



A Child's Journey to Brighter Tomorrows

2023 Annual Report

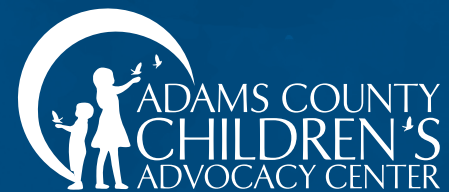




Table of Contents

A Message from Our President & Director	2
About the Brighter Tomorrows Center	3
How the CAC Serves the Community FY22-23	4
Preventing Child Abuse	5
Expanding Mental Health Services	7
Enhancing Advocacy	9
Conducting Forensic Interviews & Medical Exams	11
Promoting Community Outreach	13
Events	15
Financial Report FY22-23	16
Thank You to Our Donors	18



A Message from Our President & Director

A Child's Journey to Brighter Tomorrows

Why are we sharing photos of ourselves as children?

Because childhood photos remind us of who we were, and, ultimately, who we are today.

Picture yourself as the young child you once were. What are your best memories? Building sandcastles on the beach with your family? Playing in the park with your friends? Those happy memories became a part of who you are today.

Unfortunately, for many kids, those happy memories are overshadowed by tragic events.

Every day, children who are dealing with difficult issues visit us at the Adams County Children's Advocacy Center (CAC). We work to ensure that every child knows that we believe in them and that we care. We are here to help them heal from the trauma of abuse and give their caregivers the tools to support them and **help guide them on their journey to brighter tomorrows.**

"A Child's Journey to Brighter Tomorrows" shares with you the multitude of ways we are working to prevent child abuse in our community and help the children and families who have been impacted by abuse.

Each of us knows someone who has survived child abuse. Perhaps that someone is you. **We invite you to take "A Child's Journey to Brighter Tomorrows" alongside our kids and to think about how, when working together, we all can help children in Adams County to have brighter tomorrows.**

-Cindy Small, President, & Elida Murray, Executive Director



Cindy

Elida



Karina



Cora



Crystal



Kim



Jenifer



Jackie







Amanda

About the Brighter Tomorrows Center

Desperately in need of more space to meet children’s needs, the CAC purchased 224 Baltimore Street in Gettysburg. When renovations are completed, this larger facility will double the CAC’s capacity to provide services to children and families. The Brighter Tomorrows Center will bolster the CAC’s ongoing efforts to:

- Support** both child and adult survivors of child abuse.
- Educate** community members to understand the impact that child abuse has on the health and well-being of children and the community at large.
- Address** the rising rates of physical abuse and generational cycles of abuse in our community.
- Enlist** adults in our community to prevent child abuse in their homes and neighborhoods, stop child abuse, and bring child abusers to justice.
- Help** children and families to develop resilience so that they may overcome trauma and grow up to lead healthy, productive lives.

Urgently needed:

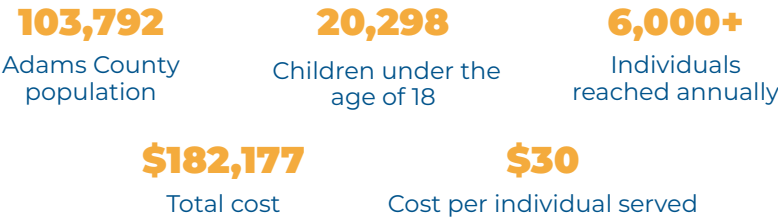
 <div>Readily available trauma therapy for child victims and adult survivors.</div>	 <div>Support groups for survivors, caregivers, and family members.</div>
 <div>An expanded circle of support for child victims and their families.</div>	 <div>Increased community awareness and education about preventing child abuse.</div>



While visiting the Brighter Tomorrows Center, children will be able to relax in the bright, welcoming, and spacious Family Room.

How the CAC Serves the Community FY22-23

Via **community outreach and prevention education**, the CAC supports the entire county:



Initiatives include:



Via **direct services** to more than 200 child victims and their families in Adams County, the CAC provides hope and healing for more than 700 individuals annually.



Initiatives include:



In the U.S. in 2018, the total lifetime economic burden associated with child abuse and neglect was around \$592 billion – approximately \$830,928 per child victim. This rivals the cost of other high-profile public health problems such as heart disease and diabetes.¹

In 2022, there were 364 Childline reports of child abuse and 1,329 Childline reports of unsafe conditions/neglect in Adams County.²

¹ Centers for Disease Control and Prevention | ² 2022 PA Child Protective Services Report

Preventing Child Abuse

Our prevention educator provided **22%** of the entire Adams County under-18 population with prevention education.

\$30
Cost per child served

139%
Increase over prior fiscal year

\$136,260
Total cost



“I am deeply passionate about my role as a Prevention Educator. What I do truly matters, knowing that I may be the only person who teaches kids that abuse happens and how to report it. To me, it is huge that I am empowering kids to recognize the signs of abuse.”

- Crystal Long, Forensic Interviewer/Prevention Educator

During the 2022-2023 school year, prevention education was taught to 4,542 elementary school children, empowering them to understand their right to safety, body safety, and how to tell someone if they feel unsafe.



The CAC utilizes the evidenced-based curriculum “Child Safety Matters,” developed by the Monique Burr Foundation, in the prevention program. The curriculum highlights 5 Safety Rules.

5 Safety Rules:

- 1 Know What’s Up
- 2 Spot Red Flags
- 3 Make a Move
- 4 Talk It Up
- 5 No Blame/No Shame

Each of us can teach children how to tell if they feel unsafe, and how to identify a safe adult to go to for help. Support can come from family, friends, neighbors, and others in our community. Community support is essential in creating awareness that together, we can prevent child abuse.

Expanding Mental Health Services

The CAC’s Mental Health Program provides evidence-based mental health services to severely traumatized children, as well as comprehensive services for adult caregivers and siblings/family members. At the CAC, it’s evident that the greatest barriers to healing for a traumatized child are access to high-quality, evidence-based mental health services and their caregiver’s ability to provide appropriate emotional support and understanding.

Providing timely, responsive therapy services to children experiencing trauma and PTSD is critical. The CAC’s programming is designed to counter long-term negative outcomes by promoting healing so that traumatized children and their families will not simply survive but thrive.

New supportive mental health programming launched in March 2023 includes:



The Inner Child Exploration Group
(for adult survivors of child abuse
and their family members)



The Inner Circle Girls Group
1.0 and 2.0 (for teen girl survivors)



The Family Meet and Read



“I am an active listener to children and adolescents as I support and guide them through their journey toward healing. I strive to make therapy sessions a safe place for child victims, no matter what has happened to them in the past.”

- Amanda Evans-Freet, MA, ATR-BC, LPC, Mental Health Therapist

594
Therapy sessions
conducted

50
Child victims

\$125,658
Total cost

Child victims visiting our center had an average ACES (Adverse Childhood Experiences Score) of 5.28, which means in their young lives, they have been **exposed to or endured 5-6 incidences** of abuse or neglect, violence, and family disruption such as homelessness, substance abuse, mental illness, or incarceration of a parent/caregiver.

Enhancing Advocacy

Child and Family Advocates make personal connections with child victims and their families to empower them when they feel powerless and ensure they receive the services and support necessary to start healing from the trauma of abuse.

Supporting and navigating kids and their families through the system, Advocates provide individualized resources and services that may include:

- ✓ Addressing the family's basic needs (shelter, food, etc.)
- ✓ Education about the impact of trauma on the child/family
- ✓ Translation services
- ✓ Mental health assessments
- ✓ Information about the CAC's therapy and support groups
- ✓ Referrals to other community services

Healing from the trauma of abuse is a journey. Therefore, families are encouraged to return to the CAC anytime. Advocates continue to follow up with the child/family for as long as the family requests; addressing the child and caregiver's evolving concerns as the investigation unfolds and the family works through the journey toward healing.



“The advocacy process is very emotional for families. It is rewarding when I see their relief, and the stress leaves their face when we create a plan that can help their child to heal.”

-Karina Padilla, Child & Family Advocate



“The most fulfilling part of my role is having the opportunity to build meaningful connections with the children and families I work with. The kids that come into our center are so much more than the topic they are coming to talk about, and I like to ensure they know that right off the bat by finding out what makes them excited or hopeful. Seeing a child’s eyes light up when we talk about something they are passionate about is utterly amazing. Overall, I strive to ensure that each child feels comfortable in our center and is valued and heard throughout the investigative process.”

-Cora Beyer, Child & Family Advocate



217 child victims of abuse supported, accompanied by **225** caregivers and **86** siblings or family members.



1,326 advocacy service units provided: emotional support/safety services, personal advocacy/accompaniment, and information/referrals.

74
Mental health assessments
& referrals made

\$165,406
Total cost



Conducting Forensic Interviews & Medical Exams

Forensic interviews allow child victims the opportunity to talk about their experiences while gathering as many details as possible. Interviewing techniques are evidence-based to eliminate suggestibility. Forensic Interviewers receive extensive training prior to conducting their first forensic interview and continue training annually to hone their skills.

Medical exams and consultations, performed by licensed Pediatric Sexual Assault Nurse Examiners, give children the opportunity to know their bodies are normal and healthy, as well as ask any questions they may have.

29% of children visiting our center report multiple types of victimization (sexual abuse, physical abuse, severe neglect, witness to violence)



“For child victims, holding in what has happened is exhausting. The most valuable part of my role as a Forensic Interviewer is giving child victims the opportunity to release the burden they are carrying. They can talk about their experience as much as they want to with someone who understands and is willing to listen without judgment.”

-Kim Summers, MSW, Forensic Interviewer



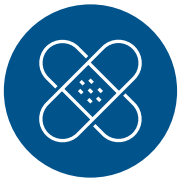
521
Childline referrals received at the CAC



204
Cases of sexual abuse or assault



199
Forensic interviews conducted



95
Cases of physical abuse or neglect



10
Witnesses to violence, including murder

136
Child victims ages 3-12

81
Child victims ages 13+




\$116,006
Total cost



Promoting Community Outreach

The CAC’s Community Outreach Program takes the issue of child abuse “out of the shadows” to promote health and healing for child victims of abuse while cultivating community support to reduce and, ultimately, end child abuse in Adams County.

The CAC educates adults so that they can protect children through:

 Child abuse prevention education and resources	 Maintaining robust online resources for kids, teens, parents, and caregivers
 Participation in in-person community events	 Providing a monthly speaker’s series offering a range of topics to support parents and caregivers



“The community outreach efforts of the CAC improve the quality of life for kids and families in Adams County. These resources can be a lifeline for kids who have yet to come forward about abuse and for caregivers supporting traumatized kids at home.”

-Jenifer Patterson, Community Outreach & Education Coordinator



1,500+
Visits to online resources pages per month

24
Outreach events attended

117
Intern/volunteer hours donated

1,976
Individuals reached

318%
Increase over prior fiscal year

\$45,917
Total cost



Events



- Chip In for Kids Annual Golf Tournament, Sponsored by Graphcom
- Gettysburg Halloween Parade
- Trivia Night
- Go Blue for Child Abuse Prevention Month
- Spring Garden Party, Sponsored by Mansion House 1757



“My role is to ensure that our Center runs smoothly and efficiently. I oversee accounting, human resources, and office administration, but I am always willing to lend a hand whenever and wherever needed. I make sure ACCAC’s team has everything it needs to best support the children and families we serve and that the Center is a welcoming, child-friendly place.”

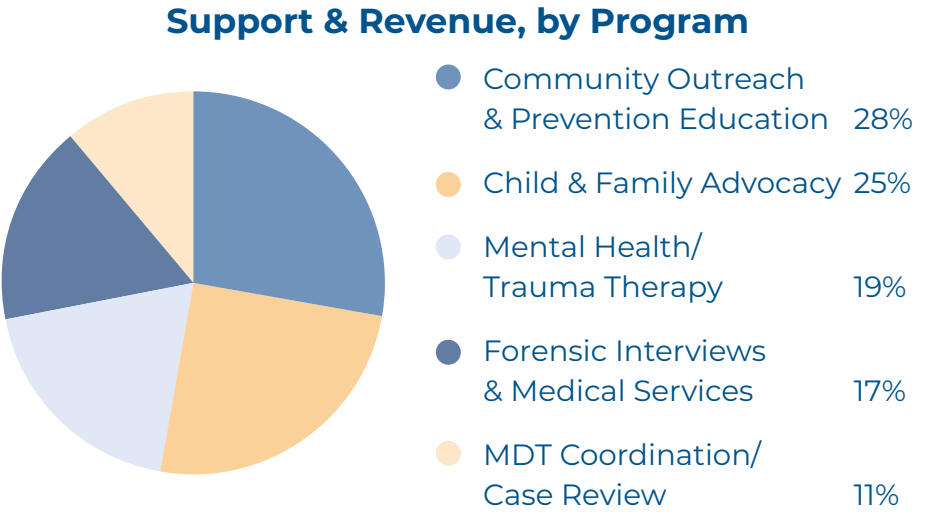
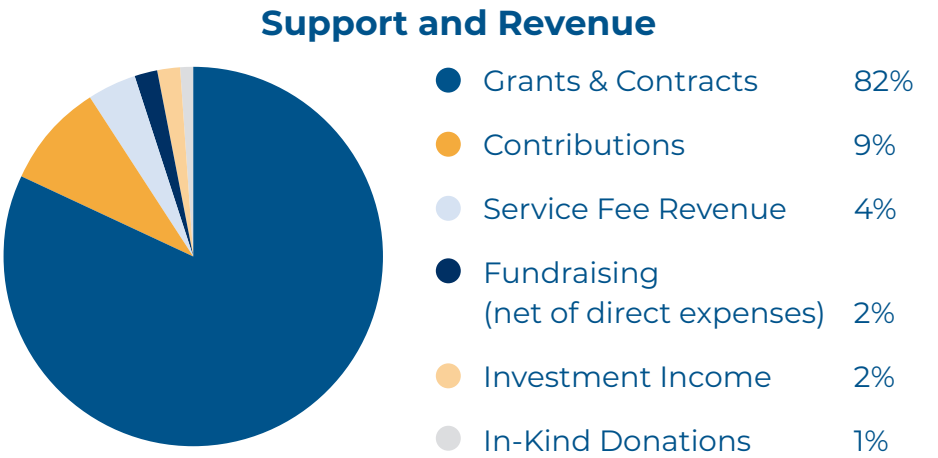
-Jackie Hendricks, Administration & Operations Manager

Financial Report FY22-23

Support & Revenue	
Grants & Contracts	\$536,738
Contributions	\$57,861
Service Fee Revenue	\$22,826
Fundraising (net of direct expenses)	\$13,535
Investment Income	\$12,148
In-Kind Donations	\$8,760
Total Support & Revenue	\$651,868

Expenses	
Program Services	\$527,670
Management & General	\$109,897
Fundraising	\$22,260
Total Expense	\$659,827
Change in Net Assets	\$(7,959)

Net Assets	
Net Assets at beginning of year	\$1,393,988
Total Net Assets at end of year	\$1,386,029



Thank You to Our Donors

Individuals

Agnes Reuter
Alan & Candy Paulson
Alicia Dehoff
Andrea Singley & Rick Rolinski
Andrea Wickerham
 & Janet Justis
Andria Hoffman
Anne Douds
Anne Gomer
Anne Marie Logue
Annette Labrie
Arthur & Hannah Rice
Barry & Lisa Donohoe
Ben Jones
Benjamin & Abigail Miller
Betsy & Michael Wilhelm
Bettina McBeth
Bill & Marie Chatelau
Bill & Emily Knowles-Kellett
Bob & Kathy Bean
Bonita Isenberger
Brenda & James Beyer
Brenda Cantanzaro
Brian Kennell
Brian Meier
Brian Sinnett
Brion Fitzgerald
Carl & Nancy Yingling
Carol Widerman
Carol Wolt
Cate Johnson
Catherine Dischner
 & Tommy Stewart
Cathy Harner

Charles & Anne Pede
Charles &
 Deborah Raffensperger
Charles Hockley
Cheryl Richardson
Christina Simpson
Christopher Jones
Christopher Lowman
Christy & Joe Sterner
Cindy Small
Crissy Redding
Cynthia & David Salisbury
Dan & Linette Murray
Dan & Nora Doyle
Dan McCusker
Danny Sebright
Darlene Stone
Daryl & Lyne Aurand
Dave & Ellen Sites
David & Brenda Heberling
David F. & Cathy M. Kamsler
Dawn Heiges Hoffman
Deb Geesey & Chris Bushey
Debra Dick
Diane Fox
Donald & Elizabeth Holloway
Doris Maitland
Dorothy “Dory” Adams
Dotty Moul
Doug & Eunice Boden
Earl & Connie Trump
Edward & Betsy Wargo
Edward & Dorothy Puhl
Edward & Janet Riggs
Elida Murray

Elisabeth Poje Glenn
Ellie Rice
Emilie McGinnis
Emily Rice-Townsend
 & Danijel Lolic
Eric & Suzanne Flynn
Ethel Boon
Fleesa Winters
Fredrica Meitzen &
 Sandra Mackie
Gabor & Elizabeth Boritt
Gail & Scott Anderson
Gail Jones
George & Jocelyn Hubbard
Gregg & Ruth Boehne
Gretchen & Rob Natter
Harry & Jennifer Hartman
Hector Chicas
Holly Fox
Hugh & Jocelyn Lewis
Jack & Dorothy Nicholas
Jack & Ann McHale
James D. Cooke
Jane Hyde
Janet M. Cole
Jean Lynch
Jeanette Slimmer
Jenifer Patterson
Jennifer Daniels
Jim & Kelly Kampstra
Joanne Lewis
Joe Frederick
John & Janet Eline
John & Mary Stevenson
John Nicholas

Joseph Gebbia
Julie Aha
Katherine & James Schroeder
Katherine Comfort
Kathleen & Timothy Bringardner
Kathleen Glahn
Ken & Martha Tozzi
Ken & Maryann Oeikers
Kenneth Lepone
Kermit & Sandy Singley
Kim & Pam Hall
Kim Flickinger
Kim Rudisill
Kim Summers
Kristin Carroll
Kurt & Nancy Kramer
Lana & George Maturi
Larry & Judy Hull
Lea & Joe Haskins
Leo Thoma
Lin & Fred Eichhorn
Linda Campbell
Lisa Angstadt
Lisa Graybeal
Lyle Pitner
Marilyn Weary
Mark & Laura Sandoe
Mary Lou Seamens
Mary Melvin
Melissa Clancey
Michael & Judy Seymore
Mike & Judy Hisey
Myra Abramovitz &
 Len Hickman
Nancy Alder

Nancy & Bob Kiehl
Nancy Harner
Nancy Lee & Marilyn Fitzgerald
Nancy Mcilvaine
Nancy Notarangelo
Patricia Stack
Patrick & Susan Naugle
Priscilla Shuba
Ralph Serpe & Bryan Tate
Robert & Carolyn Wagaman
Robert & Esther Langley
Robert & Judith Dreyer
Robert & Marilyn Teeter
Robert & Tamela McConoghy
Roland & Martha Hansen
Ron & Alice Bower
Ronald & Barbara Shunk
Samantha Cradle
Samantha Hoffman
Samuel Woo
Sarah & Paul Stokely
Sarah Knight
Scott & Connie Wehler
Scott & Holly Purdy
Shannon Harvey
Sharon C. Magraw
Sharon Purdy
Siri Phelps
Steven & Faye Niebler
Steven Schaffer
Susan Wentzel
Susan Witushynsky
Suzanne Adams
Tammy VanMeter
Terry & Carolyn Lower
Theodore H. Streeter

Thomas & Irene Powell
Tia Williams
Timothy Fortnum
Timothy Leber
Tinsy Labrie
Tom Fortnum
Troy & Jessica Dean
Wendy Allen
Wendy Heiges
William & Carolyn Scott

Organizations
A.B.A.T.E.
Adams County Arts Council
Adams County
 Community Foundation
Adams Electric Cooperative Inc.
Andrew and Sherry Farkas
 Giving Fund
Apple Valley Woman's Club
ARC Property Services LLC
Battlefield Harley Davidson
Biglerville American Legion 262
Blue Ribbons 4 Justice
Celebrate Gettysburg
Chestnut Grove Lutheran Church
Children of Gettysburg
 1863 Museum
Children's Advocacy Centers of PA
Christ Evangelical
 Lutheran Church
Church Women United
Gettysburg & Adams County
Conewago Enterprises Inc.
County of Adams
Crouse Electric Co. LLC

Destination Gettysburg
Federal Pointe Inn
Forever Love Pet Rescue
Gastley's Moving & Storage Inc.
Gettysburg 392 Eastern Star
Gettysburg Borough
Gettysburg College
Gettysburg Dental Associates
Gettysburg Methodist Church
Gettysburg Moose Lodge 1526
Gettysburg Publishing LLC
Gettysburg Starbucks
Gettysburg VFW Post 15
Give Lively
Graphcom
Hartman & Yannetti Attorneys
 at Law
Highmark Blue Shield
Holiday Inn Express
Hollabaugh Bros. Inc.
Holland Construction Corporation
Holland Properties Management
Home Association
 of McSherrystown
Jeff Shaffer Real Estate Inc.
Knouse Foods Co-op Inc.
Lake Heritage Women's Group
Letterkenny Industrial
 Development Authority
Mansion House 1757
Mason-Dixon Endodontics
McSherrystown Knights
 of Columbus
Milhimes Automotive Inc.
Miller & Associates Real Estate

Mitsubishi Chemical
 Advanced Materials Inc.
Montgomery & Weigel
 Insurance Inc.
National Children's Alliance
Network For Good
Northeast Regional Children's
 Advocacy Center
Pennsylvania Commission
 on Crime & Delinquency
Prince of Peace Episcopal Church
Redding & Redding
Rice Fruit Company
Robert C. Hoffman
 Charitable Trust
Sharon Trew Cline Magraw
Foundation
St. James Lutheran Church
Stan and Candice Clark Fund
 for Charitable Giving
Teleplus Inc.
The Insurance Group Inc.
Tippetts Weaver Architects
Town & Campus Hair Care Inc.
United Way of Adams County
Webb Insurance Inc.
Weikert's Livestock Inc.
Wesley Chapel United
 Methodist Church

Adams County Children's Advocacy Center

Board of Directors FY 2022-2023

Officers

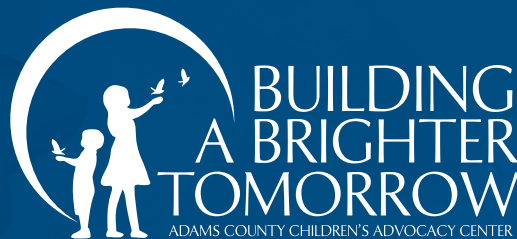
Cindy Small, President
Cathy Harner, Vice President

Anne Marie Logue, Treasurer
Irene Powell, Secretary

Members

Sarah Finkey
Tom Fortnum
Wendy Heiges
Stephen Higgs
Dawn Heiges Hoffman

Samantha Hoffman
Jane Hyde
Crissy Redding
Brian Sinnett
Carolyn Wagaman



kidsagaincac.org

450 West Middle Street
Gettysburg, PA 17325

Phone: 717-337-9888

Fax: 717-337-9880