



Child Abuse Assessment Center



Member, Oregon Network of Child Abuse Intervention Centers



NATIONAL CHILDREN'S ALLIANCE ACCREDITED MEMBER

Our Mission:

A community-wide response to the need for compassionate assessment, treatment and support of abused children and their families

Advice From Child Molesters

Parent Workshop on Child Safety

January 12, 2010
6:00 — 9:00 PM
at Juliette's House

Sex offenders are usually someone close to the child — a relative, friend, or one of the many volunteers or professionals who come in contact with our children every day — someone most parents would never suspect. Experts say that offenders work just as hard to deceive adults as they do to seduce and silence their victims. Their tactics work so well that only about three percent are reported and successfully prosecuted.

By taking the time to learn about sex offenders, you will be joining a growing number of parents and concerned adults who are becoming better educated about child molestation and the ways in which we can stop this crime.

On January 12, 2010, Juliette's House will host "Advice From Child Molesters", a Parent Workshop presented by Debra Bridges (Crime Victims' Assistance Program, District Attorney's Office) and Detective Todd Baltzell (Newberg-Dundee Police Department) of the Yamhill County Child Abuse Prevention Team. The workshop will cover:

- The extent of the problem— who the offenders are and why they molest children
- Common seduction or, "grooming" tactics used by offenders
- Problems associated with traditional prevention programs
- Talking to children about abuse and "secret touching"
- Practical child and family "rules" for safety
- Responding to sex-abuse disclosures and reporting child abuse
- Addressing the growing number of offenders and "predators" living in our community



WARNING: This workshop incorporates taped interviews with convicted sex offenders and graphic discussions about sexual crimes. Participants with a personal history of abuse are encouraged to have support people available following the presentation. Children and teens may not attend.

To Register: Call or email Francine at 503-687-1313 / francine@julietteshouse.com. Seating is limited, so please call or email early to reserve your spot.

Traumatic Childhood Takes 20 Years Off Life Expectancy

By Jane E. Stevens, Director of Online Strategies for The World Company
Originally published in Lawrence World Journal, October 6, 2009
(www2.ljworld.com/news/2009/oct/06) - Reprinted With Permission

People who experienced considerable trauma during their childhood died 20 years prematurely, CDC researchers have found. And those suffering this substantial childhood trauma have double the risk for early death compared with adults who had not endured adverse childhood experiences [ACEs].

“That’s pretty striking,” says Dr. David Brown, an epidemiologist at the Centers for Disease Control and Prevention, and lead author on the publication. “It’s pretty striking that someone with six or more ACEs died 20 years earlier.”

The study, which appears in the November issue of the American Journal of Preventive Medicine, is the latest in the ongoing 14-year-old Adverse Childhood Experiences Study. The study involves 17,337 adults who became members of Kaiser Permanente, a health care maintenance organization in San Diego, between 1995 and 1997. After visiting a primary care facility at the HMO, they voluntarily filled out a standard medical questionnaire that included questions about their childhood.

The questionnaire asked them about 10 types of child trauma:

- Three types of abuse (sexual, physical and emotional).
- Two types of neglect (physical and emotional).
- Five types of family dysfunction (having a mother who was treated violently, a household member who’s an alcoholic or drug user, who’s been imprisoned, or diagnosed with mental illness, or parents who are separated or divorced).

Each type of trauma - not the number of incidents of each trauma - was given an ACE score of 1. So, a person who has been emotionally abused, physically neglected and grew up with an alcoholic father who beat up his wife would have an ACE score of 4.

...Continued on Page 3

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Please direct questions, comments, suggestions, to:

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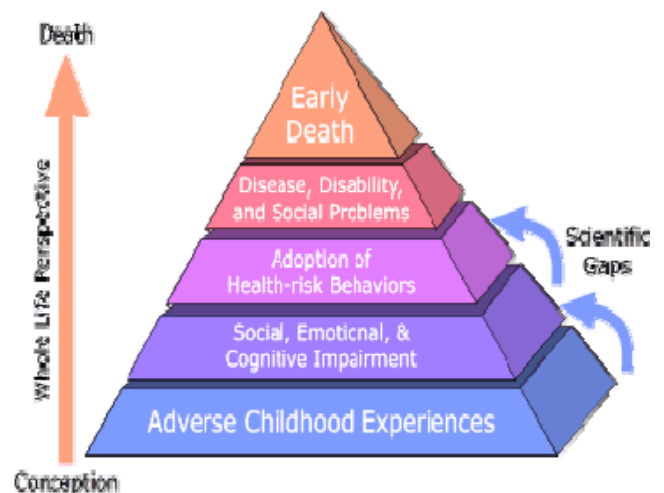
Since the first of 50 research papers was published in 1998, the findings have stunned researchers, including the co-founders of the study, Dr. Vincent Felitti, who headed Kaiser's Department of Preventive Medicine, and Dr. Robert Anda, a research physician and CDC epidemiologist, for three reasons:

- They found a strong link between adverse childhood experiences and adult onset of chronic illness. Those with ACE scores of 4 or more had significantly higher rates of heart disease and diabetes than those with ACE scores of zero. The likelihood of chronic pulmonary lung disease increased 390 percent; hepatitis, 240 percent; depression, 460 percent; suicide, 1,220 percent. Those with an ACE score of 6 had a 4,600 percent increase in the likelihood of becoming an IV drug user.
- "You almost never see that kind of increase in health studies of any kind," Anda said. "It's almost unprecedented."
- Adverse childhood experiences are common: 64 percent of the study participants had experienced one or more categories of adverse childhood experiences.
- The 17,337 people who participated in the ACE study are typical, middle-class, working Americans — 75 percent white, 11 percent Latino, 7 percent Asian, and 5 percent African-American. They're educated: 75 percent attended college and 40 percent have a basic or higher college education. When they filled out the questionnaire, their average age was 57. Most of them had jobs. Half were women, half were men. All of them had good health insurance."

"The study is disquieting in its description of the frequency of abuse against children and how often families appear to be dysfunctional," wrote epidemiologist Dr. William Foege, former director of the CDC and a senior fellow with the Bill and Melinda Gates Foundation, in an editorial in the American Journal of Preventive Medicine when the first ACE research was published in 1998. "It is not what we want to believe about our culture, our neighborhoods, or ourselves. And yet as troubling as the data seem to be, we need to confront the problems described and find an appropriate public health response."

In the study made public...that compares childhood trauma and mortality, researchers used the National Death Index, which captures information about most deaths in the United States, to identify 1,539 deaths that occurred in the Kaiser group between 1995 and 2006. The researchers found that people with six or more ACEs died nearly 20 years earlier on average than those without ACEs — 60.6 years versus 79.1 years. In this particular research, neglect was not included.

"This path breaking study furthers our understanding of the link between ACES and premature death," said Dr. Katharine Briar-Lawson, dean of the School of Social Welfare, SUNY-Albany, where a project is under way to integrate ACE research into the school and to do ACE research with disadvantaged groups, including homeless people. "This research compels not just an array of prevention strategies but interventions across the life span. Policy and practice involving health and mental health services may need to become more ACE informed and responsive."



The study has limitations. Brown cautions that this is the first research to examine the link between mortality and ACEs, and the group that they analyzed is relatively small. Nevertheless, he says, “even if you take the absolute number out of it, they’re dying substantially younger.” In five years, Brown said, the researchers will repeat the analysis on the next group of deaths among those who participated in the ACE Study.



The significance of the study is that it supports the previous research — that child trauma is an important public health issue, Brown said.

“Throughout all of the ACE studies, we’ve tried to reinforce the importance of prevalence of exposure (to childhood trauma), Brown said. “Being able to tie (ACEs) to premature mortality further reinforces the public health importance and why we need to further look at this.”

“What it meant to me when I saw the data is that all the levels of the ACE pyramid are now filled in,” said Anda, the ACE Study co-founder and co-author on the current research. The pyramid is the conceptual framework for the study. From research in the 1980s and 1990s, the CDC knew that disease risk factors — such as smoking, obesity and alcohol abuse — aren’t distributed randomly throughout the U.S. population.

Research also shows that if a person has one risk factor, he or she usually has another. So, the ACE Study researchers asked: If risk factors for disease, disability and early mortality aren’t randomly distributed, what influences their adoption or development?



Anda, Felitti and other researchers who’ve been working on the data for more than a decade identified that childhood trauma was linked to disease, disability and social problems.

“Neurobiologists filled in the next level,” Anda said.

In parallel research, the neuroscience community has found that that trauma alters the function and development of children’s brains and nervous systems. Epigeneticists, who study how a person’s experiences turn their genes off and on, have found that trauma can turn on genes that manufacture the chemical stressors that affect the brain.

That’s what’s happening in the brains of traumatized children who become hyper-vigilant, edgy, impulsive, and have hot tempers. They’re unable to focus on their schoolwork, they can’t sit still, and they regard social interactions as threats — all behaviors that can get them in trouble or suspended, and that can lead to engaging in risky behaviors, such as smoking, drinking too much alcohol, workaholism, eating too much, etc., that can affect their health.

“This study shows that high levels of ACEs do indeed lead to premature mortality, indeed mediated by pathways we’ve been documenting,” said Anda, who was nevertheless surprised that the relationship among this group was so profound. He thought that the odds were stacked against them in finding a relationship between childhood trauma and early mortality in the Kaiser group. Why?

“Because most of the people in the study were middle aged and older people,” he explained. “We’ve been showing that the risk between social problems and health is so strongly related to ACEs, that older people with high ACE scores are less likely to have survived. It’s research 101: if you go into a coal mine to look for people with bad lung disease and you don’t find much, it’s because the sick ones aren’t in the coal mine anymore.”

Our Thanks

Communities thrive when there is support for and commitment to the prevention of child abuse. For over 12 years, Juliette's House has enjoyed the privilege of working with community partners like law enforcement and child protective services to provide important child abuse intervention services to children and families. We have been able to do this only because of the outstanding support we have received and continue to receive from the community.

Our recent "Celebrate The Children" auction – our *fifteenth* – was a resounding success, even in these difficult economic times. We raised over \$52,000. That represents a tremendous effort by our donors, supporters, staff and board, volunteers, and all the many individuals, businesses and organizations who contributed in so many ways to make it possible.

"Celebrate The Children"

October 17, 2009

We would like to thank all of you who were part of "Celebrate The Children" 2009 and:

Sponsored the Event

Donated to the Event

Bought Tickets and Attended

Volunteered Time and Energy

Donated Items for Auction

Spread the Word About Child Abuse Prevention



As another year comes to a close, we also would like to thank everyone — and there are many of you — who contributed in so many ways throughout the year, and in years past. We are deeply grateful for all gifts, large and small, that make our work possible. We could not do it without you, and we applaud you for helping to make a difference in the lives of abused and neglected children.

Gifts to Juliette's House are powerful. They will have a lasting impact on our community and some of its most vulnerable children and their families. Your support is an investment in the future. With your help, Juliette's House can continue to offer important abuse intervention services to abused and neglected children and start them and their families on a healing path.

"Celebrate The Children"

Our Sincere Thanks To All Who Helped Make Our 15th Annual Auction Fundraiser a Success

Abba Day Spa
Absolute Office of Oregon Accessory
Appeal
Heather Acker
Tom Adams
A-Dec
Amity Vineyards
Beryl Anderson
Marcella & Edward Anderson
Andrew Physical Therapy
Arbor Education & Training
Ken Austin
Baird Family Orchards
Bruce & Connie Baldwin
George & Etta Barber
Bella Casa Real Estate
Chuck & Kathy Berrier
Shannon Brame
Jeff & Tammy Bredeson
Debra Bridges
Leslie Brott & Mike Verbitsky
Norma Brott
Norma Brott in Memory of Mike Brott
Allie & Rod Brown
Ben & Patricia Brown
Buchanan Cellars
Buel Elementary School Students
Frank & Kathie Bumpus
Bob & Kathie Bunn
Doug & Carol Burch
Elizabethann Burch
Sally Burke
**Café Uncorked (formerly known as
The Fresh Palate Café)**
Pam & Riff Canaday
Chuck Carey
Chuck, Judy & Smokey
Carlton Farms
Cascade Steel Rolling Mills
Rose Marie Caughran
Leo Ceja Hidalgo
CGC Tree Farm
Chinook Winds Casino & Resort,
an Enterprise of the Confederated
Tribes of Siletz Indians
Chuck Colvin Auto Center
Jan Coleman
Kathleen Coleman
Mike Colvin
Concrete Solutions
Rich & Ann Custer
Dave Franey Electric
Susan Day
Mel & Liz DeGraw
Michael & Kathleen Derrickson
Ernie Drew

Regan & Joani Dugger
Rod & Annette Dunn
Shannon Dunn & Casey Rich
Richard & Cynthia Easterday
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Evans Street Dental Center
Chris & Hank Evers
Kourtney & Kevin Ferrua
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Found Objects
The Four Graces Winery
Eric Fricke
Garden Path Flower Shop
Garden Shed Quilting
Daryl & Belinda Garrettson
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Julie Gjording
Golden Valley Brew Pub
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Knights of Pythias
Kramer Vineyards
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Pat Landis
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Charlie & Jere Laughlin
Mike & Sierra Lavelle
Maj. Michael Layman (USMC Ret.)
Leann's Lattes
Margaret & Jerry Legard

Lemelson Vineyards
Lorrie Lewis
Linfield College
Linfield Kappa Delta Phi
Mona Loner, Sky Wind Ranch
Love-Lite Precision Tie Dye
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Doug Lundmark & Connie Walter
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Philip & Phoebe Newman
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Gretchen Olson
OnPoint Community Credit Union
Oregon Pride Nurseries
Jane Parisi-Mosher
Sue Paul
Nancy Payne
Zoe Pearson
**Zoe Pearson in Memory of
Albert Pearson**
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Peterson & Prause, LLP
Pets Stop Inn Boarding
Physicians' Medical Center
Physicians' Medical Center
Family Practice Physicians
Poseyland Florist

Dale Poteet
Poteet & Luthra Families
Providence Health Plans
Providence Newberg Medical Center
Red Fox Bakery
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Nancy Skowrup
Sokol Blosser Winery
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Enterprise of the Confederated
Tribes of Grand Ronde**
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Joe Stewart
Studio 221
Jonathan Swanson
Jann Tankersley
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Cal Tichenor
Timmreck & McNicol
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Memorials and Recognitions

Dora Bansen, in Memory of Stanley K. Bansen
 The Early Morning Walking Group,
 in Honor of Nancy Larsen on Her Birthday
 Dr. Ann Marie Hofbauer, in Honor of Dr. Wade Noyes
 R. Jane Howerton, in Memory of Mavis Abrahamson
 Jane Kristof, in Honor of Zoe Pearson
 A-Dec, in Memory of Jeff Comer

Grants

Spirit Mountain Community Fund—
 \$11,000 for Safe Kids (CAP) Program

Special Gifts, Goods and Services

A-Dec
 Molly Baldwin
 Café Uncorked (formerly The Fresh Palate Café)
 Michelle Daum
 First Presbyterian Church Duerst Child
 Advocacy Endowment
 Cindy Flake
 George Fox University—Serve Day Volunteers
 Michelle Gregor (and Madison)
 Greydog Enterprises
 Dorothy Grossnicklaus
 J. Todd Keevy
 Marianne Lausmann
 McMinnville Covenant Church Volunteers
 McMinnville Senior Center Quilting Group
 Newberg Noon Kiwanis
 B. Wade Noyes, DDS
 Oregon Retired Educators
 Peggy Province
 RMB Direct Marketing & Consulting
 Betty Sherman
 Dorothy Smith
 St. Barnabas Episcopal Church
 John & Evie Steele
 Camille Thompson

On-Going and In-Kind Services

Cascadia Landscaping — Brian Wicks
 Miller Technologies— Stuart & Shannon Miller



Our On-Going Volunteers

Jasmine Arrusamy, Linfield Volunteer
 Dan Bernards, Lighting Maintenance
 Roger Hall, Landscape Maintenance
 Jo Jarvis, Housekeeping
 Carole Joa, Laundry & Awareness
 Larry Kurtz, Transcription & Data Entry
 Ray Steece, General Maintenance

Family Support Team & Clinical Volunteers

Jessica Denison
 Kerry Hammerschmith
 Ashlee Hockett
 Jennifer Mirek

Special Thanks to All Our Multidisciplinary Child Abuse Assessment Team (MCAT) Partners & Their Continuing Commitment to the Protection of Children

New SAFE TOUCH Group

In partnership with Yamhill County Family & Youth, Juliette's House has introduced a series of 4 week groups to offer information and support to families impacted by unsafe touch and sexual abuse. These non-therapeutic sessions help families heal by giving them a venue in which to begin to talk about safe and unsafe touching, thinking errors that can open the door to abusive situations, and how to prevent further abuse.



These groups are most appropriate for families with children between 4 and 12 years of age. Participants do not share personal experiences of abuse. Rather, families talk together and with other families about abuse-related topics and ways for families to keep communication open about safe and unsafe situations. A Counselor/Facilitator offers information and helps families learn to heal.



...Our Wish List...

For The Kids

Individually Wrapped Snacks Such As:

Juice Bags, Microwave Popcorn, Crackers, Chips, Fruit Roll-Ups, Pudding Cups, Hot Cocoa
 The Game "Sorry" (ours is worn out!), Other Easy-to-Play Games, Stuffed Animals
 Recent DVDs for Small Ones and Also for Older Kids and Teens, Scented Color Markers

Household Supplies

Lysol Wipes, Powdered Dishwasher Soap, Toilet Paper, Paper Towels, Tissues, Napkins
 Small Plastic Bowls (dishwasher safe) for Individually-Sized Snacks, Paper Plates & Cups

Office Supplies

"D" Ring Binders — 2" or 3" (used in good condition OK), Reams of 20 lb Paper (White or Pastels)
 White 2" x 4" Multipurpose Labels, Postage Stamps, Low-Odor Dry-Erase Markers (Black),
 Manila or Colored 3-Tab File Folders, Brown Craft Self-Sealing Envelopes (6 x 9, 9 x 12, 10 x 13)
 Clear 8-1/2" x 11" Vertical or Horizontal Countertop Display Stands



Juliette's House
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McMinnville, Oregon 97128

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RETURN SERVICES REQUESTED

December 2009 — In This Issue...
Adverse Childhood Experiences (ACE) Study
"Celebrate The Children" a Success—Thanks!
"Advice From Child Molesters" Workshop
January 12, 2010 at Juliette's House

Please Let Us Know If You Wish To Receive
Our Newsletter by Email Or Be Removed
From Our Mailing List. Thank You

What is the ACE Study?

The ACE Study is an ongoing collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente. Led by Co-principal Investigators Robert F. Anda, MD, MS, and Vincent J. Felitti, MD,... the Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted on the links between childhood maltreatment and later-life health and well-being....To date, over 50 scientific articles have been published and over 100 conference and workshop presentations have been made...

...The ACE Study findings suggest that Adverse Childhood Experiences are major risk factors for the leading causes of illness and death as well as poor quality of life in the United States. Progress in preventing and recovering from the nation's worst health and social problems is likely to benefit from the understanding that many of these problems arise as a consequence of adverse childhood experiences.

Centers for Disease Control and Prevention (CDC)
U.S. Department of Human Services

Read More Inside...