

## Mandated Reporting



### What is a Mandated Reporter?

A mandated reporter is a person who, because of his or her profession, is legally obligated to report any suspicion of child abuse or neglect to relevant authorities. This legislation has been enacted to prevent child abuse and put a stop to abuse or neglect that is already occurring. Reports can be made anonymously if desired and there are no repercussions for making a report ("immunity for good faith reporting"). Therefore, it is best to err on the side of caution. If you observe or become aware of suspicious activities or circumstances, pick up the phone, and make the report.

### Professionals Required to Report:

- Social Workers
- Teachers, principals, and other school personnel
- Physicians, nurses, and other health-care workers
- Counselors, therapists, and other mental health professionals
- Child care providers
- Medical examiners or coroners
- Law enforcement officers

### When a Mandated Reporter Fails to Report:

If law requires that you make a report and you fail to do so, there are legal repercussions, along with the unfortunate consequences of allowing a child to potentially be put in harm's way. Legal action can be taken against a mandated reporter that knew, or should have known, that he/she was legally obligated to report a suspicion. The standard for this law is called "willful failure". Don't find yourself in this position: if you have a suspicion, pick up the phone & make the report.

### Who to Call:

When child abuse or neglect is suspected, call the Office of Children's Services or your local police department (phone numbers listed below). The reporter will be asked to provide as much information about the child's situation as he or she can, including the names and addresses of the child and the child's parents or other persons responsible for the child's care. The reporter will also be asked for the child's age, conditions in the home environment, and the nature and extent of the child's injuries, and information about other children in the same environment.



**It's Spring!  
We're So  
Excited We  
Wet Our  
Plants!**

#### Office of Children's Services:

1 (800) 478-4444

#### Juneau Police Department:

1 (907) 586-0600

#### SAFE Child Advocacy Center:

1 (907) 463-6157

# S.A.F.E. CAC

A Program of  
Catholic Community  
Service



NATIONAL  
CHILDREN'S  
ALLIANCE



S.A.F.E.  
Child Advocacy Center

An Accredited Member of the NCA

## Quarterly Newsletter: Spring 2019

As new blooms begin to shape the landscapes and the air changes all around us, Springtime finally marks its arrival! For many, Spring can bring deep meaning as well: for those who are looking for a fresh start, personal and familial growth, and a better connection with those who share the world with us. The SAFE Child Advocacy Center is a family-centered place where families and children come to talk about things that may have happened to them or their loved ones, and how those things have affected them. Our trained interviewers and advocates work together to ensure that those we serve are heard and protected from further harm. It is the goal of the CAC that those families and children are gaining an opportunity to have the fresh start that many are searching for. By working together in creativity, kindness, and care, we believe that we can help people find those new beginnings. This newsletter embodies many of the things that we believe can help bring new meaning and a fresh start. As Spring begins to mark its arrival, we embrace it all & invite you to share. Happy Spring!

**"No matter how long the Winter,  
Spring is sure to follow" ~Proverb**



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# January Kindness Calendar



## JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Write a list of your hopes & goals for 2019 <i>New Year's Day</i>	2 Call your parents, grandparents or an older relative just to say hi	3 Make a donation to a cause you care about online	4 Take extra winter hats & gloves to a school for children who don't have them	5 Instead of asking for birthday presents this year, ask friends & family for donations
6 Start learning a new skill - something you've always wanted to try but haven't	7 Donate tissues & hand sanitizer to a school to help combat flu season	8 Next time someone is rude to you, don't get upset; try to understand their point of view	9 Surprise a friend or family member with hot chocolate	10 Smile at everyone you see all day long	11 Research your family tree & share what you learned with other relatives	12 Go to a movie you've been wanting to see by yourself
13 Make a thank you card for your local firefighters	14 Share your favorite recipe with a neighbor	15 Leave extra stamps by the machine at your local post office	16 Donate coloring books & crayons to a children's hospital	17 Remember to turn off the water while brushing your teeth	18 Send a print of a picture you took of a friend or their child	19 Make a bucket list & start by completing one thing on it by the end of the day
20 Respectfully write about a social cause you care about & post it online <i>Day of Social Justice</i>	21 Learn something new about someone different from you <i>Martin Luther King Day</i>	22 Video chat with a relative you haven't seen in awhile	23 Help someone brainstorm for an upcoming project	24 Compliment ten people before noon (on their clothes, smile, anything you can think of)	25 Do an act of kindness for someone & encourage them to pay it forward	26 Buy a box of your friend's favorite flavor of Girl Scout Cookies & give it to them
27 Hang clothes to dry instead of using the dryer	28 Bring your teacher, boss, or coworker coffee in the morning	29 Make cards for the residents at your local nursing home	30 Be polite to telemarketers (not just today, but every day)	31 Pack someone a lunch for the day	<i>Pay it Forward</i>	

Encourage your friends & family to practice kindness and gratitude by using a kindness calendar! Find more calendars, kindness coloring pages, and kindness posters online at [www.randomactsofkindness.org](http://www.randomactsofkindness.org). Also, did you know that altruism and selflessness can lead to better concentration in school and improved grades? Research has shown that an act of kindness increases serotonin levels, which plays an important part in memory, learning, mood, sleep, digestion, and overall health. Use this calendar (and more online) to spread the good word. Kindness is teachable, contagious, & all around makes the world a better place!

### National What Month?



**January**  
National Sunday Supper Month!  
Celebrate by having family over for a homemade meal. Sit down, relax, & enjoy your family & good food - nothing's better!



**February**  
National Library Lover's Month!  
Show your love by writing thank you cards to your local librarian & spend a cozy afternoon there with a good read!



**March**  
National Social Work Month!  
Teach your family about the importance of social workers and how they help keep families & kids safe. Social Workers care!



## 4 Benefits of Spring Cleaning

### 1. Cleaning helps you breathe better

It's no surprise that throughout the holiday season, homes often gather clutter. One common result of this added clutter is more dust and pet dander. As spring rolls around, this can disrupt the immune system and exacerbate allergies already running rampant. Decluttering your space helps reduce those allergens, and leads to fresher air & less tissues!

### 2. Cleaning reduces stress

While cleaning tasks are often seen as an added stressor, experts say it can actually be therapeutic. Concentrating on a simple task that yields tangible results, releases endorphins, and keeps your mind away from negative thoughts can be incredibly beneficial. After all, who doesn't love coming home after a long day to a freshly organized & cleaned space? So, turn on some peaceful tunes and get to it!

### 3. Cleaning is a workout

Do you find yourself struggling to find the time for a jog (or do you have the time and don't want to go for a jog?) Well - you're in luck: any sort of movement (cleaning included) counts! Do work with that broom in the closet to burn 136 calories in 30 minutes or rearrange some furniture to burn 100 calories in 15 minutes. Consider your spring cleaning a productive multi-task & burn those calories and tidy up all at once.

### 4. A clean bedroom can help with Z's

Studies have shown that those who make their beds are significantly more likely to get a good night's sleep more regularly than those that don't. On top of that, studies have also shown that 75% of polled people sleep better on clean sheets with a fresh scent. If there ever was a reason to wash sheets (aside from visiting family), this is it!

## Happy Crafting!

### Supplies Needed:

- Terra Cotta Pots
- Acrylic Paints
- Black Paint Marker
- Paper Plates
- Wet Wipes (clean up)



**Butterfly:** Draw body on pot with black marker & squeeze small amount of desired paint color on paper. Next, dip thumb in paint & dab on pot 4x next to body.

**Bumblebee:** Squeeze dime-sized amount of yellow paint on paper plate. Dip thumb in yellow paint and press onto outside of pot. Allow paint to dry fully. Use black marker to add eyes, antennae, stripes, and wings.



**Ladybug:** Squeeze small amount of red paint on paper plate and press onto pot. Allow to dry fully. Use black marker to color in head, draw a line on the body for wings and add antennae & wing dots.