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# Newsletter

May 2022

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## Here's how we can work together to make sure the kids are alright

It's May, the sun is shining, the flowers are bursting into existence, and it isn't too beastly hot in Washington, D.C., yet. For a moment, anyway, it feels like everything is alright. Of course, for many people, all over the globe, things are very not alright. And if you spend any time following the news or social media, you'll be bombarded with messages that children, especially, are not alright.



In a strange way—and stay with me here—that's a good thing. We're recognizing that people, and young people in particular, are struggling. We're no longer treating anxiety, depression, and trauma as something shameful to be hidden away or swept beneath the proverbial carpet. And given that May is National Mental Health Awareness Month, that seems fitting. But that also means it can't be the end of the conversation. It can't be enough for us to simply raise the issue and wring our hands. It can't be enough to acknowledge that our children are struggling and then not do everything in our power to help them through that struggle.

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(CACs) and multidisciplinary teams is so vital. Our National Standards of Accreditation require that CACs provide access to mental health services—but our centers and teams across the country go far beyond that. And, with our ongoing [Enhance Early Engagement \(E3\) project](#), a partnership with the University of Oklahoma Health Sciences Center, National Children's Alliance (NCA) is doing its part by training victim advocates on evidence-based strategies aimed at getting more families to participate in mental health services through their local CAC.

Greater engagement means greater healing, recovering, and most of all thriving. Our CACs and multidisciplinary teams are helping children and families move beyond the trauma and victimization so they can blossom like flowers in the spring. I hope you will join me in honoring the work being done in all our centers, and in supporting those struggling with mental health issues. Let's work together to make sure everyone can feel like everything is, in a word, alright.

Warmly,  
Teresa

## NCA NEWS



### **Project Advance: The next step toward our next five years of healing kids**

Whether you serve at an NCA member Children's Advocacy Center as staff or a partner, or you're just someone who cares about kids, we're all supporters of the CAC movement. That's why you need to know why and how NCA is working with our members, the real people who wake up every day to serve kids, to chart a course to meet the greatest needs kids have over the next five years. And this Mental Health Awareness Month, it matters that so many of those needs are for the healing CACs provide and the leadership NCA and our national network offers to help CACs deliver on their promise.

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trends we're actually seeing, every five years or so we ask our members to tell us their best ideas on what we can accomplish together, then vote on those ideas, and then test them for feasibility and impact. Then, everything NCA does has to support one of those final goals we collectively decide on for the next five years: They're literally at the top of every meeting we set and every project plan we make.

For those of you who are participating in Project Advance, we thank you for helping us come up with hundreds of great ideas and voting for and against ideas to winnow our possibilities down. Your participation in Phase 3, beginning next week, is critical to ensure that the exciting ideas you voted on are doable and impactful.

For those of you supporting our movement, know that we are excited to tell you where we're headed and invite you on this journey together.

**CAC executives: We are embarking on our next and final phase **May 9**, so check your email for your unique link to share your thoughts on the impact and feasibility of the ideas left after Phase 2.**

## And the winner is...

As an incentive for members to offer their time and expertise to help us chart a path through the next five years, we offered a chance at a brand-new iPad Air for every CAC leader who voted in the last round, in the winner's choice of available colors.



claim your prize.

## How we talk about child abuse matters. Learn the latest messaging research on our podcast.

Just in time for National Mental Health Awareness Month, we have two podcast episodes focused on talking about childhood abuse. In [“Reframing Childhood Adversity”](#) we invited **Julie Sweetland**, a sociolinguist and senior advisor at the FrameWorks Institute, to discuss why the ways we message about abuse and childhood adversities matters. If we talk about how child abuse is a big problem, we might end up

convincing people that it’s too big of a problem to fix. And if we focus on stories of individual families, we might obscure the truth that individual families’ problems are often symptoms of bigger issues in society and in communities. Listen in as we explore [the right way to talk about child abuse](#).



But what if we aren’t talking enough? Much of what we hear about child sexual abuse is about female survivors. Even when the media cover cases of institutional abuse in which boys are the victims, the focus tends to be on the company or organization involved. In his new book, [Chosen: A Memoir of Stolen Boyhood](#), author **Stephen Mills** speaks up not just for himself but also for other male survivors. For our most recent episode of *One in Ten*, [“Exploring a Memoir About Stolen Boyhood,”](#) we talked to Mills about his childhood and his fight now, as an adult, to protect boys and give all survivors of childhood abuse a chance to seek justice.

Mills will also present a workshop on male survivorship at NCA’s [2022 Leadership Conference](#) this June.

### Take a Listen

## We're hiring! Apply to be Coordinator for Grants Administration today

Do you have experience with managing and reconciling grant portfolios? NCA is looking for qualified candidates to apply to fill our Coordinator for Grants Administration position. This role will direct and supervise a team of program associates, conduct internal audits, and provide excellent customer service to our CAC members. The pay range for this full-time position is \$81,000 - \$86,000 per year, and you can do the job from home; we're hiring someone to work remotely.

Interested? Check out the [job description and posting](#), and apply now or forward to a friend or colleague who may be a good fit for this position. To apply, please follow instructions on the job posting and complete your application as soon as possible!

[Learn More and Apply Now](#)

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## UPDATE: New dates for NCA's Executive Director Mental Health Academy

A quick update on the new training series we announced last week, for CAC leaders who do not have a mental health background to learn about developing and sustaining high quality mental health programs. To complete the Executive Director Mental Health Academy, participants will attend a total of **four live interactive webinars**. Since our announcement, we have changed two of the webinar dates. They will now be on June 14, June 30, July 14, and July 26, 12:00-2:00 p.m. EDT. Apply now!

- Executive Director Mental Health Academy. [Apply by May 13](#); attendance will be capped at 20 participants.

Questions? Contact Coordinator of Mental Health Initiatives **Michelle Miller** at [mmiller@nca-online.org](mailto:mmiller@nca-online.org).

## Learn more about mental health programs at the Leadership Conference in June



Are you attending our Leadership Conference, either in person or virtually, this June? Keep an eye out for sessions on mental health-related topics, including:

- **Addressing the Stigma Surrounding Male Victims**
- **Conversations About Sexual Health as a New Ally in Trauma Treatment & Response**
- **Assessing Problematic Sexual Behavior Using a Comprehensive, Trauma-Informed Approach**
- **Closing The Gap in Mental Health Services in Rural Areas: A Pilot Project Review**
- **Made of Marble: The Intersection of Media & #MeToo in Adolescent Trauma Therapy**

### See More Sessions

Other sessions include **Using Data and Research to Inform Practice** and **The Role of Trauma-Informed Leadership for Promoting Multidisciplinary Team Wellness and Success**.

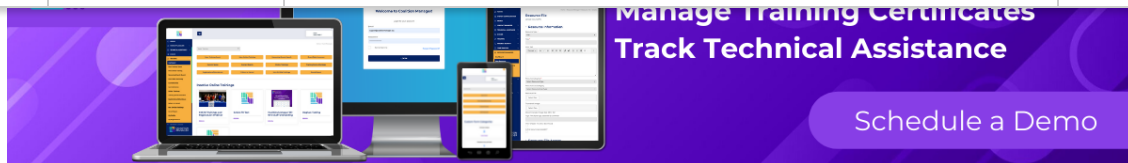
For all attendees, regardless of whether you come to the conference in person or watch online, recordings of all sessions will be available to you for three months.

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## Resources



### For Mental Health Awareness Month, make full use of NCA's resources, both old and new

It is important for not only clinicians but also CAC leaders and other staff to help children and caregivers get the mental health care they need, whether that's at the CAC itself or through an agreement with external providers. NCA has resources for caregivers, CACs, and partners.

Start with our [popular resources on our website](#), which explain and encourage the use of evidence-based mental health treatments and trauma-informed care practices.



CAC directors, make sure you have a copy of our [CAC Directors' Guide to Mental Health Care for Abused Children](#), produced in partnership with the National Child Traumatic Stress Network ([NCTSN](#)).

If you're following [our Facebook page](#), you'll have seen that [Indiana Child Advocacy Centers](#) published a few great mental health resources that help both professionals and parents. The Indiana Chapter recently sat down with NCA Project Coordinator of Mental Health Dr. Michelle Miller to explore a number of topics, such as [why telehealth is more important than ever](#) to helping kids heal

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these posts with your friends on social media.

And, for NCA members, read your Weekly Update emails from NCA all this month, as we will continue to highlight mental health resources.

## Access Popular Resources

### How can we connect more clients to trauma-informed care? A new video series spotlights *telehealth*.

As part of our partnership with Cambia Health Solutions in Utah, we have a new series of short videos—for caregivers and for clinicians—encouraging the use of telehealth technology to make it easier for children and families to get the mental health treatment they need to heal. We also have Utah-specific versions for caregivers and clinicians at Children's Justice Centers and a national version for those at CACs. [Explore the series now.](#)



*A short video from NCA and Cambia Health Solutions, "Telehealth, Your CAC Clients, and You," sums up how using telehealth technology to deliver mental health treatments helps children and caregivers heal from trauma.*

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have access to trauma-informed care in Utah and around the country. Their partnership with us, our collaborative work group leaders, and the Utah CJs Program has been invaluable in reaching kids in rural and underserved areas, and in developing resources to help introduce telehealth as a great option nationwide.

## View the New Videos

## New NCA trainings help mental health providers clinicians focus on special populations

Once a month for the next five months, we have trainings aimed at helping CACs deliver the mental health care that children and families need. Register now for the following sessions, all of them free to NCA members:

- [An Overview of Assessment and Treatment of Child Traumatic Grief](#), May 24, 2:00-3:00 p.m. EDT. [Register now](#).
- [Task Sharing in a Children's Advocacy Center: The Role of Victim Advocates in Meeting the Mental Health Needs of Children & Families](#), June 28, 2:00-3:00 p.m. EDT. [Register now](#).
- [Honoring Children, Mending the Circle: The Cultural Enhancement of TF-CBT](#), July 26, 2:00-3:00 p.m. EDT. [Register now](#).
- [Expanding Access Through School-Based Telehealth](#), August 23, 2:00-3:00 p.m. EDT. [Register now](#).
- [Recruiting, Hiring, Supervising, and Retaining Remote Therapists for Rural Children's Advocacy Centers](#), September 27, 2:00-3:00 p.m. EDT. [Register now](#).

If you have questions about this or any other mental health resources from NCA, contact **Michelle Miller** at [mmiller@nca-online.org](mailto:mmiller@nca-online.org).

## Register for May 24 Now



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# Member SPOTLIGHT



## New Hampshire's Chapter and partners share a powerful PSA on hope and healing

Every day, in CACs and multidisciplinary teams across the country, we ask children to speak their truth to us. How, then, do we convey their truth in a way that is educational, meaningful but not off-putting, and uplifting but not superficial—all at the same time? It sounds impossible, but the [Granite State Children's Alliance](#) (GSCA) of New Hampshire has found that exact balance in its newest PSA, a piece called "It's Always There."



*"It's Always There" is a powerful public service announcement about why children need help to recover from childhood trauma.*

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done work with GSCA in the past, had an idea. “I know, from my work with GSCA, that left untreated, the scars of childhood abuse can stay with a person for the rest of their lives. The challenge was how to portray that in the right way.” McHugh wrote the script for the piece, “and that was the easy part,” he recounts with a laugh. “The harder part was going to be getting it produced—filmed, edited, etc.” Undaunted, McHugh reached out to a producer he knew in L.A. — and explained to him there would be no money for production. No money usually means no project, but when the producer read the script and understood the cause, he was in, and the piece was filmed with the same expertise and attention to detail as with any big budget brand. Relying on the power and importance of the message itself, McHugh was then able to get an editor, a colorist, and a sound designer on board—all pro bono, as well. “Their dedication, their willingness to give back—it’s amazing,” says McHugh. But in hearing him describe the project, it’s easy to imagine how they were inspired by his dedication and his willingness to give back.

And the PSA is more than just the sum of its parts. “For us, it checks so many boxes,” says **Joy Barrett**, GSCA’s chief executive officer. “It helps people understand, in both a visceral and a deeper way, the long-term impact of adverse childhood experiences. It helps people understand that prevention today helps a child’s tomorrow. Most importantly, it helps people understand the human element to trauma—the pain that so many adults carry with them from childhood.” And Barrett emphasizes that the last message in the piece is perhaps the most important—that CACs are not going to let that trauma go untreated. That we are here to help, and here to help create healthy adults.

Watching the PSA, it’s clear how deeply GSCA cares about its community—but perhaps even more striking is the generosity of intent behind the piece. It is available and customizable to Chapters and Regional Centers throughout the country, and in fact, the editor who originally agreed to the project has already worked with 10 Chapters—all at no cost. “Our intention is to get this message out, on a national platform, with the power of the National Children’s Alliance and all 939 CACs standing behind it,” says Barrett. “Let’s make sure that children and families everywhere know that getting help from a CAC now will help children for the rest of their lives.”

For more information on the “It’s Always There” PSA, including adding your agency logo to it, please contact **Joy Barrett** at [jbarrett@cac-nh.org](mailto:jbarrett@cac-nh.org) or **Megan**

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# The MENU



Most webinars require an NCA Engage account to register. Visit the [Getting Started page](#) for instructions on signing up for an account.

## NCAtrak Office Hours

May 5, 2022 • 3:00-4:00 p.m. EDT

No preregistration, no charge; drop in at any time during the hour to ask questions about using NCAtrak case management system.

[Use This Link on May 5](#)

## Introduction to NCAtrak, May 2022

May 11-12, 2022 • 9:00 a.m.-5:00 p.m. EDT both days

\$500 per person; group discounts available

[Register for May 11-12](#)

## Application deadline for the Executive Director Mental Health Academy

Applications must be received by close of business May 13, 2022

Free for NCA members

[Apply Now](#)

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May 18, 2022 • 3:00-4:00 p.m. EDT

No preregistration, no charge; drop in at any time during the hour to ask questions about the Outcome Measurement System.

[Use This Link on May 18](#)

## Advanced Custom Reporting with NCAtrak, May 2022

May 19, 2022 • 9:00 a.m.-5:00 p.m. EDT

\$299 per person

[Register for May 19](#)

## An Overview of Assessment and Treatment of Child Traumatic Grief

May 24, 2022 • 2:00-3:00 p.m. EDT

Free for NCA members

[Register for May 24](#)

## Getting to Know the 2023 Standards: Medical Evaluation

May 25, 2022 • 3:00-4:00 p.m. EDT

Free for NCA members

[Register for May 25](#)

## 2022 Leadership Conference: The Future of Possible

June 6-8, 2022 • Virtual and in-person (Washington, D.C.) options

[Register for June 6-8](#)

## Getting to Know the 2023 Standards: Child Safety and

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June 22, 2022 • 3:00-4:00 p.m. EDT

Free for NCA members

[Register for June 22](#)

## **Task Sharing in a CAC: The Role of Victim Advocates Meeting the Mental Health Needs of Children & Families**

June 28, 2022 • 2:00-3:00 p.m. EDT

Free for NCA members

[Register for June 28](#)

## **Honoring Children, Mending the Circle: The Cultural Enhancement of TF-CBT**

July 26, 2022 • 2:00-3:00 p.m. EDT

Free for NCA members

[Register for July 26](#)

## **Getting to Know the 2023 Standards: Organizational Capacity and Case Tracking**

July 27, 2022 • 3:30-4:30 p.m. EDT

Free for NCA members

[Register for July 27](#)

## **Introduction to NCAtrak, August 2022**

August 10-11, 2022 • 9:00 a.m.-5:00 p.m. EDT both days

\$500 per person; group discounts available

[Register for Aug. 11-12](#)

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August 23, 2022 • 2:00-3:00 p.m. EDT

Free for NCA members

[Register for Aug. 23](#)

## Getting to Know the 2023 Standards: Commercial Sexual Exploitation of Children

August 24, 2022 • 3:00-4:00 p.m. EDT

Free for NCA members

[Register for Aug. 24](#)

## Advanced Custom Reporting with NCAtrak, August 2022

August 25, 2022 • 9:00 a.m.-5:00 p.m. EDT

\$299 per person

[Register for Aug. 25](#)

## Recruiting, Hiring, Supervising, and Retaining Remote Therapists for Rural CACs

Sept. 27, 2022 • 2:00-3:00 p.m. EDT

Free for NCA members

[Register for Sept. 27](#)

## Getting to Know the 2023 Standards: Child Abuse Prevention

September 28, 2022 • 3:00-4:00 p.m. EDT

Free for NCA members

[Register for Sept. 28](#)

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October 26, 2022 • 3:00-4:00 p.m. EDT

Free for NCA members

[Register for Oct. 26](#)

## Introduction to NCAtrak, November 2022

November 2-3, 2022 • 9:00 a.m.-5:00 p.m. EDT both days

\$500 per person; group discounts available

[Register for Nov. 2-3](#)

## Advanced Custom Reporting with NCAtrak, November 2022

November 17, 2022 • 9:00 a.m.-5:00 p.m. EST

\$299 per person

[Register for Nov. 17](#)



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