

**REPAIR THE DAMAGE DONE TO CHILD SEXUAL ABUSE VICTIMS AND THEIR FAMILIES,
REDUCE THE RISK OF RE-VICTIMIZATION, AND
PREVENT THE CYCLE OF ABUSE FROM CARRYING OVER INTO FUTURE GENERATIONS.**

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UPCOMING EVENTS

ChildSafe Open House
December 3, 2010

Christmas Shop for
Children at Fine
& Funky, Timnath

ChildSafe Trivia Bowl
February, 2011

ArtThrives!
July 29, 2011

Quilt Raffle to Benefit
ChildSafe at the
Rocky Mountain Quilt
Festival
August 21, 2011

Tees Fore Two Golf
Tournament

ChildSafe 25th
Anniversary Events



TWENTY-FIVE YEARS AND COUNTING

As we near our 25th year of existence, we've had an exciting past six months at ChildSafe. We've moved to a new, larger building at 1148 East Elizabeth in Fort Collins, just a few blocks from the old office. With the expanded facility, each full-time therapist has a private office, we have an adequate number of play-therapy rooms, and we have separate waiting rooms for children and for adult survivors of child sexual abuse—a definite must according to our adult clients. We've held five very successful (and fun) fundraisers, expanded our services to include outdoor activities at Educo's base camp at Red Feather Lakes and, most important, continued to provide treatment to more clients than ever in the first nine months of 2010.

This fall we started our therapy groups and a new Parenting Traumatized Children with Love and Logic class that has more participants than ever. Our north office, courtesy of a collaborative grant with CSU, allows us to provide bilingual, bicultural therapy to clients in north Fort Collins at 114 Bristlecone Drive. CSU Food Sciences students are developing age-specific programs to encourage our clients to eat healthy.

As with any nonprofit agency, the challenges are never ending, especially in these economic times. I am proud to work with a totally dedicated, compassionate, well-trained staff. Our volunteers contribute thousands of hours to ChildSafe. Last, but certainly not least, our donors have enabled us to do the work that is crucial to so many traumatized children, their non-offending family members, and adults who were molested as children. We look forward to the next 25 years!

Jane Bradley, Executive Director

A FATHER'S LETTER OF THANKS

My daughter was sexually abused by my father-in-law. It has taken me the better part of two years to be able to make that statement while controlling the myriad emotions a father feels given what has transpired. But, as I learned over the last couple of years, I can feel the anger, hurt, disappointment, sadness, and rage. That's natural and at times necessary. It is learning to use those emotions productively to assist my daughter and my family in moving forward that has made the difference. I owe all of that growth to ChildSafe and their incredible staff.

When my wife and I first found out about the abuse, we had no idea where to turn. Like so many parents, we assumed we were on our own, fighting this fight alone. We had no idea how to help our daughter deal with the pain and disappointment without making the situation worse. We needed real guidance and training. I personally did not know the importance of dealing with the emotional as well as the physical toll this experience had taken on my daughter. I needed a roadmap on what to do and how to do it. Thankfully that roadmap came from the compassionate professionals at ChildSafe. Their expertise shed light on our darkest hour and helped us overcome the hurdles and avoid the pitfalls. It was never easy in fact, it was much harder than I could ever have imagined. It has also proven the strength and fortitude that my daughter has and has inspired me to be a better father, husband, and person.

I often convey to my daughter that I hope this situation will be moments in her life, but not the *defining* moment in her life. I truly believe that with the help from ChildSafe staff, she is well on her way to living life as she deserves, full of happiness, joy, and growth. Thank you, ChildSafe, for all that you do.



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ChildSafe is a 501(c)3
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A TEEN CLIENT FINDS DIGNITY AND HEALING

Words cannot describe how thankful I am for my therapist and friends at ChildSafe. At the beginning, healing sounded impossible. I thought I would have to live with the evil, ugly feelings inside of me forever; I thought I would have to punish myself for the rest of my life. However, thanks to the support, compassion, guidance, and patience of the dedicated therapists and to the strength, courage, and love of my girls group, I am happy to say that my life has taken an unexpected turn—one of healing. After two and a half years of therapy at ChildSafe, I have experienced immense growth that I never in a million years thought possible. Always at ChildSafe I was believed and respected, and this in turn gave me the inner strength to look deep within and combat the trauma so that today I can honestly say I’ve started living my life. With the help and compassion of my therapist, I’ve been able to slowly pick up the pieces and learn how to regain a childhood, this time one of spunk, carefree fun, sunshine, love, and happiness. Never for a second do I doubt ChildSafe’s ability to restore the dignity and well being of victims in our community, as well as the absolute importance of their mission.

Thanks from a parent (accompanied by flowers):
“Thank you for EVERYTHING you have done to bring happiness back into our family. We will never forget you and ‘Thank you’ is definitely not enough for what you have done.”



**Newsletter Series: Sibling Incest, Part One
Sarah Ascienzo, Therapist**



Studies indicate that in reported cases, 34% of child abuse is perpetrated by juveniles (Snyder, 2000). Sibling incest is a subset of these cases, and one that provides a unique set of challenges for the family. Both the sexually acting-out youth

and the sexually abused child have their own distinctive therapeutic needs, and meeting both of the children’s needs can be cumbersome. This poses many challenges for caregivers who need to support and parent both children. Furthermore, because a period of separation between the children is sometimes necessary before the family—particularly the children involved in the abuse—can become healthy and feel emotionally and physically safe, caregivers are faced with unique and challenging circumstances, especially since treatment, healing, and reunification can be a lengthy process.

Fortunately, sexually acting-out youth are more responsive to treatment than adults. Especially when provided with appropriate treatment, they have lower rates of recidivism (Association for the Treatment of Sexual Abusers, 2000), a finding that increases the likelihood that reunification can be successful. ChildSafe has a goal of reuniting these families whenever therapeutically appropriate and possible. ChildSafe has seen successful outcomes in several families where there has been

- effective therapeutic intervention for both the sexually acting-out youth and the victim;
- separation between the children when necessary;
- a clarification process between the children and, if needed, caregivers;
- education and support provided to caregivers; and
- teamwork and communication amongst all professionals involved with the family.

Upcoming newsletters will discuss various aspects of these complex cases and the factors found to increase the likelihood of successful outcomes.

MEET THERAPIST LAURA MOLZER

Omaha native Laura Molzer graduated from Creighton University with a degree in psychology. She and her husband then spent time with AmeriCorps, the domestic version of the Peace Corp. During this period, she discovered she loved working with children and their families. After completing a Masters Degree at CSU with an emphasis on marriage and family therapy, she came to ChildSafe as a full time therapist in 2007 after serving as an intern in 2006.

Laura works primarily with children ages three through twelve, though she does have a few teen and adult clients. When asked about the most satisfying part of her job, she smiles her beautiful smile and answers immediately. “Watching the kids become empowered. Watching their behavior and physical demeanor change. Seeing them begin to carry themselves with shoulders squared and back straight. Sometimes they will begin to verbalize how they feel now.” Then, when asked about the hardest part of her job, she grows thoughtful and responds carefully. “Working with the children who don’t have much support in their lives. They seem to have a much longer road ahead of them, and progress may be slower.” Laura credits her co-workers with offering support and advice that are extremely helpful.

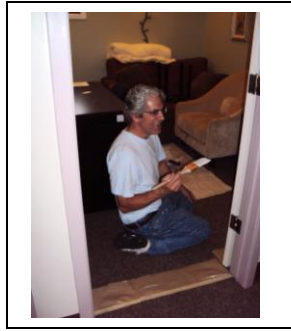
Another question caused another thoughtful pause: What advice would you offer parents about their children? “Kids have good reasons for acting the way they do. The young ones may not have the verbal skills to communicate something that is going wrong, but their changed behavior can reflect trouble. Try to understand why they are acting the way they are. They could be trying to tell you something.”



Though she loves Colorado, Laura still enjoys visiting family back in Nebraska. Like all ChildSafe therapists, she stresses how important it is to “leave the office at the office.” She loves scrapbooking, hiking with her husband, and walking her golden retriever.

Laura says she was a “lucky kid growing up with a very supportive family.” The children she sees at ChildSafe must feel a little lucky, too, to find such a warm, lovely therapist waiting to greet them with that beautiful smile.

	<p style="text-align: center;">WE’VE BEEN BUSY!</p> <p style="text-align: center;">New Office Building at 1148 East Elizabeth Fort Collins, CO 80524</p>	
<p>Romeo Golf Club President Don Sinnar presents a check for \$7,800 to ChildSafe President Teresa Ablao, Executive Director Jane Bradley and Board Member Pam Franzen.</p>		
<p>Educo developed self-esteem and team-building activities for ChildSafe clients at their base camp at Red Feather Lakes. Two groups of girls were up for overnight adventures; there was a mother-daughter day and a day for adult survivors. Two ChildSafe therapists attended all activities to ensure that the clients felt safe. One teen client described the overnight trip as “life changing.”</p>		



Terrific helpers for Make A Difference Day on October 22 included John Bockhaus, Alan Wade, Ronald Thurgood, Alan Pippin, Matthew Lovell, Doug Bigson, Clint Parker, Gregg Lesartre, John Tillema, Kathleen Glaser, Jenna Van Fossan, Carol and Dave Thompson, Ramona Weaver, Della Villarreal, and Beth Sowder. They made our new office building sparkle.

FROM CHILD VICTIM TO ADULT SURVIVOR

Being stuck in victim mode is its own prison of fear, mistrust, bad choices, narrowed opportunities, self-destructive behaviors, and shattered relationships. Transitioning to adult survivor is liberating. I wish there had been a ChildSafe in Michigan in the '70s. My struggle to be free from victimization and its aftermath would not have taken quite so long, I am sure. I was in and out of therapy for years and years with little success. I would not have made the passage from victim to survivor without the specialized techniques and insight provided by my ChildSafe therapist.

Thank you, ChildSafe. The therapists' dedication and expertise in the area of child sexual abuse treatment provide child victims a chance to truly heal and become survivors well before adulthood. As a child sexual survivor, a mother, a citizen, a lawyer, and a human being, I am grateful for all that ChildSafe does for the children (and the adults) in this community.



A therapist was talking with one of her five-year-old clients about touching problems and safe people to talk to about problems. In her list of parents, teachers, and her principal, she added that ChildSafe is a safe place. The therapist asked, "How do you know this is a safe place?" The child said, in a matter-of-fact, this is obvious sort of way, "The name...ChildSafe."

Caroline Schumacher saw a four-year-old girl for the last time a few days ago. As she was bidding goodbye to Caroline, the child said, "This place is the safest place."

A therapist was talking with an eight-year-old client and his uncle (his primary caregiver) in the waiting room. The uncle mentioned some things that had happened the previous night that the child might want to talk about with the therapist. The boy asked his uncle if it was okay to tell what happened. The uncle said yes, it was okay. A six-year-old boy, the therapist's next client, was also in the waiting room. He spoke up. "You don't have to ask permission. You can talk to Sarah about ANYTHING. It's safe. Really, it's safe." About three months earlier, when this six-year-old had begun therapy, he would regularly tell his therapist that he couldn't tell her about certain things.



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