



# Child Advocacy Center of Sedgwick County

## **The Mid-Month Memo**

Vol. 4, Issue 4  
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*Diana Schunn*  
Executive Director

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of South Central Kansas

### **Primary Partner Agencies**

COMCARE of Sedgwick County  
Exploited and Missing Child Unit  
KS Dept. for Children and Families  
Wichita Regional Office  
KU School of Medicine - Wichita  
Office of the District Attorney, 18th  
Judicial District, Sedgwick County  
Sedgwick County Sheriff's Office  
Via Christi Health  
Wesley Medical Center  
Wichita Area Sexual Assault Center  
Wichita Police Department

*~ To lead our community in eliminating the  
suffering of abused children. ~*

### **Dealing with Family Stress During the Holidays**

All families deal with stress at one time or another. During the holiday season, stress is more common and can be much more difficult to handle. With the images of "perfect" holidays in advertising and media, parents and children can begin to develop unrealistic expectations. When we focus on trying to perfect the season, we miss the opportunity to enjoy the time with our children and families!

#### **What does stress do to families during the holidays?**

Every family reacts differently to stress in the holiday season, but some of the most common effects include:

- Arguments, fighting and poor communication
- Fatigue, health problems and general exhaustion
- Confusion, especially for children, about the real meaning of their family's holiday and cultural traditions
- Overuse of food, alcohol and other substances

With busy schedules, high costs and long to-do lists, holidays are a natural trigger for more stress. If it's happening to your family, you are not alone. The important thing is how you choose to handle the stress. Work together as a family to:

- Talk about your feelings during the holidays
- Set "family priorities" for the season - choose activities and traditions that are important to everyone
- Get everyone involved - things likely won't be perfect, but children will feel good about being included
- Learn to say no - long trips can wait until children are older and quality time is a better investment than money
- Select only a few special events to attend and stick to your regular schedule - spending a quiet night at home with the family will help your children (and you) feel better and show them that above all, your family comes first.

### **Child Advocacy Center of Sedgwick County**

130 S. Market, Ste. B183, Wichita, KS 67202-3850  
Phone: 316-660-9494, or visit us online: [www.cacsckansas.org](http://www.cacsckansas.org)



### ***Formally Introducing Our New CACSC Logo***

We are proud to officially introduce our new logo! This image was created for the CACSC by the students in a graphic design class at the Wichita State University School of Art, Design and Creative Industries. The birds are representative of an adult bird protecting a smaller, more vulnerable bird - our children. It also symbolizes movement and guidance toward hope and healing in the future. We appreciate the talent and time the students and faculty devoted to this project!

### ***Behind Closed Doors, A Campaign to End Childhood Abuse, Neglect and Sex Trafficking***

The CACSC is the grateful recipient of a \$1 million grant from Sedgwick County. This gift gives us a huge push toward our \$6.5 million campaign goal, which provides funds to renovate the former Lincoln Elementary School. The building, purchased in 2013, will be the new home of the CACSC. When the campaign goal is reached, renovations will begin and we will move all our investigation, therapy, advocacy and medical partners under one roof. To date, over \$5 million has been raised. Pledges made by the end of 2014 help us meet a J.E. & L.E. Mabee Foundation \$500,000 challenge grant. As an all-or-nothing challenge, we must raise the final \$45,000 of their challenge by the deadline. Once the Mabee grant has been awarded, all additional gifts and pledges will go toward completing the \$6.5 million goal. If you are interested in supporting the capital campaign with a gift or pledge, please contact Diana Schunn at 316-660-9494 or by email at [info@cacsckansas.org](mailto:info@cacsckansas.org).

Additionally, the CACSC has ongoing annual budget needs for staff, advocacy, victim and family therapy, and organizational development. We appreciate every donation throughout the year and thank all of you who have supported fundraising efforts through the Heroes Gala, our golf tournament, and other opportunities or activities. Please visit the website for ways you can help provide services to abused children and families: [www.cacsckansas.org](http://www.cacsckansas.org) and click on "Donate" or view the list of CACSC needs.

### ***For Your Calendar***

Jan. 30, 2015: 1st Annual Human Trafficking Conference, Hughes Metropolitan Complex, Registration: <http://www.wichita.edu/conferences/>

May 4, 2015: 4th Annual "Change A Child's Life," Golf Tournament, Willowbend Country Club (note the change in date and location!)

If you suspect child abuse or neglect call 911 or 1.800.922.5330

**"The purpose of child advocacy centers is to provide a comprehensive, culturally competent, multidisciplinary team response to reports of child abuse, in a dedicated, child-focused setting."**

**National Children's Alliance**  
**Empowering Local Communities to Serve Child Victims of Abuse**