



“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

This month is Child Abuse Prevention Month. This month's theme is a great way of raising awareness amongst every community on child abuse and neglect while talking about the dangers and how to get help. There are signs of child abuse that everyone should learn so that anyone can help when a child is in need. "Child abuse may look different depending on the child and the type of abuse they have endured. Different types of child abuse are physical, sexual, or emotional abuse and also neglect. There can be physical markings (bruises, burns, or broken bones) on the child. However, other signs may not be so obvious; this can look like sudden changes in the child's mood, behaviors, (including sexualized behaviors), or school performance. Another sign that may be observed is the frequency and intensity of recurring nightmares. Signs of neglect may include a child that lacks adult supervision or a child that has not received appropriate care for physical or medical

needs that have been brought to the parents' attention. A child that has experienced abuse/neglect may demonstrate signs of reluctance or even refusal to return to the place that the abuse was endured." said Alyssa LaMendola, Mental Health Therapist. Our staff help the community everyday to get them the help they need in every program that we have. One of the programs we will be highlighting this month is our therapy program. "As a Therapist at The House Next Door, we work with families to build trust and support within their relationships and communities. We also help clients, and their families, learn how to identify signs and risks of abuse and how to manage trauma-related symptoms that may follow. With the psychoeducation that is provided, as the Therapists, we hope that the clients and their families feel empowered to be able to speak up when they notice signs of abuse. By creating a safe and therapeutic environment, the clients are able to discuss their trauma experiences. Once abuse is reported during our sessions, we work to ensure the safety of our children by reporting and creating a safety plan. A safety plan is a document where the child can list the individuals whom they are able to go to for help, both personal and professional, and coping skills to utilize in order to manage difficult thoughts and feelings that may occur for the child. Throughout their treatment, we work with the clients on improving their overall personal wellness and create wellness plans with each clients to ensure a better future. A wellness plan addresses eight dimensions including emotional, environmental, physical, intellectual, occupation/education, social, financial, and spiritual wellnesses." says Alyssa LaMendola.



April 2024



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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: thehnd.com

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.

Calling For Help For Signs Of Child Abuse

We encourage all families to look out for these signs and to speak up or report to the appropriate authorities if signs of abuse are suspected or witnesses. The following are resources to contact if abuse is suspected to be or is occurring to someone they may know or themselves:

- Call 911
- Call to report or report online to Florida Department of Children and Families ([How to Report Abuse | Florida DCF \(myflfamilies.com\)](https://www.myflfamilies.com))
- Reporting can be done anonymously, and reports are confidential

- Alyssa LaMendola, Mental Health Therapist.



**Leadership Award
Quarter 3
Diahann Suchan**

Our third quarter leader demonstrates reliability, consistency, and passion for the work we do. True leaders, or unicorns in this case, rise to the top not by chance but through purpose and passion. This leader stands out due to the nature of her commitment and Integrity of character.

Please join us in congratulating our quarter three leadership award winner, Diahann Suchan.



**Employee of the Month
March 2024
Tania Ballado**

Our March Employee of the Month has been a strong member of our HND team and a contributing piece to the overall efficiency of our department. She is the front gate to our services and demonstrates a high level of both responsiveness and professionalism. This staff person interacts with clients with compassion and patience. They truly make a difference and are often referred to as the "real boss" of the CARES department.

Please join us in congratulating our March Employee of the Month, Tania Ballado.