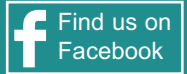




Friends

of the Children's
Justice Center of Maui



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A Publication by the Friends of the Children's Justice Center of Maui • April is "Prevent Child Abuse Month"

Maui restaurant worker called a "guardian angel" for saving the life of an infant in serious distress

If you see something, please say something. A local waitress did just that when she noticed that something was terribly wrong with an infant at a table she was serving on April 30, 2021. Her quick action in getting the infant immediate medical attention is now being credited with saving his life. "The lesson here for all of us is take action when we see something that is not right. Her actions saved the life of this child," The Friends of the Children's Justice Center of Maui Board President, Sheila Haynes said.

Maui Police Sargent Nu'u Quintero shared "Shantel's actions are a true example of compassion and someone who was not afraid to say something and intervene. She was in the right place at the right time and no words can express the appreciation I have for Shantel, a complete stranger to this child who became his voice".

The boy was taken immediately to the hospital from the restaurant for immediate, lifesaving intervention. While being treated for his injuries, evidence of additional past abuse became clear to representatives with the Department of Health's Children Welfare Services and the infant was removed from his home. On March 7, 2022 the Friends of the Children's Justice Center of Maui along with Maui County's Mayor Office, and the Maui County's Police Department honored Shantel Legsay at Bistro Casanova. At the ceremony the Friends of the Children's Justice Center's Board President Sheila Haynes said, "This helpless infant had a guardian angel on the day he needed one the most. Her heroic actions made the difference between life and death for this child." Paul Tonnessen Executive Director of the Friends also shared, "Shantel represents the best in all of us and we're very proud of her.



Without a doubt she saved that child's life. There's no misunderstanding that, we all understand that this should encourage other people that when you see something, say something," Tonnessen also stated. "We all know that when we see a situation that is wrong, we know what's the right thing to do. We know that speaking up is the right thing to do. But it takes more than acknowledging it. It takes courage." Maui's Mayor Michael Victorino shared from his proclamation in recognizing Shantel "On behalf of the people of the County of Maui, it is my honor to recognize your courage and compassion in contacting the police to report a suspected case of child abuse. Due to your prompt action the child was placed in protective custody and given medical treatment. Your actions are an outstanding example of the importance of timely reports of such cases. Mahalo nui loa, for what you did and the type of caring person that you are."

Maui Police Chief John Pelletier "Some heroes were uniforms, some badges some wear capes.... Some wear an apron... Shantel, you acted without hesitation and make no mistake you saved the life of a young child in distress. You did this without any hesitation or reservation. On behalf of the Maui Police Department you are commended on such an incredible courageous act".

Honoree Shantel Legsay shared: "This very unfortunate event that I witnessed was both a nightmare and a blessing all in one. It's definitely something I will never forget but I thank the lord that this beautiful baby boy was put in my path. These kind of things I felt I would only witness in a movie. So to see firsthand was out of this world. I want to take you to the beginning of my day I was just supposed to be at work for a couple of hours due to it being so slow I was going to be the first server cut that day. Just so happened the hostess sat me my last table right before I was supposed to get released to go home to my two kids. This table I did not know would be such a dramatic turn to my day I witnessed an older lady with her granddaughter holding a baby that didn't look to well. She was shoving a green nose sucker down is throat that looked like she was trying to get gullahs out from his mouth. When I went over to introduce myself and let them know our daily specials the older lady asked "oh do you think we should take him to the hospital?". I looked over at the baby she was referring to and automatically panicked! The baby looked blue. I told them right away, "oh my gosh, do you want me to call the ambulance?" She automatically responded, "oh no that's too expensive" me as a mother was is absolute shock!

Continued on page 3

Who are the Friends?

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The Friends of the Children's Justice Center of Maui (FCJC) is a private, non-profit corporation, founded in 1989 by a non-partisan group of community and business leaders concerned with the social welfare of children and families who have been traumatized by abuse and severe neglect.

The Mission of the FCJC has three parts.....

To provide assistance to abused and neglected children in Maui County. We do this by receiving requests from over 25 social services agencies and other professions for services or items that will help with the healing of the child. These services could be for education or tutoring, counseling, medical, transportation, social activities, sports activities, after-school programs, self-esteem issues, school needs and everything in between.

Promote prevention of child abuse and neglect.

We accomplish this task by creating and distributing a 16-page supplement in the Maui News about child abuse and neglect prevention; by producing and distributing DVD's on "Mandated Reporting" and "Shaken Baby Syndrome"; by participating in several community-wide forums such as "Keiki Fest"; by distributing two newsletters annually; and by participating in the 2009 PREVENT Institute, the Ho'oikaika Partners prevention committee, the Hanai Coalition for foster children and the Hawaii Children's Trust Fund Prevention Campaign.

To support the Children's Justice Center of Maui. The CJC is part of the State Judiciary, and is the safe and nurturing facility

where suspected victims of child sexual abuse and extreme physical abuse are brought for an interview and possible forensic examination.

We provide funds for training of the police and social workers who are involved in those interviews; snacks for the children being interviewed; snacks for the meeting participants; stuffed toys for the children; and support supplies for the office.

This past year, the FCJC:

- Served 800 children with funding for direct services.
- 1,612 children with Christmas gifts
- Over 24,000 households with our annual 16-page prevention newspaper supplement
- 3,000 readers through two newsletters
- 8,000 children and parents reached through community events
- 500 new parents given Shaken Baby DVD

And we do all of this with one paid staff person and many dedicated volunteers. We receive no Federal, State or County funding. Our funding comes from the Bradley and Victoria Geist Foundation, the Teresa Hughes Trust, Sentry Tournament of Champions Golf Tournament and companies and individuals through several fundraisers during the year.

We invite you to learn more about us and to help us through a tax deductible donation. If you have questions, call 986-8634, email us at info@mauicjc.org or visit our website at www.mauicjc.org.

Mahalo for your support!

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Continued from front page

What kind of mother has her baby blue in the face, eyes rolling back not even able to lift his little head wearing only a diaper in a restaurant worry about the cost of getting help for her baby? I just pictured if that was my baby I would do anything and everything to get my baby help, so when she replied with no my heart just dropped! After she said that I said "he doesn't look good that's not normal for a baby to look like that you need to take him to the hospital please let me call the ambulance". She still refused and said they would take him with no sense of urgency her story of why he was in this state was all over the place didn't make sense and I knew I just knew there was more to the story and I could not just let them take him. As they stood up I followed them telling them in a calm voice that they should hurry because he looked really bad and to please let me call the ambulance they still refused. While they were walking out repeating to me no, they would just take him to the hospital I felt such an uneasiness! I just could not let them leave with this baby. Who knew if they would even take him for them even allowing him to get to this scary state he was in. So I followed them out of the restaurant still asking questions nicely but still insisting to call the ambulance. In the midst of this the grandma had the nerve to say wait she had to use the bathroom. Again shock! Who does that in this kind of devastating circumstance with a baby. But while she was in the bathroom I gave me time with mom while she was trying to buckle him in the car seat he already started to look unresponsive I gently grabbed her and told her to look at me, now look at your baby, that is your baby right there and he is not ok, I started tearing and begged her please just let me get an ambulance here to help.

Finally, she agreed! I'm telling you that was such a relief I immediately ran into the restaurant and called 911 fast because I didn't want them to leave I made it quick to get back outside to the car until the first responders arrived. I'm telling you this situation was all God bringing this girl and her baby in my path and all Holy Spirit that led me and prompted me to be so persistent on not letting her leave with this baby! For a quick second I almost let them leave with the baby and I know the holy spirit was tugging on my heart to not let them leave to intervene! And I am so happy I did.

This act was just me reacting as a mother first but most of all a decent human being that sees when a helpless baby or child cannot defend or have a voice for themselves as adults and loving human beings of this world should be that for them! This has definitely not only humbled me but made me love my babies harder and left a print on my heart forever! I just want to share I know it might seem scary or you might think ah I don't want to get involved don't listen to that negative voice, be that defender for the helpless, be that voice for these precious babies that don't have one, it could really actually save their life!"

Behaving ethically means taking action in the right way for the situation. It takes practice not only to see (perceive) the demands of a situation but to act immediately. We often are faced with situations of uncertainty, even though we see that there is a need for action sometimes fear holds us back. While you should never place yourself in any type of danger you should always seek safety first and then make the call to the proper authorities.

If I suspect Something is Wrong and I Want to Help, What Should I Do?

As a private citizen you can call the **Child Welfare Hotline (1-888-380-6688)** if you suspect child abuse or neglect but more importantly you should call! Anyone, a concerned family member, a relative, a neighbor, a babysitter, a member of the clergy, or any other concerned citizen should call the Child Abuse Hotline if he or she has a reasonable suspicion that a child is being abused or neglected.

Some people have a legal duty to report suspected child abuse and neglect. They are called "Mandated Reporters." They include teachers, nurses, doctors, clinics that provide reproductive services, daycare employees, juvenile probation, detention or corrections officers, as well as others. While some people are mandated to report, Child Welfare Services (CWS) encourages calls from people who know the child, and who are not necessarily mandated reporters. Many infants and preschool-aged children are at home with parents or other caregivers, so they may never be seen by a mandated reporter. People not only need to know why they should report suspected cases of child abuse -- they also need to know how. You may be the

only one who knows about the child's situation and the possibility of abuse or neglect in the child's life. If this is so, you may be the only person who can help the child. Nearly 40% of the reports received by Child Welfare Services come from people like you, concerned citizens who see a child who is in suspected pain or in danger.

What If I'm Not Sure?

It is always better to be safe than sorry when it comes to the welfare of our children. You can consult with a CWS staff member regarding your concerns or observations. You need not be prepared to prove that abuse or neglect has occurred before making a report. If the child or children have shared information with you about the abuse/neglect, this is enough for you to call them. Since the social worker may need to interview the child, it is their goal that the child not be subjected to numerous interviews or questions about his/her abusive or neglectful situation by different people. We need to leave that to the trained professionals to minimize the amount of trauma that the child may face. It also could impede the investigation.

How do I make a report?

To report suspected abuse or neglect, please call the Child Abuse and Neglect reporting line:

Toll Free Neighbor Islands - 1-888-380-6688

If you believe a child is in immediate danger, please call 911.

What kinds of information should I provide?

The hotline will want to obtain as much of the following information as possible before referring the matter for investigation: Name and address of the child victim and his/her parents or other persons responsible for his/her care. Child's birthdate or age. Names and ages of other persons who live with the child and their relationship to the child if known. Nature and extent of the child's abuse or neglect (including any evidence or indication of previous abuse or neglect). Date, time, and location of incident. Child's current location and condition. Identity of the alleged perpetrator. Whereabouts of the alleged perpetrator and any history if available. Any other information.

Continued on next page

Continued

mation that may be helpful in determining the cause of abuse or neglect and whether or not there is a family member who can protect the child. If additional information relating to the report of abuse or neglect is not requested but available, please provide that information as well.

What Happens During the Assessment?

A CWS social worker is assigned to assess the report and to determine if the child has been abused or neglected and/or is at imminent risk of abuse or neglect. The social worker will gather as much information as possible by talking to you, the child, other family members, and if necessary, others in the community including neighbors, school administrators, and pediatricians. Determination of the report as confirmed, not confirmed, or unsubstantiated, must be made within 60 days of the report being accepted for assessment.

Will The Family Find Out Who Made the Report?

CWS makes every reasonable effort to maintain the confidentiality of a reporter who requests that his/her name not be released. Anyone reporting in good faith is immune from liability. All reports to CWS concerning child abuse or neglect made, as well as all records of such reports, are confidential. CWS does not identify individuals who file alleged child abuse and neglect reports. The CWS staff must make every reasonable, good-faith effort to maintain the confidentiality of the individual who makes a child abuse report. The name of the individual may only be released if the individual agrees, or by court order.

Will The Child or Children Be Removed from Their Home?

The principal goals of CWS are to maintain: 1) Child safety; 2) Child well-being; and 3) Children in a long-term stable home with stable relationships. The CWS staff is committed to strengthening families, keeping children with their birth families, and supporting parents to provide a safe, stable, and nurturing family home. However, if it is necessary to remove the child from the family home to ensure safety, staff will make every reasonable effort to locate absent parents, to search for both maternal and paternal relatives. Staff also will search for siblings/half-siblings, kin, and family friends for possible foster placement and connections, and try to keep your child in the same school/community. When a child cannot be safely returned to the family home within a reasonable time frame, as defined by State and federal laws, CWS case managers must finalize a permanent placement for the child. This can include adoption or legal guardianship. Permanent placement with relatives is the CWS's first priority for all Foster Children in this situation.



Mahalo

Thank you to the Friends of the Children's Justice Center of Maui for providing hope and healing for our community's keiki in need.



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in the lives of our at-risk Keiki

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Breaking The Cycle of Abuse

If you have a history of child abuse, having your own children can trigger strong memories and feelings that you may have repressed. This may happen when a child is born, or at later ages when you remember specific abuse to you. You may be shocked and overwhelmed by your anger, and feel like you can't control it. But you can learn new ways to manage your emotions and break your old patterns. Remember, you are the most important person in your child's world. It's worth the effort to make a change, and you don't have to go it alone. Help and support are available.

Tips for changing your reactions

Learn what is age appropriate and what is not.

Having realistic expectations of what children can handle at certain ages will help you avoid frustration and anger at normal child behavior. For example, new-

borns are not going to sleep through the night without a peep, and toddlers are not going to be able to sit quietly for extended periods of time.

Develop new parenting skills.

While learning to control your emotions is critical, you also need a game plan of what you are going to do instead. Start by learning appropriate discipline techniques and how to set clear boundaries for your children. Parenting classes, books, and seminars are a way to get this information. You can also turn to other parents for tips and advice.

Take care of yourself.

If you are not getting enough rest and support or you're feeling overwhelmed, you are much more likely to succumb to anger. Sleep deprivation, common in parents of young children, adds to moodiness and irritability-exactly what you are trying to avoid.

Get professional help.

Breaking the cycle of abuse can be very difficult if the patterns are strongly entrenched. If you can't seem to stop yourself no matter how hard you try, it's time to get help, be it therapy, parenting classes, or other interventions. Your children will thank you for it.

Learn how to get your emotions under control.

The first step to getting your emotions under control is realizing that they are there. If you were abused as a child, you may have an especially difficult time getting in touch with your range of emotions. You may have had to deny or repress them as a child, and now they spill out without your control.

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Recognizing abusive behavior in yourself

Do you feel angry and frustrated and don't know where to turn? Do you see yourself in some of these descriptions, painful as it may be? Do you feel angry and frustrated and don't know where to turn? Raising children is one of life's greatest challenges and can trigger anger and frustration in the most even tempered. If you grew up in a household where screaming and shouting or violence was the norm, you may not know any other way to raise your kids.



Recognizing that you have a problem is the biggest step to getting help. If you yourself were raised in an abusive situation, that can be extremely difficult. Children experience their world as normal. It may have been normal in your family to be slapped or pushed for little to no reason, or that mother was too drunk to cook dinner. It may have been normal for your parents to call you stupid, clumsy, or worthless. Or it may have been normal to watch your mother get beaten up by your father.

It is only as adults that we have the perspective to step back and take a hard look at what is normal and what is abusive. Read the above sections on the types of abuse and warning signs. Do any of those ring a bell for you now? Or from when you were a child? The following is a list of warning signs that you may be crossing the line into abuse:

How do you know when you've crossed the line?

- You can't stop the anger. What starts as a swat on

the backside may turn into multiple hits getting harder and harder. You may shake your child harder and harder and finally throw him or her down. You find yourself screaming louder and louder and can't stop yourself.

- You feel emotionally disconnected from your child. You may feel so overwhelmed that you don't want anything to do with your child. Day after day, you just want to be left alone and for your child to be quiet.
- The daily needs of your child seems impossible. While everyone struggles with balancing dressing, feeding, and getting kids to school or other activities, if you continually can't manage to do it, it's a sign that something might be wrong.
- Other people have expressed concern. It may be easy to bristle at other people expressing concern. However, consider carefully what they have to say. Are the words coming from someone you normally respect and trust? Denial is not an uncommon reaction.

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KA'EHU: Giving Maui's youth a foundation in the Hawaiian culture and land restoration.

HE ALI'I KA 'ĀINA; HE KAUWĀ KE KANAKA. #531* The land is a chief; man is its servant.

This 'ōlelo no'ēau is a reminder of the kuleana a community to serve our 'āina, and the reassurance that in return, the 'āina will care for, feed, and provide for our needs.

For the past 30 years, KA'EHU has been serving community organizations with youth and families of Maui, providing opportunities to learn team-building through cultural education and land stewardship through restoring ancient taro patches, clearing the waterways, land restoration, and maintaining overgrowth and invasive species.

Nestled in the Paukukalo Coastal Wetlands, between 'Āo and Waiehu Streams. Ka'ehu was once filled with ancient taro patches, native flora and fauna, native trees, productive fishponds, two streams of fresh clean water, fresh water springs throughout the property, a bountiful ocean with plenty of limu (seaweed), and fish and ocean wildlife. There are significant cultural sites, including Makahiki grounds, throughout the property and this area was known for the "sacred lauhala grove". This area was a playground for the ali'i and was deemed kapu, sacred.

Through Maui County's support, KA'EHU has hosted community organizations such as Maui Youth and Family Services, Maui Family Support Services, Maui Economic Opportunity (MEO), Neighborhood Place of Wailuku, Mālama Family Recovery Center, and the Maui Police Departments KALO and POI programs. It has also welcomed many educational groups like Carden's Academy's Fourth graders, UHMC's Upward

Bound, Kamehameha School Preschool, both Lahaina & 'Āo Intermediate Schools and many many more. "Cultural learning is "significantly" linked to better



health, schooling, and security. The research, which was controlled for economic wellbeing, race, and ethnicity, found the presence of cultural resources is associated with:

- A 14% decrease in cases of child abuse and neglect
- A 5% decrease in obesity
- An 18% increase in kids scoring in the top stratum on English and math exams
- An 18% decrease in the serious crime rate."

In the past three years, KA'EHU has been facilitating the KA'EHU YOUTH ENHANCEMENT & MENTORSHIP PROGRAM, funded by the Administration for Native Americans (ANA), which gives youth ages 14-18 an opportunity to work alongside native Hawaiian mentors. They gain confidence and learn traditional Hawaiian natural resource management and cultural practices through integrated vocational training

opportunities with modern scientific mentors from Marine Biology, Water Microbiology, Archaeology, and Land Restoration.

KYEMP is approaching another Summer Registration, a 4-week session where this year's program will culminate in a Hō'ike, or program, which will feature the stewardship and restoration skills & techniques they learned. It will also highlight a special visit from Jean-Michel Cousteau, world-renowned Oceanographic Explorer and Marine Conservation advocate. Youth participants will have the opportunity to learn about best practices to mitigate and restore the 'āina (land) and the kai (ocean), not only for Ka'ehu, but hopefully the world.

After last Summer's Hawke, which we shared with the participants parents via a live ZOOM production, the parents were so proud of them and amazed at all the skills they had acquired in the program. One parent stated, "I have never seen my son speak so eloquently and confidently about something he knew so little about just four weeks ago." Outstanding!

We invite you to come to Ka'ehu. For more information on KA'EHU and KYEMP, or if you would like to bring your youth/adult group, please visit our website at www.kalhu.org or email us at Kahlua@kalhu.org. Our office is also open and accepts phone calls at 808-856-6679, Monday through Fridays from 8am – 4pm. Leats revitalize Ka ehu together!

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Child Abuse is Linked to Future Substance Abuse

Source: AmericanAddictionCenters.org

Children of parents with substance abuse issues are at greater risk for abuse or neglect, and this childhood abuse will have a devastating impact throughout their lives. These children are more likely to experience trauma, face difficulties with concentration and learning, control their physical and emotional responses to stress, and form trusting relationships. Several epidemiological studies have shown that experiencing abuse as a child increases the risk for substance abuse later in life. Adults who were abused as children often turn to drugs and alcohol as a coping mechanism for dealing with their childhood trauma. Results from a long-term study following abused children up to the age of 24 showed that physical abuse during the first five years of life predicts subsequent substance use later in life.

Unfortunately, substance abuse later in life also increases the likelihood that these adults will perpetrate child abuse through the abuse of their own children. A recent study published in the journal Development and Psychopathology demonstrated how child abuse is reproduced across generations through increased use of alcohol and drugs. Treatment

Childhood abuse is a strong indicator of substance abuse and addiction later in

life. Adults who were abused or neglected during childhood often turn to drugs and alcohol for self-medicated coping. Along with the development of substance abuse problems, these adults are at increased risk for abusing their own children; increased stressors such as poverty, loss of employment, and illness only make things more difficult. These factors often result in a vicious cycle of child maltreatment and substance abuse across generations of family.

Substance abuse treatment is an essential step for adults seeking recovery and looking to break the intergenerational cycle of child abuse and neglect. In addition to parents receiving the appropriate therapy at a rehab center, assistance for abused children may be provided by child welfare services, school systems, and healthcare providers. This assistance will allow parents with addiction to get the necessary help they need while ensuring that their children are free from further abuse and neglect.

Learn more about
The Friends of the Children's Justice Center
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Inalienable Right to Heal after Trauma

By: Z. Schettewi

As a senior in high school, I recently reached out to Paul Tonnessen to learn more about how I could give back to our community as a volunteer intern for the Friends of the Children's Justice Center (FCJC). Walking into the FCJC, I walked past the shelves of stuffed animals into Paul's office decorated with pictures of his own foster children, overflowing stacks of heart-warming, thank-you notes as well as countless file folders presumably holding painful yet unimaginable stories. Sitting in his office, I was struck by the extent of the crisis on Maui and the grave needs of some of the most vulnerable members of our community. With his warm demeanor, Paul discussed how "broken children grow into broken adults" and outlined his lifelong mission to help stop this cycle of abuse. Child abuse and neglect impacts well over three million children per year (presumably many more cases are left unreported), and the lingering effects of this trauma negatively impact children's development leaving them at greater risk for mental health issues, academic struggles/failure, and social as well as physical health problems.

As I began to research the impact of trauma on growing children, I reflected upon my own experiences of injury and healing and imagined a world without the opportunity to heal. I live on Maui's north shore with my functioning and close family surrounded by positive role models at home, school, and throughout my community. When I broke my neck and incurred a concussion during an unfortunate accident last year, my family and friends circled around me to help the healing process while I remained immobilized in my neck brace for months. My family sought out the best neuro-

surgeons and physical therapists while helping me take care of all my basic needs at home; my teachers and classmates helped accommodate my academics making sure I didn't fall behind after numerous missed classes; and my friends remained a backbone of emotional support making sure that I remained in good spirits while immobilized. After my accident, I had people to catch me and pull me up, letting me focus on my physical recovery. However, not all children have this support. Upon researching the traumatic effects of child abuse and neglect, I learned how many of these children suffer from far greater physical and "invisible" emotional injuries than I have ever imagined and aren't given the change to heal. Unlike my physically traumatic accident, their complex physical and emotional trauma often continues again and again for years — without having the very family stability that helped me. While my home and community provided a supportive safe haven allowing me to heal, many of these kids are unable to find a safe haven to begin the healing process (and they need to heal from the inside out). This right to heal should be a basic human right and not a privilege.

Although physical injuries are often easier to identify and sometimes easier to address, the emotional trauma lingering behind can lead to collateral damage affecting the children for the rest of their lives — and the wounds are deep. Such seemingly invisible emotional injuries are often left undiagnosed and, therefore, untreated. Understandably, the abused child has an uphill battle from the beginning. The attachments children make with initial caregivers create a roadmap for their future and a prediction whether they will trust

people, learn to regulate emotions, and interact with others. When children have an unsafe or unstable relationship with their primary caregivers, the children learn that the world is unsafe and are far more vulnerable to stress and emotions. Often children from abuse carry these traumatic attachments forward, interfering with romantic relationships, peer connections, and authority figures (such as teachers, bosses and police officers). Obviously, this can perpetuate the cycle. Children placed in out-of-home care often have a history of trauma, abuse and/or neglect and have a higher likelihood of facing adverse physical and mental health outcomes. When the impact of the trauma spills over to their development and long-term relationships, this is called complex trauma. Before addressing how these children need to heal, one needs to understand the impact of abuse on the developing brain and the lingering effects.

Effects on Brain Structure:

An abusive environment has a direct impact on biological functioning and development of the child's brain. The child's brain is the most plastic in early childhood where it's most impacted by the environment — note that this plasticity in the brain also means that early intervention is essential to reverse this damage. While a child's brain develops, the neurological development shifts from the learning mechanisms (cognitive, emotional and social functioning) to a more primitive survival mechanism (fight or flight). Scientific studies of the MRIs of children show a consistent difference in nine brain development regions between many

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children who suffered from childhood trauma and those who did not. The most affected areas were the brain regions that help balance emotions and impulses as well as self awareness. In particular, childhood abuse and neglect has been shown to have specific negative effects on the brain including: decreased size of the corpus callosum (the part of the brain that integrates motor, sensory and cognitive functioning between the hemispheres); decreased size of the hippocampus (important for learning and memory); disfunction at the HPA/hypothalamic-pituitary-adrenal axis (important for stress response); less volume in the prefrontal cortex (affects behavior, emotions and perception), overactivity in the amygdala (responsible for emotional responses to stress/danger); and reduced volume of the cerebellum (which affects motor skills and coordination). Of course, not all children of abuse have these lingering effects and the extent of damage depends on various factors such as whether the child faced deprivation or threat, the extent and duration of the abuse, the age of onset, and many other complex and varying factors. Nonetheless, the research clearly shows that child abuse can have long-lasting impact on the development of the brain including the emotional functions (behavioral and social) as well as cognitive functions (thinking and learning).

Emotional Effects – Behavioral and Social

The impaired development of the abused child's brain and nervous system often prevents the child from reaching one's full potential with impaired emotional development including behavioral and social functions. The overstimulation of the amygdala, the part of the brain that processes emotional information, can remain overly responsive throughout one's life without treatment. Children who have been exposed to traumatic events are "primed" to detect a threat and can identify angry faces more quickly than non-traumatized children. When a child grows up with constant stress or fear, the body's stress response often remains underdeveloped and may lead to lifelong deregulation. When exposed to normal levels of stress, this individual may shift into an overreaction accompanied by rapid heart rate and rapid breathing or, alternatively, the individual may shut down completely. They also suffer a higher likelihood of body dysregulation where they over or under-respond to sensory stimuli such as noise, smells, touch or light. Some develop anesthesia and analgesia where they are unable to monitor physical pain or sensations.

When children grow up with complex trauma, they often carry their emotional responses to the trauma with them throughout life. As the prefrontal cortex (the part of the brain responsible for emotional processing of social information) is often thinner and not fully developed compared to their peers, one can see why there may be lingering social functioning. Without treatment, the dysregulated emotional response to stress could be internalized or externalized, leading to seemingly unpredictable or uncontrollable depression, anxiety, or anger. The stressful event may trigger the childhood experience where the child learned that others cannot be trusted and may lead them to quickly perceive otherwise normal situations as stressful or dangerous. This survival mode leads the child to jump into a self-protective mode even where unwarranted. This lack of self-regulation can lead to impulse control where the child appears unpredictable, hostile and adversarial. Alternatively, the child may learn to tune out and close off any perceived threat, desensitizing them to actual threats and often leading to re-victimization. When these abused children didn't feel safe growing up, they often never learned to calm themselves down. This dysregulation of emotions often leads to them feeling overwhelmed throughout their lives. This can be seen in the academic setting where the child gets frustrated and gives up quickly, and can spill over into the work setting as well. Some children learn to disassociate as a means to protect themselves where they mentally separate from their bodies or forget the traumatic event. When reminded of the traumatic event, they may appear to be daydreaming or spacing out, and this can have a negative impact on relationships and academics.

Children learn their basic self-worth and value from their caregivers. When abused or neglected, children often feel worthless and tend to blame themselves as opposed to the abuser(s). Many abused children grow up feeling shame with low self-esteem and a negative self-image. When growing up surrounded by violence, children learn they are powerless and focus on survival.

This programmed negativity directly impacts positive decision-making and problem solving and also prolonged mental health issues. Studies show that such children are more susceptible to suffer throughout their lives certain mental health issues including anxiety, depression, bipolar, PTSD, and psychosis. Furthermore, such complexly traumatized children are

statistically more likely to engage in illicit and illegal activities such as alcohol and drug abuse, criminal conduct (including assault, theft, etc.), running away, and prostitution. This cycle leads many of them to enter the juvenile justice system where they are punished, but never had the chance to heal.

The cycle continues and abuse can lead to generational patterns of abuse. In sum, as child abuse can alter the brain structure regulating the children's emotional, behavioral and social functions, they need the community support to let them heal.

Cognitive Effects: Thinking and Learning

Just as the trauma from child abuse affects the emotional development of the child, it can also affect the cognitive development. Consistent with the neuroimaging studies showing decreased brain development in the corpus callosum and hippocampus, children with histories of trauma often have lifelong problems with thinking clearly, language development, reasoning and memory skills, and problem solving. Growing up in survival mode, their bodies have been in a chronic stress response and it's understandable that they may struggle with language development, learning disorders, attention issues and often need extra help and patience in the academic setting. Neglected children and those raised in extreme poverty may be at a greater risk of cognitive delays than those exposed to physical abuse, while children with abuse-related PTSD often have decreased attention and impulse control. Not surprisingly, the degree of severity of the abuse seems to have a negative impact on IQ scores – the more severe the abuse, the lower the IQ (however, IQ is incredibly complex and these studies just look at the possible impact of abuse). When contemplating what some of these children have experienced, it's not surprising that they have impacted cognitive functioning with associated difficulties at school/work.

Recovery:

Although the effects of child abuse and neglect can be lifelong, more research needs to be done to focus on interventions to support the emotional and cognitive impacts of such childhood trauma. Although this is an emerging field of research, there are treatments that need to be maintained throughout childhood and adolescence that have been shown to be effective.

1)Providing physical and psychological health of the child. Creating an environment of psychological safety

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will promote healthy brain development and can reverse some of the damage already incurred. However, placement in the wrong out-of-home environment with strangers, volatile environments or homes without sufficient transition planning can undermine the recovery process.

2) Creation and support of stable and positive relationships. In order for caregivers to provide stable and effective support, they need to understand the ongoing needs of the child through continued education about how the trauma has impacted the child's development and can help them understand and deal with cognitive and developmental gaps.

For example, foster parents trained on responsive caregiving had a significant and positive impact on cognitive, social emotional development of the children. 3) Support for self-care. This continued support needs to be for the child at home, school and work for years after the child is removed from the abusive

home. 4) Support for mental health and emotional regulation skills.

Depending on whether there are other mental health conditions present, some highly effective forms of trauma-related therapy include: exposure therapy (where the victim of abuse learns to remain calm after provoking a fear response), family therapy (aimed at improving relationships within the entire family and create a more positive home environment), mindfulness-based therapy (focus on helping develop an awareness to regulate thoughts and feelings), and trauma-focused cognitive behavioral therapy (focus on teaching new coping skills, restructure negative or unhelpful thoughts, regulate moods and helping regulate the overactivity in the amygdala). Implemented in a timely and consistent fashion, such therapy can help alleviate and reverse some of the effects of childhood trauma.

Understanding the lingering effects of child abuse and neglect can help promote the creation of stable relationships, recovery, and can stop the cycle of abuse. Stable, positive relationships at home, school,

and within the community can have a direct impact on the child's recovery and brain development lessening the impact of the trauma. As the brain is malleable throughout the teenage years, targeted interventions and positive role-modeling are essential and should be maintained throughout adolescence and have been shown to significantly improve cognitive skills, emotional regulation and mental health issues. Given the resources and ability/time to heal, the child has a chance to recover from some of this damage. Meeting a child's basic needs does not just mean removing them from an abusive home, but it includes continued support to prevent the lingering effects of the trauma as well as a supportive community to help catch them if they fall through the system. They need a long-term solution that will provide a safe haven that will provide for all their emotional, physical, and academic needs, allowing them to rebuild and heal. Just as I had. This should be every child's inalienable right and the only way to stop the cycle of abuse.

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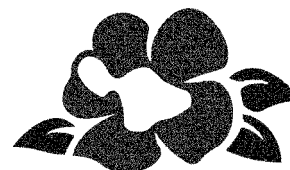
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Maui Resources for Information and Assistance

Child and Family Service -Crisis Response;
prevention and education/parenting/ sex
abuse treatment Maui 877-6888
Molokai Branch 808 567-6100
24 Hour Hotline 873-8624

Department of Human Services (CPS)-Maui
Section 243-5143 Intake 888-380-3088 Molokai
Unit - 808 553-1703 / Lanai Office - 808 565-7102

Maui Police Department - 244-6400 or 911

Aloha House 579-9584
Child & Adolescent Outpatient
Mental Health Services 249-2121

Aloha United Way - 24-hour information
& referrals Phone: 211

ATV (Molokai) - TROs/anger management
-all ages 808 553-3202

Aloha House - Outpatient substance abuse treat-
ment & mental health services 579-9584

Big Brothers/Big Sisters - Provides 1-on-1
mentoring - 242-9754

Catholic Charities - 875-2984

Children's Justice Center - Maui 244-7926

Coalition for a Drug Free Lanai
(808) 236-2600 hinamauka.org

Community Clinic of Maui - Medical
outreach services 871-7772

It Takes An 'Ohana - ItTakesAnOhana.org
Children and youth foster care support

DOH-Family Guidance Center
- Mental health services for children - 243-1252

DOH Family Health Services - 984-2136

DOH Public Health Nursing - 984-8206

Hale Ho'omalu - 24-hour hot line & women's
shelter on Molokai 808 567-6888

DHS-Income Maintenance - Financial, medical,
and food stamps - 984-8300

Family Life Center - 877-0880

Good Beginnings - 270-5557

Hui Malama Center - Tutoring GED - 244-5911

Imua Family Services - Children with developmen-
tal delays 244-7467

Ka Hale A Ke Ola Homeless Resource Center
242-7600
Ka Hale Pomaikai - (808) 558-8480
kahalepomaikai.org

Lanai integrated Service System (LISS) Operated
by PACT, services primarily to DHS families for
counseling, visitation, & family strengthening 808-
565-9191 pacthawaii.org

Lanai Women Helping Women - 808-565-678

Lanai Community Health Center - 808-565-6919

Legal Aid Society of Hawaii- Civil (not criminal)
legal assistance to low income persons 244-3731
Malama Family Recovery Center - Substance
abuse education & treatment-women 877-7117

Malama Family Recovery
Women-specific outpatient and residential
substance abuse treatment that targets pregnant
and parenting women. 808-877-7117

Maui AHEC Child Sexual Abuse Crisis Response
- Molokai 553-3623

Maui County Catholic Social Ministry - 244-8106

Maui Economic Opportunity - possible rent/utility
help & child day care program - 249-2990

Maui Family Support Services - In-home family
strengthening services, Teen pregnancy preven-
tion and support Program, Early Head Start,
Healthy Start and Fatherhood Initiative Program
242-0900

Maui Farm - 808-579-8271 - themauifarm.org

Maui Food Bank - 808-243-9500

Maui Humane Society - 877-3680

Maui United Way - Call 211

Maui Youth & Family Services - Adolescent
programs 579-8414 Molokai 808 553-3907

MCAPP - (808) 723-2571 - molokaicapp.org

Mediation Services of Maui - Custody/dispute
resolution - 244-5744

Mental Health Kokua
(808) 986-0059 - mentalhealthkokua.org

Molokai Community Health Center
808-553-5038

Molokai Community Services - 553-3244
Molokai Family Support Services-Family strength-
ening services, 0-5 yr. olds 808-553-3276

Na Hale O'wainee
Lahaina Homeless Resource Center - 662-0076

Neighborhood Place Of Wailuku - 986-0700

Ohana Makamae - 248-8538

PACT- Violence intervention services (men,
women & adolescents), mental health services for
public school students - 244-2330
Pact-Ulupono Family Strengthening Program
244-2330

PATCH - Child care provider referrals - 242-9232

Queen Lili'uokalani Children's Center - Services
for children of Hawaiian ancestry 242-8888
Molokai 808 553-5989

Salvation Army - Possible rent/utility help for
homeless - 871-6270

Victim Witness assistance Program -
Court-related services for victims 270-7695

Women Helping Women - Shelter & help for
women victims of domestic violence and their chil-
dren - 242-6600

Nationwide Resources

Child Help National Child Abuse Hotline
1-800-4-A-CHILD or 1-800-422-4453 www.child-
helpusa.org

National Center for Missing & Exploited Children
1-800-843-5678, missingkids.org

National Center for Victims of Crime
1-800-FYI-CALL or 1-800-394-2255 - ncvc.org

National Children's Alliance
1-800-239-9950 www.nca-online.org

National Organization for Victim Assistance -800-
TRY-NOVA or 1-800-879-6682 www.try-nova.org

Office for Victims of Crime Resource
Center 1-800-851-3420 TTY 1-877-712-9279
www.ojp.usdoj.gov/ovc/ovcres/welcome.html

Children's Defense Fund - 1-800-233-1200
www.childrensdefense.org

Darkness To Light -1-866-367-5444
www.darkness2light.org

National Clearinghouse On Child Abuse
& Neglect Information http://nccanch.acf.gov/
Office of Juvenile Justice & Delinquency
Prevention http://ojjdp.ncjrs.org

Prevent Child Abuse America
www.preventchildabuse.org

Annie E. Casey Foundation. Serving children and
families.

Child Abuse Prevention Network
www.child-abuse.org

Child Welfare Information Gateway
www.childwelfare.gov

Connect for Kids.
www.connectfor kids.org

Faith Trust Institute
www.faithtrustinstitute.org

National Teen Dating Abuse Helpline
www.loveisrespect.org

Parents, the Antidrug
www.theantidrug.com

Safe Kids.com Internet safety for kids
www.safekids.com

US Dept of Health & Human Services
www.os.dhhs.gov

Childrens' Defense Fund
www.childrensdefense.org

Connect For Kids
www.connectforkids.org

Delta Society
www.deltasociety.org

National Center For Victims Of Crime
www.ncvc.org

Child and Family Web Guide
www.cfw.tufts.edu

Center for Disease Control and Prevention
www.cdc.gov/violenceprevention

National Child Traumatic Stress Networks
www.NCTSN.org

National Center on Shaken Baby Syndrome
www.dontshake.org

Joyful Heart Foundation
www.joyfullheartfoundation.org



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