

NEWSLETTER

SUMMER 2019

ENDING THE GENERATIONAL CYCLE OF ABUSE



CURRENT NEEDS

Back to School Supplies

MEET GIGI

From Hopeless
to Hopeful

EVENTS

18th Annual Golf Classic





Lisa's Corner

Summer Time

It's hard to believe that summer is here, and school is out for the kids! Though lots of fun activities are scheduled and playtime with friends is expected, along with two months of freedom from school, summer can be a time when certain mental health issues are prevalent. That is because of the unstructured schedule for more of our clients with higher ADHD symptoms, anxiety and depression. It is good for parents and children to talk about their goals or expectations for the summer break. Establishing a plan ahead of time to deal with changes in behavior or mood can help for a smoother transition into summer. Our Prevention Center team works hard to build upon the strengths that are at the core of each client, to build their confidence and skills along with caring for each other respectfully and kindly.

In order to help lessen anxiety and depression, we provide a consistent schedule during the summer. For younger children, setting play dates or sending them to daycare programs keeps them occupied. Participating in summer camps, sports camps or plays also helps. For teens, having a part-time job helps them learn the importance of a work ethic while making money and preventing boredom. Teens could also try volunteer activities, as youth tend to excel when they are part of something. For college-age students, having an internship or continuing work on their educational goals will keep them focused. Volunteering and offering their time to something bigger than themselves can help balance their mood and increase self-esteem. Adults can also see an increase in mental health issues during the summer. Symptoms tend to be weight loss, minimal appetite, anxiety, irritability and insomnia. Adults can try making time for outdoor activities, starting an exercise program and utilizing vacation days to combat depression.

Fortunately, you are helping to change this! Together, we are bringing a hope-filled summer to our children, their families and adult individuals. You are helping prevent abuse when the stress of low income and mental health collide and helping the Center intervene when suicidal thoughts or attempts happen. It is because of you that we are able to provide case management, counsel, resources and do individual follow ups.

The summer months may require a little extra planning to maintain good mental health and you are the key to helping children in crisis and struggling families.

Thank you for your partnership!

Lisa Fujimoto
Executive Director

Back to School Supplies Needed:



350 packs of paper



125 spiral notebooks



100 boxes of crayons



300 rulers



331 packs of colored markers



325 packs of colored pencils



225 large erasers



325 small packs of black or blue writing pens



230 glue sticks



350 pencil boxes



100 packs of pencils



350 paper folders



100 backpacks

Other Donations Needed:



All household cleaning supplies



Hygiene items



Non-perishable food



Diapers – all sizes



Baby wipes



Baby formula



Meet Gigi

From Hopeless to Hopeful

Gigi was 20 years old and had been in a relationship for 4 years with her high school sweetheart. When the relationship was over, she started to sleep prolonged hours and she missed work and her college classes. She would not eat, would not socialize, stopped taking care of herself and didn't look healthy. Gigi's family was very concerned, and they called a doctor and asked close friends to come over – everyone tried to help her recover from her broken heart.

Gigi felt differently, she felt hopeless to the point of attempting to commit suicide. She was rushed to the hospital due to safety concerns and remained hospitalized for 48 hours until she was stabilized. After being discharged from the hospital, Gigi was connected to one of our CAPC's **In-Home Crisis Intervention Program** counselors.

During her initial assessment, Gigi disclosed that she had been sexually abused as a child. The breakup of a long-term relationship triggered some of those memories of feeling worthless and hopeless.

Gigi worked closely with the In-Home Crisis Intervention team; she engaged in therapy and after a few weeks, started showing some interest and hope for her future. She displayed a willingness to learn how to move past her trauma, embrace new opportunities and was receptive to the therapy and case management services CAPC provided to help her deal with her pain.

Today Gigi continues with school, work and proactively managing her mental health. **She is planning for the future again, is focused on completing school and is setting realistic immediate and long-term goals.**

Your Child's Life Matters

Suicide is the second leading cause of death for ages 10-24 in the United States.

It's easy to think that your child's depression may be a passing phase. All children and teens have days when they may be sad or angry. It's when those feelings last more than a week or two, and interfere with daily functioning, that it might be time to seek professional help.

What a young person sees as serious and insuperable may seem minor to an adult — such as problems in school. In some cases, a child or teen may feel suicidal due to certain life circumstances that he or she may not want to talk about, such as:

- Having a psychiatric disorder, including depression
- Loss or conflict with close friends or family members
- History of physical or sexual abuse
- Problems with alcohol or drugs
- Physical or medical issues, for example, becoming pregnant or having a sexually transmitted infection
- Being the victim of bullying
- Being uncertain of sexual orientation
- Reading or hearing an account of suicide or knowing a peer who died by suicide

If you are worried your child might make a suicide attempt, stay with them.

- Be sure to lock away any potentially lethal items such as medications, firearms, or knives.
- Lock up alcohol as drinking can reduce inhibitions and lead children and young adults to make impulsive decisions.
- Call a suicide hotline (see numbers below).
- Escort them to obtain mental health services.
- Always take suicidal tendencies seriously and respond immediately.

Our new pilot **Care-Connect Program** has been exclusively created for CAPC's clients only, to follow up with those who've contemplated suicide, thus reducing the return of attempt episodes.

Thank you to the Ueberroth Family Foundation, Marshall Fund and Hoag Family Foundation for launching this meaningful and critical program.

If your child is in immediate danger of self-harm, **please call 911.**

Call the Centralized Assessment Team (C.A.T.) at **1-866-830-6011 or 714-517-6353**. This team is designed to provide evaluations for involuntary hospitalizations. For safety purposes, C.A.T. will be assisted by the police/sheriff when called to a scene.

Over a Decade of Service

We are deeply grateful for your care and support. You have touched so many lives through the job that you do at the Center. We celebrate you today. THANK YOU!



From Left to Right, Back Row: Teresita Navarro, **15 years**; Tina Hopka, **18 years**; Lisa Fujimoto, **Executive Director**; Margarita Cruz, **19 years**; Linda Pedroza, **11 years**; Mayra Roman, **13 years**; Joan Kilgore, **18 years**; Leticia Leal-Lopez, **14 years**; Ingrid Leclair, **11 years**
Front Row: Lydia Rubio, **12 years**; Jessica Obando, **13 years**; Victor Ramirez, **17 years**

Events



Friday, September 13, 2019

Monarch Beach Resort & Golf Links

Preventioncenter.org

Families Helping Families

Our annual holiday event matches compassionate donors with approximately 300 of our families that are most in need, many who can barely get by and are in need of basic items. Volunteers can adopt a family as a Santa, help out at our "North Pole" as Elves, or deliver presents as Reindeer. Families Helping Families is a heart-warming event that creates an unforgettable experience for all.

For more information, please contact us at event@brightfutures4kids.org



Volunteer

If you would like to volunteer, please connect with us at volunteer@brightfutures4kids.org

Orange County Child Abuse Prevention Center is the largest nonprofit organization in Orange County focused on the prevention of child and adult abuse. Serving the community for 35 years.

For more information, please visit:
brightfutures4kids.org

