

Iowa Child Abuse Prevention Program



Service Report

Fourth Quarter

Fiscal Year 2009

by

Prevent Child Abuse Iowa

Introduction to the Iowa Child Abuse Prevention Program

The mission of Prevent Child Abuse Iowa is to prevent child abuse in the entire state of Iowa. In order to accomplish this mission, Prevent Child Abuse Iowa administers the Iowa Child Abuse Prevention Program (ICAPP), which is funded through an annual legislative appropriation. The appropriated funds go to the Department of Human Services, which then contracts with a private agency to administer the funds. Prevent Child Abuse Iowa has administered those funds since 1982.

Prevent Child Abuse Iowa issues requests for proposals each year to over 65 local child abuse prevention councils seeking funds to provide services. These prevention councils are nonprofit organizations governed by boards broadly representative of the governmental, business, service provider, consumer, and civic sectors of their communities. Each council assesses its community's service and support needs and submits a proposal for funding one or more prevention programs. This assessment necessarily requires prioritization among the community's needs, because councils can only request funds up to certain limits in order to ensure that state funds can reach as many counties in Iowa as possible.

An independent grant review committee of Prevent Child Abuse Iowa evaluates council proposals and recommends how the funds should be distributed. Their recommendations go to the Governor's Advisory Council on the Child Abuse Prevention Program (GAC), which is made up of five independent individuals not affiliated with Prevent Child Abuse Iowa. The GAC makes the final decisions on what funding councils receive. These decisions are always challenging because council requests far exceed available grant funds.

In fiscal year 2009, local child abuse prevention councils received grants totaling \$1,309,607 to develop and operate 174 projects in 92 counties. Most of these projects provide service in one or more of five major areas: crisis nursery (\$120,000), parent education (\$477,404), respite care (\$151,270), sexual abuse prevention (\$424,433), and young parent support (\$128,500). Three councils also received \$8,000 to aid with drama troupes or public awareness.

The table below details the services that the local child abuse prevention councils provided during fiscal year 2009 (July 1, 2008 through June 30, 2009). Local child abuse prevention councils provided 65,269 hours of crisis nursery and respite child care to 1,261 families with 2,352 children. A total of 3,383 parents attended parent education classes, and 1,778 participated in young parent support groups. A total of 51,358 children and 11,504 adults attended sexual abuse prevention classes. Prevention services overall helped 65,269 children. Providing services required 48,552 hours of volunteer time from 2,508 volunteers.

Child Abuse Prevention Services, Fiscal Year 2009

<i>Program</i>	<i>Funds Awarded</i>	<i>No. of Counties</i>	<i>Parents/Adults Served</i>	<i>Families Served</i>	<i>Children Served</i>	<i>Hours of Care</i>	<i>Volunteers</i>	<i>Volunteer Hours</i>
Crisis Nursery	\$120,000	6		291	559	25,298	112	29,422
Parent Education	\$477,404	53	3,383		4,701		827	6,300
Respite Care	\$151,270	20		970	1,793	62,777	565	5,589
Sexual Abuse Prevention	\$424,433	68	11,504		51,358		508	4,226
Young Parent Support	\$128,500	24	1,778		2,138		464	2,937
Other Funded Projects	\$8,000	3	210		4,720		32	78
TOTALS	\$1,309,607	174	16,875	1,261	65,269	88,075	2,508	48,552

Crisis Nursery Programs (CN)

Crisis nursery programs (CN) are a critical component of formal social support interventions deemed necessary to prevent child abuse. Research has consistently shown that parents who are highly stressed are at a higher risk of abusing their children. At the most basic level, CN programs provide parents under stress with a safe child care alternative. CN services are available to families 24 hours a day, 7 days a week. Families may utilize CN services for up to 72 hours at one time.

Staff from the local crisis nursery sites complete an initial screening to determine the family’s needs and make referrals to appropriate community resources. Parents may also receive parenting information, support, and positive role modeling while their children are in crisis care.

The tables below list the crisis nursery services provided by child abuse prevention councils during fiscal year 2009 (July 1, 2008 through June 30, 2009). A total of 291 families with 559 children received 25,298 hours of crisis child care. Linn County provided CN services for 91 families with 167 children, and Marshall County served 70 families with 138 children. Marshall County provided 8,321 hours of care; the four-county cluster of Audubon, Carroll, Greene, and Guthrie counties provided 6,830 hours; and Linn County provided 6,641 hours. The services required 29,422 hours of help from 112 volunteers.

Crisis Nursery Services, Fiscal Year 2009

<i>County</i>	<i>Funds Awarded</i>	<i>Families Served</i>	<i>Children Served</i>	<i>Hours of Care</i>	<i>Volunteer Volunteers</i>	<i>Volunteer Hours</i>
Audubon, Carroll, Greene, Guthrie	\$15,000	56	123	6,830	10	3,520
Buchanan	\$22,000	51	96	2,486	19	6,939
Fayette (Buchanan)	\$6,000	5	8	110	5	52
Linn	\$33,000	91	167	6,641	36	11,694
Marshall	\$34,000	70	138	8,321	30	6,567
Washington	\$10,000	18	27	910	12	650
Total	\$120,000	291	559	25,298	112	29,422

CN programs offer crisis intervention services in addition to crisis care, including connecting families with counseling or other services when CN placement might not be necessary and/or in the family’s best interest. Councils provided crisis intervention services to an additional 465 families with 806 children. The crisis support, referrals, and follow up with families required 5,615 hours of service.

Crisis Intervention Services, Fiscal Year 2009

<i>County</i>	<i>Families Served</i>	<i>Children Served</i>	<i>Hours of Service</i>
Audubon, Carroll, Greene, Guthrie	40	69	75
Buchanan	108	274	3,766
Fayette (Buchanan)	9	11	296
Linn	258	342	1,451
Marshall	50	110	27
Washington	Did not report services.		
Total	465	806	5,615

Crisis Nursery Stories

Audubon, Carroll, Greene, and Guthrie

We received a call from a family whose mother was currently in a hospice. She has two children, ages ten and four. She only has a few months left. She was so sick at times from the treatment that she was unable to care

for the children. We were able to help out with some hours of crisis care. Her sister, from out of state, will be arriving shortly. The sister will be staying with the mother and also adopting the four-year-old.

Buchanan

“Cassie” is a young mother of three children. As a teen mom participant with the Volunteer Co-op, Cassie was aware of the services offered by the agency. She called to request crisis child care so she could be with her mother who was battling an extremely aggressive form of cancer with scheduled surgery to remove a tumor in her abdomen. In less than two hours, the surgeon reported to Cassie that the mother’s stomach cavity was filled with growing tumors, and there was nothing more that could be done beyond removing one large one and part of another. Recently separated from her husband of six years, Cassie was again a single mom. The children’s father provided care when available. Juggling family, work, and trips to the hospital, Cassie stayed with her mother as much as possible.

It was very lucky that Cassie’s regular child care provider is also a crisis child care provider. Care was arranged with the children’s provider, who was someone they knew and could offer nurturing care. In less than a month, Cassie’s mother died peacefully in hospice care. A private funeral was arranged for the family. Crisis care assisted after the service for Cassie to be with her family. There was another call a few days later. Cassie was asked by her mother’s landlord to clean out her mother’s apartment as soon as possible so new renters could move in. Child care was requested to complete this last task. Cassie remains strong. Her life has had many challenges this past year. She is ever grateful to the crisis child care service, knowing her children were safe during these trying times.

Fayette

We have a parent with seven children; she is recently divorced. She has strong supports in the community with family, religion, friends, DHS, community action and parent share and support. As a team, we have all been effective in helping with resources in Fayette County for this family. With the breakdown of her marriage, normal life has been challenging. Going to the doctor can be a crisis when no one safe is available to watch her children. Our agency seems to be the final support system for care for her children. Although she does not use our crisis nursery program very often, she is very relieved it is available when all other resources have been exhausted.

Linn

DHS called from a home where they had just conducted a child abuse investigation. While the charges of abuse were unfounded, there was concern that mom needed a break from parenting. The worker put mom on the phone, and we began the intake process. We were able to place mom’s five children immediately so she had time away for herself. We also linked her with a parenting program and some additional support services.

Marshall

Crisis child care received a call from a mother who was very upset. Due to the strong probability of parental alcohol abuse, DHS had instructed the family to locate alternate child care. Staff arrived at their home to find frantic parents taking out frustrations on their son by yelling and cursing. Crisis child care staff intervened, calmed the family, and made arrangements for the child to go into care for the evening. The transition was smooth, the child was noticeably calmer, and he enjoyed his stay with the crisis child care provider. The following day staff contacted the parents, who were much more appropriate and rational. They stated that they were able to settle down without the additional stress of calming a special needs child and felt that the break allowed them to approach the problem with an open mind.

Parent Education Programs (PE)

Parenting is a process of interactions designed to nourish, protect, and guide a new life through the course of development. The quality and consistency of parenting is a critical factor in how children develop and significantly affects the possibility of child abuse. Parents who are able to meet successfully their own basic needs, have realistic expectations of children, and know of effective behavior management techniques are less likely to abuse their children. Consequently, most parent education programs focus on issues such as: communication skills, problem solving and stress management techniques, behavior management, and normal child development.

Parent education programs (PE) can be held in group classes or home-based sessions depending on the needs of the family and the community. The length of the programs also varies depending on the curriculum used. The *Nurturing Program* is a popular curriculum that generally meets on a weekly basis for several months. The *Parents as Teachers* curriculum is a home-based program that begins with parents with newborns and follows each family until the child is five years of age.

The table below presents service data for the local councils who received ICAPP funding to provide PE programs in 52 counties in fiscal year 2009 (July 1, 2008 to June 30, 2009). (Bremer County received an award but was unable to start a program.) A total of 3,383 parents with 4,701 children received instruction, with 83.2 percent of parents completing the instruction. Emmet County served 344 parents, Polk County 302 parents, and Black Hawk 232 parents. Programs provided parenting instruction in 8,527 in-home and 1,467 group sessions. A total of 827 volunteers dedicated 6,300 hours of service to the parent education programs.

Parent Education Services, Fiscal Year 2009

County	Funds Awarded	Parents Served	Children Served	Classes		Parent Completion Rate			Volunteers	Volunteer Hours
				In-Home	Group	Completed	Not Completed	Percent Completed		
Allamakee	\$3,000	9	13	0	10	9	0	100.0%	13	50
Black Hawk	\$11,500	232	385	280	60	144	88	62.1%	9	587
Boone	\$8,000	51	63	0	17	41	10	80.4%	9	263
Buchanan	\$15,000	52	80	264	16	43	9	82.7%	8	132
Cass (Mills)	\$3,000	24	26	150	15	22	2	91.7%	26	30
Cedar	\$2,454	13	18	0	7	13	0	100.0%	11	55
Cherokee	\$6,000	12	22	41	6	12	0	100.0%	0	0
Chickasaw	\$8,000	49	79	297	12	43	6	87.8%	3	34
Clarke	\$5,927	20	28	8	14	18	2	90.0%	12	250
Clay	\$4,500	36	50	230	1	32	4	88.9%	10	45
Clayton	\$2,500	24	32	0	12	14	10	58.3%	103	206
Clinton	\$11,000	103	82	915	32	81	22	78.6%	0	0
Crawford	\$13,000	10	15	138	6	5	5	50.0%	0	0
Dallas	\$7,000	20	21	0	15	15	5	75.0%	2	48
Decatur	\$5,927	45	74	61	34	43	2	95.6%	12	330
Des Moines	\$7,500	25	35	0	20	19	6	76.0%	5	78
Dickinson	\$5,000	46	45	283	1	38	8	82.6%	10	40
Dubuque	\$9,000	27	30	166	0	15	12	55.6%	7	48
Emmet	\$15,400	344	427	383	22	334	10	97.1%	71	529
Fayette	\$15,000	214	188	1,279	103	162	52	75.7%	7	75
Floyd	\$15,000	126	155	825	24	114	12	90.5%	8	54
Franklin	\$8,000	40	68	0	44	35	5	87.5%	59	121
Hamilton	\$3,000	22	27	17	6	16	6	72.7%	20	100
Henry	\$6,000	63	59	377	0	46	17	73.0%	0	0
Howard	\$2,500	17	33	0	9	15	2	88.2%	9	56

Parent Education Services, Fiscal Year 2009 (continued)

County	Funds Awarded	Parents Served	Children Served	Classes		Parent Completion			Volunteers	Volunteer Hours
				In-Home	Group	Completed	Not Completed	Percent Completed		
Ida	\$4,000	5	13	76	0	5	0	100.0%	0	0
Jackson	\$13,000	75	63	642	8	53	22	70.7%	0	0
Johnson	\$7,000	37	34	0	24	37	0	100.0%	12	220
Kossuth	\$5,250	56	68	432	1	51	5	91.1%	5	16
Linn	\$10,000	37	53	0	77	20	17	54.1%	5	30
Louisa	\$15,000	98	164	0	107	74	24	75.5%	53	387
Lucas	\$7,500	92	185	11	51	80	12	87.0%	16	326
Lyon	\$7,700	41	62	10	2	41	0	100.0%	18	26
Madison	\$3,000	12	18	0	5	12	0	100.0%	0	0
Marion	\$11,000	41	63	0	7	31	10	75.6%	4	10
Marshall	\$15,000	69	100	468	0	69	0	100.0%	36	181
Mills	\$10,000	25	35	153	10	21	4	84.0%	0	0
Mitchell (Floyd)	\$8,100	35	51	263	6	30	5	85.7%	1	3
Monroe	\$5,000	73	54	0	83	54	19	74.0%	20	57
Muscatine	\$28,500	155	186	0	112	124	31	80.0%	2	224
Palo Alto	\$5,000	55	57	284	6	51	4	92.7%	11	34
Plymouth	\$6,000	44	48	0	3	23	21	52.3%	14	54
Polk	\$20,000	302	632	0	158	246	56	81.5%	56	209
Pottawattamie	\$7,000	55	76	0	34	46	9	83.6%	9	60
Ringgold	\$15,806	64	101	5	34	54	10	84.4%	12	360
Story	\$3,500	20	21	0	27	15	5	75.0%	20	115
Union	\$14,000	19	17	116	6	15	4	78.9%	38	85
Washington	\$11,500	50	53	273	91	43	7	86.0%	33	86
Wayne	\$16,340	42	63	66	38	40	2	95.2%	12	390
Webster	\$11,500	84	170	14	33	82	2	97.6%	2	72
Winneshiek	\$10,000	32	50	0	12	32	0	100.0%	17	68
Woodbury	\$10,000	141	209	0	46	135	6	95.7%	17	156
Total	\$473,904	3,383	4,701	8,527	1,467	2,813	570	83.2%	827	6,300

Parent Education Stories**Black Hawk**

One of the older group members, returned from incarceration, attended our African American Fathers of Excellence through the Empowering Dad's program. He graduated from the 13-week program with perfect attendance and continued attending the group, finishing with perfect attendance after a total of 26 weeks. The father reports a greater understanding of his role in his children's lives and also reports a stronger bond with them.

Boone

A mother of a ten-year-old attended our *Love and Logic* classes. After three weeks, her son asked what she was learning because she was acting so differently toward him. He liked the change in his mom's behavior. At the end of the series, the mother was so appreciative of what she learned that she brought flowers for the facilitators and asked me to let her know when the next round of classes is. This parent has been a great advocate of the classes and has told many others of her positive experience.

Chickasaw

A mother with a new baby was very isolated out in the country and unprepared for the birth. After the birth, she was very upset, claiming that the baby did not love her. We discussed the bonding and attachment process and shared resource materials to help her understanding. She did begin to relate to the baby and the bonding process.

Chickasaw (continued)

We have had many discussions, and we did share child development information. She now has a better idea of what to expect and what is appropriate for her baby.

She has made remarkable progress and is very bonded with her baby. She is very proud and likes to share her accomplishments as a mother. She reads to and is very interactive with the baby. Now we reflect back and remember how frightened and confused she was after the baby's birth. She has also begun reintegrating with her extended family and is working on building relationships.

Clay

The KIDS program has worked with a 21-year-old mother and her 13-month-old son. Mom reports that she is bipolar and has ADHD. Her son had not gained weight at one year. Mom had just moved into an apartment on her own and struggles with keeping the environment safe for her son. She has unrealistic expectations for her son at his age and development level. We are working with mom to provide a clean, safe home, choose appropriate foods for her son, set up a routine, and understand her son's developmental level. We have made progress, and mom is back on medication. She is also receiving counseling at a local abuse shelter and planning to take classes to get her GED.

Clayton

One of the parents we served had two children, with the oldest having special needs. The mother struggles with clinical depression and migraines. She was a joy to have in the class and contributed greatly in discussions. This class was a positive outlet for her to openly and comfortably discuss family and personal issues. It was also an evening out with peers. She made positive connections with other parents and remarked that the class was very informative, as well as a place to have some time to herself.

Ida

A single mother of four daughters reported disciplining her children more consistently, experiencing more cooperation from them, and enjoying being a parent more. She felt thankful for being reminded what it was like to be their age and developed empathy for them. I am very proud of her family's accomplishments and have the joy of witnessing them strengthening their bond as a family.

Marshall

After the birth of her new baby, a mother was struggling with her four-year-old daughter's behavior. The mother said her stress levels were very high and did not know how to deal with her daughter's behavior. She felt that her disciplining efforts were not working, and the daughter's behaviors were escalating. During a home visit, the child development specialist observed aggressive behaviors that were putting the baby at risk on numerous occasions and recommended professional counseling for the daughter. The specialist referred the daughter to a play therapist. The mother followed through on the referral and is very happy with the changes in her daughter's behavior.

Respite Care Programs (RC)

Nurturing a child requires parents who have taken the time to meet their own needs. Parents who do not take time to nurture themselves can become overly tired, rundown, or stressed in their parenting role. When this occurs, parents are much more likely to take their frustration out on their children.

Respite care services (RC) provide parents with a break from parenting. Parents can do whatever they choose while their children are in respite care. Some parents attend medical appointments or counseling sessions, run errands, or simply rest. Respite care services have been found to reduce feelings of tension, anxiety, depression, anger, hostility and overall stress levels in parents.

RC services also benefit the children. RC services provide a safe environment for children by utilizing licensed and/or registered day care providers. Children often enjoy and learn from interacting and socializing with other children, as well as participating in fun games and activities.

The table below summarizes the data from the 20 respite care projects for fiscal year 2009 (July 1, 2008 through June 30, 2009). A total of 970 families with 1,793 children received 62,777 hours of respite child care in fiscal year 2009. Carroll County assisted 151 families with 311 children and Warren County 146 families with 251 children. Warren County provided 11,268 hours of respite care and Carroll County 7,611 hours. A total of 565 volunteers provided 5,589 hours of service. Warren County utilized the most volunteers (157) and benefited from the most volunteer hours (846).

Respite Care Services, Fiscal Year 2009

<i>County</i>	<i>Funds Awarded</i>	<i>Families Served</i>	<i>Children Served</i>	<i>Hours of Care</i>	<i>Volunteers</i>	<i>Volunteer Hours</i>
Adams/Taylor	\$6,000	16	33	1,121	10	239
Audubon	\$5,000	28	58	1,626	4	80
Carroll	\$9,000	151	311	7,611	12	480
Clay	\$4,000	17	27	250	5	20
Clayton	\$5,000	24	41	1,126	103	206
Des Moines	\$3,000	43	77	1,272	1	6
Dickinson	\$18,000	63	98	4,947	43	407
Dubuque	\$8,000	54	89	6,508	6	5
Greene	\$6,000	89	196	5,069	5	300
Guthrie	\$5,000	44	89	1,156	5	200
Humboldt	\$14,000	80	151	2,778	31	199
Kossuth	\$6,000	35	52	4,793	13	474
Linn	\$8,000	30	48	1,030	6	579
O'Brien	\$4,000	28	51	1,169	72	805
Osceola	\$4,000	5	10	1,205	26	151
Page/Fremont*	\$4,000	7	18	348	14	126
Palo Alto	\$9,000	42	55	6,163	14	165
Sac	\$4,000	28	57	1,224	2	141
Union	\$8,270	40	81	2,113	36	160
Warren	\$21,000	146	251	11,268	157	846
Total	\$151,270	970	1,793	62,777	565	5,589

*Third quarter report; council did not submit timely fourth quarter report.

Respite Care Stories

Audubon

We have been serving a mother with some special needs. She has a child and is working very hard to offer good care. She sometimes just needs a break to help her through more stressful times. We were able to offer her several resources and ideas and some respite care hours. She was thrilled. She really wants to be a good parent.

Carroll

A divorced mother who is working part-time has four children, two of whom have ADHD. She said she was really struggling this summer caring for them, particularly the two children with ADHD, whom she was having a hard time keeping busy. We talked about options for her, and I gave her extra respite care hours. She was so relieved to know that she would be able to have a few hours every week during the summer. She shared that she felt she would be okay and be a better parent because of these breaks.

Clay

We have recently been able to help a family who has taken on three grandchildren, in addition to two of their own children, for an unknown amount of time. The children have been able to attend child care through the respite program. Grandma works in the school system and is not working in the summer months. The respite program has been a huge asset to her, giving her time to have needed breaks for herself.

Dickinson

A mother in our program was diagnosed with MS this year. She was distraught over the fact that her symptoms were preventing her from interacting with her daughter in the same ways she has previously. She was concerned that she was unable to get down on the floor to play with her daughter, have her sit on her lap, or even walk hand-in-hand. She was, however, comforted by knowing that, while her daughter was in our care, she was receiving the caring and interaction the mother desired for her daughter.

Linn

We provided respite care for a homeless child, who was staying at a local shelter with her mother. Shelter residents need to leave the facility between 8 A.M. and 4:30 P.M., but the family had nowhere to go. We were able to provide two weeks of respite care until the son could begin attending a local summer program. We also encouraged the mother to apply for transitional housing and other services to help her move toward self-sufficiency.

Palo Alto

We have begun helping a family with two children ready to enter preschool. The children have been fighting at home and challenging the mother's every word. The children have been coming to the respite program regularly for the past few months, and the mother said that her stress level has decreased and that the children were getting along much better, thanks to the time they were spending with other children and adults.

Warren

We have a mother using our respite program who has been recently diagnosed with breast cancer. After a double mastectomy, she is now doing six weeks of radiation. Her children came twice weekly, both during the mother's radiation and while she recovered from surgery.

Sexual Abuse Prevention Programs (SAP)

Given the secrecy surrounding sexual abuse, prevention experts thought the best way to reduce the risk was to educate children. As a result, teaching children to protect themselves remains a core component of prevention programs today. Using this approach, sexual abuse prevention (SAP) programs attempt to reach children to stop abuse before it occurs, with programming most often occurring in a preschool/school setting.

Research on sexual abuse prevention indicates the following components are critical for effective programs:

- Teaching children a wide variety of concepts, including: defining sexual abuse; identifying potential perpetrators, including abuse by relatives, family friends and others known to the family; and describing the range of sexually abusive behaviors
- Assuring children that abuse is never the child's fault
- Developing self-protection skills - such as assertiveness, communication, problem-solving, saying no, and telling an adult - that will protect children in a variety of situations
- Customizing presentations to match children's age, developmental, educational, cultural and cognitive level
- Using behavioral skills training format: instruction, modeling, rehearsal and feedback
- Providing multiple sessions a year for several years to reinforce knowledge and skill building
- Educating and involving teachers, school personnel and parents when developing, implementing and evaluating programs

The majority of ICAPP-funded SAP programs address children from preschool through the sixth grade. Some counties purchase specific sexual abuse prevention curricula, while others have designed their own, a trend found nationwide. A few counties offer programming designed specifically for children with special needs, given the greater risk of victimization these children face.

Specific curricula used by ICAPP programs include: *KidAbility* (developmentally-appropriate, standardized curricula to help children ages four to ten develop self-protection skills); *Ready, Set, Know* (an Iowa State University Extension self-protection program for children pre-school through third grade); and *Care for Kids* (a comprehensive program that provides early educators, parents and other professionals with information, materials and resources to communicate positive messages about healthy sexuality to young children).

In addition to educating children, prevention programs are now focusing on the need to teach adults how to keep children safe from abuse. ICAPP-funded programs teach adults by including sexual abuse prevention information in home visiting programs, group-based parent education programs, and public awareness activities. The curriculum most often used is *Nurturing Healthy Sexual Development*, which teaches participants the scope of sexual abuse, to better understand the sexual development of children, how to respond to children's sexual behaviors and questions, and to understand the connection between healthy sexuality and child sexual abuse prevention.

ICAPP funds are supporting SAP programs in 68 counties, with several councils providing services in multiple counties. The following tables present the data reported for fiscal year 2009 (July 1, 2008 through June 30, 2009) for both child and adult instruction and awareness presentations.

Almost 4,100 adults and 51,358 children received information about sexual abuse prevention through 6,968 children's presentations. Scott County made 2,640 children's presentations reaching 330 children, and Black Hawk County reached 7,756 children through 373 presentations.

A total of 7,412 adults received instruction about sexual abuse prevention through 482 adult-focused education sessions and 188 public awareness presentations. Des Moines County reached 330 adults in 23 adult education sessions, and Dubuque County reached 579 adults through 5 public awareness presentations.

More than 500 volunteers contributed 4,226 hours of time to these SAP programs.

Sexual Abuse Prevention Services for Children, Fiscal Year 2009

<i>County</i>	<i>Funds Awarded</i>	<i>Number of Presentations</i>	<i>Children in Attendance</i>	<i>Adults in Attendance</i>
Allamakee	\$2,800	16	71	12
Audubon	\$1,500	15	51	6
Benton	\$10,000	18	34	8
Black Hawk	\$15,000	373	7,756	1,121
Boone	\$8,500	36	935	41
Bremer	\$11,500	147	2,392	188
Buena Vista*	\$2,000	50	1,003	103
Butler	\$5,027	61	1,084	60
Carroll	\$3,000	35	98	10
Cherokee	\$6,500	46	993	84
Chickasaw	\$6,300	95	1,452	112
Clarke	\$11,000	32	791	26
Clay*	\$5,000	41	864	47
Clayton*	\$18,797	172	848	44
Clinton	\$5,000	64	1,422	195
Crawford	\$3,000	10	36	3
Decatur	\$16,000	32	576	47
Des Moines	\$5,000	45	1,584	113
Dickinson*	\$2,000	7	240	10
Dubuque	\$6,500	12	26	19
Floyd	\$5,000	24	602	27
Greene	\$1,500	10	33	3
Grundy	\$3,400	133	1,824	59
Guthrie	\$1,500	10	24	8
Hardin (Marshall)	\$10,000	141	852	73
Howard	\$4,800	5	23	0
Ida	\$5,600	20	446	27
Iowa	\$10,000	3	2	1
Jackson	\$3,000	18	371	26
Jasper	\$3,000	108	2,585	123
Jones	\$8,200	39	109	0
Lee	\$5,500	23	493	23
Linn	\$12,500	24	47	0
Louisa	\$3,000	14	21	24
Lucas	\$3,000	7	95	17
Mahaska (Marion)	\$1,120	15	301	20
Marion	\$19,000	201	4,437	211
Marshall	\$15,000	495	3,390	300
Mills	\$12,000	50	1,008	94
Mitchell (N. Iowa)	\$4,000	43	846	51
Monona (Woodbury)	\$2,000	9	144	31
Montgomery*	\$4,289	7	132	9
Palo Alto	\$4,700	48	824	61
Plymouth	\$5,000	31	517	54
Pocahontas (Palo Alto)	\$3,900	32	550	34

* Third quarter report; did not submit timely fourth quarter report.

Sexual Abuse Prevention Services for Children, Fiscal Year 2009 (continued)

<i>County</i>	<i>Funds Awarded</i>	<i>Number of Presentations</i>	<i>Children in Attendance</i>	<i>Adults in Attendance</i>
Pottawattamie	\$15,000	215	4,300	156
Ringgold	\$11,000	26	386	37
Sac	\$3,000	10	26	4
Scott	\$6,500	2,640	330	35
Sioux	\$2,000	11	96	16
Story	\$7,000	805	1,524	105
Tama (Marshall)	\$10,000	133	981	82
Van Buren	\$4,500	1	6	3
Warren	\$4,000	171	204	0
Wayne	\$11,000	42	654	63
Winnebago (N. Iowa)	\$2,000	10	175	19
Winneshiek	\$3,800	6	16	0
Woodbury	\$7,000	69	538	30
Worth (N. Iowa)	\$2,000	12	190	17
Total	\$385,733	6,968	51,358	4,092

Sexual Abuse Prevention Services for Adults, Fiscal Year 2009

<i>County</i>	<i>Funds Awarded</i>	<u>Adult Instruction</u>		<u>Community Presentations</u>	
		<i>Number of Presentations</i>	<i>Adults in Attendance</i>	<i>Number of Presentations</i>	<i>Adults in Attendance</i>
Adams*	\$1,500	0	0	3	240
Allamakee	\$2,800	0	0	2	36
Appanoose	\$7,000	9	23	4	67
Audubon	\$1,500	1	13	1	30
Benton	\$10,000	3	3	0	0
Black Hawk	\$15,000	15	233	1	97
Boone	\$8,500	0	0	5	108
Bremer	\$11,500	3	8	0	0
Buena Vista*	\$2,000	1	48	1	28
Carroll	\$3,000	3	24	1	200
Cherokee	\$6,500	0	0	4	367
Chickasaw	\$6,300	0	0	1	8
Clarke	\$11,000	1	1	1	15
Clay*	\$5,000	0	0	1	13
Clinton	\$5,000	2	9	2	85
Crawford	\$3,000	1	7	0	0
Dallas	\$3,000	4	29	2	20
Davis	\$4,500	6	27	1	11
Decatur	\$16,000	2	15	1	4
Des Moines	\$5,000	23	330	8	98
Dubuque	\$6,500	5	19	5	579
Floyd	\$5,000	0	0	2	24
Greene	\$1,500	1	5	0	0
Grundy	\$3,400	0	0	10	24
Guthrie	\$1,500	2	7	0	0
Hardin (Marshall)	\$10,000	10	83	4	40

* Third quarter report; did not submit timely fourth quarter report.

Sexual Abuse Prevention Services for Adults, Fiscal Year 2009 (continued)

<i>County</i>	<i>Funds Awarded</i>	<u>Adult Instruction</u>		<u>Community Presentations</u>	
		<i>Number of Presentations</i>	<i>Adults in Attendance</i>	<i>Number of Presentations</i>	<i>Adults in Attendance</i>
Howard	\$4,800	0	0	1	5
Ida	\$5,600	0	0	3	23
Iowa	\$10,000	6	6	0	0
Jackson	\$3,000	0	0	2	105
Jasper	\$3,000	11	42	5	42
Jefferson (Wapello)	\$2,700	1	12	1	2
Jones	\$8,200	5	35	2	25
Keokuk (Wapello)	\$2,700	3	7	1	15
Lee	\$5,500	6	29	2	14
Linn	\$12,500	17	40	2	132
Louisa	\$3,000	16	47	10	220
Lucas	\$3,000	5	42	5	142
Marion	\$19,000	7	60	2	16
Marshall	\$15,000	25	191	3	30
Mills	\$12,000	15	182	6	161
Mitchell (N. Iowa)	\$4,000	1	3	2	15
Montgomery*	\$4,289	0	0	1	10
Muscatine	\$6,000	11	54	1	4
Palo Alto	\$4,700	10	124	10	73
Plymouth	\$5,000	2	36	1	24
Pocahontas (Palo Alto)	\$3,900	5	58	5	49
Polk	\$4,300	28	290	0	0
Pottawattamie	\$15,000	4	25	2	500
Ringgold	\$11,000	5	42	0	0
Sac	\$3,000	1	13	1	30
Scott	\$6,500	125	60	24	145
Story	\$7,000	3	23	3	50
Tama (Marshall)	\$10,000	5	102	4	40
Van Buren	\$4,500	8	20	2	6
Wapello	\$8,500	16	50	5	117
Warren	\$4,000	17	215	1	15
Wayne	\$11,000	12	107	3	97
Winnebago (N. Iowa)	\$2,000	0	0	1	5
Winneshiek	\$3,800	0	0	1	4
Woodbury	\$7,000	20	127	16	200
Total	\$391,489	482	2,926	188	4,486

* Third quarter report; did not submit timely fourth quarter report.

Sexual Abuse Prevention Volunteers and Volunteer Hours, Fiscal Year 2009

<i>County</i>	<i>Volunteers</i>	<i>Volunteer Hours</i>	<i>County</i>	<i>Volunteers</i>	<i>Volunteer Hours</i>
Adams	13	125	Keokuk (Wapello)	1	2
Appanoose	2	10	Lee	18	150
Audubon	6	20	Louisa	24	120
Black Hawk	6	462	Lucas	26	56
Boone	37	285	Marion	22	42
Bremer	5	49	Marshall	2	16
Buena Vista*	1	3	Mills	102	390
Butler	4	33	Mitchell (N. Iowa)	9	28
Carroll	7	15	Monona (Woodbury)	7	9
Cherokee	1	3	Montgomery*	19	69
Chickasaw	1	2	Muscatine	5	15
Clarke	12	530	Palo Alto	12	92
Clay*	1	2	Plymouth	3	29
Clinton	9	79	Pocahontas (Palo Alto)	7	68
Crawford	1	8	Polk	25	49
Davis	1	2	Pottawattamie	12	30
Decatur	12	280	Ringgold	12	330
Des Moines	1	20	Sac	3	12
Dickinson*	1	1	Sioux	5	12
Dubuque	2	20	Story	2	5
Floyd	2	11	Tama (Marshall)	2	16
Grundy	8	55	Van Buren	2	13
Guthrie	1	6	Wapello	4	14
Hardin (Marshall)	2	16	Wayne	12	430
Ida	1	2	Winnebago (N. Iowa)	5	26
Jackson	2	65	Woodbury	2	4
Jasper	13	37	Worth (N. Iowa)	5	8
Jefferson (Wapello)	8	50	Total	508	4,226

* Third quarter report; did not submit timely fourth quarter report.

Sexual Abuse Prevention Stories**Black Hawk**

After a recent kindergarten presentation, a student came into the hallway to talk to staff. The student was quiet and, when asked her name, blurted out that her grandpa had her “touch his pee pee.” She went on to provide more information in a matter-of-fact manner. When staff suggested that it would be a good idea to share this information with someone who could help, the student gladly walked to the office. The guidance counselor contacted the local DHS and law enforcement, and it was later determined that the grandfather had perpetrated not only on this five-year-old girl but on her seven-year-old brother as well.

Boone

I did a Happy Bear presentation to a Time Out for Moms group and went over the curriculum. Many of the moms have young children who have seen or will see Happy Bear. The moms thought the presentation was great and were happy to be able to know specifically what their children were learning. A very good conversation followed on the topic of child sexual abuse prevention.

Guthrie

The Family Resource Center (FRC) was invited to the Kidz Korner child care center to present the *Care for Kids* curriculum because of a reported incident. The greatest difficulty with this topic is breaking into new centers who do not appreciate the curriculum. Thanks to the child care consultants working out of the FRC office, the center director was persuaded to educate young children and their parents.

Lee

During one of the Stork's Nest presentations, several parents said that the *Nurturing Healthy Sexual Development* information was going to make them think twice about who watches their children, as they were surprised about the percentage of children who are sexually abused by someone the child knows.

Muscatine

One mother shared that she is always worried about child sexual abuse but just never talked about anything on this subject with her kids, thinking that this would be best. She indicated now that she knows that knowledge is power, and discussing sexual information with her children can protect them.

Polk

We added three hours of additional sexual abuse prevention training at Beacon of Life, which is a residential facility for women in transition. The facilitator learned from the residents in a training session that *all* in attendance had been abused as children. We believed the extra hours of training were warranted so that the women would have a better chance of protecting their own children from abuse. Evaluations showed that the women had a far better understanding of sex abuse after taking the class than before.

Story

A mother attending our training at a local child care center was reluctant to listen to our reasoning as to why it is so important for children to understand and know the correct anatomical words for their private parts and what we "tell" our kids by not talking to them about healthy sexual development and safety from sexual abuse. As we went through the information, gave examples, and played games, the mother began to open up to the idea. At the session's end, she told me she was taken back by the statistics we provided and was amazed that much of the time it is someone the child knows who abuses the child. She left the class shocked by the information but empowered to know that she can do something to prevent it from happening to her child.

Young Parent Support Programs (YP)

While all parents need help parenting, this seems to be particularly true in the case of adolescent parents. Many adolescent parents feel isolated from their old support systems after they become pregnant. Pregnancy and the birth of a child, however, are often the times when parents need support and encouragement the most. Without support and education, adolescent parents are at an increased risk of child abuse.

Young parent support (YP) programs provide teens with information about normal child development, non-abusive forms of behavior management, stress management, communication skills, and problem solving techniques in order to reduce the likelihood of child abuse. Support and education are often provided in a group setting where young parents have the opportunity to meet other parents who are experiencing similar situations. Young parent programs generally meet on a weekly basis, and volunteers often provide child care.

The table below details the service data from the 24 young parent support programs funded by ICAPP in fiscal year 2009 (July 1, 2008 through June 30, 2009). A total of 1,778 parents with 2,138 children participated in 2,002 group and in-home classes. Programs had an overall average parental completion rate of 83.2 percent. Woodbury (242), Page (201), and Lee (156) counties served the most parents. Buchanan County held the most in-home classes (426), and Woodbury (196) and Henry (194) counties the most group classes. Councils received 2,937 hours of help from 464 volunteers.

Young Parent Support Services, Fiscal Year 2009

County	Funds Awarded	Parents Served	Children Served	Classes		Parent Completion			Volunteers	Volunteer Hours
				In-Home	Group	Completed	Not Completed	Percent Completed		
Appanoose	\$7,000	56	91	0	84	46	10	82.1%	16	29
Benton	\$8,000	21	30	0	26	11	10	52.4%	29	124
Buchanan	\$9,000	44	42	426	16	40	4	90.9%	5	121
Calhoun	\$3,000	69	219	0	31	69	0	100.0%	0	0
Crawford	\$4,000	123	124	0	12	81	42	65.9%	21	54
Davis	\$4,000	35	63	0	45	23	12	65.7%	26	85
Des Moines	\$8,000	117	115	0	124	82	35	70.1%	85	802
Fremont (Page)	\$1,500	87	112	0	18	81	6	93.1%	12	54
Henry	\$6,000	125	187	0	194	106	19	84.8%	4	63
Iowa	\$8,000	4	5	0	14	1	3	25.0%	0	0
Jefferson (Wapello)	\$4,000	24	25	0	33	18	6	75.0%	1	50
Keokuk (Wapello)	\$4,000	15	35	0	41	11	4	73.3%	9	64
Lee	\$15,000	156	148	0	98	156	0	100.0%	81	500
Mahaska (Wapello)	\$3,000	46	32	0	37	17	29	37.0%	2	25
Mills	\$3,000	83	97	17	22	77	6	92.8%	20	36
Page	\$1,500	201	247	0	22	177	24	88.1%	16	64
Pottawattamie	\$4,500	30	47	0	18	30	0	100.0%	3	30
Sac	\$2,500	64	66	0	4	63	1	98.4%	2	141
Van Buren	\$2,000	74	60	291	7	58	16	78.4%	2	4
Wapello	\$7,000	57	42	0	101	18	39	31.6%	22	68
Warren	\$9,000	41	27	0	47	29	12	70.7%	81	243
Webster	\$6,000	44	76	0	35	44	0	100.0%	4	110
Woodbury	\$5,000	242	222	0	196	230	12	95.0%	8	220
Wright (Hamilton)	\$3,500	20	26	33	10	12	8	60.0%	15	50
Total	\$128,500	1,778	2,138	767	1,235	1,480	298	83.2%	464	2,937

Young Parent Support Stories

Appanoose

A mother in our program has grown as a person through her involvement in the Nest. She has volunteered here on many occasions and is now a member of the SIEDA board as a representative from the county. She has been a mentor and support for mothers in the Nest. She has started school in a nursing program, even as she remains active in the Nest, a good wife and mother, and an active community member. She exemplifies what we strive to achieve with our Nest families, and we are very proud of her success.

Des Moines

Here are some comments from participants in the Young Parent Support program:

- The awareness of correct and updated information on caring for me and a newborn has been significant. I have become aware of discipline in a meaningful and loving manner. I have also become aware of how to listen to a younger child and meet the child's needs.
- I am learning to be more patient with my children. I am giving them each more one-on-one attention.
- I understand my child better and how she acts fits with her age. I can deal with her actions better, and we understand each other and get along better.

Keokuk (Wapello)

A mother is leaving the Nest program after 5-1/2 years of active participation. Her daughter will be six years old in September. The mother began at the Nest in her third trimester of pregnancy in 2003, with a six-year-old daughter at home. The family has gone through many hardships, including job losses and injuries. The younger daughter has been diagnosed with ADHD and compulsive anger disorder, as well as serious learning disabilities. Through all this, the family has managed to stick together and persevere. Mom is now employed full time as a nutrition aide with the local Head Start, and the father is working at an outdoor conservation job. After receiving special help with her disabilities, the younger daughter has been deemed ready for kindergarten. Through all this, the Nest has been able to help the family find resources, establish formal and informal supports, and find employment. The mother has said the Nest classes have been extremely helpful for the family and the support very valuable for her family.

Mills

A young mother in poverty with mental health issues has greatly benefited from this program. When starting, she was concerned about keeping her baby and raising a good, healthy child. Today she is home with her baby. Through the program's resources, she has learned healthy behaviors for her and her baby. She has been able to discuss concerns and make connections with others to support her in raising her new child. She has received helpful resources and been able to provide for her child the way she thinks a mother should.

Page

Much discussion followed a session on Emotional Abuse and Neglect. Most of the participants did not realize how much suffering is caused by simply yelling at or degrading your child. Many of the participants were raised in homes where they were shamed and degraded. Having this topic opened them up to the truth of this form of abuse and neglect. One mother was horrified by what she had been saying to her child, not recognizing it as abuse. She stated that she has changed very much how she speaks and reacts to her son.

Webster

We served a young mother who started attending in December when she was five months pregnant and diagnosed with thyroid cancer. She gave birth to a healthy boy in May and began receiving treatment for her cancer. She is a great example of determination and strength. She wants what is best for her baby and planned for his care during her pregnancy. She and her husband have experienced many hardships, but she still takes time to be with friends and family. The Young Moms program has provided a stable support system for her and her family during this difficult time.

Other Funded Projects

Drama Troupe

Drama Troupe projects utilize young people to present dramatic interpretations of child abuse and related scenarios. Music, props, one-act plays, etc. are often a part of the presentations. The primary audience for drama troupes is teenagers and pre-teens.

ICAPP funded drama troupes in Polk County and Grundy County.

Fiscal Year 2009 Drama Troupe Services

<i>County</i>	<i>Funds Awarded</i>	<i>Presentations to Children</i>	<i>Children attending</i>	<i>Presentations to Adults</i>	<i>Adults Attending</i>	<i>Volunteers</i>	<i>Volunteer Hours</i>
Grundy	\$2,000	7	420	0	30	7	22
Polk	\$4,000	25	4,300	0	180	25	56
Total	\$6,000	32	4,720	0	210	32	78

Public Awareness

The Madison County council received a \$2,000 grant to enhance public awareness of child abuse prevention and the efforts of the council. The council hosted a free family movie night, where it handed out sacks with parenting tips, a parenting handbook, and information about the council. The council also appeared at community events, including a Toddler Fest in April 2009, and organized a Child Abuse Prevention Month activity involving the distribution of pinwheels.

Together for Prevention

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