



Honor Thy Children

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

SUMMER VACATION AND CHILD ABUSE

Prevention starts with understanding

By Sarah Burleton NY Times bestselling author

Not every child looks forward to summer vacation the same way that their peers do. Not every child counts down those last few minutes until the final school bell rings for the year. While the majority of their peers are looking forward to a summer of grilling out, family vacations, and lazy afternoons by the pool - the abused child leaves school knowing that the next three months of their life are going to be anything but fun and relaxing.

School is an abused child's safe place and their refuge away from the madness they call their home life. School provides the abused child 6-8 hours of freedom a day; freedom from the physical abuse, freedom from mental torture, and freedom to relax and breathe a little bit before they have to go home and face their abuser. An abused child knows fully well that an abusive parent will be less willing to leave

marks on their body during the school year while under the eyes of watchful teachers and school counselors. Even if they are bullied and teased at school, the abused child will tolerate it because anything is better than what they face



at home every night. Summer breaks for me were terrible for all of the reasons above and then some. When that final bell rung for the last time in May, I trudged out of school as if my feet were made of lead. How could I be as excited as my peers when I knew that I was facing three months alone with Mom with no break, no one to watch out for me, and no one to see the marks she left on me? How could I be excited when I knew the mental and physical abuse I would endure dur-

ing those three months? I would turn green with envy as I would listen to my peers brag about the summer vacations they were going to take and the fun times with family that they were looking forward to. I couldn't comprehend their happiness and I already knew that our summers were going to be very, very different. But do you know what

would have helped? Simple gestures by teachers like a note in the mail, letting me know that they hoped I was having a good summer vacation and that they were thinking about me would have made my days a bit brighter. A knock on the door from a neighbor asking my Mom if she needed a break and getting me and my sister out of the house for a couple of hours would have been wonderful. And a visit from one of my peers from school, even once a

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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

Signs of Possible Sexual Abuse

- Unexplained pain, itching, redness or bleeding in the genital area
- Increased nightmares or bedwetting
- Withdrawn behavior
- Angry outbursts/mood swings
- Loss of appetite or difficulty swallowing
- Sudden/unexplained avoidance of certain people or places
- Sexual knowledge, language or behavior that is unusual for the child's age.

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HONOR THY CHILDREN TRAINING

Those employed or volunteering with youth must undergo a background check every 5 years as well as attend the "Honor Thy Children Training" that addresses child abuse, how to recognize it and how to report it. See your parish/school Safe Environment Coordinator if you have not sat-

SUMMER (CONT.)

week, would have made me feel less alone.

Enjoy your summers - I truly hope that each of yours is filled with fun and happiness. But don't forget about those kids who are dealing with hell at home. Simple gestures of kindness will make them feel less alone and hopefully help them get through the months they are stuck in the house with their abuser.

5 SIGNS OF EMOTIONAL NEGLECT IN YOUR RELATIONSHIP WITH YOUR FATHER

By Jonice Webb PhD

Father's Day again, and I just couldn't resist. I googled "fun facts about Father's Day," and I learned two interesting things:

First, 1/3 of Father's Day cards are humorous. And second, hammers, wrenches and screwdrivers are among the most popular Father's Day gifts in the U.S.

While these facts are amusing, and not particularly surprising, I can't help but wonder if they might mean something. Does this information say anything in particular about our relationships with our fathers?

I say yes.

As a psychologist, I've worked with hundreds of fathers, hundreds of wives of fathers, and hundreds of people with fathers. And one of the biggest challenges I've observed be-

havioral requirements. The "Honor Thy Children" training is a one time requirement and is normally completed within 30 days of beginning service. Each training session lasts 2 hours. The background check MUST be completed BEFORE any service/employment begins.

If you believe a child is being abused, neglected or is dependent, please call the Child Protection Hotline number below

**Child Protection Hot Line:
1-877-KYSAFE1 or 1-877-597-2331 (Toll Free)**

tween fathers and their children is how feelings are managed in the relationship.

Since men, for generations, have been discouraged from showing emotions other than anger, many fathers are made deeply uncomfortable by their own feelings, and those of others. Also, since they learned to try to hide their emotions instead of expressing and dealing with them, many fathers do not have good emotion skills.

How does this play out in father/child relationships? When men are emotionally uncomfortable, they seem to gravitate toward two particular coping mechanisms to avoid the feelings involved: humor and activity. Cracking a joke or hammering something are healthy, adaptive and useful, unless they are continually

UPCOMING TRAININGS

A current list of trainings is always available at www.archlou.org/safe
All trainings are at 6:30p unless otherwise indicated.

7.8.17

St. Rita (**SPANISH ONLY**)
6:00 p.m. start

7.10.17

St. Agnes

8.7.17

St. Joseph (Bardstown)

8.9.17

Holy Trinity (Louisville)
5:00 p.m. start

Always be sure to check archlou.org/safe for a complete list. Dates are subject to change and of course weather delays also effect training dates

used as a way to avoid sorting through complex feelings, or feeling them.

And sadly, there is no way around it. If your father has spent your lifetime avoiding your feelings (and his), then he has unintentionally emotionally neglected you. But Emotional Neglect is difficult to spot in a father/child relationship.

5 Signs of Emotional Neglect in Your Relationship with Your Father

Do you feel a bit awkward or uncomfortable when you are alone with your father?

Do you feel that your dad doesn't actually know the real you?

Is your relationship with your father bland, or does it feel empty?

Do you struggle to make conversation with your dad?

Do you tend to snap (or feel angry)

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FATHER (CONT...)

at your father, and then feel guilty or confused about it?

Of course, no father is perfect, and no one expects perfection. It's all a question of whether your father was able to respond to the emotional part of your relationship, and your emotions as his child, *enough*.

If you are reading this and thinking, "OK, this is me. What do I do now?" I understand.

3 Guidelines to Consider

Emotional Neglect is nobody's choice. It's invisible, and transmits automatically. Simply put, your father didn't receive emotional validation and responsiveness from his parents, so he didn't know how to do that for you.

Responding to your feelings, and teaching you how to name, manage, express and use them simply was not on his radar screen.

If Emotional Neglect is a part of a larger picture of other kinds of mistreatment from your father, like emotional, verbal, physical or sexual abuse, it's important to focus more on protecting yourself from him. Put

yourself and your own emotional safety needs first, and address the effects of the abuse before you address the neglect.

Even if your father means well, is/was not abusive, and is probably not to blame for emotionally neglecting you, the effects of the neglect on you are still powerful and important, and it is vital that you take them seriously.

3 Suggestions for Healing Your Relationship

If you think your father is well-meaning but lacks emotion skills, you might consider trying to improve your emotional connection with him. Simply having this goal in your mind will make a difference.

Ask your father questions about his childhood, and then listen carefully. You may be able to hear stories about how his parents were out of tune with him, or failed him emotionally. If you do, say, "That must have been so hard for you," or "Did you feel very alone with that?" or "Where were your parents when that was happening?" Strive to feel some empathy for the

MONTHLY SAFE ENVIRONMENT TIP

Upon completion of the Safe Environment Training, each member is required to return a copy of the "Church Personnel Acknowledgement Card" to their parish/school Safe Environment Coordinator to prove they attended the training. The parish/school then notes attendance at the training in their records.

It is the responsibility of the member to notify the parish/school of attendance and it is the parish/school's responsibility to properly document attendance

child your father once was. If your father emotionally neglected you, then Childhood Emotional Neglect (CEN) has left its footprint on you. Learn everything you can about CEN, and begin to address yours. You can learn the emotion skills you missed, and give yourself what you never got.

ELDER ABUSE (5 MYTHS)

In recognition of World Elder Abuse Awareness Day, June 15, Next Avenue talked with several experts on elder abuse to discuss the common myths.

Myth No. 1: Most elder abuse occurs in nursing homes.

Fact: Most elder abuse occurs at home, with family members and other loved ones as the perpetrators.

"The sad reality is in most cases it's someone they know and trust," said Betsey Crimmins, senior attorney in the elder, health and disability unit of Greater Boston Legal Services. "In almost all the cases ... it's not some stranger calling from Florida. It's a grandson, niece, daughter, pastor in a

church. People they put their trust in to not take advantage and harm them."

Myth No. 2: If an older person is being abused physically, it will be obvious.

Fact: Even physical abuse may be invisible.

"People can twist somebody's arm or something and leave no marks," said Kate Wilber, a professor of gerontology at the University of Southern California, whose research has focused in part on elder abuse.

Another problem: some people may interpret bruises and other physical signs as the result of age-related issues, such as an increased risk of

falls. Or an older adult who is being denied food may lose weight, but loved ones and even doctors may assume that's due to other physical ailments.

Myth No. 3: If older people say they are not being abused, it didn't happen.

Fact: Many elder abuse victims decide not to tell anyone what happened to them, experts say.

Wilber noted that many don't report the abuse because they are afraid of getting a loved one in trouble. Some don't report the truth because they worry the alternative — such as going

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Archdiocese of Louisville Office of Safe Environment

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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 Chancery 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.

MYTHS (CONT...)

to a nursing home — would be worse. "That's a huge fear that people have," Wilber said. "It's kind of in the ozone that if you report and they come in and investigate and find out you're vulnerable, then you get a one-way ticket to a facility."

Greenwood added that abusers may threaten a move to the nursing home or other harm to the victim if the person tells anyone else about being hurt.

Myth No. 4: Elder abuse is no big deal.

Fact: One in 10 older adults in the U.S. is abused, according to the 2010 National Elder Mistreatment Study. Greenwood pointed out that child abuse and domestic violence are widely recognized as grave concerns,

for good reason. Yet far fewer resources are devoted to prosecuting and preventing elder abuse.

"It's illogical, it makes no sense," he said. "It sends a message that we value children much more than seniors, or we decide that there's more of a need for children to be protected than seniors. Either way, I think it's an outrage."

Crimmins believes ageism is one of the root causes of elder abuse.

Younger people may assume, "Of course he's depressed — he's 80!" she said.

Myth No. 5: Caregivers who abuse do so because they are stressed.

Fact: Caregiver stress is real. But blaming elder abuse on stress shifts the responsibility away from the

abuser, experts say.

"We all know that taking care of a loved one with Alzheimer's [in particular] is probably one of the most taxing, most difficult, frustrating duties you can do," Greenwood said. "There are instances where somebody has lost it and has overreacted." But in the typical elder abuse case he sees, the abuser is dependent on an older parent or other relative, often for the roof over his or her head — though the abuser may claim he or she is providing care. In addition, the vast majority of family caregivers do not abuse their loved ones.