

Children's Wellness Connection



Fierce Freedom of The Chippewa Valley

Fierce Freedom has worked with 41 victims of human trafficking in the Eau Claire area.

Out of the 41 victims, 11 of them are children. One of the 41 victims is a boy.

In Eau Claire, there is an organization called Fierce Freedom. They are working to educate individuals, organizations, and the community about how to eliminate domestic human trafficking. They are advocating and working to identify victims and help them in any way they can. Human trafficking can look very different in each victim. Below are some of the common warning signs:

- Has a boyfriend who is significantly older than her/him
- Has a tattoo with either a barcode or someone else's name
- Has a sudden change in group of friends
- Disappears for a few days without explanation
- Becomes depressed, withdrawn or combative with family
- Is in poor physical health while maintaining a dressed-up appearance
- Is not free to come and go as they wish

With all of the social media out there, sharing personal information can seem harmless. From checking in to a place on Facebook or sharing a Snapchat story, people are able to know your location instantaneously. This is problematic especially if you do not know all the people personally. With the increase in technology among today's youth, this can be a concern of what information children are putting on their social media and who can see it. Human trafficking can be happening anywhere at any time. The most common places for trafficking include hotels, large crowded events, department stores, social networking sites, parties, schools or even online dating. Be aware of what sites your children are using and the information they are sharing on their social media sites. These are just some precautions. It's a common misconception that trafficking only happens in larger cities, but it's just as common in rural areas. 75% of prostituted children/adults occur with someone they know or are with.

(Story Continues on Page 2)

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(Cont'd) Fierce Freedom

When a person is involved in human trafficking, it can be through a process called *grooming*. Grooming starts by targeting a victim and noticing if they are vulnerable; emotional neediness, low self-esteem or economic crisis. They then develop trust and gain information and once the right information is obtained, they work on the victim to become dependent on them. Isolation follows and then they distance themselves from friends and family. Next, the abuse slowly starts, and they begin to maintain control of their life. Grooming can change the victim. Sometimes the victim will start dressing more provocatively and have their hair and make up more noticeable than usual.

There are different types of pimps. One type of pimp is a Romeo Pimp which is one who showers his victims with affection and presents them with gifts, but the threat of violence is always present. A Gorilla Pimp is one who controls his victims mostly through physical violence and force.

Dream as if you could live forever.... Live as if you only have today!

If you see something that doesn't look right or seems suspicious, please don't hesitate to call. It is better to be extra cautious than fail to report something suspicious. You can call your local law enforcement or the **National Human Trafficking hotline at 1-888-373-7888**.

A very special thank you to *Tia-Janae Johnson*, a survivor advocate from Fierce Freedom, for making this article possible.

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The most common types of human trafficking seen in our efforts at Fierce Freedom are:

- **Pimp Control** – Pimp control is most frequently seen in our area with familial taking 2nd place. Pimp control is a pimp who controls the actions and lives off of the proceeds.
- **Survival** – When an older adult is exploiting a homeless or runaway youth for basic needs: exploiting that person's situation in exchange for sexual favors.
- **Familial** – When family members force their children (or younger relatives) to perform sexual acts in exchange for drugs or money or anything of monetary value.
- **Gang Control** – Selling people; rather than "jumping" a girl to initiate into a gang. They will "sex her in" instead. This ties in with labor trafficking as she will have to maintain a quota to remain in the gang (more likely to take place in larger cities).
- **The Protector** – Serves to protect and control victim.
- **The Punisher** – Someone who uses violence and threats to control victim

There is the risk of a victim wanting to leave their pimp, but they may feel they are not able to get out of their control. There are a wide variety of physical and psychological reasons why victims cannot or will not leave a trafficking situation. They could be kept in captivity and not have access to the outside world. Their pimp could be using threats of violence and physical retaliation if they get caught trying to escape. On the psychological side, they could experience feelings such as shame, self-blame, and severe trauma which could lead to an array of mental health conditions. These could include disassociation, depression, anxiety disorders, PTSD, and can keep them from wanting to escape and find help. These are only a few reasons in which a victim believes they cannot leave their situation and find help.

If you are in immediate danger call 911 call in tips at HT HOTLINE Local HT Resources and Support Call Fierce Freedom at 715-514-2890 or email at OFFICE@FIERCEFREEDOM.ORG



Teens' Corner

Internet Safety Tips for Children & Teens

- Personal Information. Don't give out personal information without your parents' permission. This means you should not share your last name, home address, school name, or telephone number. Remember, just because someone asks for information about you does not mean you have to tell them anything about yourself!
 - Screen Name. When creating your screen name, do not include personal information like your last name or date of birth.
 - Passwords. Don't share your password with anyone but your parents. When you use a public computer make sure your logged out of the accounts you've accessed before leaving the terminal.
 - Photos. Don't post photos or videos online without getting your parents' permission.
 - Online Friends. Don't agree to meet an online friend unless you have your parents' permission. Unfortunately, sometimes people pretend to be people they aren't. Remember that not everything you read online is true.
 - Online Ads. Don't buy anything online without talking to your parents first. Some ads may try to trick you by offering free things or telling you that you have won something as a way of collecting your personal information.
 - Downloading. Talk to your parents before you open an email attachment or download software. Attachments sometimes contain viruses. Never open an attachment from someone you don't know.
 - Bullying. Don't send or respond to mean or insulting messages. Tell your parents if you receive one. If something happens online that makes you feel uncomfortable, talk to your parents or to a teacher at school.
- Social Networking. Many social networking websites (e.g., Facebook, Twitter, Second Life and MySpace) and blog hosting websites have minimum age requirements to sign up. These requirements are there to protect you!
- Research. Talk to your librarian, teacher or parent about safe and accurate websites for research. The public library offers lots of resources. If you use online information in a school project, make sure you explain where you got the information.

For more tips, please see the following PDF:

<http://www.safekids.com/kidsrules.htm>

Information retrieved from:

<https://www.nypl.org/help/about-nypl/legal-notice/internet-safety-tips>

“What safety measures do you as a parent use to keep your child(ren) safe on social media?”

“I have my child’s passwords and check the account, as well as text messages, often.”

- Mother of 2

“I only let my son watch Peppa Pig, but he’s only 2...”

- Father of 1

“We limit the overall time our 10-year-old son has on electronics in general. He is allowed 2 hours per day. He is not allowed to use social media at this time but when he will, we will be sure we use parental monitoring to supervise.”

- Mother of 1

“We talk about the ramifications of what they share and remind them that the internet never forgets. I also follow my daughter’s Instagram and Snapchat.”

-Mother of 2

If interested in expressing your opinion or would like to suggest a topic for our Voices Section, please email Shayla.Wuollet@co.eau-claire.wi.us

What is an Invisible Disability?

Depression and anxiety are *invisible* disabilities. When most people think of *disability* they think of *visible* disabilities, those requiring the use of adaptive or assistive devices. However, *invisible* disabilities, such as depression are also prevalent among teens. Sadly, most teens who suffer from invisible disabilities do not seek help. The conditions persist, but they go underground—perhaps due to the stigma of having a *mental illness*.

It's common for a teenager to feel down. With changing hormones, school cliques, and peer pressure, being a teen isn't always easy. Sometimes it's more than relationship problems or homework that affect a teen's mood. Many teens struggle with depression, and very few seek help. Only 1 in 5 teens with depression get help. Actually, women are twice as likely to have depression and symptoms of depression as men of the same age. This can evolve into larger, more dangerous problems down the line such as criminal actions, further mental health issues, and even suicide. The statistics surrounding teen depressions are staggering but identifying warning signs can give parents tools to communicate with your teenager and find help if they are depressed.

Causes of Teen Depression

Depression in teens can stem from a variety of reasons:

- Academic stress
- Peer pressure
- Romantic problems
- Traumatic events
- Divorcing parents
- Genetic factors
- Family financial struggles
- Physical/emotional neglect

Depression can also cause teens to:

- Create family conflicts
- Have problems at school
- Run away
- Become violent
- Participate in reckless behavior
- Abuse drugs or alcohol
- Develop internet addictions
- Become suicidal

How Does Depression Affect Teen Life?

Depression can lead to other problems as well. 30% of teens suffering from depression may also develop substance abuse problems. 15% of teens suffering with teen depression eventually develop bipolar disorder. Up to 10% of teens have conduct disorder as a result of depression. Conduct disorder is a range of antisocial behaviors towards others. 6%-10% of boys have conduct disorder. 2%-9% of girls have conduct disorder.

Conduct disorder can lead to:

- Aggression with people and animals
- Destruction of property
- Deceitfulness or theft
- Serious violations of rules



If Left Untreated, Depression Can Evolve into Other Serious Conditions

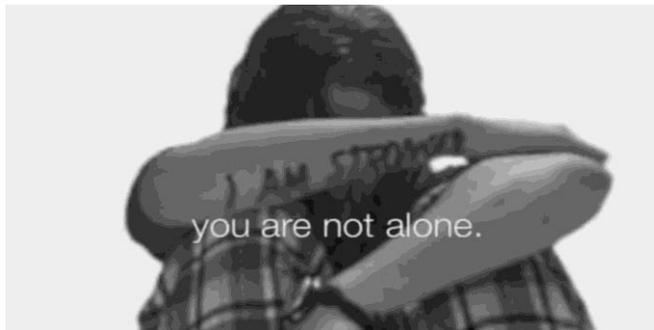
Ignoring this *invisible disability* can be dangerous. Unfortunately, 80 percent of teens don't seek help for their depression. Many are not even aware of what depression and/or anxiety is. Depression can turn into a more serious condition for your teenager, if not treated.

Teenage Depression and Suicide

Suicide is the third leading cause of death among young people ages 15-24. The rate of suicide in America has tripled over the last 60 years. About 19% of young people contemplate or attempt suicide each year. 14%-24% of young adults have self-injured at least once. More teens die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease combined. 5,400 estimated suicide attempts are made each day by teens in the United States. Four out of 5 teens who attempt suicide have given clear warning signs as to their intentions.

Signs of Teen Depression - Common warning signs of depression are as follows:

- Sadness that lasts most of the day
- Crankiness and irritability
- Inability to have fun doing things that used to be fun
- Acting younger than their age
- Feeling tired all the time
- Trouble sleeping through the night
- Changes in appetite
- Drop in grades
- Lack of empathy
- Lack of motivation
- Low self-esteem



Tips for Talking with Teens

Communicate with your teenager to understand what is going on in their life. Let them know you are there for them no matter what. It's okay if you need some guidance talking to your teen. After all, teenagers don't come with instructions.

Options for Help

Only 1 in 5 depressed teens receive help. However, there are many options available for teens facing mental health issues.

Outpatient counseling

Outpatient therapists use a blend of therapeutic styles and approaches to address a variety of personal and family concerns. Outpatient therapy is for girls, boys, parents, couples, individuals.

Residential treatment

A group home may provide a family living structure, treatment, and therapy for youth struggling with behavioral issues and disorders. Residential treatment has been very successful for individuals battling depression. 80% of adolescents with depression improve during residential treatment. 72%-97% of parents reported a reduction in internalizing problems from admission to discharge after residential treatment.

Adventure camp

An adventure camp is an adventure-based therapy program for the purpose of therapeutic intervention. Youth enjoy canoeing, camping, cooking, hiking, fishing, and journaling.

Cognitive behavior therapy

Cognitive behavior therapy helps teens identify distressing thoughts and corrects negative ways of thinking.

24/7 National Hotlines

Teen Dating Abuse Hotline:

(Speak with Peer Advocates about dating, relationships and abuse.)

(866)331-9474

Ntl. Sexual Assault Hotline:

(Get help and referrals from advocates)

(800)656-4673

Trever Lifeline:

(Crisis Intervention & suicide prevention for LGBTQ Youth)

(866)488-7386

Ntl Suicide Prevention Lifeline:

(Free confidential support for people distress and crisis)

(800)273-8255

Constantly Evolving Technology

What is...

Assistive Technology

- Devices to help individuals



Adaptive Technology

- Devices specifically designed for people with disabilities



Knowledge Can Be Powerful



Maybe you saw the “We All Win” Microsoft Super Bowl commercial that featured a boy with physical disabilities playing video games with the help of Xbox’s adaptive controller. It also included other children with differing abilities who explained how this controller lets them play video games, just like their friends. One boy exclaimed “No matter how your body is, or how fast you are, you can play.” The controller featured can be operated with the hands, feet, head or even mouth, making it accessible to children of all abilities. If you haven’t seen the commercial, check it out, it may bring a smile to your face or even tears to your eyes. It’s also inspiring, not only to kids with differing abilities, but to the parents of those children - parents who want their children to be included and to be able to do the typical things that other children are doing, like playing video games.

Over the years, Microsoft has featured other adaptive technology products in their Super Bowl ads, including a tablet with eye tracking technology used for communication, and technology that enabled a boy with prostheses to play sports. Other manufacturers have produced technology products too, that can help kids be who they want to be and be with who they want to be with.

Adaptive technology vs. Assistive technology – do you know the difference? If not, you should, because it can make it easier to support your child by being able to locate items that may allow them greater accessibility and accomplishment.

You may see the terms adaptive technology and assistive technology used interchangeably, but they are different. Adaptive technology includes items that are designed specifically for people with disabilities and would infrequently be used by someone without a disability – this includes items such as a power wheel chair, conversion van, cane, artificial limb, communication device or book, sip and puff device, switch, writing tool, eating utensil or adaptive clothing. Assistive technology is “any item, piece of equipment, or product system, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities” so this includes products that are made for everyone, but that provide accessible qualities for people with differing abilities – this includes items such as an iPad with touch screen and voice to text, a self-driving vehicle, tech device mounts, smart phone apps, clothing and shoes with zippers or Velcro, and graphic organizers. These products can be low or high tech and can cost anywhere from a few dollars to thousands of dollars.

You may wonder if it’s important to know the difference between adaptive technology and assistive technology? As a parent, you may have medical specialists, “experts”, who are involved with your child and who you rely on for recommendations for adaptive technology products that may help your child but remember that you are an expert too about your child. You know your child best – what they want to accomplish, what their hopes and dreams are and what brings them joy. Using this knowledge, you can be on the look-out for products that have assistive properties. Products that will enable them to do the things they love alongside their friends. Keep your eyes and mind open, because you never know where you’ll find those items - it may be a medical store, a therapy catalog or even a retail or dollar store and it may cost a few dollars or thousands. No matter where you find it or what it costs, it might be just the thing that helps your child. Let your child help too, they may be able to spot products or gadgets that can help them accomplish tasks, be included and best of all, help them achieve their hopes and dreams and be the best they can be 😊

Bell, Betty. “Microsoft Super Bowl Ad Is A Game Highlight.” Enabling Devices, 6 Feb 2019, enablingdevices.com/blog/microsoft-super-bowl-ad-is-a-game-highlight.

“Assistive Technology Devices: New Products and Information.” Disabled World Towards Tomorrow, 4 April 2019, disabled-world.com/assistivedevices.

Apps, Apps and More Apps

About a month ago, my teenaged niece rolled her eyes and half-laughed at me while she said to me, “No one uses Facebook anymore!” And the truth is, even Facebook admits that it’s become difficult to keep younger users excited about its platform. So where is my niece, her friends, and your children, students, or clients going on their phones and tablets? There are texting apps, phone and video-sharing apps and sites, microblogging apps and sites, live stream video apps, and self-destructing or secret apps. Not to mention chatting, meeting, and dating apps and sites. Below, are some of the most popular—and also some of the less-known—apps that kiddos might be tapping into.

- **GroupMe** allows users to send photos, videos, and calendar links. Marketed for older teens, the emojis and GIFs have some adult themes, like drinking and sex. There are no fees and no limits, so users can share, share, share.
- **Kik Messenger** lets kiddos text for free. It’s fast, doesn’t have any message limits, and because it’s an app, the text messages won’t show up on your kiddo’s phone messaging service. Stranger danger is probably the biggest concern because it allows users to chat with anyone.
- **WhatsApp** lets folks send text messages, audio messages, videos and photos to one or more people. The app is designed for teens 16 and older, but a lot of younger teens are using the app as well.
- **Instagram** lets users snap, edit, and share photos and short (15 second) videos with a private group of followers or with anyone.
- **Tik Tok** – Real Short Videos is a performance and video-sharing site that features people lip-synching to famous songs. It also includes some original song writing. Some of the songs and videos can contain some iffy content. Specifically, sexual content can be common.
- **Tumblr** is a cross between blogging and twitter. It’s a scrapbook of texts, photos, videos or audio clips. Users can create and follow short blogs or “tumblogs” that can be seen by anyone if they’re made public. Pornography, depictions of violence, self-harm, drug use, and offensive language are easy to find. And, while privacy can be guarded, members who want privacy need to create a second profile which they’re able to password protect. Posts are often copied and shared.
- **Snapchat** lets folks send photos and videos that expire, almost as if the content disappears. The thing is, the content doesn’t completely disappear because it can be captured on screenshots. Some folks may post some risky or inappropriate content with an assumption that the content will disappear.

Match the following Social Media App Icons



BitLife

BIGO Live

Discord

If you would like to submit any content or no longer like to receive newsletters from CWC

Please contact Shayla Wuollet at 715-839-7288 or Shayla.wuollet@co.eau-claire.wi.us



You can make a difference...

Each of our Miracle League players is paired up with a volunteer buddy for the eight-week summer baseball season to create friendships, as well as provide support and safety on the field.

Miracle League games are played on Monday or Wednesday evenings each week from June 11- August 7 at our all accessible *Miracle League Field* at Jeffers Park, Eau Claire.

Go to www.chippewavalleymiracleleague.com to register to be a volunteer for the 2019 season.

Check Facebook (The Miracle League of the Chippewa Valley) for the latest information and photos from past seasons.

Please consider being one of our valued...

"Angels In The Outfield"



For more information, contact: Amy Standiford, Miracle League Commissioner at 715-271-8667 or astandiford@goodwillincwv.org

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