



Honor Thy Children

Archdiocese of Louisville continuing education for the awareness and prevention of child abuse

ASKING FOR HELP: THERE ARE LOCAL RESOURCES AVAILABLE

One constant throughout the past year has been change with COVID 19 altering our lives in ways rarely seen before. Amid the uncertainty asking for help can be a challenge. Thankfully our community has several resources available to help victims of abuse or anyone who needs to talk for any reason.

Below are some resources you can turn to should you need help. As always, should you have questions about seeking help the Archdiocese of Louisville's Victim Assistance Coordinator Martine Siegel is available anytime at 502.636.1044 or via email msiegel@archlou.org.



Archdiocese of Louisville

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If you need support or someone to talk to:

- ☺ Prevent Child Abuse Kentucky or Indiana:
800.CHILDREN/
800.422.4453
www.pcaky.org
www.pcaain.org
- ☺ Childhelp National Child Abuse Hotline
800.4.A.CHILD
800.422.4453
www.childhelp.org

Are You Safe Environment Compliant?

Are you working regularly with children?

If so you must have attended an Archdiocese of Louisville Safe Environment Training.

You must also have a satisfactory background check not older than 5 years.

See your Safe Environment Coordinator today to verify your compliance!

Family & Children's Place - (502) 893-3900

Broad-based family counseling program serving child and adult victims of violence and families in which a child has been sexually abused by an adult family member or adolescent.

www.FamilyAndChildrensPlace.org

Center for Women and Families - (844) 237-2331 Toll Free Crisis Line

Provides services to victims of sexual abuse and violence in the Kentucky counties of Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, and Trimble. www.TheCenterOnline.org

Business Line (502) 581-7200

The Couch Immediate Health Center - (502) 414-4557

Complete mental health services by walk in our appointment offering counseling and/or medication when appropriate. www.thecouchimmediatementalhealthcare.com

NAMI – The National Alliance on Mental Illness - (502) 588-2008

Offers support to individuals suffering with mental illness and their families. This may include abuse, PTSD, anxiety and depression. Services include support groups for the community as well as education. www.namilouisville.org

Treatment and Counseling for victims

UofL Peace Hospital - (502) 451-3330

The Brook Hospitals - (502) 426-6380- KMI, (502) 896-0495-Dupont

Norton Children's Hospital (Ackerly Unit) - (502) 629-8000

Silverleaf Sexual Trauma Recovery Services - (270) 234-9236

Provides services to victims of sexual abuse and rape, as well as to non-offending caregivers and families. Serving Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, and Washington counties. www.silverleafky.org

These are just a few available resources, please feel free to reach out to Archdiocese of Louisville Victim Assistance Coordinator Martine Siegel should you need help locating assistance.

CHILD SEXUAL ABUSE A PUBLIC HEALTH CONCERN?

According to the Centers for Disease Control (CDC), Child sexual abuse is a significant but preventable adverse childhood experience and public health problem. Many children wait to report or never report child sexual abuse. Although estimates vary across studies, the data shows About 1 in 4 girls and 1 in 13 boys

experience child sexual abuse at some point in childhood. 91% of child sexual abuse is perpetrated by someone the child or child's family knows. The total lifetime economic burden of child sexual abuse in the United States in 2015 was estimated to be at least \$9.3 billion.



Experiencing child sexual abuse can affect how a person thinks, acts, and feels over a lifetime, resulting in short- and long-term physical and mental/emotional health consequences. Examples of physical health consequences include sexually transmitted infections, physical injuries and chronic conditions later in life.

Examples of mental health consequences include depression, posttraumatic stress disorder (PTSD) symptoms while behavioral consequences could include substance use/misuse including opioid misuse, risky sexual behaviors and increased risk for suicide or suicide attempts

There is help available for those suffering from past sexual abuse. Please don't hesitate to reach out for help today.

UPCOMING TRAININGS

There are plenty of training opportunities coming up please see below.

No one under 16 will be admitted to the training. This includes infants.

If you think you will be working regularly with children please make plans to attend a training at your earliest opportunity.

You don't want to miss out on an opportunity to serve because you haven't completed the Safe Environment Training Course.

10.4.21
St. Gabriel

****10.25.21**
Incarnation
*****THIS TRAINING WAS ORIGINALLY SCHEDULED FOR OCTOBER 14TH BUT HAS BEEN RESCHEDULED***

10.26.21
St. Francis Xavier-Mt. Washington

Please note several more trainings over the next several months are in the process of being scheduled.

Once schedules and availability are finalized they will be sent to parish/school Safe Environment Coordinators and published at www.archlou.org/safe.

Be sure to bookmark this for updates and/or cancellations as we will be entering inclement weather season and the website is the primary avenue for communicating changes to the training schedule.



WHEN A CHILD TELLS YOU THEY'VE BEEN ABUSED

When dealing with a child who has purposefully disclosed abuse, respond by being honest and direct. Acknowledge the child's courage in disclosing and ask what it is he or she hopes will happen. Provide the child with as much information as possible and allow the child some age appropriate choices about the process. Choices might include allowing the child to be present when the report to authorities is made or in the case of an older child, allowing the child to make the report. These choices empower the child and allow for some control of the situation. Assure the child that he or she is not to blame, and that the abuse and its consequences are the fault of the abuser, not the child. When children accidentally disclose, know that they will be much more fearful than children who purposefully disclose. Children who accidentally disclose are highly reluctant for the information to be passed on any further. Be empathic about their reluctance, while letting them know that you must follow the law. Assure the child that you will do everything possible to keep him or her safe. Inform children of the law, of your legal obligations, and of the reporting process. In some instances, explaining that you have a legal obligation to report the information relieves the child that he or she is not responsible for breaking the silence. Children who disclose often begin by testing you. They share parts of their story without giving all the details. It is not your job to investigate or substantiate what happened. Rather your responsibility is to make a report to those who are trained to decide whether or not to investigate. Details of the abuse are not necessary in making a report. Praise the child's courage for telling you and explain that you will do your best to protect him or her. Do not, however, make promises that you cannot keep.

Be open and invite the child's disclosure through active listening. This is made difficult by the atrocity of what the child is claiming. Know that children who have been sexually abused often assume that they will be blamed for the abuse. Children who have been abused are skilled at watching others in assessing danger. This ability to "read" others protects them amidst the dynamics of abuse. These skills are readily employed in threatening situations where the child may be vulnerable. Consequently, a child who has been abused may be hesitant to tell you what has occurred. If you respond with horror or anger to what is being said, you are unwittingly causing the child to feel ashamed and fearful. Children respond to this type of reaction by self-censoring. Therefore, do all that you can to maintain your poise as the child tells you what happened. Responding to disclosure (along with many more facets of child sexual abuse and how it relates to the work with youth are discussed in-depth at the Archdiocese of Louisville's Safe Environment Trainings). It's also worth repeating that Kentucky is a mandatory reporting state, meaning you are legally obligated to report any suspected child sexual abuse by calling 1-877-KYSAFE1 or to the county in which the abuse has taken place. For questions or concerns surrounding reporting, please contact the Archdiocese of Louisville's Victim Assistance Coordinator Martine Siegel at 502.636.1044 or msiegel@archlou.org.

MONTHLY SAFE ENVIRONMENT TIP

Do you know who your parish/school Safe Environment Coordinator is?

If you are working regularly with youth you must attend the Archdiocese of Louisville's Safe Environment Training and have a satisfactory background check not older than five years.

At the completion of each Safe Environment Training participants are given instructions on how to notify their parish/school they completed the required training.

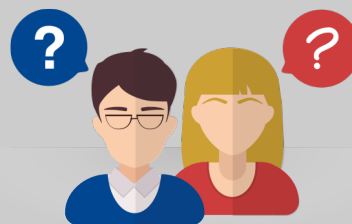
For some who work/volunteer at multiple Archdiocese of Louisville outlets it's a good idea to keep handy proof of your attendance and current background check as it may cause delays while seeking out verification of your status.

If you're getting close to the expiration of your current background check and you will continue to work with youth, now is a good time to reach out to your local coordinator and update your status.

If you have questions regarding compliance, please reach out to your parish/school Safe Environment Coordinator.

If you don't know who that is or have questions on compliance or safe environment in general feel free to contact:

Scott Fitzgerald
Archdiocese of Louisville
Coordinator of
Safe Environment Services
sfitzgerald@archlou.org
502.471.2132



Archdiocese of Louisville
Office of Safe Environment

Martine Bacci Siegel, MSN, RN, CNS
Maloney Center
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Louisville, KY 40220

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No child or adult should ever experience abuse by anyone, especially a church minister. We all have the right to be treated with dignity and to expect our church to reflect the goodness of God in all of its dealings.

We hope that this information is helpful to all in our communities who are working to prevent and respond to childhood sexual abuse. Please let us know if you need further assistance or information by calling or emailing our victim assistance coordinator, Ms. Martine Siegel, at 502/636-1044; victimassistance@archlou.org or the Pastoral Center at 502/585-3291.

We must heed God's call to care for the most vulnerable among us and to continue our efforts toward wholeness and health in dealing with sexual abuse.

BYSTANDER INTERVENTION: IT WORKS

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Intervening or taking preventative measures as a bystander can mean the difference between a child being sexually abused or being protected from abuse.

What is a bystander? A bystander is a person who witnesses a boundary violation or sees a situation in which a child is vulnerable. Bystander intervention can play a major role in keeping kids safe by acting when they see a child who needs help. Bystander intervention, or active bystanding, plays a critical role in child protection but can be intimidating. A bystander may hesitate to intervene because of the fear of backlash or of misreading a situation.

- Child protection is everybody's business and responsibility
- What matters most is making sure the child feels safe or is able to get away from an unsafe situation
- Trust your gut

You don't need to have proof or be positive that abuse is happening. If you see that a child is uncomfortable or have reason to believe

something isn't right, stand up for the best interest of the child. A bystander is impactful. In the United States alone, there are approximately 42 million adult survivors of child sexual abuse. Active bystanders have the power to end ongoing abuse and prevent future abuse. Prevention is a key part of bystander intervention. Understanding how to spot grooming behaviors and minimize opportunity can help bystanders keep kids safe from the start.



KRS 620.030

All adults who have any reason to suspect child abuse are legally required to contact Child Protective Services (CPS) and make a report. This is a mandatory reporting law that obligates all adults to make a report within 24 hours of learning about possible abuse.

EXAMPLES OF ACTIVE BYSTANDING

More than 80% of sexual abuse cases occur in isolated, one-on-one situations. If you eliminate or reduce isolated, one-on-one situations between children and adults, as well as children and other youth, you'll dramatically reduce the risk of sexual abuse.

Example: Use group situations instead of one-on-one, have multiple adults supervise, make interactions observable, or plan for someone to drop by or interrupt.

Offenders are often seen pressing boundaries and breaking rules, but are rarely caught in the act of abusing a child. When you see a boundary being crossed, describe the inappropriate behavior or boundary violation to the person who has crossed it. Have family rules about when and how adults engage with your children.

Example: "We don't let Jimmy go to the movies alone without a parent."

Perpetrators will often pretend to be someone they aren't to gain access to kids online. They will pretend to share similar interests to gain trust, grooming them online. Know who your kids are talking to online.

Example: Monitor what apps your children use and limit when and where they can use their devices. Perhaps at night devices live in the caregiver's room.