

IT'S BACK TO SCHOOL TIME!



In this edition:

- Small Boy, Big Dreams
- Volunteer Extraordinaire
- Special Report: Trauma Pt. 2

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Cover Story

Is It School Yet? Check Out the Back to School Bashes and Events on CBHC's Website

Back to school bashes, events in the community, social services provider trainings, fundraisers and more are all displayed in the revived **Children's Board** upcoming events document, accessible online at <http://www.childrensboard.org/calendar.aspx>.

This month's highlights include numerous back to school bashes, including many supported and staffed by Family Support and Resource Centers, and the big



Tampa Convention Center back to school bash on Aug. 21-22 that will be staffed by the **Children's Board**, Early Childhood Council and other Children's Board partners.

Bashes began July 31 and will continue from Aug 5 through Aug. 22 at locations around Hillsborough County. The calendar

website posts the specific dates and individual locations of CBHC and FSRC-sponsored back to school bashes.

Charlie's Thrift Store in Town 'N Country will be giving away free book bags at its back to school bash on Aug. 6 & 7. The thrift store – which benefits The Children's Home, Inc. – is located at Waters Avenue and Hanley Road in Town 'N Country.

Even the Tampa Yankees minor league baseball team is getting in on the act. Fans can go to the nearby Dodge dealership and get complimentary tickets to the Aug. 7 game, and attend a pre-game back to school bash at 5:30 p.m., which will include a backpack giveaway to the first 250 children 14 and under.

Special note to parents: the tax free holiday in Florida, customarily used to purchase most back-to-school supplies, will be Aug. 13-15.

Achieve the Dream Stories

Small Boy Has Country-Wide Dreams in the Name of Charity

While most kids his age are reveling in the last few weeks of summer vacation, Zach is trudging across the Arizona desert — wearing out his shoes and his tiny body in the name of charity. The 12-year-old Valrico boy known for collecting money for local homeless children has garnered national attention for his most recent fundraiser: a roughly 2,500-mile walk from Tampa to Los Angeles. He started on Christmas Day. See the story online at <http://www.tampabay.com/news/humaninterest/valrico-boy-nears-the-end-of-his-cross-country-walk/1111732>.



Three Young Tampa Inventors Place Nationally

A six-year-old and two eight-year-olds from Tampa placed second nationally a contest for young inventors by coming up with a high-tech first-aid kit that includes the Smart Touch First-Aid Kit, an instructional video that automatically plays on the lid, demonstrating how to treat the injury. See the story online at <http://www2.tbo.com/content/2010/jul/21/high-tech-first-aid-kit-nets-prize-local-kids/>.

90-Year-Old Man Makes Clothes for Child Abuse Council Kids - <http://brandonnews2.tbo.com/content/2010/jul/21/br-mans-life-shows-a-pattern-of-giving/>

Disabled Children Enjoy Camp Getaway

The Shriners Hospitals for Children-Tampa held its annual Camp Care-A-Lot at Rotary's Camp Florida in Brandon - See <http://brandonnews2.tbo.com/content/2010/jul/28/brandon-camp-big-hit/>.

CBHC Radio Interviews Volunteer Extraordinaire Gene Soler

Gene Soler has had a business career but it's his long history of volunteering, from every sort of duty at the Brandon Family Support & Resource Center, to preparing taxes at the FSCRs and **Children's Board of Hillsborough County**, to playing Santa Claus during Toys 4 Tots, that distinguishes him from the average Joe. And oh, yes, he's the volunteer technician who makes the programming of **CBHC Radio** possible. Hear the interview with him on the **CBHC Radio** show "Have You Heard?" (a show he named) at http://www.childrensboard.org/cbhc_radio.aspx through Aug. 5.



Local News

One in Three Births in Hillsborough County is to a Hispanic Mother

The Florida Department of Health has reported that one in three births in Hillsborough County is to a Hispanic mother. See the *St. Petersburg Times* story at <http://www.aolnews.com/health/article/cyberbullying-linked-to-teen-health-problems/19538634>.

Children's Board Now Has More Than 400 Fans on Facebook

The **Children's Board** has 400 fans on Facebook. See the latest postings and sign up as a fan at <http://www.facebook.com/pages/Tampa-FL/Childrens-Board-of-Hillsborough-County-CBHC/225500539068>.

Tampa Tribune Features KidZCreate Gallery of Art, Centre for Girls

The *Tampa Tribune* featured the recent KidZCreate Gallery of Children's Art exhibit celebration with the Centre for Girls. The exhibit blends using jewelry with positive self-esteem. The exhibit is on display at the **Children's Board**, 2002 E. Palm Avenue, Tampa and is free and open to the public. See <http://www.tampabay.com/news/business/article1106071.ece>.

Catholic Charities Will Offer Family Housing

Catholic Charities, a social services outreach of the Catholic Church, has purchased a 40-unit apartment complex to use for people in need. The Hillsborough County Commission approved an agreement recently to provide funding under federal programs for Catholic Charities to secure the Sand Dollar Garden Apartments at 12708 N. 19th St. in Tampa. The funding is a \$3.4 million loan, in terms of a 40-year mortgage. It is for the acquisition, rehabilitation and related cost of the complex under the Neighborhood Stabilization Program and the Community Development Block Grant Recover Funding Agreement. The University Area is one of several areas targeted by the county for expenditure of funds in these programs. See <http://northeast2.tbo.com/content/2010/jul/28/ne-catholic-charities-to-offer-family-housing/news/>.

Steinbrenner-Supported Charities Get Gifts Following His Death - <http://www.tampabay.com/news/humaninterest/donations-to-steinbrenner-supported-charities-flowing-after-familys-request/1111319>

Steinbrenner Invested in the Youth Market - <http://www.tampabay.com/sports/baseball/ml/how-steinbrenner-invest->

ECC Night at Rays Game Among Calendar of Events on the CBHC Website

Among the fundraiser highlights on the upcoming events calendar: get your ticket through the Early Childhood Council and join the child services community celebration night Friday, Aug. 27 as the red-hot Tampa Bay Rays host the Boston Red Sox. Tickets are only \$25, including a pre-game hot dog and beverage at the ECC tent in the main parking lot. See the calendar for more information about these happenings online at <http://www.tampabay.com/news/education/k12/hillsborough-school-district-wins-accreditation/1107832>.

Access the Zero Exposure Project Partner Agencies Resource Book Online

The Zero Exposure Project, which promotes healthy pregnancies, has posted its 2010 Agency Profile Book & Referral Tools online. See the website at www.zeroexposure.org to see the book and to learn more about the Zero Exposure Project (ZEP), an initiative of the Healthy Start Coalition (HSC) of Hillsborough County. Both ZEP and HSC are funded by the **Children's Board**.

See the Family Justice Center August News & Events -

See <http://hosted.verticalresponse.com/386375/6622217bb0/1728501262/f469781c2e/>

Check Out the August Hillsborough Kids Foster Parent Newsletter -

See http://www.hillsboroughkids.org/docs/2010_FPConnection_08.pdf

Hart Named Program Director at Connected by 25

The Cby25 Initiative, Inc. has named Sarah Hart Program Director for Connected by 25 - Hillsborough. Connected by 25 is a strategy for public and private investments to improve the outcomes of youth aging out of foster care. The program works to ensure that youth in the foster care system are educated, housed, obtain a bank account, employed and connected to a support system by age 25. Hart has worked as Connected by 25 as Hillsborough's site coordinator for three years. In her new, expanded role she will manage fundraising activities, provide administrative support to the on-site education program and supervise staff.

Neighborhood News

Shriners Will Donate 1,000 Backpacks to Potter Elementary, 3 Other Schools -

<http://publicaffairs.mysdhc.org/files2009-10/ShrinersBookBags.pdf>

Community Stepping Stones Sends President Obama Poster of Mural

A Sulphur Springs-based children's art program sent President Obama a poster of a mural -

See <http://www.tampabay.com/news/humaninterest/for-kids-art-is-not-simply-for-arts-sake/1109017>

Greater Brandon Community Foundation Gives to Nine Charities -

See <http://brandonnews2.tbo.com/content/2010/jul/28/br-its-all-about-giving-back/>

Brink Outreach in Town 'N Country Targets Youth in Poverty -

See <http://www2.tbo.com/content/2010/jul/19/na-foundation-spreads-the-wealth/>

Advocacy

Commentary: Nonprofits Rise to Area's Tough Economic Challenge

Grace Armstrong, CEO of the Nonprofit Leadership Center of Tampa, wrote an op-ed in the Tampa Tribune that area nonprofits will come out of the recession stronger for having dealt with their economic challenges. See the story online at http://tampabayonline.mobi/tbo/db_7007/contentdetail.htm?full=true&contentguid=gTiUsmMj&pn=0&ps=10#display

State News

Gorski Gives Keynote Address to Florida School Boards, Superintendents

Dr. Peter Gorski, pediatrician, University of South Florida public health professor and **Children's Board** director of research and innovation, gave the keynote address, "Relationships to Learning: The Psychobiological Foundations of School Success," at the Florida School Boards Association and Florida Association of District School Superintendents annual spring conference in Tampa.

Themes he touched upon included: School readiness begins years before entering school; earliest relationships affect child's brain development, health and learning abilities; emotional and physical stress in early childhood years can cause permanent changes in gene expression and neurological feedback systems affecting, among other things, memory, learning, emotion regulation, fat metabolism, immune system function and blood pressure into the adult years; social inequalities create cumulative stress on populations of children and adults that can reset the balance of these biological systems; and policies and practices can level the playing field, helping to give every child the foundation for success in school.

Alarcon Steps Down as CEO of Florida Children's Services Council

Tana Ebbole, chair of the Florida Children's Services Council, has announced that Vivian Alarcon has stepped down as CEO of the Florida CSC after four years of leadership. Ebbole praised Alarcon's service and said, "looking ahead, we will be assessing the skills and talents we need for the upcoming years and phase of our work," Ebbole said. "As you know, the organization has evolved, and the environment has changed significantly with the passing of legislation requiring the CSCs to go to referendum. Kriss Vallese, our director of outreach and operations in Tallahassee, will be the contact person for the Florida CSC as we move through this transition. Having worked alongside Vivian for nearly four years, Kriss has a very good understanding of our organization's vision and will help guide our work so that we do not miss a beat. You may reach Kriss by phone at (850) 402-5437 or email at kvallese@floridacsc.org."

National News

Dave Thomas Foundation for Adoption Issues \$325,000 in Grants -

<http://www.pnnonline.org/dave-thomas-foundation-for-adoption-awards-325000-in-new-grants>

HHS Offers \$10 Million to Award Non-Profit Minority-Serving Orgs -

<http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=2&lvlID=1>

Playtogive Helps Nonprofits Raise Money With Online Game Contest -

<http://www.youtube.com/watch?v=qjBWuEs28uQ>

Cyber Bullying Linked to Teen Health Problems -

See <http://www.aolnews.com/health/article/cyberbullying-linked-to-teen-health-problems/19538634>

Teen Births for 15-17-Year-Olds Decline in 2008 and 2009

Teen births to 15-17 year olds declined in 2008 and provisional data for 2009 indicates that births declined to the lowest level in more than 30 years. See http://www.aboutpinellaskids.org/Families_teenbirths.htm

Poll: Minority Children Have Fewer Opportunities for Success

Minority children have fewer opportunities than their white peers to gain access to high-quality health care, education, safe neighborhoods and adequate support from the communities where they live, according to a nationwide survey of professionals who work with young people.

Of the professionals surveyed, 59 percent said young white children in their communities have "lots of opportunity" to play in violence-free homes and neighborhoods, while only 36 percent said the same about Hispanic children, 37 percent about African-American children and 42 percent about Native American children. The survey refers to young children as within the 0-8 age range. See http://www2.tbo.com/content/2010/jul/08/poll-minority-children-have-fewer-opportunities-su/c_1/

Report: Most Foster Youth Who Say They Want College Don't Actually Go

From RTC Updates: Out of the 70 percent of foster youth who say they want to attend college, only 37% go and only 3% graduate. This policy brief from the Schuyler Center for Analysis and Advocacy addresses the financial aid reforms necessary to get more foster youth into college.

See the report at http://www.scaany.org/documents/cpa_highered_policybrief_march2010.pdf

Child Pornography is Proliferating Despite Efforts to Combat It

The spread of child pornography, fueled by technology and the Internet, is outpacing efforts to combat it, the Justice Department said Aug. 2 in a report to Congress that promises more arrests, prosecutions and better coordination among federal, state and local authorities. Attorney General Eric Holder said the distribution of child pornography, the number of images being shared online and violence against child victims all have increased. "Tragically, the only place we've seen a decrease is in the age of victims," Holder said in a speech at the National Center for Missing and Exploited Children in Alexandria, Va.

See <http://www.azcentral.com/news/articles/2010/08/02/20100802child-porn-on-rise.html>

Special Report, Part 2: Sexual Trauma's Effect on the Brain and Child Development

By Dan Casseday, Children's Board of Hillsborough County

Editor's Note: *This article is not meant to be comprehensive but is written to raise education and awareness about trauma's impact on children and their development. Part 1 of the Special Report on Trauma appeared in the July 20, 2010 edition of Just Dream.*

When a Child Is Sexually Traumatized, There Is Increased Risk for PTSD

It is like the proverbial elephant in the living room. It's there but we often don't want to see it, acknowledge it or deal with it. Sexual abuse of children is not only real but has major consequences and often brings trauma, and long-lasting consequences.

Here's what's even more shocking: **most of child sexual abuse is not caused by the pervert hanging out near the school playground, but by family or acquaintances, or by children abusing other children** (*Childhood Sexual Abuse Fact Sheet, Douglas and Finkelhor, <http://www.unh.edu/ccrc/factsheet/pdf/CSA-FS20.pdf>*).

"So many people don't want to talk about children's sexuality in any way, but certainly not that they may abuse another child," said Nikki Daniels, executive director of the Family Justice Center, which is funded by the **Children's Board**. "Keeping the issue in the dark won't make it go away; we have to work with these kids and families. They are not 'bad' kids, but they are children who deserve our support and assistance in a non-judgmental and respectful manner."

Also consider this: **unlike a bone fracture, recovery by a child who has been sexually traumatized is a journey and may require treatment at several periods during the child's life. Early recognition and treatment for the sexual abuse may reduce the severity of the trauma symptoms. Sexual Abuse is boundary violation. The child may develop difficulties with distrust of other people and never truly feeling safe. The issue of trauma symptoms stemming from childhood sexual abuse is a complicated issue. Treatment providers must be vigilant in their diagnosis and treatment of these children...being careful not to misdiagnose and medicate these children without truly getting to the root of the problem(s).**

The University of South Florida's Joan A. Reid and Christopher J. Sullivan, reporting on the impact of child maltreatment and sexuality, wrote: "Sexual victimization has one of the highest repeat rates of all types of crime, and repeat sexual victimization is frequently associated with increased post-traumatic stress symptoms, using drugs or alcohol to cope, isolating from others, shame and self-blame for the victimization."

Acting out behaviors may be a consequence of child sexual abuse. Take the case of a 10-year-old untreated sexually abused boy who appeared with his mom on the Dr. Phil Show on June 7, 2010. The boy, whose mom was a substance abuser, was flashing sudden anger that turned on and off like a light switch. By age 4 he was acting out and killing each of the pets one by one and was even threatening the life of his mom. It was demonstrated that there was a link between this child's sexual abuse and his acting out behaviors/anger stemming from being sexually abused by another child who was a relative. By the time the mom sought help, Dr. Phil was recommending he be removed to a therapeutic home for the safety of the mom and the remaining pets.

"It is crystal clear that we have to focus on the prevention of family violence in our homes," said Daniels of the Justice Center which deals with domestic violence prevention, treatment and related issues and includes the Sexual Abuse Intervention Network (SAIN). "The long range impact is devastating to our families and society. Peace in the world begins with peace at home," she said. "While we are working on prevention, we also need to provide immediate, trauma-focused expert care to children who have been sexually abused and their families."

Trauma and its impact on child development evoke the following comments from Dr. Peter Gorski, pediatrician, University of South Florida public health professor and **Children's Board** director of research and innovation: "Children of any age experience and, in the process, internalize the effects of childhood traumatic stress. In fact, the younger the child, the more the exposure to traumatic stress can actually shape the course of brain development and functioning. Relationships with young children that violate trust, caring and autonomy cause chemical changes that affect the expression of genes in parts of the brain and nervous system that react to and moderate behavioral and physiological stress responses. In other words, when young children experience traumatic stress, especially repeatedly, they grow more vulnerable to poor physical and mental health even into adulthood. That is why we must all take responsibility for supporting families and creating caring communities."

Report About Child Sexual Abuse from the National Center on Victims of Crime (NCVC)

From <http://www.ncvc.org/ncvc/main.aspx?dbName=DocumentViewer&DocumentID=32315>: The National Center from Victims of Crime on the topic of child sexual abuse has compiled and condensed the following information about child sexual abuse, available online and referenced at the end of this section of the special report:

NCVC Overview: Child Sexual Abuse

Child sexual abuse has been at the center of unprecedented public attention during the last decade. All 50 states and the District of Columbia have enacted statutes identifying child sexual abuse as criminal behavior (Whitcomb, 1986). This crime encompasses different types of sexual activity, including voyeurism, sexual dialogue, fondling, touching of the genitals, vaginal, anal, or oral rape and forcing children to participate in pornography or prostitution.

Although child sexual abuse is reported almost 90,000 times a year, the numbers of unreported abuse is far greater because the children are afraid to tell anyone what has happened, and the legal procedure for validating an episode is difficult (American Academy of Child & Adolescent Psychiatry).

It is estimated that 1 in 4 girls and 1 in 6 boys will have experienced an episode of sexual abuse while younger than 18 years. The numbers of boys affected may be falsely low because of reporting techniques (Botash, Ann, MD, Pediatric Annual).

Sixty-seven percent of all victims of sexual assault reported to law enforcement agencies were juveniles (under the age of 18); 34% of all victims were under age 12. One of every seven victims of sexual assault reported to law enforcement agencies were under 6. Forty percent of the offenders who victimized children under age 6 were juveniles (under the age of 18). (Bureau of Justice Statistics).

Most children are abused by someone they know and trust, although boys are more likely than girls to be abused outside of the family. A study in three states found 96 percent of reported rape survivors under age 12 knew the attacker. Four percent of the offenders were strangers, 20 percent were fathers, 16 percent were relatives and 50% were acquaintances or friends (Advocates for Youth).

NCVC on Child Sexual Abusers

Child abusers coerce children by offering attention or gifts, manipulating or threatening their victims, using aggression or employing a combination of these tactics. "[D]ata indicate that child molesters are frequently aggressive. Of 250 child victims studied by DeFrancis, 50 percent experienced physical force, such as being held down, struck, or shaken violently" (Becker).

NCVC on Child Sexual Abuse Victims

Studies have not found differences in the prevalence of child sexual abuse among different social classes or races. However, parental inadequacy, unavailability, conflict and a poor parent-child relationship are among the characteristics that distinguish children at risk of being sexually abused (Finkelhor). According to the Third National Incidence Study, girls are sexually abused three times more often than boys, whereas boys are more likely to die or be seriously injured from their abuse (Sedlak & Broadhurst). Both boys and girls are most vulnerable to abuse between the ages of 7 and 13 (Finkelhor).

NCVC on Incest

Incest traditionally describes sexual abuse in which the perpetrator and victim are related by blood. However, incest can also refer to cases where the perpetrator and victim are emotionally connected (Crnich & Crnich,) "[I]ntrafamily perpetrators constitute from one-third to one-half of all perpetrators against girls and only about one-tenth to one-fifth of all perpetrators against boys. There is no question that intrafamily abuse is more likely to go on over a longer period of time and in some of its forms, particularly parent-child abuse, has been shown to have more serious consequences" (Finkelhor).

(Editor's Note: what is not stated on this particular NCVC webpage reference is a child's feeling of betrayal when a non-offending parent doesn't believe the child's sharing about sexual abuse or doesn't offer or provide help to the child to address or relieve the situation; in fact, if there is any recognition of a problem by the non-offending parent, he or she may even blame the child for the situation, despite the child's lack of maturity and understanding.)

NCVC on Symptoms of Child Sexual Abuse

Many sexually abused children exhibit physical, behavioral and emotional symptoms. Some physical signs are pain or irritation to the genital area, vaginal or penile discharge and difficulty with urination. Victims of known assailants may experience less physical trauma because such injuries might attract suspicion (Hammerschlag).

Behavioral changes often precede physical symptoms as the first indicators of sexual abuse (American Humane Association Children's Division). Behavioral signs include nervous or aggressive behavior toward adults, sexual provocativeness before an appropriate age and the use of alcohol and other drugs. Boys "are more likely than girls to act out in aggressive and antisocial ways as a result of abuse" (Finkelhor). Children may say such things as, "My mother's boyfriend does things to me when she's not there," or "I'm afraid to go home tonight."

NCVC on Consequences of Child Sexual Abuse

Consequences of child sexual abuse range "from chronic depression to low self-esteem to sexual dysfunction to dissociative identity disorder. A fifth of all victims develop serious long-term psychological problems, according to the American Medical Association. These may include dissociative responses and other signs of post-traumatic-stress syndrome [sic], chronic states of arousal, nightmares, flashbacks, venereal disease and anxiety over sex or exposure of the body during medical exams" ("Child Sexual Abuse..."). *(Editor's note: obesity may become another consequence.)*

NCVC on Cycle of Violence

Children who are abused or neglected are more likely to become criminal offenders as adults. A National Institute of Justice study found "that childhood abuse increased the odds of future delinquency and adult criminality overall by 40 percent" (Widom). Child sexual abuse victims are also at risk of becoming ensnared in this cycle of violence. One expert estimates that 40 percent of sexual abusers were sexually abused as children (Vanderbilt). In addition, victims of child sexual abuse are nearly 30 times more likely to be arrested for prostitution as adults than non-victims. (Widom). Some victims become sexual abusers or prostitutes because they have a difficult time relating to others except on sexual terms.

NCVC on Stopping the Cycle of Violence

With early detection and appropriate treatment, society can prevent some victimized children from becoming adult perpetrators. In order to intervene early in abuse, parents should educate their children about appropriate sexual behavior and how to feel comfortable saying no (American Humane Association Children's Division).

Steps must be taken to ensure that perpetrators do not attack again once the criminal justice system's punitive measures have taken their course. All states and the federal government have enacted versions of Megan's Law that require community notification and sex offender registration. Under these laws, authorities are required to notify communities when sex offenders move in. In some cases, law enforcement agencies make the notification while the offender is responsible in others. Registration laws require offenders to provide information such as name and address to a law enforcement agency. The FBI maintains a nationwide sex offender registry (Walsh).

NCVC on Child Sexual Abuse Reporting

Children may resist reporting sexual abuse because they are afraid of angering the offender, blame themselves for the abuse or feel guilty and ashamed. In order to increase reporting, parents and adults who interact with children, such as school personnel, teachers, counselors, child care workers, Boy and Girl Scout troop leaders and coaches should be educated about the behavioral and physical symptoms of child sexual abuse (American Humane Association Children's Division). Children are more likely to reveal sexual abuse when talking to someone who appears to 'already know' and is not judgmental, critical or threatening. They also tend to disclose when they believe continuation of the abuse will be unbearable; they are physically injured; or they receive sexual abuse prevention information. Other reasons may be to protect another child or if pregnancy is a threat ("Child Sexual Abuse . . ."). *(Editor's note: A child also may resist reporting sexual abuse if convinced that he or she is "special" and doesn't want to risk losing that feeling or perceived status.)*

NCVC on Recovery from Child Sexual Abuse

Once a child discloses the abuse, an appropriate response is extremely important to the child's healing process. The adult being confided in should encourage the victim to talk freely, reassure the child that he or she is not to blame and seek medical and psychological assistance. Family members may also benefit from mental health services (American

Academy of Child and Adolescent Psychiatry). (Editor's note: the non-offending parent or caregiver must understand the consequences of failing to respond to the child's safety and needs.)

NCVC on Legal Action

Suspicious of child sexual abuse should be reported to a child protective services agency or law enforcement agency. Local child protection agencies investigate intrafamilial abuse and the police investigate extrafamilial abuse. The law requires professionals who work with children to report suspected neglect or abuse.

In addition to reporting child sexual abuse to the authorities, victims can sue their abusers in civil court to recover monetary damages or win other remedies (Crnich & Crnich). Many states have extended their criminal and civil statutes of limitation for child sexual abuse cases (National Center for Victims of Crime, 1995). In addition, the delayed discovery rule suspends the statutes of limitation if the victim had repressed all memory of the abuse or was unaware that the abuse caused current problems (Crnich & Crnich).

NCVC on Adult Survivors of Child Sexual Abuse

Survivors of child sexual abuse use coping mechanisms to deal with the horror of the abuse. One such mechanism, protective denial, entails repressing some or all of the abuse. This may cause significant memory gaps that can last months or even years. Victims also use dissociative coping mechanisms, such as becoming numb, to distance themselves from the psychological and physiological responses to the abuse. They may also turn to substance abuse, self-mutilation and eating disorders. In order to recover, adult survivors must adopt positive coping behaviors, forgive themselves, and relinquish their identities as survivors (Sgroi). The healing process can begin when the survivor acknowledges the abuse. When working with adult survivors of child sexual abuse, therapists should consider the survivor's feeling of security and the personal and professional ramifications of disclosure.

Societal influences play a big role in the recovery process. Although males are raised to shoulder responsibility for what happens to them, male victims need to understand that the victimization was not their fault. Only then can they begin to accept that they were not responsible for the abuse (Male Survivors of Childhood Sexual Abuse).

Where to Go for More Information on NCVC

For more information from the National Center for Crime Victims, go to <http://www.ncvc.org/ncvc/main.aspx?dbName=DocumentViewer&DocumentID=32315>.

Child Sexual Abuse, Trauma and the Juvenile Justice System

According to a Justice Policy Institute Brief, "Healing Invisible Wounds: Why Investing in Trauma-Informed Care for Children Makes Sense, July 2010," more than 93,000 children are currently locked up in juvenile correctional facilities around the country (and) research shows that between one in three to one in 10 children in the U.S. have experienced at least one traumatic event, including more than 13 percent of female adolescents being sexual assaulted. In contrast, up to nine of every 10 youth entering the juvenile justice system has experienced some degree of trauma. Identifying children who have experienced trauma is either done inappropriately or not as often as necessary, leaving many without the resources and treatment they need and making them more at risk for involvement in the juvenile justice system, the policy brief indicated.

A study published in the *Journal of Child Sexual Abuse* found that among young boys engaged in sexual offenses, 95 percent reported some type of trauma exposure, 77.5 percent reported more than one type of trauma and nearly half had experienced both physical and sexual abuse.

What's evident to experts is that sexual trauma also leads other unsatisfactory behaviors. In fact, "perpetrators of domestic violence are more likely to have been sexually abused as a child than to have witnessed domestic violence, said Daniels.

What Local Law Enforcement Experts Say About Children Being Forced Into Sex

Sexual abuse of children is not just a problem that only happens to the poor or kids in the child welfare system. The experts on the front lines who work with or provide therapy to sexually abused children will tell you there are no class or race barriers. Victims are both American and foreign children and youth.

Tampa FBI Agent Greg Cristopher and Detective James McBride of the Clearwater Police Force know about children and adolescents being deliberately sexually abused in the Tampa Bay area. They made presentations at a **Children's**

Board-funded Sexual Abuse Intervention Conference in Tampa in April. Cristopher is working with the Innocence Lost National Initiative, a joint initiative with the Department of Justice Child exploitation and Obscenity Section, and the National Center for Missing and Exploited Children. He said Tampa is a “destination city” for U.S. children sent to another place for prostitution. The July 29, 2010 story in the *Tampa Tribune* about two men convicted for child sex trafficking during the 2009 Super Bowl in Tampa is an example of the problem (see <http://www2.tbo.com/content/2010/jul/29/2-men-be-sentenced-child-sex-trafficking/>).

Cristopher said girls often get lured into the child sex trade at age 13. “Often, the life expectancy of a child or adolescent who becomes a prostitute is seven years,” he said, and breaking the mental hold of the pimp is difficult and pimps will even “brand” their victims like property, even with a tattoo of their name.

McBride is involved with the Clearwater Area Human Trafficking Task Force, a federally-funded project that deals with the foreign slave trade, often involving minors and young adults who were promised a better life but were tricked into the bondage of the sex trade. “In the Tampa area, drug trafficking is branching out or actually switching to human sex trafficking because unlike with drugs, sex trafficking can make money from one person over and over again,” he said.

A System of Care Approach to Therapy for Youth with Problem Sexual Behaviors

Dr. Elizabeth Letourneau of the Medical University of South Carolina department of psychiatry in Charleston gave a one-day workshop at the Children's Board on July 22, 2010 entitled, “Multisystemic Therapy for Youth with Problem Sexual Behaviors,” which was sponsored by the Sexual Abuse Intervention Network (SAIN).

Letourneau said that research shows the risk factors for adolescent sexual offending are very similar to those for other types of serious antisocial behavior. Therefore, interventions for juveniles who sexually offend should address strengths and weaknesses related to: (1) individual verbal and social skills, (2) law-breaking among peers, (3) school outcomes like low achievement or dropping out, and (4) community supports.

Traditional treatments involve families and often address issues such as safety planning, sexual boundaries and family relationships. Intensive services are recommended. Multisystemic therapy, she said, is delivered using a home-based model in which services are provided in the location where the problems occur, overcome most barriers to service access, allow for increased validity of assessment and outcome data and help engage the family in treatment, not just the child with the problem behavior. The desire is to reduce access to victims, address youth and caregiver denial of the problem and provide age-appropriate social experiences with peers. Goals include decreased youth and parent psychiatric problems, improved family relations, the offending child's decreased involvement with deviant peers and decreased problem behaviors, especially sexual acting out.

Should an Abused or Abusive Child Always Be Removed from a Home?

Although it is often the case to remove a child victim or offender for safety reasons from a sexually abusive situation, different experts who deal with children who have been sexually abused share what the average person may consider a startling opinion: that is, in some cases, even if a child has been sexually abused by another family member, especially by a parent, it might be better emotionally, depending upon the situation, to leave the child in the home and try to improve the situation there than remove the child.

That opinion is shared by Michael Dismore, a former child protective investigator and former police officer, based on his vast experience in the Tampa Bay area with many incidences. “It is actually worse in many cases to remove a child from a sexually abuse household where the child has some semblance of order in the world, than be totally uprooted and placed with people in a new and totally unfamiliar situation, particularly if the caregivers know nothing about dealing with trauma like child sexual abuse or getting the child into extensive therapy,” he said.

It's the same for sexually offending children, says Chip Royall, Chip Royall, a therapist with the Crisis Center of Tampa Bay, providing counseling services at both the Crisis Center in North Tampa and at Mary Lee's House in South Tampa. Royall mainly deals with child sexual offenders. (Note: adults who commit sex acts with children are called perpetrators. Children who sexually act out on other children are considered juvenile offenders.)

Royall will tell you that kids with sexual acting out behavior tend to get moved from one home to another because people don't want that kind of behavior in their home. “So instead of the child developing secure attachments, neither the child nor the family learn the skill sets to deal with the problem that's causing the acting out,” he said.

"People tend to be over reactive when they first find out a child is sexually acting out," Royall said. "This isn't like a child healing from a broken arm. It takes time to deal with and to teach the child and everyone involved with the child the skills to deal with the problem. Stability for the child is the key to their healing."

SAIN's Training Opportunities for Professionals Who Deal With Child Sexual Abuse

The **Children's Board** funds the Sexual Abuse Intervention Network (SAIN), located at the Family Justice Center in Tampa. It provides community awareness, education and training workshops to the community and professional organizations on issues related to healthy sexuality in youth and in youth with sexual behavior problems. It also provides information, referral and support services to families and professionals working with a child with sexual behavior problems and develops safety plans with families who are dealing with a child-on-child sexual abuse situation in their home.

"We're (Hillsborough County) lucky to be one of only two counties in Florida with a Sexual Abuse Intervention Network," said Daniels. "Thank you to the Children's Board for recognizing the value of this Network early on, and stepping up to provide support. The Gabriel Myers Workgroup (a statewide workgroup commissioned by the Department of Children and Families) has recognized SAIN as a best practice, and recommends that it be implemented in other communities."

For professional education and training opportunities, or to ask about concerns about a child's sexual behavior, call the SAIN office at (813) 490-9406. SAIN's mission, vision and core principals are: **S**exual safety for all youth; **A**buse Prevention, Community Awareness and Advocacy; **I**ntervention and treatment expertise; and **N**etworking and collaboration of professionals.

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Some Online Resources for More Information

Among the Hillsborough County and national online resources for more information about child sexual trauma and its impact on children and families are:

The Crisis Center of Tampa Bay, funded by the **Children's Board**, www.crisiscenter.com

Crisis Center of Tampa Bay's 2-1-1 Community Resources Online, www.211atyourfingertips.org

The Family Justice Center in Tampa, funded by the **Children's Board**, <http://www.fjchc.org/>

The Sexual Abuse Intervention Network (SAIN), funded by the **Children's Board** and located at the Family Justice Center, <http://www.fjchc.org/public/sain.html> www.hillsboroughsain.com

The Center for Child Welfare website videotaped presentations and training events: <http://centerforchildwelfare.fmhi.usf.edu/kb/VideosByTopic/Forms/AllItems.aspx>

National Child Traumatic Stress Network: www.nctsn.net

The National Center for Victims of Crime: <http://www.ncvc.org/ncvc/main.aspx?dbName=DocumentViewer&DocumentID=32315>