



# Child Abuse Prevention and Resilience

United Mental Health Promoters



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

# ▶▶ Agenda

 Child abuse and neglect

 Types of child abuse

 Typical Behaviors

 Risk and protective factors

 Discipline vs Punishment

 Sexual abuse

 Positive Childhood Experiences (PCEs)

 Helping Children to be Safe

 Parents Resilience



# Morning News

“Imagine that one morning you wake up and hear in the news that scientists had found a new disease that would affect up to 1 billion children all over the world. And that in consequence, children who would get exposed to that disease were in high risk of suffering mental health illnesses, chronic diseases (heart problems, diabetes, cancer, infectious diseases like HIV) and social problems such as delinquencies and drug abuse over their lifespan”.

**What would we do?**

# ▶▶ Types of Child Abuse

- Physical abuse
- Sexual abuse
- Emotional abuse
- Neglect



# ▶▶ Who are in a Higher Risk?



Children under the age of 4

Children with special needs

# MILESTONES MATTER: LET'S TALK ABOUT THEM!

## MILESTONES AT 4 MONTHS

- ✓ Begins to babble
- ✓ Responds to affection



## MILESTONES AT 6 MONTHS

- ✓ Likes to play with others
- ✓ Responds to own name



## MILESTONES AT 9 MONTHS

- ✓ Has favorite toys
- ✓ Understands "no"



## MILESTONES AT 1 YEAR

- ✓ Tries to say words you say
- ✓ Waves "bye-bye"



## MILESTONES AT 2 YEARS

- ✓ Begins to run
- ✓ Begins to sort shapes, colors



## MILESTONES AT 3 YEARS

- ✓ Knows name and age
- ✓ Climbs and runs well



# Typical Behaviors: Developmental Stages

Get free milestone checklists for these ages and more at [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones) or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.

Developed in partnership by the University of Missouri and the US Department of Health and Human Services, Centers for Disease Control and Prevention.



An illustration featuring a large, stylized heart in the center, surrounded by numerous hands of various colors (red, orange, yellow, green, blue) reaching in from all directions. Below the heart, there are smaller figures of people in various colors, some holding hearts, set against a background of a large, colorful, abstract shape resembling a heart or a flower. The overall theme is one of care, support, and community.

# Risk Factors: Individual

## Caregivers with:

- Drug or alcohol issues, mental health issues, including depression
- Lack of understanding about children's needs or development
- Were abused or neglected as children
- Are young or single parents or parents with many children
- Low education or income
- High levels of parenting stress or economic stress
- Use spanking and other forms of corporal punishment for discipline
- Who are not a biological parent
- Attitudes accepting of or justifying violence or aggression

# ▶▶ Risk Factors: Family

- Have family members in prison
- Are isolated, not connected to other family members, friends, community
- Who are going through with other types of violence, including relationship violence
- Who have high conflict and negative communication styles





# Risk Factors: Community



- High rates of violence and crime
- Poverty and limited educational and economic opportunities
- High unemployment rates
- Easy access to drugs and alcohol
- Low community involvement among residents
- Lack of activities for young people
- Unstable housing, residents moving frequently
- Families experiencing food insecurity

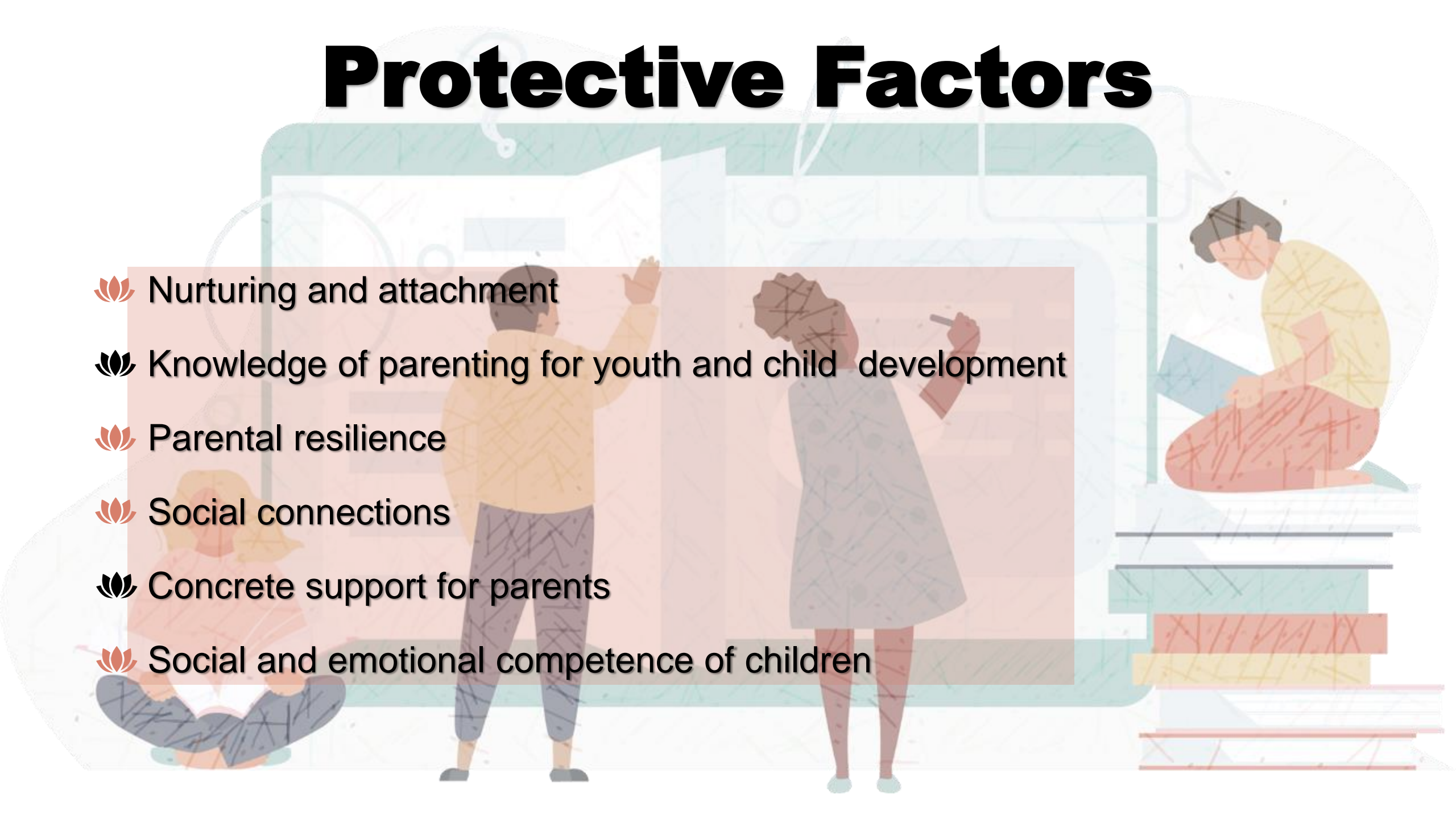
# ▶▶ Possible Negative Outcomes:

**Children who have experienced maltreatment, are more likely to suffer:**

- Mental health issues
- Limit abilities to deal with stress, develop inner strength to become resilient
- May become withdrawn, or show violent behavior
- Increase risk of depression or develop suicidal behavior
- Learning problems, become defiant
- Mistreat others, run away
- Use drugs or alcohol
- In adulthood, increase marital problems
- Sexual problems
- Depression or suicidal conduct

# Protective Factors

- 🌸 Nurturing and attachment
- 🌸 Knowledge of parenting for youth and child development
- 🌸 Parental resilience
- 🌸 Social connections
- 🌸 Concrete support for parents
- 🌸 Social and emotional competence of children



# **Discipline vs. Punishment**

A close-up photograph of two hands, one larger and one smaller, holding each other gently. The hands are positioned in the center of the frame, with the larger hand on the left and the smaller hand on the right. They are set against a background of tall, green grass that is slightly out of focus. The lighting is soft and natural, suggesting an outdoor setting. The overall mood is one of care and support.

Hands are for holding  
and helping

not hitting.

# Child Sexual Abuse: A Critical Public Health Issue and an ACE



Indicates the involvement of children in sexual activities (someone under 18 years old) which violates laws and social restrictions of humanity and violates children's rights due to:

- Not developmentally ready, unable to consent
- Does not fully understand the concept
- Not developmentally ready

# Who are the Offenders of Child Sexual Abuse?

About **60%** of perpetrators are nonfamilial contacts, (friend of the family, babysitter, or neighbor).



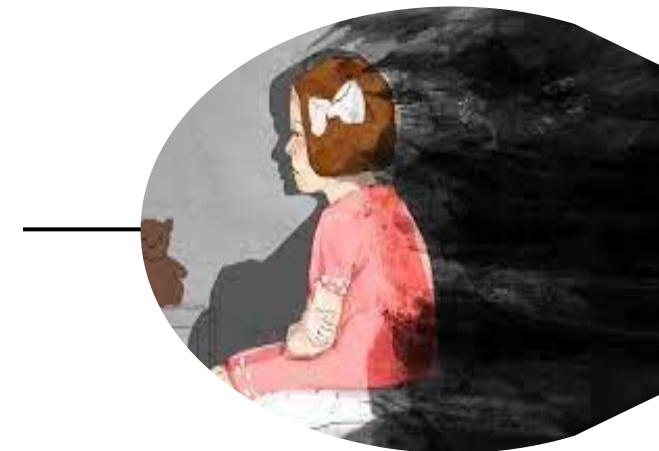
About **30%** of individuals who sexually abuse children are families of the child, (fathers, uncles, or cousins).



Mostly men are **perpetrators** towards boys and girls, however, in about **14% of cases** reported, **women were the perpetrators** against boys and about **6% of cases** indicated against girls.



Outsiders are perpetrators in about **10%** of child sexual abuse cases.



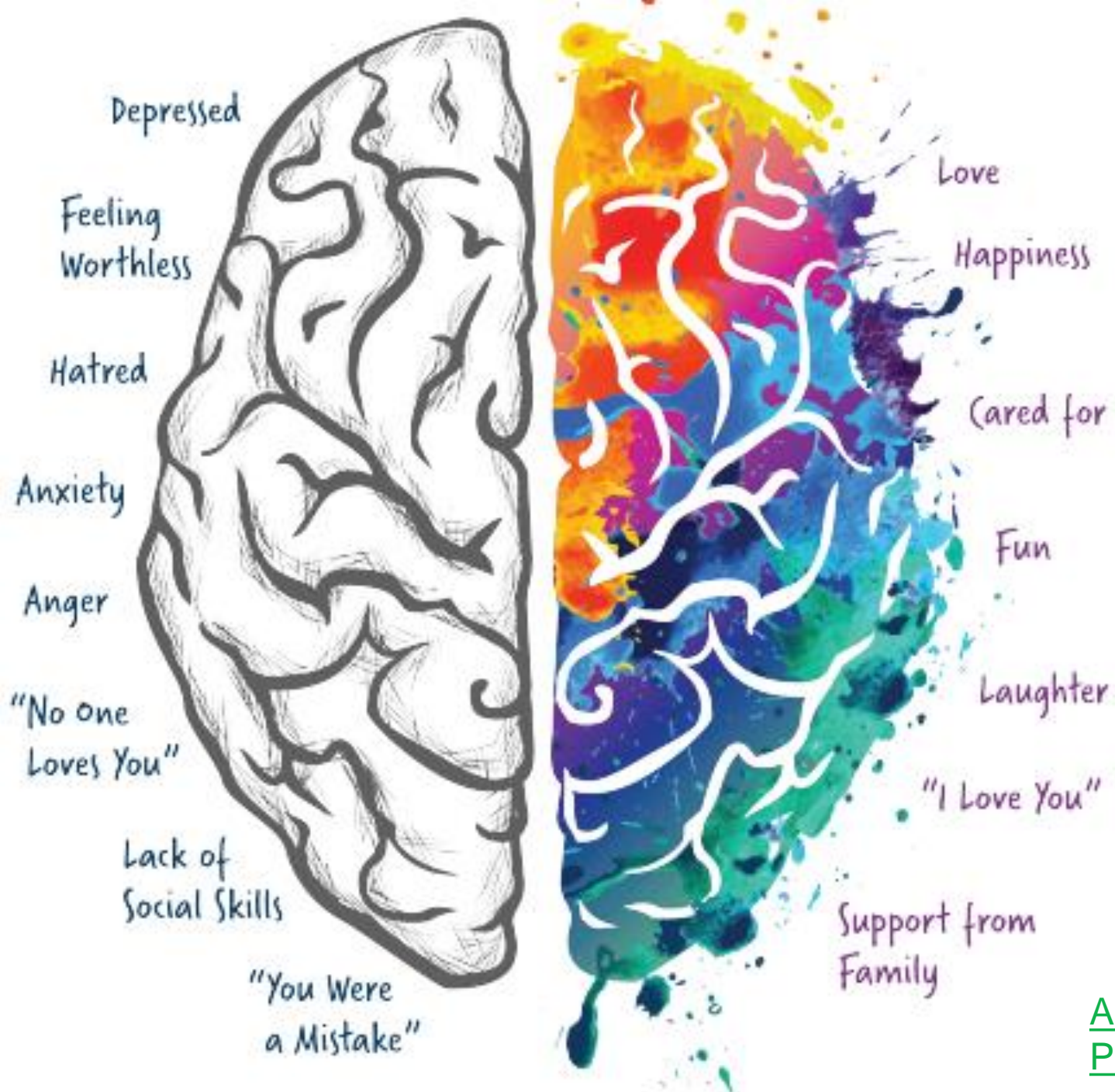
# ▶▶ Indicators of Sexual Abuse that can't be Ignored

- Pain, burning, soreness, or bleeding in the genital area
- Nightmares or bedwetting
- Reserved behavior or give the impression to be in a spell
- Angry explosions or unexpected mood swings
- Refusing to eat, or trouble swallowing
- Nervousness or hopelessness
- Avoiding certain individuals or places
- Sexual understanding, wording, or conduct that is uncommon for the child's age

# ▶▶ Childhood Trauma and the Brain







# Abused

vs

# Non-Abused

[Abused Person vs. Non-Abused Person: Child Abuse Prevention Poster \(CA Dept of Education\)](#)

# Positive Activities to Prevent Child Maltreatment

- Offer your help
- Use kindness to discipline your children
- Observe your own conduct
- Learn new parenting techniques
- Talk to children about their human rights
- Assist prevention programs
- Learn about child abuse
- Identify the signs
- Report abuse
- Be part of children's wellbeing
- **Other Ideas?**



# Helping Children to be Safe

## Empower them!

- Stay attentive
- Be aware of manipulative behaviors
- Maintain open communication

- Teach them correct names of body parts
- Set limits around body space
- Children's own personal care.
- Talk about "good secrets" vs "bad secrets"

- Supervision around technology.
- Trust your instincts around babysitters.
- Listen attentively, stay calm, recognize, and report.

# ▶▶ “Positive Childhood Experiences” What are they?

- “Able to talk with my family about my feelings”.
- “Felt that my family stood by me during difficult times”.
- “Enjoyed participating in community traditions”.
- “Felt a sense of belonging in high school”.
- “Felt supported by friends”.
- “Had at least two non-parent adults who took a genuine interest in me”.
- “Felt safe and protected by an adult in my home”.



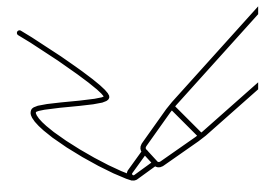
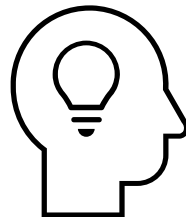
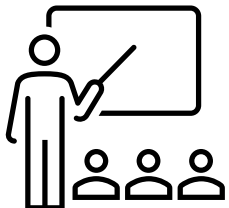
# ▶▶ Promoting Parental Resilience

- Parents have their own strengths and resources
- Self-care is essential, but there's more than that.
- Addressing stressors in the family, community, and society will ultimately create stronger, more resilient families



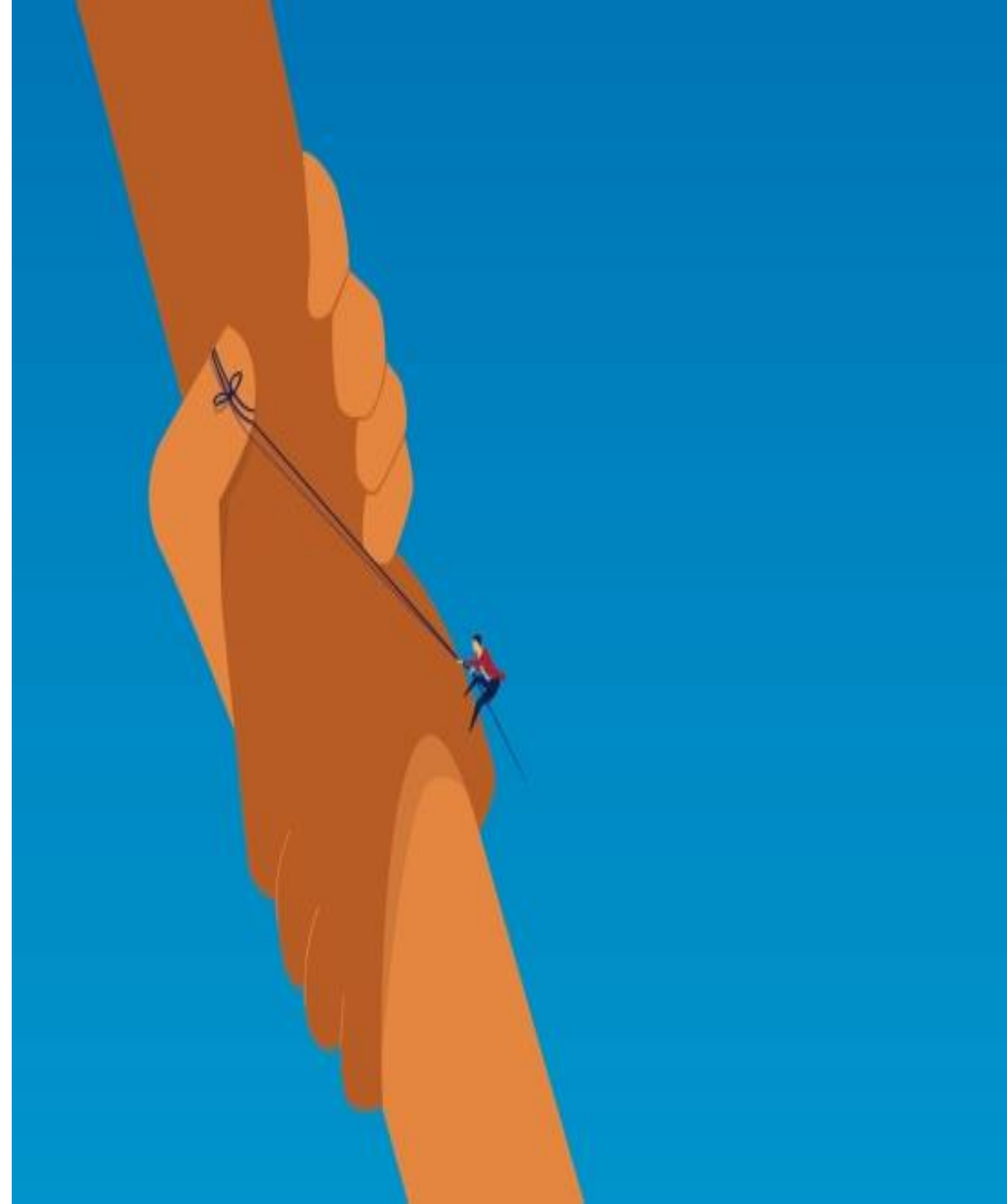
# ▶▶ Be Open to Learn:

- Ask questions about childrearing to pediatrician, teacher, friends, family members.
- Review information about child development in magazines, books, articles, the web.
- Register to parenting classes (free or on a sliding fee scale)
- Learn about your child's unique self by observing his abilities and strengths.
- Share about your findings with others taking care of your child/children.



# Stay Resilient

- Find meaningful ways to reconnect with yourself (quiet time, meditation, warm baths, keeping a journal, reading)
- Physical activity such as exercising, dancing, walking, lifting weights.
- Meet with other adults that you trust and talk
- Involve with people who respect who you are and are willing to be there for you if needed. Loving people



# ▶▶ Creating Strong Bonds and Building Positive Relationships (Activity)



## Building secure connections:

- Show your love by hugging, smiling, singing a song (**other ideas?**)
- Involve your child during daily activities (cooking, driving, walking, meals)
- Ask questions about their day, share about your own activities and explore ideas
- Take 5 minutes of the day to play simple games with your children



# ▶▶ Resources: Finding and Applying Quality Prevention Programs

- Parents as Teachers (<http://parentsasteachers.Org>) (primary prevention)
- ACT/Parents Raising Safe Kids (primary prevention)
- The Incredible Years (IY) ([www.incredibleyears.com](http://www.incredibleyears.com)) (secondary prevention)
- SafeCare (<http://safecare.publichealth.gsu.edu/>) (secondary prevention)
- Effective Black Parenting Program (secondary prevention)
- Parent-child interaction therapy ([www.pcit.org](http://www.pcit.org)) (tertiary prevention)
- Attachment and Biobehavioral Catchup (ABC) (tertiary prevention)

Child Welfare Information Gateway

# ▶▶ Victim & Survivor Services

## [National Human Trafficking Resource Center](#)external icon

This is a national anti-trafficking hotline and resource center serving victims, survivors and the anti-trafficking community.

Call 1-888-373-7888 (TTY: 711) Text 233733

- [Use the online Live Chat](#)external icon
- Page last reviewed: February 4, 2022
- Content source: [National Center for Injury Prevention and Control, Division of Violence Prevention](#)

# Questions?



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

**For mental health resources, services, and support, please call our 24/7 Help Line at (800) 854-7771 or visit <https://dmh.lacounty.gov/get-help-now>**

**You may also connect with us at @LACDMH on Facebook, Twitter, Instagram, and YouTube**

**Your emotional wellbeing is our top priority.**

Call 800-854-7771



**Need to be connected to mental health services?**

Call 800-854-7771  
(ext. 1) for mental health referrals and crisis services.



**Need resources for veterans and their families?**

Call 800-854-7771  
(ext. 3)



**988 SUICIDE & CRISIS LIFELINE**

*There is hope.*



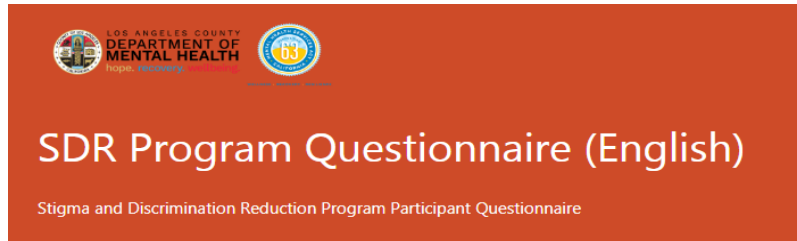
*Talk with us.*



**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH**  
hope. recovery. wellbeing.



# Stigma and Discrimination Reduction (SDR) Survey



To help us improve, please tell us what you think!

- SDR is anonymous and voluntary
- Please click on the link in the chat box and fill in:

Program:

**“Child Abuse Prevention”**  
(10<sup>th</sup> on dropdown list)

Presenters:

**My name is ...**

Date:

**Today is ...**

