



*Our mission is to restore
dignity, hope, and trust
to children traumatized
by sexual abuse.*



*Breaking the Cycle of Abuse
One Child at a Time*

ChildSafe is a children's advocacy center

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ChildSafe
Help & Healing for Sexual Abuse

Information Guide for Families



CHILDSAFE SERVICES

ChildSafe provides a variety of services to meet the needs of the children and families that come to us for assistance. Depending on your situation, your child and your family may receive:

Crisis Services / Case Management

During your first contact with the agency, you will be assigned a Child and Family Advocate to work with you and your child. The ChildSafe advocate serves as the primary point of contact for you and your family. She or he will help you resolve crises, help you schedule appointments, and refer you to other agencies for additional services. You will meet or talk with your advocate by telephone throughout the time your child and your family are receiving ChildSafe services.

Your advocate may also assist you with: long term case management; completing a crime victims' compensation application; accessing community resource information and emergency assistance; and guidance through the investigative and legal processes that will take place after your child has made an outcry.

Medical Services

At ChildSafe we have specially trained doctors and nurses to evaluate your child for injuries. There are two steps to our medical exams; first, the health professional talks with your child to find how they are feeling and how their body is doing, then a head-to-toe examination is done. Special care is taken to explain what will take place during the medical exam to ease concerns that you or your child may have. The exams are not invasive and they will not hurt your child. The doctors and nurses use specialized equipment to help detect any injuries and advanced tests to look for infections so we can ensure your child is healing and healthy. ChildSafe is the only center in Bexar County that does these specialized exams, especially for children and teens, in non-acute cases (when the abuse occurred more than 96 hours ago).

Counseling Services

At ChildSafe we know that sexual abuse of a child is not only traumatic for the victim but the entire family. Crisis and long-term therapy services are available to your child, the child's brothers and sisters, and all supportive family members to help everyone begin to heal from the trauma of sexual abuse. Talk therapy, play therapy, art therapy, family therapy, and adventure therapy are provided by counselors who are trained in treatment of trauma and abuse. A

therapist and your ChildSafe advocate will help you and your family decide what type of therapies are best for you and your family. Whatever the needs of your family, you will have a personalized treatment plan to address the needs of your child and your family. ChildSafe does not provide any services for the alleged abuser.

Support Group Services

Sometimes it may help for you and your child to talk with other people who have experienced child sexual abuse. Support groups can help you and your child feel less alone and provide help as you deal with the trauma of abuse. Support groups are available for children, parents, and legal guardians.

CARE Program

CARE is Child Abuse Resource Enhancement for children and families. This unique program promotes healing, reduces the likelihood of future high-risk behaviors by linking you and your family to an array of activities and services. The activities are designed to help your child and family recover from abuse. If you and your family are eligible for this program the services and activities are provided at little to no cost to you. Children up to 18 years of age, living in Bexar County, who have made a clear outcry of sexual abuse, are eligible for the program. Siblings and parents or legal guardians may also receive services.

Types of services offered through the CARE program are:

- Peer Group Activities
- Counseling
- Mentoring
- Parent / Caregiver Support
- Early Childhood Education
- Parent / Caregiver Skills Training

You, your family, your ChildSafe advocate, and your therapist will work together to identify what would be most beneficial for your child and family.

CARE Peer Group Activities

Your child and your family may benefit from arts and crafts, sports, music lessons, team building skills, parenting skills, outdoor activities, and activities that can provide an opportunity for your children to interact with other children. You may be referred to:

Artworks
Carver Community Cultural Center
City of San Antonio
After-School Challenge Program
Special programs
Youth Recreation
Diversified Youth Services

Guadalupe Cultural Arts Center
International Academy of Music and the Arts
Barshop Jewish Community Center
NEISD—Kids Involvement Network (KIN)
San Antonio Youth Centers
Southwest School of Art and Craft
Braundera Family YMCA
Mays Family YMCA
Davis Scott Family YMCA
D.R. Semmes YMCA at Tripoint
Walzem Family YMCA
Westside Family YMCA

CARE Mentoring

Your child may need homework assistance, tutoring, comfort and encouragement, character and career building, and special events. You may be referred to:

Bikers Against Child Abuse (BACA)
Big Brothers Big Sisters
Boys and Girls Club
Boy Scouts of America
Communities in Schools
DIVAs (Divine Intercession for Virtuous Adolescents)
Girl Scouts of Southwest Texas
Good Samaritan Community Services
Guardians of the Children

CARE Early Childhood Education

Early childhood education can help you with parenting skills, prenatal-postnatal care, infant care, health services, nutrition information, and assistance as your child begins school. For this help you may be referred to:

Boys Town Texas, Inc.
Early Head Start
Head Start
YMCA-Precious Minds, New Connections

CARE Counseling

Counseling services provide individual, family, and group therapy as well as work with you on life-skills, parenting, or such topics as anger management. You may be referred to:

Baptist Child and Family Services
Boys Town Texas, Inc.
Counseling Assessment and Training Services
Family Service Association
Family Violence Prevention Service
Families de Novo
Roy Maas' Youth Alternatives
Real Families Counseling Services
Rodney Roussett, LPC
San Antonio Council on Alcohol and Drug Abuse