

Counseling and Wellness Center

APRIL 2024



National Child Abuse Prevention Month

Doing Things Differently: Moving from the Challenge to the Change

National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect. Prevention services and supports developed by this collaboration can help parents, other caregivers, and communities protect children and strengthen families.

Ten Things You Can Do to Prevent Child Abuse

1. **Volunteer your time.** Get involved with other parents in your community. Help vulnerable children and their families. Start a playgroup.
2. **Discipline your children thoughtfully.** Never discipline your child when you are upset. Give yourself time to calm down. Remember that discipline is a way to teach your child. Use privileges to encourage good behavior and time-outs to help your child regain control.
3. **Examine your behavior.** Abuse is not just physical. Both words and actions can inflict deep, lasting wounds. Be a nurturing parent. Use your actions to show children and other adults that conflicts can be settled without hitting or yelling.
4. **Educate yourself and others.** Simple support for children and parents can be the best way to prevent child abuse. After-school activities, parent education classes, mentoring programs,



and respite care are some of the many ways to keep children safe from harm. Be a voice in support of these efforts in your community.

5. **Teach children their rights.** When children are taught they are special and have the right to be safe, they are less likely to think abuse is their fault, and more likely to report an offender.
6. **Support prevention programs.** Too often, intervention occurs only after abuse is reported. Greater investments are needed in programs that have been proven to stop the abuse before it occurs - such as family counseling and home visits by nurses who provide assistance for newborns and their parents.
7. **Know what child abuse is.** Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure of parents or other caregivers to provide a child with needed food, clothing, and care. Children can also be emotionally abused when they are rejected, berated, or continuously isolated.
8. **Know the signs.** Unexplained injuries aren't the only signs of abuse. Depression, fear of a certain adult, difficulty trusting others or making friends, sudden changes in eating or sleeping patterns, inappropriate sexual behavior, poor hygiene, secrecy, and hostility are often signs of family problems and may indicate a child is being neglected or physically, sexually, or emotionally abused.
9. **Report abuse.** If you witness a child being harmed or see evidence of abuse, make a report to your state's child protective services department or local police. When talking to a child about abuse, listen carefully, assure the child that he or she did the right thing by telling an adult, and affirm that he or she is not responsible for what happened.
10. **Invest in kids.** Encourage leaders in the community to be supportive of children and families. Ask employers to provide family-friendly work environments. Ask your local and national lawmakers to support legislation to better protect our children and to improve their lives.

About **1 in 7**
children experienced
child abuse and neglect
in the last year.



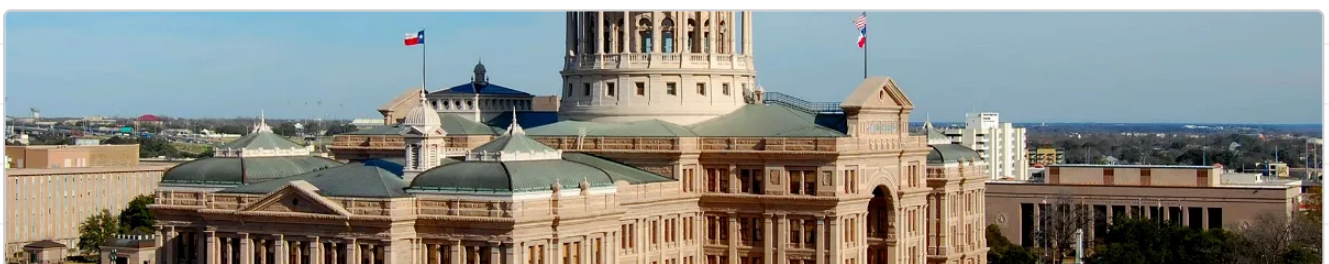
Estimated Cost of Child Abuse and Neglect



*total lifetime economic burden of child abuse and neglect in 2018

Looking for fun (cheap) things to do with your family?

Check out the links below for great ideas for a beautiful weekend outing!



Free museums in Texas: All 200 museums to visit (March 2024) - WhichMuseum

View a list of all free museums in Texas (United States) for you to visit.

[whichmuseum.com](https://www.whichmuseum.com)



East Texas Attractions

Information about East Texas tourist attractions and things to do in each city and town

[east-texas.com](https://www.east-texas.com)



Must-see attractions Northeast Texas, East Texas - Lonely Planet

Discover the best attractions in Northeast Texas including Tyler Municipal Rose Garden, Caddo Lake State Park, and Camp Ford Historic Park.

[lonelyplanet.com](https://www.lonelyplanet.com)

2023 Guide to the Best Places in East Texas - My Curly Adventures

[mycurlyadventures.com](https://www.mycurladventures.com)



50 Free Things To Do in Dallas | Tour Texas

Having fun doesn't have to cost a dime! There are many free things to do in Dallas, including visiting museums and exploring the town's historic neighborhoods.

[tourtexas.com](https://www.tourtexas.com)

**LACKING
MOTIVATION?
WATCH THIS.**



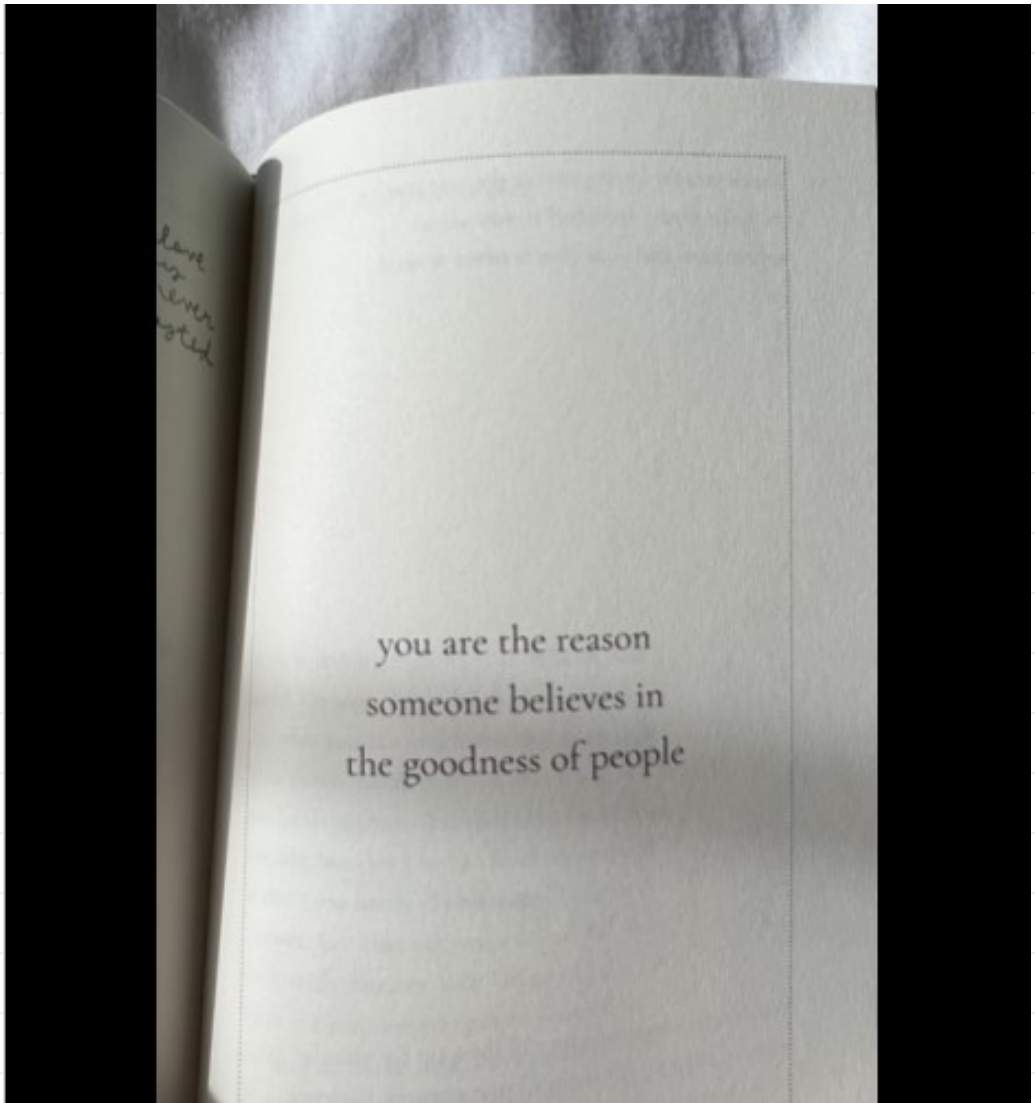
This one is well worth the listen for whoever needs it today!

10 Minutes for the next 10 Years - Matthew McConaughey Motivational Speech



**THIS SPEECH
BROKE
THE INTERNET**

MATTHEW MCCONAUGHEY

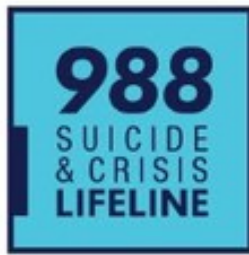


N **NORTHEAST TEXAS**

COMMUNITY COLLEGE



Crisis Support Lines



COUNSELING AND WELLNESS CENTER IS OPEN!

Here is the link to our [Counseling and Wellness Center](#)... find resources, crisis links and numbers, and the button where students can schedule an appointment online for in-office and teletherapy session.

www.ntcc/mhcounseling

Here's how you can refer a student for counseling support...

Please keep in mind mental health counseling falls under **HIPPA** rights. Counseling sessions and all information concerning the student must remain confidential and be protected when making student referrals too!

If you have a student you want to refer to me, here is what you will do:

1. If you have no concerns that the student is in immediate danger, send me an email (or a text with your email) and I will email you a link to complete and submit to me online.
2. If you have no concerns the student is in immediate danger, you may come to the Counseling and Wellness Center and make the referral in person, or call me.
3. If you **DO** have concerns of their immediate safety and are able to walk them to my office, please do so and send me a text that you are coming over with a student.

OR....

Call me (903-434-8304) or (cell 903-285-0402) and I will come to your location.

Cindy Stansell, M.Ed., LPC-S



Email: cstansell@ntcc.edu

Website: <https://www.ntcc.edu/mhcounseling>

Location: [Northeast Texas Community College, Farm to Market Road 1735, Mount Pleasant, TX, USA](#)

Phone: [903-434-8304](tel:903-434-8304)

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Cindy Stansell

Cindy is using Smore to create beautiful newsletters