

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs
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THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

CHILD ABUSE PREVENTION MONTH



KNOW



SEE



RESPOND

The Five Days of Action campaign is an initiative of the YMCA Guardians for Child Protection, with the goal of raising awareness and inspiring adults to protect children from sexual abuse.

During April and all year long, the State Alliance of Michigan YMCAs encourages adults and organizations in the community to play a vital role in making Michigan a safer place for children. By encouraging adults to step up and speak out, we can bring awareness to the issue of child sexual abuse in our communities and foster conversations around how we can all work together to prevent it from happening.

"Protecting children from sexual abuse must be the number one goal of every person who cares about the health and well-being of kids," said Fran Talsma, CEO of the State Alliance. "Together, we can stand up to demand that children are protected and speak out to encourage adults to make it happen in our community. It takes all of us."

The State Alliance of Michigan YMCAs and the YMCA Guardians for Child Protection, with support from YMCA of the USA, Darkness to Light, the Redwoods Group Foundation, and Praesidium have made materials available to help adults learn more about preventing child sexual abuse.

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GET OUTSIDE

Warm weather will soon be here! Check out these activities that will get you outside and enjoying our beautiful parks and trails.

- **North Country Trail 50 or 100 Mile Hike:** This activity is in celebration of the National Trails System Act which was put into law fifty years ago. Earn a badge for completing a 50 or 100 mile hike on the North Country Trail during the 2018 calendar year. Hikes can be small increments over several trips, and can be completed on the same stretch of trail. For more information about signing up for this event go to: northcountrytrail.org
- **Every Kid in a Park:** Several parks in Michigan provide educational programs with the goal of providing an opportunity for each and every 4th grade student across the country to experience their federal public lands and waters in person throughout the school year, and to also help engage and create our next generation of park visitors, supporters and advocates. To learn more go about this opportunity to go www.everykidsinapark.gov.

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For more information about preventing child sexual abuse visit www.fivedaysofaction.org.

CHILD SEXUAL ABUSE STATISTICS - PROVIDED BY DARKNESS TO LIGHT

- One in ten children will be sexually abused before their 18th birthday.
- 90% of child sexual abuse victims know their abuser.
- Approximately 30% of children who are sexually abused are abused by family members.
- 60% of child sexual abuse victims never tell anyone.
- False reports are rare. Research shows that only 4 to 8% of child sexual abuse reports are fabricated.

WHAT TO DO IF YOU BELIEVE A CHILD IS BEING ABUSED - PROVIDED BY DARKNESS TO LIGHT

- You do not need to have proof that abuse is occurring to make a report, only reasonable suspicion. Reasonable suspicion means that you have witnessed maltreatment or boundary violations, either in the child or adult, or both. Or, you have received a disclosure from a child about abuse, neglect, or boundary violations towards them.
- Child sexual abuse reports should be made to the police and/or state child protective services.
- Contact the Darkness to Light Helpline at 866-FOR-LIGHT to have questions answered by trained counselors at no charge.

UPCOMING EVENTS

- **Monthly Statewide EBHI Conference Call**
Join Michigan YMCAs in a monthly discussion of topics related to Evidence-based Health Interventions. Dial in the second Tuesday at 11am. 1-877-361-4628, 931 008 9853#
- **Y-USA webinar - New DPRP Standards**
Y-USA will host a webinar to review the 2018 DPRP standards on Thursday, April 26, at 2 p.m. CT. Join the webinar online or call in to (312) 667-7187, access code: 40292123. If you have any questions in the meantime, please contact your TA.
- **State Advocacy Days**
Wednesday, May 2 at the State Capitol. Contact Fran Talsma to get registered.
- **EnhanceFitness Training**
The YMCA of the Blue Water Area is hosting an EnhanceFitness Instructor training on June 28 & 29. Register online by June 14th.
- **Statewide EnhanceFitness Meeting**
Save the Date! Registration coming soon for the Statewide EnhanceFitness meeting on June 14th, 2018 in Lansing, MI.
- **Michigan Diabetes Prevention Network Meeting**
Tuesday, June 26 12-3pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864

UPDATES

SURVIVOR CARE PLAN RESOURCES

The Michigan Cancer Consortium's Survivorship Workgroup has developed patient resource documents to accompany the survivorship care plan that each survivor receives following treatment for cancer. These five documents provide helpful information and resources on healthy behaviors that can improve quality of life during survivorship. The five documents are available below:

- Physical Activity
- Tobacco
- Lifestyle Choices
- Fatigue
- Nutrition

These documents are also available on the MCC Website under the Cancer Survivor Resource Page. www.michigancancer.org/

Healthy Weight and Your Child

Four Michigan YMCAs (Muskegon, Grand Rapids, Lansing, and Monroe) will be on-boarding the evidence-based program Healthy Weight and Your Child over the next 6 months. The program is relatively new to our current body of work with only 28 Y's offering the program nationally at the end of 2017. As is usual with this type of work, there are some barriers to overcome when delivering the program:

- Finding skilled staff - program leads need to be comfortable with facilitating discussion AND leading group physical activity
- Meeting space - the classes meet twice/week for 15 to 18 weeks which takes a big bit out of meeting space availability
- Participant retention - due to the intense time commitment, careful screening for readiness is essential