



2018-2019 Community Report



CHILD ABUSE
PREVENTION
COUNCIL of
CONTRA COSTA COUNTY

June 2019

Completion for
Senait Beraki

Amara Mohammed

Letter from our Executive Director



**Carol Carrillo,
MSW**

**EXECUTIVE
DIRECTOR**



DEAR FRIENDS,

Thank you for your continued support of the Child Abuse Prevention Council of Contra Costa County. The support of our community is fundamental to our success. The support of parents and educators is critical in CAPC's **Speak Up Be Safe** child safety program. Moms, dads, grandparents, and caregivers make a great commitment to parent education and support by attending our **Nurturing Parenting** classes. Teachers, school administrators, and school staffs all support our **Mandated Reporter** training efforts. And from our community, generous people from every part of Contra Costa County make tax deductible donations that help to keep CAPC active and dedicated to child abuse prevention. CAPC has never drifted from this goal.

I hope as you read our 2018-2019 year end report of the CAPC programs and services, you will see our efforts to deliver best practice, strength based services to parents, families and schools across the county and wherever they are needed most. You will see that we have designed a strategic approach to child abuse prevention. Our program development roadmap is guided by our plan to reach as many at-risk individuals as possible – children, teens, and adults. This is clear in the publication our **Surviving Parenthood, A Resource Directory** and our distribution of **Baby Bags** filled with new born care, education and support materials. CAPC has worked to provide a broad array of services available to the most vulnerable families in our community. The Cost of Child Abuse Report is a clear reminder that our services are critical to the wellbeing of our children and to the overall health of our communities. Link to the Cost of Child Abuse Report: <https://www.capc-coco.org/wp-content/uploads/2019/05/Economics-of-Child-Abuse-Report-2019.pdf>

Your support and generosity are important to CAPC. With your support we will continue to provide vital prevention services and programs. **Child abuse is 100% preventable.** Thank you for being on our team. Please visit our website at www.capc-coco.org to make a yearend tax-deductible contribution.

WISHING YOU A PEACEFUL HOLIDAY SEASON,

Carol Carrillo



CAPC Leadership/ Partnerships

Bay Area Learning Communities

- » Working with Strategies 2.0 to provide opportunities in the Bay Area to engage with colleagues and leaders in our communities around efforts to strengthen families and prevent child abuse

Innovative Partnerships

- » A collaboration between the State Office of Child Abuse Prevention (OCAP) and The Greater Bay Area Child Abuse Prevention Council Coalition to improve child abuse prevention outcomes and create prevention networks in our communities.

Prevention Planning

- » With support from the State Office of Child Abuse Prevention (OCAP) CAPC is leading the efforts to create a child abuse and family wellbeing county wide prevention plan.



Families thrive when the **Protective Factors** are robust in their lives and communities. All of CAPC programs and services are built around the **PROTECTIVE FACTORS FRAMEWORK:**

Parental Resilience



Social Connections



Concrete Support in Times of Need



Knowledge of Parenting and
Child Development



**SOCIAL AND EMOTIONAL
COMPETENCE OF CHILDREN**



ACAPC Luncheon & Soul on the Green

ACAPC Luncheon Sponsor

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A special Thank you to our ACAPC Membership

President

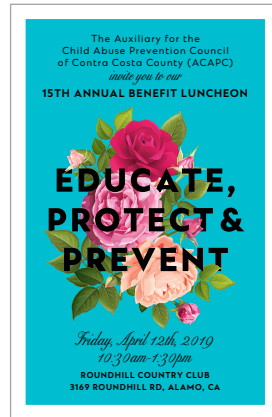
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2018-2019 Child Abuse Costs Overview

We Need Your Help!
Together we can change the numbers.*

At the Child Abuse Prevention Council, we believe child abuse is preventable. We work everyday to support and educate kids, parents, and all those who work with children to make sure every child in Contra Costa County is safe.

VERIFIED cases of child abuse in Contra Costa County in 2018 ▶ **718**

The cumulative financial impact to the Contra Costa community of these child abuse victims ▶ **\$234M**

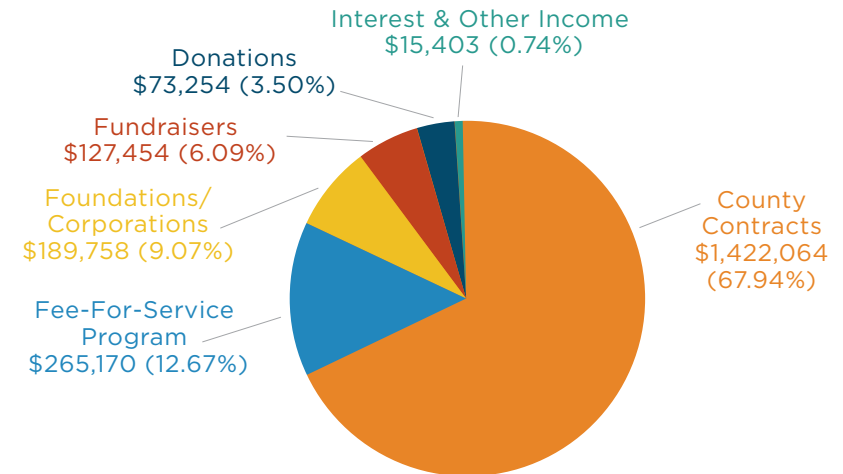
Since child abuse is vastly underreported, in reality, the cost is likely higher.

Reported cases of child abuse in Contra Costa in 2018 ▶ **9,801**

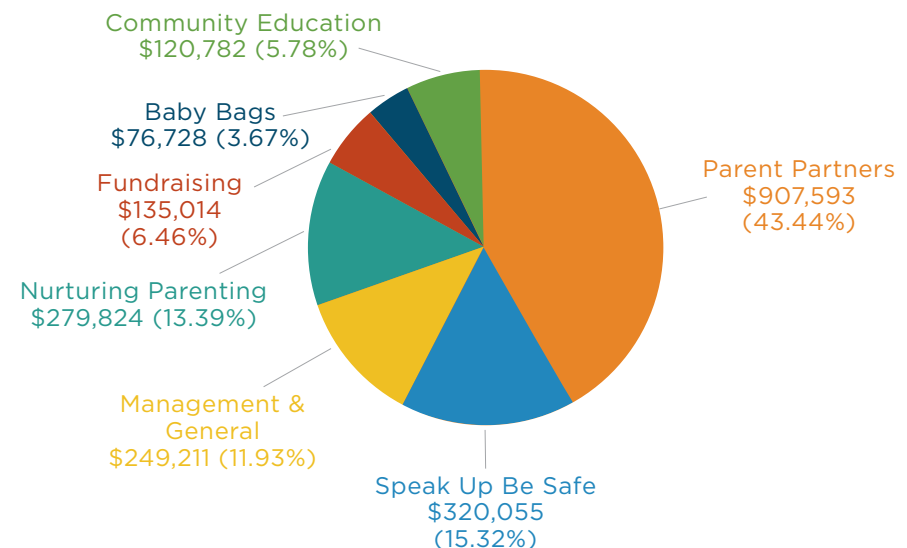
▶ **That's one child every hour.**

*The Cost of Child Abuse Report can be found at:
https://www.capc-coco.org/wp-content/uploads/2018/04/2018_EconomicsReport_ContraCosta.pdf

FUNDING SOURCES: \$2,093,103



PROGRAM EXPENSES: \$2,089,207



Miriam's Story

“Now I have strategies to help me manage and cope with different situations.”



“My name is Miriam, I have two daughters ages 8 and 2. When I learned about Crianza con Carino Nurturing Parenting Program (NPP), it didn't sound very interesting because I had the idea that no one is capable of teaching you how to parent your children. It never crossed my mind that my way of thinking and feeling would change radically. The first thing I learned is that we do not have the power to change anyone, but that each person changes when they are ready and willing to change.

“Another very important thing in which the Nurturing Parenting Program helped me with is: learning more about myself, understand how I feel and where those feeling and beliefs come from, value and love ME and above all it helped me with skills to understand my children and my husband. Now I have strategies to help me manage and cope with different situations. Thanks to all those who are part of making programs like this possible and accessible to our community. I would like for “Crianza con Carino” (NPP) to have a second part to help eradicate stereotypes that we acquired during the course of our lives. I give many thanks to the entire team and those involved. Most importantly thank you so much for the valuable information and life changing opportunity given to myself and my family.”

The Nurturing Parenting Program staff feels honored to serve families like Miriam's.

-MIRIAM
Graduate of the
Nurturing Parenting Program



2018-2019 Annual Highlights

Fiscal Year Snapshot & Summary



80

Mandated Reporter Trainings delivered to
2,564 individuals

2,564

parenting brochures with information on how to report suspected child abuse and

7,105

baby bags in English and Spanish distributed



170

parents and youth mentored in navigating the child welfare system and child reunification process

315



16

Community Education Workshops offered that reached over

5,232

community members



12,000

students provided with Speak Up Be Safe lessons

327

parents and



390

children served through Nurturing Parenting Programs

\$3,000



of assistance to at risk families through the Sue Fleishner Special Needs Fund

You Can Help

Keeping Kids Safe

Recognize Child Abuse:

- » **PHYSICAL ABUSE:** Bodily injury inflicted non-accidentally on a child; willful cruelty, unjustifiable punishment, or corporal punishment causing a mark.
- » **PHYSICAL NEGLECT:** Not providing child adequate food, clothing, shelter, supervision or severely endangering child's health.
- » **SEXUAL ABUSE:** Victimization of a child through sexual activities, including molestation, indecent exposure, fondling, rape, pornography, sexual stimulation and incest.
- » **EMOTIONAL ABUSE:** Willfully causing a child to suffer by attacking self-esteem, constant criticism, yelling, belittling, insulting, rejecting or withholding love and support.
- » **EXPLOITATION:** Forcing or coercing child into activities beyond child's capabilities or that are illegal or degrading; including sexual exploitation.

Break the Cycle:

- » Reach Out if **YOU** need support. Call a friend, hotline, or a prevention organization such as CAPC at (925) 798-0546.
- » Reach Out if **OTHERS** need support. Listen, offer to help with chores or childcare, or connect them with a local resource.
- » Reach Out to the **COMMUNITY**. Volunteer time at an organization. Donate. Learn about preventing child abuse & neglect. Wear the Blue Ribbon.
- » Reach Out & **REPORT**. Call 911 if there is immediate danger or call Contra Costa County Children & Family Services if you suspect child abuse at (877) 881-1116.

Ways To Donate:

- » **KidsSafe Supporter:** Shop online at KidCents.Riteaid.com or smile.Amazon.com
- » **KidsSafe Promoter:** Give in-kind donations & sponsor events at capc-coco.org/events
- » **KidsSafe Champion:** Make monetary donations online at capc-coco.org/donate

CAPC PROGRAMS



Baby Bag Program



Sue Fleishner Special Needs Fund



Community Education & Mandated Reporter Training



Nurturing Parenting & Special Needs Programs



Surviving Parenthood Resource Directory



Speak Up Be Safe Program



Parent Partners & Youth Programs



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