

# Mental Health Matters

April 2021



## Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free **888-444-8624** any time

OR

Go to [www.liveandworkwell.com](http://www.liveandworkwell.com) and browse as a guest using code **CSEBO**

## Where to Get Help

**If abuse happens, report it to your local police or child protection agency. Then get help: these resources provide trained, confidential support:**

### CHILDHELP

[Visit Site](#) ; 800-4-A-Child

### Rape, Abuse, & Incest National Network

[Visit Site](#) ; 800-656-HOPE

### National Sexual Violence Resource Center

[Visit Site](#) ; 877-739-3895

### Nat'l Human Trafficking Hotline

[Visit Site](#) ; 888-373-7888

## April Is 'National Child Abuse Prevention Month'

National Child Abuse Prevention Month recognizes the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Through this collaboration, prevention services and supports help protect children and produce thriving families.

**NEW 2021/2022 RESOURCE GUIDE**—The *2021/2022 Prevention Resource Guide* recognizes that there are actions we can take as a society and within communities, organizations, and families to address the root causes of child abuse and neglect. The child abuse prevention guide seeks to highlight the innovative ways that communities around the country are doing purposeful prevention work to help children and families thrive. The **protective factors** have always been central to the Resource Guide. A protective factors approach focuses on positive ways to engage families by emphasizing their strengths, in addition to identifying areas where they have room to grow with support. Focusing on protective factors helps children, youth, and families build resilience and contributes to positive outcomes.

[DOWNLOAD FULL RESOURCE GUIDE HERE](#)

**CHILD MALTREATMENT DATA**—Each year, the Children's Bureau releases a detailed report of national data about child abuse and neglect known to child protective services agencies in the United States. The **2019 Child Maltreatment Report** is an important resource relied upon by researchers, practitioners, and advocates throughout the world.

[DOWNLOAD FULL MALTREATMENT REPORT HERE](#)

**SPREAD THE WORD**—Whether by proclamation, through social media, with graphics, or through other means, spreading the word about child abuse prevention lets your community know they can take action to strengthen families and help them thrive. Use these free prevention outreach tools to engage your community in supporting children, youth, and families this National Child Abuse Prevention Month (NCAPM)!

[DOWNLOAD FULL OUTREACH TOOLKIT HERE](#)

**CONVERSATION GUIDES**—Protective Factors Conversation Guides were created to help service providers engage caregivers in personalized conversations about the **protective factors**. Each set (one for each of the six protective factors) includes a guide for service providers and a worksheet for caregivers. These can be used one-on-one, as part of a structured activity for a larger group, or in in-person or virtual settings.

[DOWNLOAD FULL SPN/ENG CONVERSATION GUIDES HERE!](#)



Santa Paula Unified School District

Jason Claros, ACSW:  
805.586.5116

JClaros@santapaulaunified.org

Rachael Forbes, LMFT:  
805.760.6782

RForbes@santapaulaunified.org

In case of an Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 – (24 hours)

1 in 4 Girls are Victims of Sexual Assault

1 in 20 Boys are Victims of Sexual Assault



90% of sexual offenders know their victim

Children 9 and under are more likely to be abused

## Engage Families with Child Protection Resources

Educators, research shows that when you partner with parents to talk with students about sexual abuse (and teach them important safety skills they can practice at school and at home), you improve students’ ability to protect themselves and disclose abuse if it happens. We encourage you to share our Hot Chocolate Talk® resources with families so you can work together to break down communication barriers and help prevent child sexual abuse.

### What to say at every age—Hot Chocolate Talk Campaign

Our experts have packed decades of research into easy-to-use guides to help you **begin these crucial conversations** with your child every day—at any age, from toddler to teen.

[AGES 0-5—DOWNLOAD HERE](#)

[AGES 6-8—DOWNLOAD HERE](#)

[AGES 9-10—DOWNLOAD HERE](#)

[AGES 11+ —DOWNLOAD HERE](#)



### 3 Reasons Why Educators are Essential to Child Abuse Prevention

Educators play a key role in protecting children from sexual abuse. They can build student supports for understanding and reporting abuse, and foster students’ safety by establishing and enforcing preventative policies and procedures in school settings. Understanding your role in the safety and support of children can help keep them safe from abuse.

To all the educators out there: here are **3 REASONS** why YOU make a difference:

1. **An educator may be the only and last person who hears about the child abuse:** Educators who provide safe and supportive environments for their students may receive reports of abuse. A child who works up the courage to report their abuse may only be able to work up that courage once. Take every report of abuse seriously.
2. **Educators can be the last line of defense for a child being abused at home:** Ninety percent of sexual abuse offenders know the family or child. Vulnerable children who experience abuse by a family member may not feel comfortable reporting it to a parent or someone else at home, and instead may turn to an adult at school they feel safe around.
3. **Educator Actions can lead to increased reporting of abuse:** Abuse often goes unreported. In the moment a child does report, it’s vital for educators to know what to say and do—to stay calm, help children feel safe, and reassure children who disclose abuse that they did the right thing.