

# CARES Northwest Connections



## Fall 2010

CARES Northwest  
receives honor  
*page 2*

Preventing abuse  
through education  
*page 3*

### Save the Date:

**2010 Quilt Luncheon**  
Thursday, December 9  
Multnomah Athletic Club

*CARES Northwest is a collaborative, community-based medical program of The Children's Hospital at Legacy Emanuel, Kaiser Permanente, OHSU-Doernbecher Children's Hospital, and Providence Health & Services that serves children for whom there are concerns of abuse or neglect.*



## Making the connection

*By Linda Lorenz, M.D., CARES Northwest examiner, Kaiser Permanente pediatrician*

At CARES Northwest, we know that children who are in homes with domestic violence are also more likely to be victims of physical abuse and even sexual abuse. When we see children in the clinic, we always ask them about any "risk factors" in their homes. Kids exposed to violence, drugs, alcohol or abuse need counseling in order to avoid long-term emotional injury.

Recently we saw "Alex," a 10-year-old boy who showed up at school with a bruise on his face and a swollen lip. When his teachers asked, he said his dad had gotten mad and hit him. He was seen at CARES Northwest the same day and had a complete medical exam and interview. He told us about the events leading up to being hit and even showed us, with his closed fist, how it happened. He said he had a sister, "Emma," at home and sometimes she got hit as well. Both Alex and his mother reported domestic violence at home. Mom had tried, unsuccessfully, to move away from dad. The entire family was scared.

We arranged to see his sister the following week. Mom felt she could keep the kids safely away from dad by staying with friends. Department of Human Services became involved with the family to offer support. When Emma came to CARES Northwest, she was very sweet and quiet. She was able to

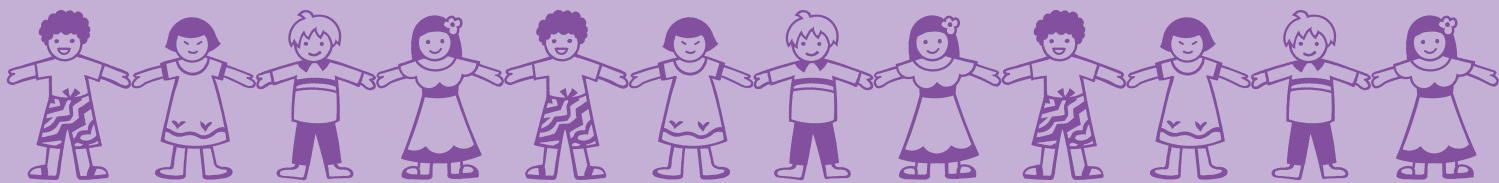


give our team a lot of information about the violence and alcohol use in her home. She had been hit, leaving bruises, and kept home from school so no one would find out. She also disclosed that her dad had touched her inappropriately. She had been too scared to tell anyone before.

This family reminded us all why we work at CARES Northwest. We were able to help them break the cycle of physical and sexual abuse. We referred the kids to counseling

*continued on page 2*

*Benefiting families one child at a time.*



## Making the connection *continued from page 1*

and the mother as well, as she was a victim of domestic violence. The mother and children are now safe from the father and the healing can begin. We are so proud that Alex and Emma had a place where they could tell their stories and make the family safe. Every day at CARES Northwest, we are thankful we can offer help to families. That day we hit a home run.

*Thank you to the current CARES Northwest Governing Board members for your leadership:*

**Jean Rystrom, Chair**

Regional Practice Director,  
Pediatrics  
Kaiser Permanente

**Gary Aas, C.P.A.**

Financial Consultant, Housing  
Northwest

**Chris Hall**

Partner, Perkins Coie LLP

**Bronwyn Houston**

Pediatric Ambulatory Director  
The Children's Hospital at  
Legacy Emanuel

**Alexander Jackson**

Chief Operating Officer  
Providence St. Vincent Medical  
Center

**Megan Johnson, J.D.**

Washington County District  
Attorney's Office

**Scott Turner**

Associate Hospital Administra-  
tor, Doernbecher Children's  
Hospital at OHSU

**Rod Underhill**

Chief Deputy District Attorney  
Multnomah County District  
Attorney's Office

*Thank you to the Resource Development Board members for your time and expertise in finding creative and innovative funding resources for CARES Northwest:*

**Lynn Anderson**

Meadows Group Inc., Realtors

**Victoria Balenger**

Community Volunteer

**Jan Bottcher**

CB Richard Ellis

**Julie Bryan**

Jennifer Black and Associates

**Steve Bush**

Schwabe, Williamson &  
Wyatt, PC

**Annie Duden**

Jennings Insurance Agency,  
Inc.

**Christopher Hall**

Perkins Coie, LLP

**Gwyn Hilden**

Bank of the Cascades

**Leah MacKenzie**

Author

**Randi Reiten**

Trade Show Development  
International

**Greg Warner**

Hines Warner Wealth  
Management

**Monica Wells**

Bullivant Houser Bailey PC

## CARES Northwest receives honor

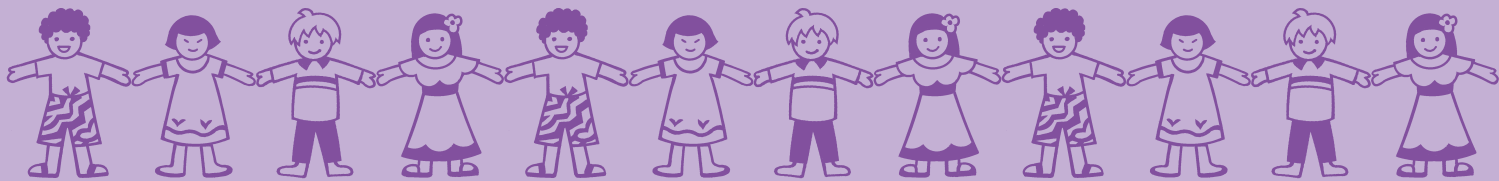
Shortly after her husband Randy Nunnenkamp, a Washington County Sheriff's detective, was killed in June 2006, his wife Mary was contacted by the Clackamas County Sheriff's Office. Randy worked with members of their Child Sex Abuse Investigation Unit. The unit chose to change the name of their Champions for Children Award, which is presented at the annual Child Abuse and Family Violence Summit, to the Randy Nunnenkamp Champions for Children Award for the category of professionals from law, law enforcement, protective services, victim advocates, medical, nursing, treatment, prevention, education, parole/probation, and emergency medical services.

Incidentally, the Washington County Sheriff's Office Child Abuse and Crime Prevention team (of which Randy and Mary were both members) received the fifth annual Champions for Children Award in 2004. The award was renamed for Randy in 2007.

This year, CARES Northwest was honored with the Randy Nunnenkamp Champions for Children Award. Randy worked closely with CARES Northwest staff on many child abuse cases over the years, and he is still greatly missed by our staff and the entire community. Receiving this award has special significance to CARES Northwest staff because they had the privilege of working with this great man.



(From left to right): Mary Nunnenkamp, Kathy McCready (CARES Northwest examiner), Noelle Gibson (CARES Northwest examiner), Ana Echeverria (CARES Northwest interviewer), Kathy Kroger (CARES Northwest interviewer supervisor), Clackamas County Sheriff Craig Roberts, Child Abuse and Domestic Violence Detective Sgt. Anthony Kollias.



## Preventing abuse through community education

The Child Abuse Prevention (CAP) team is a primary prevention program of CARES Northwest.

CAP team presentations by physicians, nurses and counselors given to babysitting-aged youth, young parents and caregivers, as well as medical and mental health professionals, increase participants' knowledge about protecting the safety and well-being of children.

These interactive presentations inform participants about the reasons why children are at risk of harm or fatality within a child development framework and then teach specific techniques for ensuring children's safety and healthy development.

Topics of the trainings include Shaken Baby Syndrome/ Abusive Head Trauma, Sudden Infant Death Syndrome & Sudden Unexplained Infant Deaths (SIDS/SUIDS), Teen Dating Violence, Drug and Alcohol Effects on Babies, and many more. Trainings may be provided individually or in any combination at no cost to participants.

New topics introduced this past year are:

- Effects of Domestic Violence on Children
- Toddlers-only Version of Child Developmental Stages that Increase Risk for Abuse
- Child Sexual Abuse Prevention for Parents and Other Adults
- Sexual Abuse Prevention for Teens

During the past year (July 1, 2009-June 30, 2010), CARES Northwest's CAP team conducted a total of 126 presentations to 2,443 participants, including both students and medical professionals. This represents a 20% increase in the number of presentations conducted in the previous year.

To learn more about our CAP team or to schedule a presentation, please contact Debby Kernan, CARES Northwest's prevention program coordinator, at 503-276-9054 or [dkernan@lhs.org](mailto:dkernan@lhs.org).



One of the new trainings offered to young parents and caregivers by the Child Abuse Prevention (CAP) team teaches about developmental milestones unique to toddlers and how to respond effectively to them. Pregnant and parenting teens in the Young Parent Opportunity Program (YPOP) at Clackamas Community College transformed knowledge gained about setting safe limits, easing mealtime struggles, handling biting challenges and positive discipline techniques into t-shirt messages for other caregivers of their children. Creative reminders to ensure children's safety and healthy development included "No-Spanking Zone" and "No Biting!" Here the YPOP students display their toddler t-shirts.

## It's good to be prepared

CARES Northwest, through The Children's Hospital Foundation of Legacy Health, offers complimentary, confidential estate-planning services to help you create an estate plan that achieves your goals. Thompson & Associates, a national estate-planning firm, reviews your assets and makes recommendations for your existing estate plan or makes suggestions for future planning. This service is available at no cost and no obligation to you. To learn more, visit [www.ceplan.com](http://www.ceplan.com) or contact Liz Burns at 503-276-9065 or [lburns@lhs.org](mailto:lburns@lhs.org) about scheduling an appointment. We encourage you to take advantage of this valuable service that can benefit you and your family, now and in the future.

# CARES Northwest Connections

2800 N. Vancouver Avenue, Suite 201  
Portland, Oregon 97227

Nonprofit Org  
US Postage  
**PAID**  
Portland OR  
Permit No 499

**SAVE THE DATE!**

## The 11th annual Quilt Luncheon

**Thursday, December 9, 2010**

**11:00 a.m.–1:30 p.m.**

**Multnomah Athletic Club**

Please contact the CARES Northwest development office at 503-276-9065 or [lburns@lhs.org](mailto:lburns@lhs.org) if you are interested in attending, volunteering or have questions. One hundred percent of proceeds from the event help will provide child abuse assessments for the children seen at CARES Northwest each year.

The Ladies Auxiliary of the Cornelius Fraternal Order of Eagles, Aerie 4177 selected CARES Northwest as their benefit charity this year. The auxiliary raised \$2,500 for CARES Northwest and the Eagles bingo fund, and Cruzin' Eagles (a group who have collector cars) donated an additional \$600. CARES Northwest board member Gwyn Hilden attended an auxiliary meeting to thank them for their donation and said, "Their choice of CARES Northwest was heartfelt." Thank you, Aerie 4177, for your contribution toward ending child abuse.



Judy Ames, Eagles Auxiliary president and Barry Newell, Eagles Aerie 4177 president, present their donation to Kathy Kroeger of CARES Northwest.

Please direct submissions, address corrections, or requests to be added to or removed from the CARES Northwest mailing list to:  
Liz Burns, CARES Northwest, 2800 N Vancouver, Suite 201, Portland, OR 97227, call 503-276-9065 or email [lburns@lhs.org](mailto:lburns@lhs.org).