

ANNUAL REPORT 2013

# Idaho Children's Trust Fund



Preventing Child Abuse In Idaho

Creating connections so that...

# ...community efforts will have maximum impact

It's hard to show what didn't happen: the parent who got support and didn't physically abuse his child, the community recreation program that didn't have a child sexual abuse incident, or the child who grew up healthy and happy never having to deal with the effects of abuse. We are starting to see the effects of prevention in declining child abuse statistics. Still a long way to go but progress is certain.

Over the past decade the Idaho Children's Trust Fund and the child abuse prevention field nationally have used a research based approach to prevention based on five protective factors that have been shown to strengthen families. These protective factors build parental resilience, create supportive social connections for parents, ensure adequate fulfillment of basic needs, provide knowledge of child development and parenting, and support healthy social and emotional development for the children.

We know that strong families and communities protect our children from abuse and neglect. Protective factors are a tool to help practitioners work intentionally to build strong families and communities. All of the programs that are funded through the Children's Trust work to build protective factors and measure prevention based on



*"We are all in this together"*

them. This approach works for all families—whether they have a stay at home parent or a parent in prison.

This is an approach for all of our families—theirs, yours and mine. We are all in this together.

support

# ...families are supported

*"When you're down and troubled and you need a helping hand ...Ain't it good to know, you've got a friend?"* **Carole King**

These words could describe the world of many new (and veteran) parents dealing with the joys and struggles of raising children. It makes a big difference when you've got a friend or a family member who gets you, who supports your parenting, who understands that sometimes being a parent is really hard. That's at the heart of what we mean when we talk about "social connections" as a protective factor for families. We know that isolated parents are more likely to be under stress and more likely to struggle with parenting. On the flip side, parents who have the support of friends or family know that they aren't alone and have someone with whom they can share parenting struggles and successes.

We all have an important role to play. Whether you're a friend, family member, neighbor, or professional- social connections start with an ear to listen, a kind word, or an offer to help. We're proud that the Idaho Children's Trust Fund provides funding to organizations that can be supportive when families need more than a kind word or an ear to listen. Read on to learn more about the difference that ICTF funding makes in Idaho.

To quote another classic song, *"I get by with a little help from my friends..."* Don't we all?

**Roger Sherman**  
Executive Director





# ...practitioners and parents can share best practices

We had an embarrassment of riches at the 14th annual Strengthening Families Training Institute in March. Over 200 people attended the two day institute to share their knowledge with peers and to learn from experts who are working in the field.

ICTF's keynote and capnote speakers, all Northwesterners, are doing exemplary work. Well known author and former director of the Oregon Children's Trust Fund, Robin Karr Morse, opened the Institute with a fascinating discussion about the impacts of trauma on children's development and the importance of prevention. Drawing from her new book, *Scared Sick*, Robin described how malnutrition and abuse early in life can affect a child's nervous system well into adulthood. Children raised in traumatic environments are more prone to cancer, chronic pain, and even diabetes. And her pitch for prevention? "It's so much cheaper



to build healthy kids than to fix broken adults. It's so much cheaper in financial terms and more humane to attend to the front end."

Marvin and Jeanett Charles, ICTF's Capnote speakers, started Seattle-based Divine Alternatives for Dads Services or DADS in their living room in 1998 after realizing that they had learned a lot during their own journey to recovery that would be helpful to other parents. Now in a storefront location in a Seattle neighborhood, DADS works with fathers who are recovering from addiction, coming out of prison, or just dealing with the difficulties of life. As they share their compelling story of reunification and hardship, other dads find education and healing. Their story of turning their lives around to serve their own community helped Idaho practitioners see how to best support families. Their amazing journey showed us that there is hope to be found in what might seem like a hopeless situation.

# SEATTLE 2013

# ...each of us is empowered to do something

Each April blue and silver pinwheels are planted in “pinwheel gardens” around Idaho. The pinwheel is the symbol for child abuse prevention, and April is Child Abuse Prevention Month. Dozens of events happen, at every corner of Idaho, all designed to strengthen families.

In Pocatello, the Bannock Youth Foundation and a coalition of partner organizations, served a family dinner. They played games and offered family coaching so that children and families could connect. Heather Kemp, of the Bannock



Youth Foundation, shared some great advice, “Turn off the cell phones, and turn off all of that screen time they have, for some designated period of time every day so you can plug back in and have conversations with your kids.”

“Keeping families strong means letting them know help is available,” says Beth Ann Fuller, the Director of Head Start at North Idaho College

in Coeur d’Alene. This is exactly what they did at their celebration of families in Post Falls and Lakeland. “We’re just trying to gather families and give them resources in a fun and friendly, prevention-oriented environment,” Fuller explained. Fire departments, police officers, educational facilities, churches, and businesses partnered to celebrate families in Idaho. Prevention Month 2013 was busy all over Idaho! In downtown Buhl, community members gathered for a pinwheel walk. In Wendell, the Chamber of Commerce held a discussion about preventing Shaken Baby Syndrome. Several organizations offered child sexual abuse prevention trainings, and in Nampa, a tattoo shop offered free pinwheel tattoos for people who wanted to make a very permanent commitment to prevention.



empowerment

# ...community programs can make a big difference for Idaho kids

Every parent has strengths and experiences that can be used as the foundation for building protective factors. Programs supported by the Idaho Children's Trust Fund partner with families to identify and share strategies that increase those protective factors to strengthen families and reduce child abuse and neglect. Some of the programs supported by ICTF in 2012-2013 include:

**El Valor de los Padres**, in Idaho Falls, is a program of Help, Inc., which strives to create an environment where parents who speak limited English are valued, respected, and viewed as their child's best teacher and advocate. Armed with information, knowledge, and acceptance, parents begin to see themselves as resilient and able to solve problems.

## **St. Luke's Elks Children's Rehab**

in Boise works with parents of children with special needs. Nurturing Family parenting groups provide families

with children with disabilities valuable connections to other families who know what it's like to experience struggles and successes as a parent of a child with special needs.

We know that Child Sexual Abuse is preventable. **Bright Tomorrows** in Pocatello offers parents, service providers at youth-serving organizations, city leaders, and hospital personnel, the information they need to take the steps to prevent, recognize, and react responsibly to the reality of child sexual abuse.

**BabySteps** in Boise focuses on long-term, generational transformation. Through participation in supportive community and education about pregnancy and parenting, moms and dads involved in BabySteps find the support, empowerment, and inspiration they need to create healthy homes for their children and bright futures for their families.

Across the board, parents applaud ICTF's strengthening families programs. One parent said "It opened up our communication as parents; I liked the group unity and all the verbal praise and individual validation. I wish the group lasted longer!"

Idaho  
Children's  
Trust Fund 



# ...we know who is doing great work in Idaho

## **The 2013 recipient of the Ed Van Dusen Legacy Award: Shaken Baby Prevention of Idaho**

It takes a special kind of person to go through a horrible situation and come out on the other side stronger and willing to stand up for what they believe in. But, that's exactly what Brandi Whaley did after her 5 month old daughter was shaken by a childcare provider in the Magic Valley in 2007. Brandi's daughter sustained life threatening injuries. After witnessing what her daughter had to endure, Brandi made it her mission to educate the public about how to prepare for the stress of a crying baby.

Brandi started small by speaking to the Adult Living class at the High School she once attended.



Brandi Whaley receives award from Board Chair, Mary Marshall

Afterwards, she knew she wanted to make Shaken Baby Prevention her life's work. Soon Brandi was speaking to other high school groups, childcare centers, church groups, pregnancy crisis centers, parenting classes, Baby and Me classes, hospitals, and more. In 2011, Brandi started Shaken Baby Prevention of Idaho, to bring the message to all of Idaho. SBPI's mission is to increase awareness and education of SBS in Idaho. They help communities learn that taking care of a baby can be a frustrating job, and they are also a support system for families who have had a child injured by shaking.

By approaching the issue from a parents' unique perspective, Shaken Baby Prevention of Idaho, brings awareness and support to families.

# great work

# ...Idaho's children can thrive

"It is easier to build strong children than to repair broken [adults]." – **Frederick Douglass**

Idaho Children's Trust Fund continues its commitment to "build strong children" and strengthen families by reaching underserved and overstressed populations throughout our great State. ICTF has adapted along with the rest of Idaho's citizens and municipalities to maximize its shrunken budget to best serve Idaho's children. It has increased its focus on fostering collaboration among service groups and organizations. This

emphasis has led to better cooperation and more effective abuse prevention trainings and projects in communities statewide as each cooperating entity draws on its own strengths and goals and widens its reach with the strengths and resources of dedicated partners. Grants have been awarded to community based groups, parent groups and trainers who incorporate these cooperative policies. ICTF has also increased its efforts to work

more efficiently with cooperating agencies by improving its own policies. We at ICTF appreciate the privilege to work with people in large groups and small who are dedicated to the well-being and safety of vulnerable children and families. The ICTF board and staff, with Roger Sherman as Executive Director, remain committed to building not only safe and nurturing environments for children, but healthy families for the future.

**Iris Hunter** | Board Chair

Created by the Idaho Legislature in 1985, the Idaho Children's Trust Fund is governed by a ten member board of directors appointed by the Governor and representing every region of the state as well as the offices of the State Department of Education, the Attorney General and the Department of Health and Welfare.

## Trust Fund financials by the numbers

<b>Total Trust Fund Principal:</b> .....	<b>\$1,347,672</b>
<b>Interest earned:</b> .....	<b>\$27,493</b>
<b>Grants given out:</b> .....	<b>\$67,034</b>
<b>Donations and other income received:</b> .....	<b>\$76,436</b>
<b>Grants received:</b> .....	<b>\$240,000</b>

\*as of July, 2013. Details available upon request

# Thank you

to all who made donations  
to the Idaho Children's  
Trust Fund in 2013!