



VOICES OF HOPE

www.chilsafecolorado.org

OUR MISSION: 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.

October, 2011
Volume 3, Issue 3

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Summer is officially over and the leaves are turning. Amidst the autumn splendor the reality is that child abuse is alive and well in our community. From December, 2010 through September, 2011, ChildSafe served 225 **new** clients in addition to the ongoing clients who started treatment previously. I have attached a copy of the Fall 2011 Newsletter from the Health District of Northern Colorado which features ChildSafe and two of our clients—Liz and Michelle Johnson. Their stories are very compelling and attest to the fact that you can survive child sexual abuse, heal and thrive. They are just two of the many success stories the we have had over the last 25 years!

Jane Bradley, Executive Director

The second annual ArtThrives! art auction, brought to you by Realities for Children, was held on July 29th at the Fort Collins Country Club. It was ChildSafe's most successful fundraiser ever! Thank you to all of the extremely talented artists (including some of our clients) that donated art and attendees that made it fun and lively. Live auction artists were the crème de la crème: Lorri Acott, John Atencio, Bob Coonts, Kathi Dougherty, Paul Febvre, Janis Goldblatt, Gwen Hatchette, Gary Hixon, Mark Hopkins, Christy Martell, Ellie Weakley and Carl Wilmsen. In addition, we had 44 silent auction artists who donated to the event. The champagne prize was a week's stay in Aruba courtesy of Roger and



Brenda Jensen!

One of our child artists had this to say about her artwork: "The people in the picture are the ChildSafe therapists and me. They are good therapists and I drew the picture because I wanted to tell them thank you. I want them to feel better."



Fused glass
by Kathi
Dougherty

The Blue Hare by
Bob Coonts



We would like to thank the following ArtThrives! Sponsors:
The Collector (\$5,000): **REALITIES FOR CHILDREN**
The Curator (\$1,000): **ADAMS BANK & TRUST**
The Benefactor (\$500): **BANK OF COLORADO, DYE & WHITCOMB CPA's, PRUDENTIAL ROCKY MOUNTAIN REALTORS (BARB ETHERTON), ANONYMOUS**
The Advocate (\$250): **ABLAW LAW FIRM, LAND TITLE, OTIS, COAN & PETERS, Attorneys at Law, SCHAEFER & KAINES DENTISTRY**



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MEET THERAPIST LISA PENDLETON

Lisa moved to Fort Collins nearly nine years ago and has fallen in love with life in Colorado. She has been at ChildSafe for the past two years. She received her BS from the University of Idaho and her Master's degree from CSU. Lisa works with adolescents, adult survivors of child sexual abuse, and caregivers of children who have been sexually abused.



Sometimes caregivers are adult survivors themselves. "Helping a parent heal from their own abuse while helping them understand their children's behavior brings healing to the family more quickly than treating the victim alone." This systemic approach is a very successful way of helping families feel better.

Lisa practices "trauma-informed" therapy using her training in Eye Movement Desensitization (EMDR) and Internal Family Systems (IFS) to help clients draw on their own strength to achieve healing and balance. "My wish for my clients is for them to be able to see their resiliency and courage through my eyes."

Lisa takes care of herself by bringing self-care and balance into her own life. She enjoys camping, hiking, and biking with her family and, most recently, running 1/2 marathons.



ChildSafe Board of Directors, clients and staff thank the Gay & Lesbian Fund for Colorado for its ongoing support of ChildSafe!



CHILDSAFE:

Play therapy is one of the most important things we do at ChildSafe. Therapists such as Caroline Schumacher, shown here, have specialized training in Play Therapy. This form of treatment allows the child to manipulate the world on a smaller scale—something that cannot be done in the child's everyday environment. The child plays out his/her feelings, bringing these hidden emotions to the surface where he/she can face and cope with them.

Thanks to a grant from the Bohemian Foundation, in the summer and fall our clients get to experience outdoor activities at the Educo base camp at Red Feather Lakes. Not only does it encourage physical activity but it promotes self-esteem, team building and communication.



ChildSafe: Helping Victims of Abuse

by Kelly K. Serrano

When 14-year-old Liz Johnson revealed that she'd been sexually abused as a toddler until age 8, deep down her mother knew who the perpetrator was: the same adult male family member who had also abused her as a child. Her daughter's revelation brought back Michelle Johnson's suppressed memories of her own abuse. "I was just devastated for her," Michelle says. "It made it harder that it was [a family member]."

Seven years later, both women (Liz is now 21) have found the courage to live and love with the help of ChildSafe. Therapists Kandy Moore, Valerie Macri-Lind and Mike Kehl founded ChildSafe in 1986 out of a need for a comprehensive, community-based response to child sexual abuse. It became a nonprofit in 1998. "We began the program with 10 victims and their families as part of our private practices, and we soon realized that there were far more children and families needing this service than we had ever imagined," says Macri-Lind. While Kehl has moved on to work with adult sex offenders, Macri-Lind is clinical director of ChildSafe and Moore is a part-time therapist. "Over the years it has just grown and grown," Moore says, noting that in 2010 ChildSafe saw 502 clients, about half of whom were children and adolescent victims and the remainder were their nonoffending family members and adult survivors of childhood sexual abuse.

ChildSafe offers individual, group and family therapy, all on an outpatient basis and developmentally appropriate, as well as parenting classes. Liz Johnson's parents attended therapy together and separately to deal with their guilt, and Michelle Johnson is now receiving therapy to deal with the sexual abuse she suffered as a child. "My daughter is a little ahead of me in therapy," Michelle says. "I look at her and see how great she's doing, and I tell her, 'I'm going to be like you when I grow up.'"

Most child victims will spend 18 to 24 months in therapy as they learn to trust the therapists and their family members again, Moore says. "Kids think that somehow the nonoffending parent must have known," Moore explains. Another recipient of ChildSafe's assistance is Tracy (not her real name), whose daughter was just 7 years old when it was discovered her step-grandfather was sexually abusing her. "I knew I couldn't push it under the rug and forget about it," Tracy says. With therapy, Tracy says, her daughter has gone from a quiet, timid little girl to standing up for herself. Her family is also stronger and prepared for the setbacks that are sure to arise over time. "Things are going to come up," Tracy says. "ChildSafe has always said, 'We're a phone call away.'"

ChildSafe is supported by fundraising, public and private grants and crime victim compensation funds, and offers its services on a sliding scale. "Our goal is to not turn anyone away for lack of resources; we just don't feel that's right," Moore says. ChildSafe serves Larimer County, receiving referrals from the nonprofit Child Advocacy Center, Child Protection Services (part of the county's Health and Human Services division), law enforcement, medical clinics and schools. It also has a few clients from Weld, Boulder and Morgan counties.

"[ChildSafe] is a main place we would refer parents to, to take their children to for counseling," says Melissa Funk, Victim Services coordinator for Fort Collins Police Services. Funk has referred child sexual abuse victims to ChildSafe since 1994 as well as received training from the organization. She says that at ChildSafe, victims and their families receive help to cope with what happened to them and realize it's not their fault. "[ChildSafe therapists] are definitely experts in this field," she says.

Liz Johnson attributes ChildSafe for the fact that she is still alive. "It just makes you feel worthless, like you're not good enough for anybody or anything good in life," she says of the abuse she endured. "Honestly, I don't think I'd be here [without ChildSafe]. I can now help people who are going through this situation." ChildSafe is responsible for the fact that her family is still together, closer and stronger, Michelle Johnson adds. "I can't imagine what it would've been if we hadn't found ChildSafe," she says. "Our lives probably would've been destroyed."

Where to get help

ChildSafe offers individual, family and group therapy for victims of child sexual abuse and their nonoffending family members.

The organization also provides support for adults molested as children. For more information or to schedule an appointment:

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Office hours:

8:30 a.m.-6:30 p.m. Mon.-Thurs.

8:00 a.m.-noon Fri.



Michelle Johnson, pictured with her daughter, Liz, says ChildSafe is responsible for keeping her family together.



Pictured at left is Elaine Burrirt, winner of the 2011 Quilt Raffle, with Barbara Cohen, ChildSafe Board Member and member of the Rocky Mountain Quilt Foundation!

For the fourth year, a gorgeous handmade quilt is being sewn for ChildSafe. Last year's extremely talented, national award winning artist Sherry Reynolds will be back to present us with another true work of art for 2012. We will begin selling raffle tickets for this new quilt at the Fort Collins Country Club's Holiday Bizarre on November 30 and December 1. If you would like to purchase raffle tickets for the quilt, contact ChildSafe at 970-472-4133 or ChildSafe@gmail.com. Tickets are \$1 each or 6 for \$5.



The ROMEO Men's Golf Club sponsored its Second Annual Tees Fore Two Golf Tournament which benefitted ChildSafe and FREE (Front Range Exceptional Equestrians) at the Fort Collins Country Club on Monday, September 12. It was an extremely fun day of golf with unbelievably gorgeous weather. We are extremely grateful to the ROMEO Men's Golf Club for its continued support of ChildSafe and FREE!



Fine & Funky, a jewelry and accessories store, will again donate a portion of its proceeds from sales on Saturday, December 3 to ChildSafe. Fine & Funky has expanded so please come to the store on December 3 for your Holiday shopping. The store is located at 4120 Main Street in Timnath. We hope to see you there!



Your feedback is important to us. Contact us at 472-4133 or at childsafecolorado.org. Visit online at www.childsafecolorado.org.

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