

MHA NEWSLETTER

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Having a Rural Impact on Poverty and Child Abuse: Hope and Care for the Future

by Kathleen Belanger

In my last Rural Monitor column, I wrote about rural poverty, and the importance of providing children and families with adequate healthcare,

employment, education, and human services. However, providing a quilt of prosperity for families is only part of the story. What we may not realize is that our failure to provide adequate health and human services for rural children has dire results.

In 2010, the U.S. Department of Health and Human Services' Administration for Children and Families released the Fourth National Incidence Study of Child Abuse and Neglect, which looked at the prevalence of maltreatment and endangerment in the United States, whether or not it is reported or investigated. The study found that rural children had approximately twice the rate of overall "harm standard" and "endangerment standard" maltreatment than urban children. That means that rural children are twice as likely to be identified by

teachers, doctors, or others participating in the study as being abused and/or neglected.

The study's results are particularly alarming when considered with the fact that child abuse and neglect, both traumatic life events and situations with life-long impact, are also related to poverty and to lack of employment.

The financial and emotional costs to a family for substantiated allegations of abuse and neglect are severe. Children can be taken from their families to live with relatives, or even with strangers. Each move and each incidence of neglect or abuse makes it harder for the child to form other relationships, to "attach" to others, trust others, and love others.

Parents, who may already have insufficient income and multiple stressors, then have to find ways to attend classes, receive treatment, and repair homes and practices with little help. Communities suffer when their children and families suffer, with increased burdens in schools and local healthcare systems. The total costs for child abuse and neglect are staggering, rivaling healthcare costs for stroke, diabetes, and heart attacks. According to the Centers for Disease Control and Prevention, estimated lifetime costs for each surviving victim of child maltreatment is **\$210,012.**

The Annie E. Casey Foundation suggests a two-generation approach to addressing poverty. It cites

UNDERSTANDING CHILD ABUSE & NEGLECT

Child abuse and neglect is an important societal concern in the U.S. that is affecting the health and well-being of the children and family involved. A better understanding of the problem can prevent future child abuse and neglect and improve the health and well-being of the children and families involved.

[6 MILLION CHILDREN ARE INVOLVED IN REPORTS TO CHILD PROTECTIVE SERVICES, AND MANY MORE GO UNDETECTED.^{1,2}]

DEFINING CHILD ABUSE & NEGLECT

CHILD ABUSE AND NEGLECT is defined as an act or failure to act by a parent, caregiver, or other person defined by state law that results in physical abuse, neglect, medical neglect, sexual abuse, emotional abuse, or presents an imminent risk of harm to the child.

----- NEGLECT MEANS FAILING TO PROVIDE: -----

 **FOOD**

 **CLOTHING**

 **ADEQUATE SUPERVISION**

 **PROTECTION FROM KNOWN DANGERS**

 **SAFE/HYGIENIC SHELTER**

 **EDUCATION**

 **MEDICAL CARE**

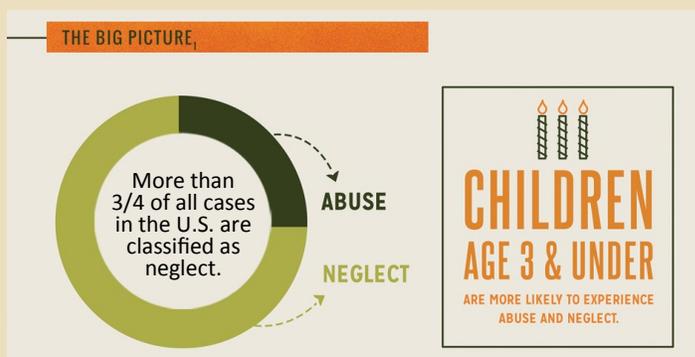
 **NURTURING/AFFECTION**

Note: Legal definitions vary across states and differ depending on the data source used for analysis.



poor families' struggles with unpredictable and inflexible jobs that fail to pay enough to support a family, lack of child care and educational opportunities, and fragmented social systems that work in isolation. Their two-generational approach includes providing stable employment to support families, high quality child care and early education along with quality elementary schools, and education and support for families through home visiting programs. The Foundation suggests numerous policy and practice solutions that include integrated, practical solutions for the whole family, putting "common sense into common practice."

The White House Rural Council has recognized the importance of addressing these challenges specifically for rural families, who often have the fewest personal, public or private resources. Their Rural Impact initiative creates a collaboration of federal agencies and public and private resources to develop a multi-generational approach for investing in rural families and communities. At its core, Rural Impact attempts to maximize innovation, build public awareness, and invest in child care, early learning, education, and employment.



THE LASTING IMPACT

Child abuse and neglect may affect the long-term health and well-being of not only the children, but also the adults they become. Every experience is unique, and a child's personal characteristics and family and social context, as well as the severity, frequency, and timing of the abuse or neglect can effect outcomes.

LONG-TERM EFFECTS

PSYCHOLOGICAL HEALTH	BRAIN DEVELOPMENT	RELATIONAL SKILLS	RISK BEHAVIORS
<ul style="list-style-type: none"> • Depression • Posttraumatic stress disorder • Heightened anxiety 	<ul style="list-style-type: none"> • Changes in the prefrontal cortex of the brain • Changes to the stress response system 	<ul style="list-style-type: none"> • Poor peer relations • Difficulty at work • Aggression 	<ul style="list-style-type: none"> • Alcoholism • Early sexual activity

FOR MORE INFORMATION, VISIT WWW.IOM.EDU/CHILDMALTTREATMENT

Sources:
1) Administration for Children Youth and Families. "Child maltreatment, 2010 report." U.S. Department of Health and Human Services, Administration for Children and Families. (2012)
2) Sedlak, A. J., et al. "Fourth national incidence study of children abuse and neglect (NIS-4): Report to congress." U.S. Department of Health and Human Services, Administration for Children and Families. (2010)

INSTITUTE OF MEDICINE AND NATIONAL RESEARCH COUNCIL OF THE NATIONAL ACADEMIES

Rural Impact intends to create and integrate resources directed at eliminating rural hunger, addressing rural poverty (through USDA's StrikeForce for Rural Growth and Opportunity Initiative), investing in distance learning and telehealth, supporting community-led initiatives, and empowering rural communities while increasing educational opportunities. By taking an integrated, direct approach that specifically focuses on rural communities, this effort provides hope to all of us, rural and urban alike, because urban and rural communities are inextricably connected. It is the entire country that pays the price for child abuse and neglect, now and in the future. It is the entire country that cares for those who become dependent, incarcerated, hospitalized. And it's the entire country that can be engaged through the White House Rural Council to address those who have so long been neglected. As Dr. Seuss reminds us in *The Lorax*:

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

Belanger, K. (2015, August 19). Having a Rural Impact on Poverty and Child Abuse: Hope and Care for the Future - The Rural Monitor. Retrieved March 22, 2016, from <https://www.ruralhealthinfo.org/rural-monitor/rural-impact-initiative/>



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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To learn more about the MHA of Cortland County visit:

<http://www.mhacortland.com>

or contact us:
mhacortlandny@gmail.com

Next Month:

May
is
Mental Health
Month

App(s) of the month:

MindShift - Anxiety and especially childhood anxiety over traumatic experiences in our youth can perpetuate into adult disorders. Mindshift can help you to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety (perfectionism, worry, panic, conflict, test, social and performance anxieties). Download the app through the following URLs.



iPhone: <http://apple.co/1RpsDEq> or
Android: <http://bit.ly/1pyVXfr>

NAMI Syracuse Children's Conference

Addressing Challenging Behavior
in
Children and Youth.

May 5 from 9am to 9pm
at
Rosamond Gifford Zoo, Syracuse,
NY.

Presenters

Adrienne D. Allen, MD
Children & Youth Services,
HPC Outpatient Clinic

Regina Canuso
NYS Council on Children &
Families,
Coordinator,
Hard to Place/Hard to Serve Unit

Bridget Hier, Ph.D
Assistant Professor, School of
Psychology,
University of Buffalo and
Panel of Family Members sharing
what has worked for their child.

Active Minds Chapter @ SUNY Cortland

The newly formed chapter will be doing a stress-less week at the end of the semester.

To participate, checkout their social accounts
Twitter:
https://twitter.com/csu_activeminds
or
Facebook:
<https://www.facebook.com/activemindsstate/>

Active Minds empowers students to change the perception about mental health on college campuses.

Cortland County Mental Health Services

Catholic Charities of Cortland County
33-35 Central Ave., Cortland, NY.

- Children & Youth Intensive Case Management
607-756-5992, ex. 127
- STEPS (Supportive Transition, Education and Prevention Services)
607-756-5992, ex. 118
- Wishing Wellness Center
24 Church St., Cortland, NY.
607-423-7472

Cortland County Coordinated Children's Services Initiative

60 Central Ave, Cortland, NY.
Room 102 Cortland County Office Bldg.
607-428-5487 (Coordinator)

Cortland County Mental Health Department

7 Clayton Ave., Cortland, NY.
607-758-6100

- Outpatient Clinic
- Prevention Services for Youth
- SPOA (Single Point of Access)
- Cortland Youth Center
35 Port Watson St, Cortland, NY
607-753-3580

Family Counseling Services

10 N Main St, Cortland NY.
607-753-0234

- Mental Health Clinic,
- Chemical Dependency Treatment,
- School-Based Program
- Cortland Prevention Resources
73 Main St, Cortland NY.
607-756-8970

YWCA of Cortland

14 Clayton Ave, Cortland, NY.
607-753-3639

- Bridges for Kids
- AVV (Aid to Victims of Violence)

Visit www.sevenvalleyshealth.org for a listing of providers

To report child abuse/neglect - 1 800-342-3720

To report an abandoned child - 1 866-505-7233

P.O. Box 282, Cortland,
NY 13045

RETURN SERVICE REQUESTED

Questions, comments, or feedback on the MHA Newsletter? We appreciate your thoughts!

EMAIL OPTION:

If you'd like to receive the MHA Newsletter electronically **in color** as a PDF, please send your full name and email to: **erin@sevenvalleyshealth.org**

Addressee

Community Events & Support

LGBT & Ally Youth Support Group

Monthly group for youth held at Cortland Prevention Center, 73 Main Street. Contact 607-756-8970 for more information.

Parents & Change Support Group

This support group is for parents and caregivers of children, teens and adults with mental health conditions. Meetings are from 6:00pm to 7:30pm at 90 Central Avenue in Cortland. For more info please contact Beckey Tripp at parentsandchange@yahoo.com

2016 Meetings:

Apr 11	May 9	Jun 13	Jul 11
Aug 8	Sep 12	Oct 10	Nov 14
Dec 12			



KIDSVILLE

presented by the

Child Development Council

Saturday, April 16th - 10am-1pm
at the New York State Grange Auditorium
100 Grange Place, Cortland NY

Celebrate the Week of the Young Child @ Kidsville
For more info, call: 607-753-0106

Save the Date!!

Mental Health Association's Annual Dinner.

Thursday May 5th, 5:00pm to 8:00pm
at the Ramada Inn (Cortland)

This production is meant for audiences 18 years of age and older.



If you have an upcoming community event or article you would like considered for admission to the MHA Newsletter, send your submission to **ben@sevenvalleyshealth.org** by the 7th of the month prior.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.