

Kiwanis Youth Protection Training

Finger Lakes Division Clubs

July 15, 2020



Kiwanis[®]



Why Youth Protection Matters

Kiwanis serves over 335, 000 youth each year.

Globally, 1 in 4 youth will suffer some type of abuse or maltreatment - World Health Organization

- 85% of child abuse victims never report their abuse

Abuse is usually at the hands of a known acquaintance and family members NOT strangers

- More than 90% of abusers are people children know, love and trust



Why Youth Protection Matters

- Globally \$7 trillion is lost due to violence against children each year, equivalent to 8% of global GDP - World Health Organization
- Child abuse and maltreatment are now considered a critical public health crisis by the Centers for Disease Control
 - The total lifetime economic burden resulting from new cases of fatal and nonfatal child maltreatment in the United States is approximately \$124 billion.



Why Youth Protection Matters

- Suicide is the 2nd leading cause of death in children and adolescents in the US
- Suicide is the 2nd leading cause of death in 15-29 age group globally.



Why Youth Protection Matters

- Risk Factors of suicide
 - exposure to violence
 - impulsivity
 - aggressive or disruptive behavior
 - access to firearms
 - bullying
 - feeling of hopelessness or helplessness
 - acute loss or rejection



Why this training?

Protect, educate and engage all Kiwanis members

1. Protect youth members from predators
2. Empower and educate adult members with best practices when working with youth
3. Provide youth with positive skills development tools designed to inspire and engage our future leaders to be their best.



Education

- Clubs must educate members annually.
- Districts will have forums or workshops at conventions and conferences.



Youth Protection Guidelines

Background checks

- ALL Kiwanis members who work with youth in our youth clubs and programs **MUST** have a clear background check.
- Checks are good for 2 years.
- Encouraged for all Kiwanians working or serving with Kiwanis youth.



Youth Protection Guidelines

Chaperones and overnight events

- Chaperones must be 21 years old or older.
- Each overnight Kiwanis-sponsored youth event must have a minimum **1 adult chaperone per 10 students.** (One adult male for each 10 youth males or part of 10 youth males, and one adult female for each 10 youth females or part of 10 youth females.)
- Adults **MAY NOT** share sleeping quarters with students unless it is their child or in a bunkhouse/camp cabin setting



Youth Protection Guidelines

Medication Only allowed with *written* permission from parent or guardian.



Youth Protection Guidelines

Transportation best practices

- Three people in the car
- Student in the back seat/rows
- Approval from parents/guardian
- Follow local school/local law policy



Youth Protection Guidelines

Social media/communication best practices

- Best bet: Connect via a club page/account and not individual youth member accounts.
- Do not initiate following/friending, etc.
- Treat all social posts and interactions as public.
- Refrain from posting photos of youth on your personal social media pages.
- Avoid 1:1 emails and texts. Follow the rule of 3: Always include parents/guardians, or another adult (YPM or risk officer), etc.



Youth Protection Guidelines

Reporting guidelines:

- If a Kiwanian observes troubling behavior involving a youth at a Kiwanis event or becomes aware of a situation that is illegal or potentially unsafe for a young person at a Kiwanis event, the Kiwanian must immediately:
 - Contact the appropriate personnel on-site.
 - Provide notification to law enforcement personnel as appropriate.



Youth Protection Guidelines

Reporting guidelines:

- If the Kiwanian becomes aware of the troubling behavior after the event, they must:
 - Contact leaders of the event.
 - Provide notification to law enforcement personnel as appropriate.

All local, state, provincial and federal laws regarding reporting must be followed.



Now what?

Now that you have reviewed the policies and guideline, let's learn how to apply the Kiwanis International Youth Protection Guidelines.

The guidelines



If your club sponsors an Aktion Club:

- Consult the Aktion Club member guidelines, available online.
- Kiwanis advisors to Aktion Clubs need an approved background check conducted & verified by Kiwanis International.

The guidelines



If your club sponsors a Circle K club:

- Best practices can still apply.
- CKI members fall under the same background check policies as Kiwanians.
- Kiwanis advisors to CKI clubs need an approved background check conducted & verified by Kiwanis International.



Questions?

Feel free to ask questions at this time, or
feel free to email me at

pitchercam13@gmail.com

Thank you for your attention
and participation



Kiwanis[®]



VILLA *of* HOPE

YOUTH & FAMILY SERVICES

rebuild. recover. renew.

“It Takes a Villa_(ge) ...”



Mission

“Villa of Hope partners with individuals, families and communities to
Rebuild relationships;
Recover potential; and
Renew Hope for the future.”

Vision 2030

“We will advance human potential by transforming the social foundations of our neighbors, elevating lifelong health outcomes for our community.”

Programs & Services

Behavioral Health: Mental Health

At our Mental Health Outpatient Clinic, our goal is to assist patients and families with understanding and managing issues such as PTSD, ADHD, mood disorders, psychotic disorders, substance abuse, and disruptive disorders. We offer evaluation and treatment for children, young adults and families including individual and family treatment, medication management, group therapy, cognitive-behavioral therapy, as well as psychological testing.



Programs & Services

Behavioral Health: Substance Use Disorder



Villa Behavioral Health services offers a range of residential and outpatient clinic services, for both mental health and substance use disorders. We use evidencebased practices that are culturally sensitive, developmentally appropriate, and holistic.

Programs & Services

Residential Treatment

When residential treatment is the best solution to care, the Villa has places to live, that support youth 24 hours a day, 365 days per year for safety, healing and growth.



Programs & Services

Community and Residential School



Villa of Hope provides quality education not only to youth in residential treatment on our campus, but also to youth who reside at home, and come in from all over the county to our specialized day school. Villa Schools are NYS approved private 853 schools. Our year-round programs incorporate academic, vocational, and remedial services for youth ages 12 to 21, with highly trained teachers, social workers, psychologists, psychiatrists, a school nurse, a support coordinator and an academic coordinator.

Programs & Services

- WorkForce Development

The WorkForce Development program is a Villa of Hope innovation that combines comprehensive youth vocational and leadership development, designed to give our youth real-world work experience, confidence, and skills to shape responsible citizenship. The program exposes youth to career interest opportunities with job coaching and constructive feedback. Participants are paid minimum wage while in the program.



Programs & Services

Community Programs

Villa of Hope has a commitment to individualized services for youth and adults; and sometimes that means services delivered in the home and community environment.

Our newest program, Hope Place, provides a safe environment for guests to decompress and recuperate. We want to help decrease your trauma symptoms, so you can achieve stabilization and self-sufficiency. Hope Place provides you with an alternative to visiting the Emergency Room and a compassionate ear with an experienced peer.



Why do children need help from
Villa of Hope?

ACES.

Adverse Childhood Experiences Study: “ACES”

- A research study conducted by Kaiser Permanente and the Centers for Disease Control and Prevention 1995-1997
- 17,000 adults received physical exams and confidential surveys regarding childhood experiences and current health status and behaviors
- Published 1998

What are ACES?

Personal	Parent/Guardian/ Primary Caretaker
Physical Abuse	Addiction
Verbal or Psychological Abuse	Domestic Violence
Sexual Abuse	Incarceration
Physical Neglect	Mental Illness
Emotional Neglect	Absence (divorce, death, abandoned)

ACES can have lasting effects on....



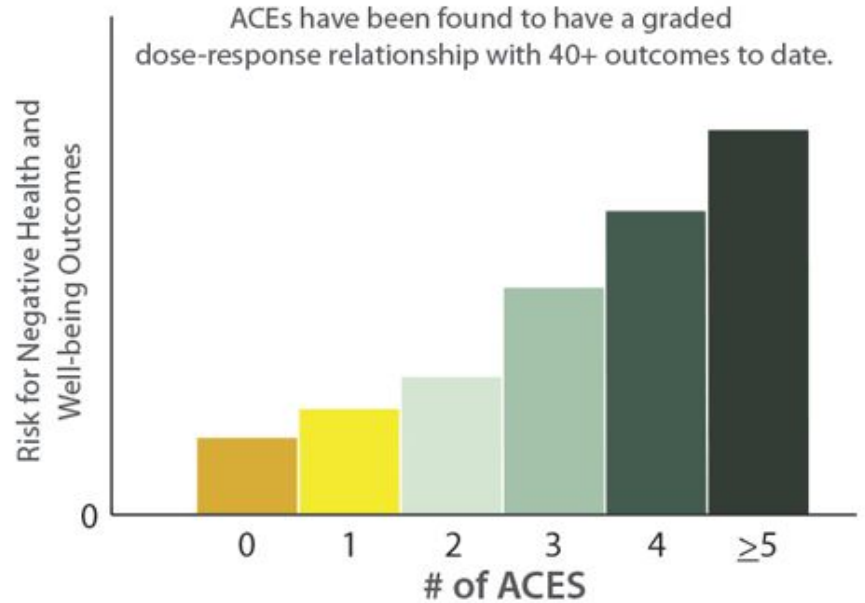
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

ACES Scoring

While you were growing up, during your first 18 years of life:

Did a parent or other adult in the household often or very often... swear at you, insult you, put you down, or humiliate you? Or act in a way that made you afraid that you might be physically hurt?

If yes, enter 1:

Did a parent or other adult in the household often or very often... push, grab, slap or throw something at you? Or ever hit you so hard that you had marks or were injured?

If yes, enter 1:

Did an adult or person at least 5 years older than you ever... touch or fondle you or have you touch their body in a sexual way? Or attempt or actually have oral, anal or vaginal intercourse with you? If yes, enter 1:

ACES' Lifetime Effects

Participants were also asked about their life experiences as adults, and the study found an association between childhood adverse experiences and later problems with social functioning, physical health, and mental health. Those with more adverse childhood experiences reported more problems, including:

Cigarette smoking

Alcoholism

IV Drug Use

Chronic Depression

Attempted Suicide

Teen Pregnancy

Having had more than 50 sexual partners STDs

Being Raped

Experiencing Hallucinations

Serious Job Problems

Premature Mortality



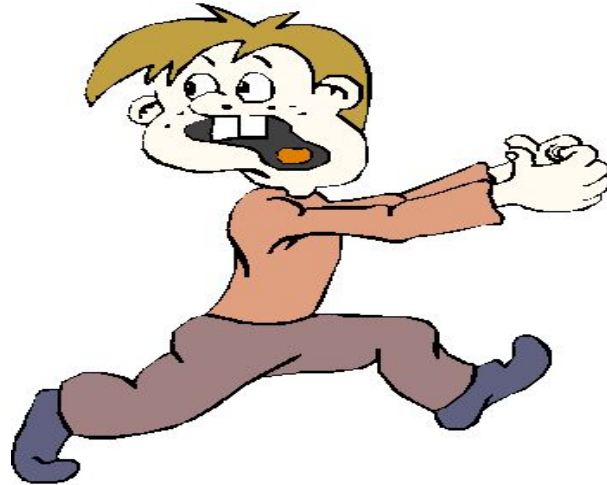
Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Adolescent Symptoms of Trauma: Pain Based Behavior



Types of Trauma



Trauma Definition

- “Traumatization occurs when both internal and external resources are inadequate to cope with an external threat.”
 - Bessel Van der Kolk, 1989

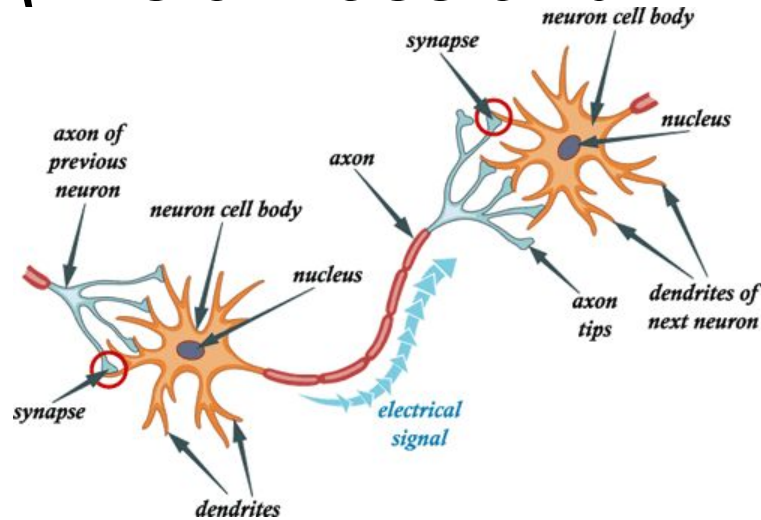


Brain Development

- Brains are developed over time, shaped by the interaction between genetics and life experience.
- Brain architecture and skills are built in a hierarchical “bottom up” sequence.
- The brain has “short cuts” for “emergency messages” so the body can respond quickly.

Brain Neuroplasticity

*“The neurons that fire together wire together”
(in sickness and in health)*



The Opportunities of Adolescence

- Adolescence is a time of brain development second only to birth to pre-school age
- Opposing perspectives can both be true
 - ex: “I hate my Dad/Mom for abusing me but I still love him/her and want to go home.”
- Thinking is less concrete “black-and-white” and more abstract “matter of degree”
 - ex: “I didn’t get everything I wanted, but I got some of what I wanted.”
- There is a positive side to adolescent “risk taking” in healing
 - taking a “leap of faith”

RESEARCH:

“Nightmares & Trauma: Life-long and Traumatic Nightmares in Veterans” (1984)

*Used the Rorschach Test
to observe how people
construct meaning from a
meaningless stimulus
(ink blots).*



FINDINGS:

- *Most traumatized people superimpose their trauma on everything around them*
- *These veterans saw their trauma in the ink blots (ex: images of war)*
- *Some traumatized people “go blank”*
- *These veterans saw nothing in the blots – they lost their imagination and ability to make sense of their surroundings*

What Does It Mean?

Trauma changes the brain.



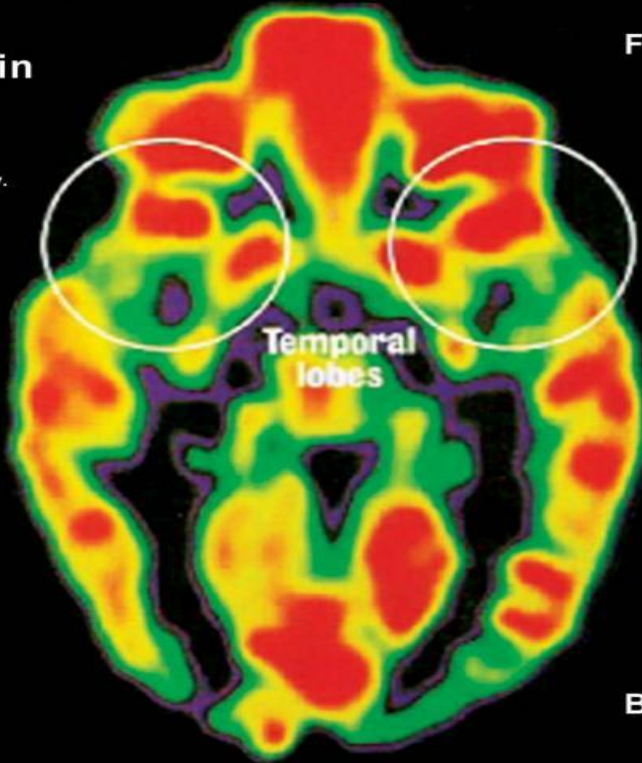
We have to let go of our experiences and our assumptions.

“He/She knows better” or “He/She should be able to...” does not work.

...This Is Your Brain On Trauma

Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.

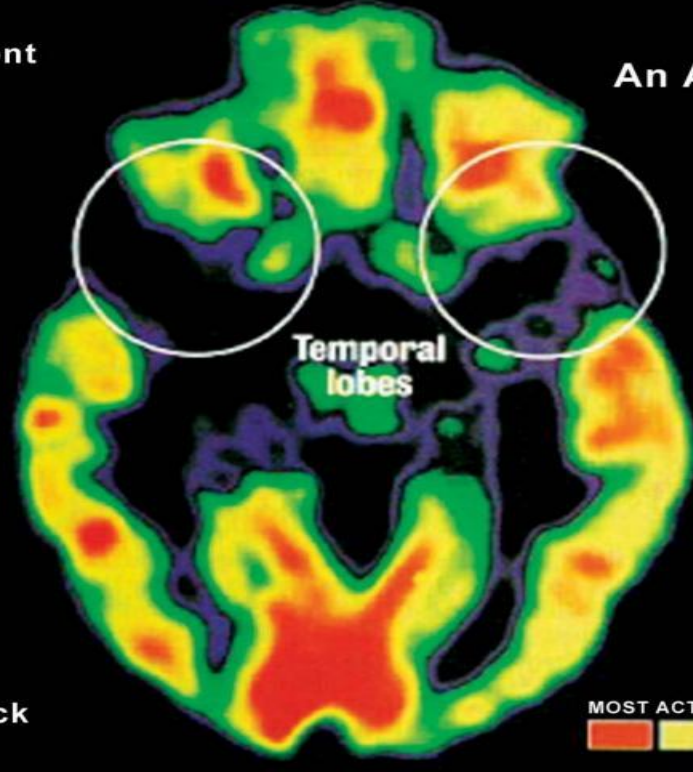


Front

Back

An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.

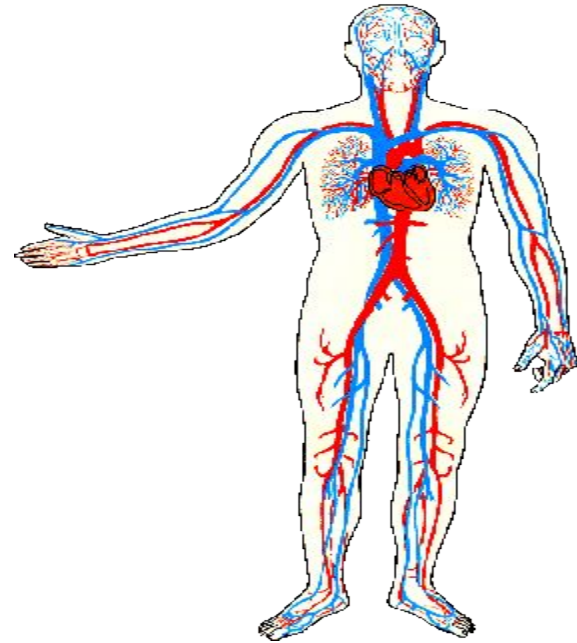


MOST ACTIVE

LEAST ACTIVE

...and This Is Your Body on Trauma

- “Adrenaline Rush” provides higher heart rate, energy, arousal, focus – immediate surge with short term results
- Cortisol (the forgotten stress hormone) regulates blood pressure, immunity, digestion, focus – delayed onset and longer effect



What Does All of this Mean?

Trauma changes the brain –
AND the body!



We have to let go of our experiences and our assumptions.

“He/She knows better” or “He/She should be able to...” does not work.

Trauma Informed Psycho-Education

- “You can grow new neurons in the part of your brain that holds memory. First steps include a healthy diet, exercise, and cognitive (mental) exercise.”
- “The thermostat for stress in your brain needs to be reset.”
- “Sensations from your own body should not be cause for alarm. Don’t let your body be the boy who cried wolf.”

Recommendations (web based)

- TED Talk by Pediatrician Nadine Burke Harris “How Childhood Trauma Affects Health Across a Lifetime”
- <http://traumainformedcareproject.org>
- www.cdc.gov/violenceprevention/acestudy
- <https://acestoohigh.com>
- www.sanctuaryweb.com
- <https://andrusscc.org/sanctuary-institute>

Recommendations (books)

- “The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma” by Bessel van der Kolk (2014)
- “The Boy Who Was Raised as a Dog: What Traumatized Children Can Teach Us About Loss, Love, and Healing” by Bruce Perry & Maia Szalavitz (2006)
- “Resilient Adults: Overcoming a Cruel Past” by Gina O’Connell Higgins (1994)

Questions/Discussion

