



A Word from Angela Liddle

Our President and CEO



Angela Liddle, PFSA President & CEO
with volunteers at last year's flag planting ceremony

As we end 2019 and welcome a new decade, I can't help but take note of the tremendous accomplishments PA Family Support Alliance experienced during its 40th year of operation.

We celebrated this milestone with a **Child Abuse Prevention Symposium in Harrisburg**, where an audience of 200 was inspired by Liz Murray, acclaimed author of *Breaking Night*, and learned with Victor Vieth, a nationally recognized expert in the field of child abuse prevention.

We remain grateful to PA Attorney General Josh Shapiro for his remarks, the support of our sponsors, and our friends in the media who helped spread PFSA's #ProtectPAKids message. **Mark your calendars and watch your inbox! PFSA's 2020 Child Abuse Prevention Symposium will be September 29, 2020, in Harrisburg.**

SAVE — THE — DATE!

PA BLUE RIBBON CHAMPIONS FOR SAFE KIDS

Wed, April 1
Pittsburgh Flag
Planting & Awards
Ceremony

Sat, April 4
Harrisburg Flag
Planting

Wed, April 8
Harrisburg Awards
Ceremony

CHILD ABUSE PREVENTION SYMPOSIUM

Tues, September 29

To better serve our community-based partners, PFSA added two full-time positions, expanded our office space, and amplified our use of technology. This all translates to growing a vibrant **Community-Based Child Abuse Prevention (CBCAP) Network** of agencies — staffed with professionals better equipped to help children and families thrive.

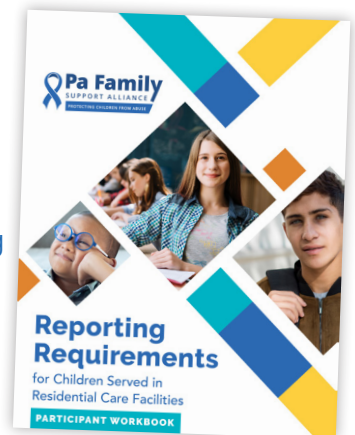
These agencies participate in monthly webinars where they learn and share experiences about trauma-informed care, diversity and inclusion, equity, and working with families where neglect is a concern. They receive training on evidence-based parenting (*ACT Raising Safe Kids*) and how to empower parents in recovery through education and peer support (*Families in Recovery*).

Why not consider joining PFSA on a journey to end child maltreatment in PA?

Give Adam Smith, Director of Prevention Programs, a call at our office; he's a friendly chap and is certain to have information useful to the families you serve.

More than 20 agencies statewide continue to pilot *Families in Recovery* (FiR) and assist with data collection and research efforts. FiR is currently operational in Kentucky, Iowa, Delaware, and Oregon — with more sites onboarding soon! Don't miss out on this unique cross-training program: Watch our website and social media for FiR Train-the-Trainer dates and locations!

PFSA strives to provide PA with quality services in response to the real needs of families and the ever-changing circumstances and requirements of family and child service agencies and organizations. The PA Department of Human Services recently contracted with PFSA to design a specialized training curriculum for agencies administering youth residential treatment facilities. Participants will learn interviewing skills to better determine when to make a report and learn how those reports of suspected child abuse are categorized and handled at ChildLine. **To join the list of agencies requesting this new training, contact Rosa Ponti at PFSA.**



We are beginning this new decade full of exciting opportunities! Of course, none of it is possible without an exceptional staff, caring and committed board members, and corporate and community funders. **We thank you all for your continued efforts and ongoing support — and look forward to an industrious year of preventing child abuse ahead of us.**

Angela Liddle, MPA PRESIDENT & CEO

January is **NATIONAL MENTOR MONTH** *What It Is, Why It's Important & How to Get Involved*



Organizations like Big Brothers Big Sisters continue to conduct research that indicates children with mentors are more confident and experience fewer behavioral health challenges. This includes positive school performance, decreased anxiety and depression, and reduced vulnerability to peer pressure.

Mentorship involves a dynamic relationship with young people, which can be complex based on their unique needs and experiences. It can be helpful to engage with children and young people through the agencies and organizations that serve them — such as schools, faith outlets, and clubs. Non-parent mentors like teachers, clergy, and community leaders are often instrumental in the lives of young people who become engaged citizens.

For children and young adults who face limitations in social connection, resources, and emotional learning, mentorship can make all the difference. Studies show that kids from disadvantaged backgrounds are nearly three times more likely to attend college and/or

sustain meaningful work and activity when they have a mentor. Often, these children go on to become counselors, social workers, healthcare professionals, or educators.

So, what qualities does an ideal mentor demonstrate, and how can you get involved? Young people often respond to these attributes:

- ▶ **Unconditional support.** When adults balance expectations for young people with warmth and responsiveness, kids feel safe. This helps develop trust, security, and a sense of belonging, as well as the ability to talk openly.
- ▶ **Listening to them and not just offering an answer.** It's easy to react, lecture, caution, or warn. However, what today's youth often need is your ear. When young people experience empathy and feel your undistracted presence, they no longer feel incapable. They feel prioritized.
- ▶ **Keeping it real.** Kids and teens possess great inauthenticity detectors. They can

distinguish between reality and role-playing, so it's best to stay human and share an interest in their lives. It's also important not to ask kids, especially teens, to step outside of their comfort zones if you are not willing to do the same.

▶ **Challenging and coaching.** Most of us can look back on a teacher, mentor, parent, or coach who pushed us just enough. Doing so helps kids understand that sometimes others can see farther for us than what we see for ourselves. By being supportive and encouraging, you can push kids toward their potential and beyond the confines of their own self-doubt.

▶ **Building a safe and emotionally brave space.** Some kids, especially those from disadvantaged backgrounds, receive mixed messages about emotional vulnerability. By creating safe spaces, we can model positive social-emotional expressions of needs, feelings, and fears. Youngsters can learn vulnerability is actually emotional bravery — and by expressing emotions in a healthy way, they are less likely to turn to negative ways of managing challenges.

We all have a role to play in keeping all kids safe. If you'd like to become a mentor for kids in your community, consider finding the right program or agency that can help you lend



a hand! We recommend these tips from the National Mentoring Partnership guidelines:

- ▶ Consider at least three different organizations in your community and investigate your options before choosing the program where you will volunteer your time.
- ▶ Talk to each organization's volunteer coordinator.
- ▶ Be clear about the amount of time you are able and willing to commit, as well as the activities that interest you.
- ▶ Ask about the process the organization uses to match young people with mentors.
- ▶ Make sure the organization helps and supports volunteers and requires them to go through an application and screening process when matching youth with mentors.

Mandated Reporter Trainer Spotlight: Maggie Saxe

Maggie Saxe has been a trainer for PFSA since 2018 and the Associate Director of Mercer County Children and Youth Services since 2012. Maggie has 15 years of experience in the child welfare field as a caseworker, supervisor, program specialist, and administrator in Mercer County Children and Youth Services and began her career in child welfare with Allegheny County Children, Youth and Families.

We appreciate the wealth of knowledge Maggie brings to each training she provides to mandated reporters. Thank you, Maggie!



HAPPY NEW YEAR TO OUR CBCAP NETWORK MEMBERS!



The new year offers new opportunities, and we look forward to seeing the momentum and positive energy our network members create statewide! 2020 brings new trainings suggested and presented by agencies and organizations throughout PA that are committed to the work of keeping Pennsylvania's kids safe.

In March 2020, we will host our next quarterly webinar, conducted by a mother and son who will share their story – teaching communities

and providers how to better support the LGBTQ+ community and improve inclusion. In addition to webinars, network members receive two annual 6- to 8-hour in-person trainings. Our calendar is filling quickly, so reach out soon to schedule your 2020 trainings for your staff! We are always open to and excited about hearing your recommendations for training topics and areas of focus.

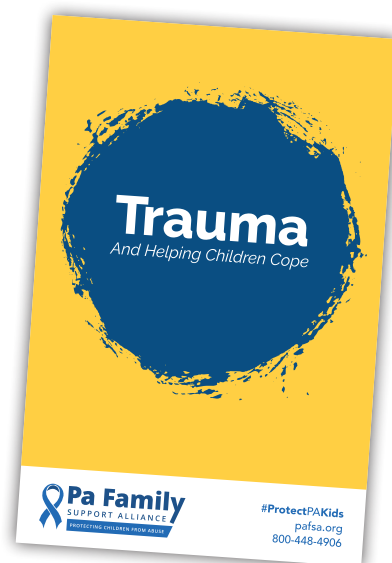
We will continue to release new provider and caregiver resources, revised community prevention programs like *The Front Porch Project*, and components to help your agency provide education and awareness during National Child Abuse Prevention Month in April 2020.

We are just a phone call away! For more information about our trainings, resources, and events, please reach out to Adam Smith, Director of Prevention Programs, at asmith@pa-fsa.org or 717-238-0937.

PFSA Releases First of a Two-Part Trauma-Informed Education Resource

Trauma is not limited to a single event. It is a deeply emotional and systemic reaction to extremely stressful life circumstances. PFSA's new publication, *Trauma and Helping Children Cope*, provides readers with the tools to identify trauma in young children, understand its long-lasting effects, and aid children in the healing process.

Visit our website today (pafsa.org) to purchase this great resource or order a free sample pack to explore all of our available content!



UPCOMING TRAININGS ACT, FiR, MRT & TTT



ACT Raising Safe Kids Training

ACT Raising Safe Kids is an evidence-based parenting curriculum developed and managed by the American Psychological Association Violence Prevention Office. This program teaches counselors, social workers, nurses, teachers, child welfare workers, and parent educators how to facilitate the nine-week parenting program for caregivers of children ages 0-10. The program is easy to implement and includes ongoing technical assistance, coaching, and a plethora of program-related resources. Trainees will leave this two-day training ready and prepared for program facilitation.

Dates: April 13 & 14, 2020

Time: 9 a.m. – 4 p.m.

Location: Southeast Region Training • 2300 Lincoln Highway • Unit 12 • Langhorne, PA 19047

Cost: \$500 • The cost of training includes all program materials, two days of training, and ongoing support in the ACT program cohort.

Register: For more information and to register, please visit our website at pafsa.org/calendar or speak directly to the program developer by calling us at 717-238-0937.

Families in Recovery: Train-the-Trainer

PFSA will host another TTT session for agencies and organizations interested in bringing the *Families in Recovery: Strengthening Connections One Day at a Time* program to their community! This research-based and trauma-informed program is a valuable resource to caregivers and parents at any stage of the recovery process. If you are a service provider who reaches parents or families touched by substance use disorder, this flexible social-emotional parenting support and education curriculum will complement and strengthen your program delivery. Benefits of the program package include ongoing, unlimited program coaching, technical support, refresher trainings, communications and PR support, and program implementation assistance.

Dates: April 16 & 17, 2020

Time: 9 a.m. – 4 p.m.

Location: PA Family Support Alliance • Harrisburg, PA

Cost: \$3,035 per trainer entering into a 3-year contract with PFSA. (Payment can be broken down by year — \$1,035/year one, \$1,000/year two, and \$1,000/year three.) CBCAP Network members receive a 10% discount on all program-related costs.

Register: For more information and to register, please visit our website at pafsa.org/calendar or speak directly to the program developer by calling us at 717-238-0937.

Mandated Reporter Training

For curriculum titled "Recognizing and Reporting Child Abuse"

This training is for individuals mandated by law to report suspected child abuse, as defined in the Child Protective Services Law. This training provides supportive information in the form of workbooks and reference documents. Curriculum is approved by the Departments of Human Services, Education, and State and meets all requirements for mandated reporters to receive training in recognizing and reporting child abuse (including ACT 126). Certificates are provided to the participants and (upon request) we will upload confirmation of your training to the Department of State or Education for CE fulfillments under ACT 31 and/or ACT 48.

Dates: March 26, 2020

Time: 9 a.m. – 12 p.m.

Location: PA Family Support Alliance • Harrisburg, PA

Cost: Free

Register: To join an already-scheduled In-Person Mandated Reporter Training that is open to the public, go to PFSA's calendar to register at pafsa.org/calendar. Request a free in-person training at your agency (if you have at least 15 people who can attend) by going to pafsa.org/mandated-reporters/mandated-reporters-training/on-site-training and filling out the request form.

MRT ONLINE TRAINING Although the best way to receive training on recognizing and reporting child abuse and neglect is through interactive, face-to-face training, PFSA offers a self-paced, online alternative for mandated reporters in both Spanish and English. This 3-hour training is approved by the Department of Human Services, Education, and State and meets all requirements for mandated reporters to receive training in recognizing and reporting child abuse (including ACT 126). Certificates are available for download at the end of the training, and upon request we will upload confirmation of your training to the Department of State (ACT 31) or Education (ACT 48) for CE fulfillment.

Cost: \$30

Register: To get started today, go to www.pafsa.org/mandated-reporters/mandated-reporters-training/on-demand-online-training, and click on "On-Demand Online Training Registration."

Mandated Reporter Training Train-the-Trainer

For curriculum titled "Recognizing and Reporting Child Abuse"

This is an opportunity for organizations to develop their own quality, cost-efficient, in-house training program for employees on child abuse recognition and reporting. With the three-year contract, PFSA provides two days of initial instruction for approved applicants, reporting of CEs directly to PA Departments of State and Education, and ongoing technical assistance.

Dates: February 4 & 5, 2020

Time: 8 a.m. – 3 p.m. (1-hour lunch break)

Location: Turning Points for Children • Philadelphia, PA

Dates: April 20 & 21, 2020

Time: 9 a.m. – 4 p.m. (1-hour lunch break)

Location: PA Family Support Alliance • Harrisburg, PA

Cost: \$1,000 per trainer entering into a 3-year contract with PFSA. (Payment can be broken down by year — \$400/year one, \$300/year two, and \$300/year three.)

Register: You must pre-register for this training by going to pafsa.org/calendar and filling out the webform for the training you want to attend. You will receive a confirmation email once your registration has been processed, which will include the address for the training location.

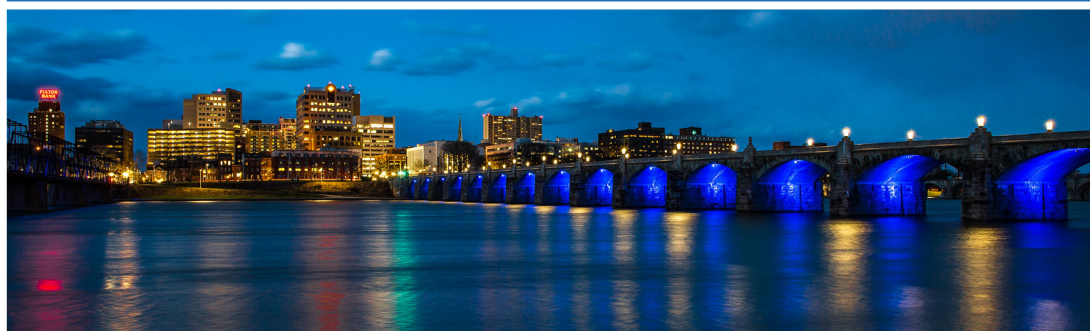


PA BLUE RIBBON CHAMPIONS FOR SAFE KIDS

Wed, April 1
Pittsburgh Flag
Planting & Awards
Ceremony

Sat, April 4
Harrisburg Flag
Planting

Wed, April 8
Harrisburg Awards
Ceremony



Make Time for Reflection

As the new year begins a new decade, PFSA invites you to reflect on the past year and all that we have accomplished. To make this new year as successful and productive as the last, please visit pafsa.org to make a donation or call Ann Moffitt to discuss other opportunities to give at 717-238-0937.



2000 Linglestown Road | Suite 301 | Harrisburg, PA 17110 | Phone: 717-238-0937 | Fax: 717-238-4315 | Pa Toll Free: 800-448-4906
Email: info@pa-fsa.org | Website: www.pafsa.org | [f](#) ProtectPAKids | [PAFamilySupport](#)

The official registration and financial information of Pennsylvania Family Support Alliance may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement. Pennsylvania Family Support Alliance is a 501(c)(3) nonprofit organization – contributions are tax deductible to the fullest extent permitted by law.