



Mandy Mallory

Mallorvm@dhw.idaho.gov

## April is National Child Abuse Prevention Month

### Preventing Child Abuse: easy ways to help

**-Take care of yourself: If you find yourself angry or upset find ways to relax.**

**-Get to know your neighbors**

**Be supportive of your neighbors and help when you can.**

**-Think carefully about where your children spend most of their time**

I went to the 13<sup>th</sup> Annual Statewide training event called the Strengthening Families Training Institute in Boise. This conference was presented by the Idaho Children's Trust Fund. It's goal is to prevent child abuse in Idaho.

Reverend Darrell Armstrong was the keynote speaker. What he had to say about overcoming his situation really hit a spot in my heart. Darrell lived in foster care and kinship care most of his growing up years. Even though he had a hard start he managed to attend Stanford University!!

I luckily ran into him at the airport on my way home and bought his book "Snapshots of a Foster Child: Past, present and future." His story and personal genealogy were amazing.

Darrell had to overcome the inherent racism knowing that his name actually was the name of his white slaveholder family (Armstrong). Also, he came from a family that had a history of drug abuse and mental health issues. What was amazing is that he overcame his situation.

The conference stressed resilience (which Darrell defined as "the ability to bounce back from life's setbacks.") This resilience is a part of the teaching of the six protective factors that promote strong families in our communities.

What we hope for our children is that they have this resilience and are able to recover from life's setbacks successfully!

### The six protective factors for plans to implement the plan for strong families

#### Nurturing and Attachment

-Realizing that young children need love and affection

#### Knowledge of Parenting and Child Development

-Making caretakers realize what is "normal" childhood behavior

#### Parental Resilience

-Having characteristics such as FAITH, FLEXIBILITY, HUMOR, COMMUNICATION SKILLS, PROBLEM-SOLVING SKILLS, MUTUALLY SUPPORTIVE CARING RELATIONSHIPS, AND THE ABILITY TO IDENTIFY AND ACCESS OUTSIDE RESOURCES AND SERVICES WHEN NEEDED !!

#### Social Connections

-Having help from your peers may be beneficial to aid in strong families

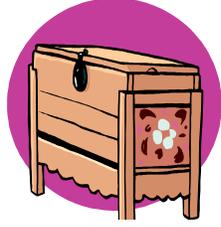
#### Concrete Supports for Parents

-The National Parent helpline ([www.nationalparenthelpline.org](http://www.nationalparenthelpline.org)) which will support parent engagement and leadership

#### Social and Emotional Competence of Children

-Developing sound programs that encourage the expression of children's thoughts and feelings, such as art programs and music programs. Children may not be able to find the words to express themselves and need other outlets to do so

The Hope Center has furniture you can work for!!



**More ways to prevent Child abuse**

-Teach your young children the names of their body parts and that it is against the "rules" for adults to act in an inappropriate way with them.

-Talk regularly with your children about their safety.

-Be a friend to your children and other people's children.

-Support and attend educational programs at your local school, community organizations or church to let people know you care about the safety of your children and everyone's children.

*"We cannot change the past but we can save the children who are in peril now"*

*Ann Rule-*

*New York Times  
Bestselling Author*



## **The Hope Center in Moscow provides Social Services**

The Hope Center is a thrift store in Moscow, ID at 1212 W. Pullman Road, but is much more than that! The Hope Center also has social service resources available. You may call to make an appointment for social services at the Hope Center by calling 208-882-4144. Their website is [www.hopecenter.com](http://www.hopecenter.com).

Mary Walsh, Resource Ministries manager, states that the center is there to help people work out life skills. For



example, they may work on budgeting plans, job training, helping the person financially, as well as some biblical counseling. Recovery plans for addiction as well as GED tutoring are also available services at The Hope Center.



## **Book Signing at And Books, Too! In Clarkston, WA**

Karen Spears Zacharias, investigative Journalist and author of the book "A Silence of Mockingbirds: The Memoir of A Murder" will be at And Books, too! For a book signing on April 20<sup>th</sup> from 2-6pm at 918 6<sup>th</sup> Street in Clarkston, Wa.

Since April is National Child Abuse Prevention Month, this is definitely a

relevant book to explore! Zacharias investigates the murder of a three year old boy named Karly Sheehan from the Corvallis, Oregon area. Zacharis had personal interactions with Karly's mother, taking her into her home for a while. Karly's father was the prime suspect in the murder of his own child.

## **FREE EARTH DAY EVENT!!**

Lewiston will kick-off Spring with the 7<sup>th</sup> Annual Earth Day Celebration on Thursday, April 19<sup>th</sup> from 4pm to 7pm!! The Lewis-Clark Recyclers sponsors this free event every spring at 0334 2<sup>nd</sup> street in downtown Lewiston.

Come join the fun with free food, music, art, free seedling trees and a

paper-making project taught by Women in Timber, children's games and much more!!!





## Tables of Hope: An Organization Committed to Food and Feeding Region 2!

Tables of Hope is an organization that promotes the growth of healthy food. It also wants to provide food education to people of the region, in order for our citizens to eat healthier and live longer lives. Their mission statement is "To enhance food security by mobilizing our abundant community resources." Tables of Hope wants to motivate people to create community gardens and grow their own food. Their agenda is to educate our community on how to prepare food that is good to eat with a few basic staples.

This organization wants to actively pursue tactics such as providing free or low-cost cooking classes to the community. Various locations for on-site cooking classes are now being discussed at the meetings.

If you would like to get involved in this organization, please contact Dave Knittel at (208) 743-5580.



### Come to Art Under the Elms as a part of the Annual Month-Long Dogwood Festival!!

Friday, April 27, 12pm - 6pm This event is on the lawn of the LCSC campus

Saturday, April 28, 10am - 6pm 500 8<sup>th</sup> Ave Lewiston, ID

Sunday, April 29, 10am - 4pm

#### **admission 2012**

\$3.00 for a 3-day pass; children under 6 FREE;

\$2.00 for a 3-day pass for Seniors (65+) and LCSC students with current LCSC student ID

**Art** Fine ceramics, photography, glassware, jewelry, paintings and more make up the region's premiere event with over 100 booths of exquisitely hand-crafted fine art items from artisans nationwide. **Entertainment** Art Under the Elms features a variety of activities, live performances, and demonstrations for your enjoyment. Find something fun to create in our children's activities area. Go see some great live music! **food** The international food court features over 20 vendors with tastes from around the world! Don't miss out on all the delicious **foods** this year!!

**DogWood**  
FESTIVAL



## Lewiston All Breed Dog Show

Nez Perce County Fairgrounds

13<sup>th</sup> St & Burrell Ave

April 20-23, 8am- 6pm \* \$5 parking

Admission to this show is free, except a parking fee of \$5. This dog show competition brings Dog-lovers together for a competition that attracts visitors from across the nation. The show is coordinated by the Lewis-Clark Kennel Club.

### Earth Day Celebration!

Lewiston will kick-off Spring with the 7<sup>th</sup> Annual Earth Day Celebration on Thursday, April 19<sup>th</sup>

**Times: 4pm to 7pm**

**Where: 0334 2<sup>nd</sup> St. Lewiston.**

Come join the fun with free food, music, art, free seedling trees and a paper-making project taught by Women in Timber, children's games and much more!!!

Happy Spring!!



### My Family. My Story Art Contest!

Applications for the art contest can be downloaded from 211 website at <http://www.211.Idaho.gov./kincare/Kincare.html> or call 211 to get one. You can always call Mandy at 208-799-4385 to get one, too!

### Book signing at And Books, Too!

Author of *A Silence of Mockingbirds: The Memoir Of A Murder* will be at *And Books, Too!* 2-6pm Sat. April 20. 918 6<sup>th</sup> St Clarkston, WA

### Elaine K. Williams Presentation!!

Author of *The Sacred Work of Grandparents Raising Grandchildren* will be presenting on April 11<sup>th</sup>, Kincare issues at the Nazarene Church Youth Center at 818 18<sup>th</sup> Ave in Lewiston from 10am-12pm. Childcare is available if needed. Call 208-799-4385 to register.



### Art Under the Elms At Lewis-Clark State College Campus!!

Friday April 27<sup>th</sup> 12pm-6pm  
Sat April 28<sup>th</sup> 10am-6pm  
Sunday April 29<sup>th</sup> 10am-4pm  
500 8<sup>th</sup> St Lewiston

Mandy Mallory  
1118 F St .P O Box Drawer B  
Idaho VISTA Volunteer / Kinship Project/ DHW  
Lewiston, ID 83501