

"Nurturing and Empowering Families to Help Build Stronger Communities."

Serving Flagler and Volusia Counties



# The House Next Door From our House to Yours...

# **April is Child Abuse Prevention Month**

Child abuse is defined as physical, sexual, and/or psychological maltreatment or neglect of a child or children, especially by a parent or a caregiver. There are different signs that can help you detect whether or not a child is being abused. It is crucial that everyone learns the different signs to help children, not only for their emotional wellbeing, but also for their physical wellbeing. At least 1 in 7 children have been abused or neglected in some way in 2020, and 1,750 children died from abuse and neglect within the United States.

#### **Signs of Child Abuse and Neglect:**

- 1. Unexplained bruises/injuries
- 2. A change in behavior such as aggression
- 3. Poor hygiene
- 4. Avoiding people or withdrawal from friends
- 5. Changes in eating behavior
- 6. Sleep problems and nightmares
- 7. Self harm
- 8. Depression, anxiety, unusual fears

### **How to Prevent Child Abuse**

There are a multitude of ways that we can all help prevent child abuse and neglect.

#### Ways to prevent child abuse and neglect:

- 1. Enhance parenting skills
- 2. Change social norms to support parents and positive parenting
- 3. Be a nurturing parent
- 4. Give a helping hand to other parents
- 5. Volunteer at local child abuse prevention programs
- 6. Report any suspected abuse and/or neglect
- 7. Listen to children and give them your full attention

If we all work together in helping protect children, we could prevent so many cases from coming to fruition. Not only should we support children from our families/friends, but any child we see suffering from abuse. Our staff help children that have been abused and help to prevent future cases. If you suspect a child is being abused, call the hotline: 1-800-96ABUSE.



## **April 2023**











#### www.thehnd.com

Administrative Office 804 N. Woodland Blvd. DeLand, FL 32720 (386) 734-7571

#### **DeLand Service Site**

114 S. Alabama Ave. DeLand, FL 32724 386-738-9169

#### **Flagler Service Site**

160 Cypress Point Parkway Suite B301/302 Palm Coast, FL 32164 386-738-9169

#### **WVHA Office**

840 Deltona Blvd. Ste. K Deltona, FL 32725 386-232-2055

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#### How You Can Help

To give a secure online donation, learn about our amazon smile and scrip card programs, help fulfill our wish list, or view current volunteer or career opportunities, please visit our website at: <a href="mailto:thehnd.com">thehnd.com</a>

# The House Next Door Family Foundation

Established in 2002, governed by local leaders, committed to the preservation of family services at The House Next Door.

Be a part of ensuring a healthy future for our community. Contact Tom Robertson, Foundation President, at tomrobertsonrai@gmail.com for further information.

# Showing support of the cause and how we can help

Programs at The House Next Door help prevent child abuse, in addition to helping families with a history of abuse heal. Our programs are completely free or low cost in hopes of keeping families united. Thanks to all those who believe in our mission of empowering families.



"As we watch these pinwheels flutter softly in the breeze...

Help us remember what the colors stand for, please.

Keeping children safe while trying to keep families whole...

If we can achieve this

That would be a worthy goal."

Patricia J. Locke



# Showing support of the cause and how we help



**Therapy and Sexual Abuse Treatment Program (S.A.T.P.)** — The House Next Door mental health services help prevent child abuse by teaching children and families about safety, body awareness, and bringing greater understanding to the affects of trauma.

**Parenting** — Our parenting program helps prevent child abuse by equipping parents and caregivers with the tools to navigate the challenging journey of parenting in a positive and empowering manner.

**Child Care Food Program (CCFP)** - The House Next Door assists families in being able to provide nutritional lunch and snacks to their children via the Child Care Food Program. We serve Volusia, Flagler, Brevard, Putnam, Marion, and St. Johns County. Research shows that well-nourished children are healthier, more attentive and have better mental performance. The CCFP helps child care facilities implement "best practices" to ensure children have access to a variety of nutritious foods for healthy growth.

**Homework Club** — The Homework Club after–school program prevents child abuse by supporting families, within the Spring Hill community, with no-cost, safe, structured place for their elementary school aged children to go after school.

**Alpha** —The House Next Door Alpha program helps prevent child abuse by working with the school system, children, and their families to provide communication about how to help children make better choices and become aware of their surroundings.

**LHND**— The Little House Next Door supports families by helping to provide for a child's developmental needs in all areas of growth. We are pleased to contribute to the strength of the family by offering an education filled with adventure and care.

**C.A.R.E.S.**— The House Next Door C.A.R.E.S. Program helps prevent child abuse by providing in-home services where staff can monitor at-risk children in their home environments, identify potential safety risks, and address those risks by helping the family build formal and informal supports as well as strengthening protective factors ensuring that the family stays intact and the children remain safe.





