

CATS Child Advocacy Center Celebrates 10-Year Anniversary

The CATS Child Advocacy Center was just a dream in 1992 when Lee Gross Anthonie read an article in *Lear's Magazine* about child sexual abuse. Horrified to learn that there were no such centers in New York State, Ms. Anthonie gathered a task force of interested citizens and professionals to study how other child advocacy centers across the country were developed. In the following years, representatives from law enforcement, social services, prosecution, and the medical and mental health communities worked diligently to create a team where Western New York children could receive the help that they needed. CATS became

the parent agency of the CAC, and with help from federal, state and private funding sources, including The United Way of Erie County, the Center opened its doors in May 1994.

In the last decade, the number of children reported as abused or neglected in the United States grew by 33 percent to reach a level of 3,244,000, according to a report released by *Prevent Child Abuse America*. That's a rate of 46 of every 1,000 children in the population. Almost half (46%) of all confirmed cases were children who were victims of neglect, while 18% suffered from physical abuse and 9% were sexually abused. Victims of emotional abuse and domestic violence represented 4% of the total.

In addition, almost one quarter (23%), of the children were reported to be victims of "other" types of maltreatment including both abuse and neglect, threat of harm, and abandonment.

The statistics locally are startling—46% of the children we see at the CAC are under age 5 and 78% are under age 10; approximately 66% are female and

34% are male; 64% are Caucasian, 33% are African American, and the remainder are Hispanic and Native American. In the past 10 years we have seen more than 5,000 children who were sexually abused. They are children who come from every suburb of Erie, Niagara and Cattaraugus Counties. They are children who come from impoverished neighborhoods and they are children who live in middle and upper middle class neighborhoods. Bonnie Glazer, CATS' Executive Director asserts that *"This is truly a crime that has no socioeconomic boundaries."*

The CATS Lee Gross Anthonie Center now serves as a national model and receives visitors from all over the world. What's really unique about the program is that children who reveal what has happened to them can receive the care they need in one location in a child-friendly environment. They don't have to wait hours in an emergency room. They

continued on page 2

n this issue:

- **New Location** p2
- **From the desk of the Executive Director** p3
- **New Programs** p4
- **CATS Heroes** p5



from the desk of the Executive Director

Recently, I had the privilege of presenting a report to our agency board summarizing the activities of the CATS' staff during the past year. As I prepared the long and impressive list, I was, as always, struck by the amazing breadth and quality of the services CATS delivers to children and families in our community. Last year alone, our staff served over 2,500 children and families.

More important than the numbers, however, is the significant impact CATS' services make on the lives of youth who are struggling against major challenges to achieve their full potential. Of the children and adolescents who receive services at

CATS, 74% do better in their

homes, schools and

communities. It

is difficult to quantify what that actually translates into in terms of quality of life. We do know, however, that emotional and family

problems take an enormous

human toll on everyone who is touched by them. We know also that when families

break down as a consequence of being overwhelmed by stress without adequate access to natural supports, the cost to our community in both human and financial terms is daunting.

Each of the 2,500 children and adolescents and their families has a unique and often painful story. The impact of CATS' programs and services is easiest to grasp by considering one child at a time.

Recently, I received an inspiring letter from a mother of a 15 year-old boy who has been in our DBT program.

His mother wanted our board of directors to hear about how participation in this program helped her son. I cannot improve on her compelling words:

She wrote,

This letter is in reference to your DBT program. A year ago, February, my 15 year-old son was hospitalized at ECMC for depression, self harm and drug abuse. It was probably the most difficult and gut wrenching point of our family's existence. I had to sign the papers to lock our child...our beautiful, creative intelligent, humorous, strong-willed child (who we no longer knew) up in a psychiatric ward for ten days. Those were ten days I wouldn't wish on my worst enemy but now understand how important it was to get our child on track and in the system with support.

Today our son is back to school full time. He is drug free, has a better group of friends, does NO self harm, is happy, has a girlfriend, joins us as a family, jokes, is learning to make better choices and speaks positively about his future.

How do we as a society place a value on that outcome?

Families today face unprecedented challenges. Constant pressure to multitask often makes it difficult to fully attend to anything. Parents juggle competing demands of work and family. Kids are faced daily with the lure of drugs, alcohol and pressure from peers to seek a quick fix rather than develop constructive skills for handling distress and solving problems.

The CATS' story is not about 2,500 kids; it is about 1 kid, 2,500 times.

It is also about a dedicated and skilled staff doing what it takes, day after day to help change lives.

Thank you all for the important contribution you make to strengthen our community.

Seeking Members for Friends of Kids Remembrance Society

CATS is currently seeking individuals to join our newly formed *Friends of Kids Legacy Society*. The *Friends of Kids Legacy* makes it possible for us to recognize donors for gifts that will remain in a child's heart forever. By naming CATS as beneficiary of a planned gift such as a bequest or trust," said Annette Pinder, development director for CATS, "we can extend our gratitude to people for their generosity when they are still alive."

In the past, bequests and other planned gifts were not disclosed until after a person had passed away. "Now organizations like CATS are finding much greater benefit from learning of planned gifts while the donor is still with us. This not only allows us to recognize an individual's generosity, but it also encourages others to support the children and families who benefit from our services through planned giving."

To learn more about the many planned giving opportunities available, please call Annette Pinder at 819-3420.

*If we can't help a child today,
Make it possible for us to
help a child tomorrow.*

Need an Entertainment Book This Year?



Buy it from CATS and help CATS Kids!

\$23.00

Spotlight on CATS' Newest Programs

DBT Program for Teens at Risk of Suicide or Self-Injury

DBT or Dialectical Behavioral Therapy is a specialized treatment program that uses a highly effective strategy to help teens that have been struggling with suicidal or self-harming thoughts and behaviors. It consists of weekly psychotherapy sessions in which a trained therapist works with the teen to

explore and analyze the chain of events that led up to these behaviors and identify healthy alternative solutions that can be employed.

One of the most important aspects of the program is that each teen has an adult in their life that can support them. Together, they attend a twenty week program in which they learn a variety of healthy coping skills to effectively and productively deal with life problems, including confusion regarding feelings and thoughts, impulsivity, interpersonal problems and family issues. CATS therapists are also available by phone to provide coaching to teenagers to reinforce the skills that they are learning within the program.

Pioneered in 1991 by Marsha Linehan, DBT therapy has been proven to:

- ◆ Decrease high-risk suicidal behaviors
- ◆ Decrease responses or behaviors that interfere with therapy
- ◆ Decrease behaviors that interfere with quality of life
- ◆ Decrease and deal with post-traumatic stress
- ◆ Enhance respect for self
- ◆ Provide teens with new behavioral skills taught in a group format
- ◆ Help teens set new goals for themselves

Facts:

- ◆ About 13 percent of children between 9 and 17 years old have an anxiety disorder. (USSG, 1999)
- ◆ Only about 21 percent of children in the United States who need mental health services actually receive them. (AJP, Sept. 2002)
- ◆ About every two hours a young person kills himself or herself. (AAS, 2002)
- ◆ Three million teenagers have considered suicide or attempted suicide in the past year. (SAMHSA, 2002)
- ◆ Suicide is the third leading cause of death among people under 24 years old after accidents and homicide. (CDC, 2002)

As one parent commented,

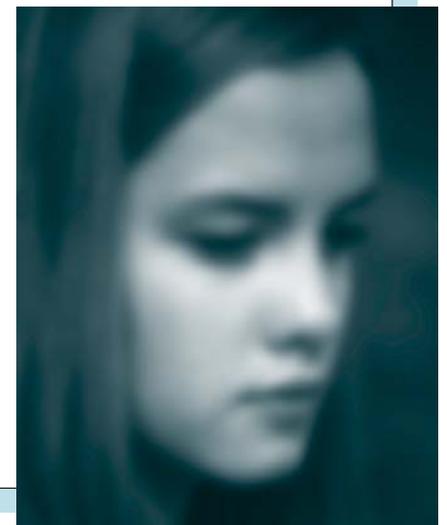
"This program with its strange name is really nothing short of a fantastic lifeboat in an ocean of emotional shark-infested waters. We, parents and child, worked together on this very serious problem. We're not out of the woods yet, but I think we have a map and a compass now."



FFT Program for Family Court-Referred Teens

The agency's new Family Functional Therapy Program (FFT) focuses on youth between the ages of 13 and 16 who have been referred to CATS through family court. They are children and families whose problems range from acting out to conduct disorder to alcohol/substance abuse. Often these families have limited resources, histories of failure, a range of diagnoses and exposure to multiple systems. FFT can be provided in a variety of contexts, including schools, child welfare, probation, parole/aftercare, mental health, and as an alternative to incarceration or out-of-home placement.

FFT is a nationally recognized program and is one of the only interventions named by the US Surgeon General as a model program for seriously delinquent youths. Research has proven that FFT is highly effective in helping children receive the care that they need to redirect their energy into positive behaviors without the need for further court intervention.



CATS Kids Heroes Help Support Agency Programs

CATS 2004 Charity Golf Tournament Raises \$26,000

Neither the rain nor the cold could dampen the spirits of more than 100 golfers who came out to Glen Oak Golf Course on June 10 to help raise money to support the CATS DBT Therapy program for teens who are at risk of suicide and self-injury.

Thanks to our major sponsors **BlueCross BlueShield of WNY** and **Rite-Aid**, our wonderful golf committee led by BlueCross BlueShield Vice President Pauline Cataldi, and many other sponsors, the event was a tremendous success.

A special thank-you to our program host, Channel 7's Julie Fine, our auction item sponsors and the wonderful staff at Glen Oak.

Money raised from this year's outing will help us accomplish our goal to expand our ability to treat more teens that need our help.



Fashion Tailored to Perfection

Thank you Williamsville Business Association for a wonderful luncheon and fashion show that helped raise more than \$5,000 to help CATS children and families. A wonderful meal was served by Marinaccio's on Main Street. Silent auction items valued at hundreds of dollars were contributed by Williamsville Business Association vendors. Channel 2's Mary Alice Demler hosted the luncheon and Sheriff Patrick Gallivan was on hand to model men's clothing. Thanks to all who attended *Fashion Tailored to Perfection* to help spread goodwill through all of Williamsville to benefit CATS Kids. A special thank you to Trisha Brown of The Eagle House and Ron Korman and Debbie Radecki of Muleskinner Antiques for staying cool on a warm and beautiful day, and for making it all possible. And to Mindy Shine, our wonderful CATS event chair, whose consistent line was "No problem!"



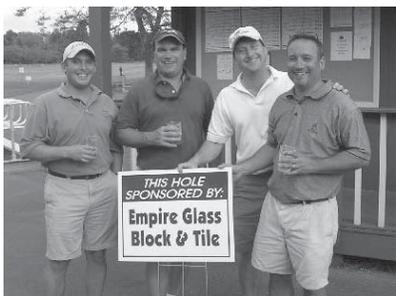
Erie County Sheriff Patrick Gallivan helped out at the WBA May Fashion Show to raise money for the Child and Adolescent Treatment Services (CATS). Mary Alyce Demler was the Event Hostess.



Sue Naab models Talbot's clothing at the Spring Fashion Show May 14.

The money raised from both of these events will make it possible for us to purchase the equipment we need to launch our Parent Child Interactive Therapy Program (PCIT). This unique program, which has been researched extensively, has been successful in teaching parents who are at risk of abusing their children, to become better parents.

Community Links Challenge



Local businessmen made this golf outing a big success for CATS children.

Thank you to five very special gentlemen who have been collecting toys each year for our children. This year they did even more. Paul Johnson, Garry Johnson, Jim Winnert, Mike Schmauss and Jim Gottstine organized a golf outing that took place at Gowanda Country Club on June 21. The weather was beautiful and spirits were high amongst the group of 100 plus Western New York businessmen who raised nearly \$8,000 for CATS Kids.



Golfers man their carts.

ADMINISTRATION

**Bonnie L. Glazer, CSW,
ACSW**

Executive Director

Robert T. Havas

Controller

Sheila S. Korman, CSW

Director of Clinical

Services

Ewen MacPherson, M.D.

Medical Director

Stefan Perkowski, CSW

Director of Program

Services

Annette L. Pinder

Development Director

CLINIC TREATMENT CENTERS

University

3350 Main Street
Buffalo, New York 14214
Tel. 716-835-4011
Fax. 716-835-0253

Buffalo East

1487 Main Street
Buffalo, New York
Tel. 716-881-2405
Fax. 716-881-2425

West Side

Spanish/English Services
Available
430 Niagara Street
Buffalo, New York 14201
Tel. 716-853-1335
Fax. 716-853-1598

Lancaster

11 W. Main Street, Suite A
Lancaster, New York 14086
Tel. 716-681-6611
Fax. 716-681-6613

Southtowns

46 Main Street
Hamburg, New York 14075
Tel. 716-646-4991
Fax. 716-646-4990

Lee Gross Anthonie Child Advocacy Center

Independent Living Program
556 Franklin Street
Buffalo, New York 14202
Tel. 716-886-5437
Fax. 716-886-5888

CATS

Child & Adolescent Treatment Services

Administrative Offices

Airport Commerce Park
301 Cayuga Road, Suite 200
Cheektowaga, NY 14225
716-819-3420
Fax number: 716-819-3419
www.catswny.org.

Editor: Annette L. Pinder
apinder@catswny.org

Child & Adolescent Treatment Services (CATS)

Airport Commerce Park
301 Cayuga Road, Suite 200
Cheektowaga, NY 14225

NON-PROFIT ORG
US POSTAGE
PAID
BUFFALO NY
PERMIT #3071

As CATS celebrates 70 years of helping Western New York kids and families

*and
The 10-Year anniversary of
The CATS Lee Gross Anthonie Child Advocacy Center*

We invite you to join us for

"A Life-Saving Celebration"

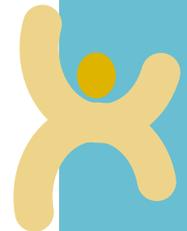
Thursday, December 9, at 6:00 PM.

*at
Salvatore's Italian Gardens*

Transit Road, Williamsville, New York 14221

Help us make a difference in a child's life this holiday season.

Call 819-3420 to reserve your place today.



Board of Directors:

Peter Biltekoff, *Chair*
Nick Everest, *Vice-Chair*
Thomas Palmer, *Treasurer*
Mary Ellen Hager, *Secretary*
Pauline Cataldi
Cathleen Shaw

Nan Ackerman
Richard Bisesi
James Cardone
Anna Marie Cellino
Annette Cook
Jack Coyne, M.D.

Shepard Goldberg, Ph.D.
Sharon LaMartina
Lt. David Mann
Maureen Montgomery, M.D.
Mindy Shine

Foundation Board

James Cardone, *President*
Nan Ackerman
Ellen Bieler
Peter Biltekoff

Lynn Buffamonti
Pauline Cataldi
Nancy Gacioch
Mary Ellen Hager

Kathy Jay
Sharon LaMartina
Mindy Shine