadium Theater** for inviting our kids to a monthly movie.
- **Beaufort County Republican Women** for the diapers and wipes.
- **Waste Pro of South Carolina** for keeping us clean at KidFest.

Some see a child misbehaving and say "Why is this child so bad?" or "What's wrong with this kid?"

Others see a traumatized child and ask, "What happened to you?" or "What can I do to help you?"

When a child is involved in abusive, endangering, dysfunctional, or other life-altering experiences they lose the ability to regulate their emotions. A smell in the air or the hearing of a certain sound can be trigger reminders of trauma a child experienced and can raise their levels of fear, anxiety and stress. The impact of a child's grief, loss and trauma is reflected in their behavior. These adverse childhood experiences that a child endures can cause them to react in aggressive and disruptive ways. Pain-based behaviors reveal their efforts to cope and process their grief, loss, and trauma.

Our understanding that a child who has suffered trauma is attempting to cope as opposed to acting out is the first step to becoming a supportive community. We must shift the paradigm from "Why is this child so bad?" to "What could have happened to this child to foster such grief?" This mindset is not a pass for poor behavior, it's simply a different perspective to encourage us to respond in a better way.

CAPA will continue to implement trauma-focused best practices to work with children and families who have experienced trauma to help them begin to heal. In addition, we will strive to educate these families' support systems from the schools to law enforcement so that they too might have their perception shifted.




Join CAPA at the Sands on July 4th!

We'll be dressed in red, white and CAPA blue selling refreshments before the big show.

Summer Safety

Drowning is one of the top causes of injury and death in children. Children can drown in pools, rivers, ponds, lakes or oceans. They can even drown in a few inches of water in bathtubs, toilets and large buckets of water.

An adult should actively watch children at all times while they are in the pool, river or ocean. The supervising adult must know how to swim and be free from distractions: talking on cell phones, socializing, tending to household chores, or drinking alcohol.

1st Quarter Outstanding Volunteers



Claire Creech
CAPA's Closet



Katy Jones
CAPA