

To guide you through the process....



A HANDBOOK FOR CAREGIVERS

TURNING POINT CHILD ADVOCACY CENTER

139 South Cherry St.
Galesburg, IL 61401

309-344-8416
www.turningpointcac.org

CONTACTS

Turning Point Child Advocacy Center..... 309-344-8416
Email: jmann@turningpointcac.org

DEPARTMENT OF CHILDREN AND FAMILY SERVICES

Galesburg Field Office..... 309-342-3154

STATE ATTORNEY'S OFFICES

Henderson County State Attorney's Office 309-867-4871

Knox County State Attorney's Office 309-345-3880

Warren County State Attorney's Office 309-734-8476

LAW ENFORCEMENT

Abingdon Police Department 309-462-2091

Galesburg Police Department..... 309-343-9151

Henderson County Sheriff's Office..... 309-867-2318

Knox County Sheriff's Office 309-343-9151

Monmouth Police Department 309-734-8383

Warren County Sheriff's Office 309-734-8506

OTHER CONTACT NUMBERS

Illinois Child Abuse Hotline 800-25-ABUSE

To report child abuse 24/7 800-252-2873

Victim Services 309-837-5555

For sexual assault/ sexual abuse/ domestic violence services

Safe Harbor 309-343-SAFE(7233)

For domestic violence services in Knox County only

National Suicide Prevention Lifeline 800-273-8255

WELCOME TO THE



Turning Point Child Advocacy Center

Your child is at the Turning Point Child Advocacy Center, because of concerns about possible abuse or witness to a crime. You may notice in this handbook that the Turning Point Child Advocacy Center is often referred to as the CAC. This is done to respect the privacy of you and your child such that others will not know of your affiliation with the center unless you choose to share that information.

Our goals are to:

- Do the best job possible in finding out what happened
- Work with the child protective and legal systems to help the child
- Help you understand the child protective and legal systems
- Help make the process as comfortable as possible for you and your child(ren)
- Help your children and family begin to heal

We hope this handbook will help you understand more about child sexual abuse. We also hope it will help you understand the system we use to respond to a report of abuse.

Please call us at the CAC (309-344-8416) if you have questions.

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WHAT IS TRAUMA?

Trauma can be any event that, when witnessed or experienced by a child or adolescent, is extremely distressing to them. These events are often in situations where the children feared for their safety or their lives or the safety and lives of others. There are many different kinds of trauma including:

- Physical abuse
- Sexual abuse
- Exposure to violence
- Loss of a significant loved one
- Natural disaster
- House fire
- Car accident

WHAT ARE SOME REACTIONS TO TRAUMA?

Each person can react in different ways to a traumatic event based on many things, such as age when the trauma occurred, the severity of the trauma, and the amount of time that has passed since the trauma. Some possible symptoms/effects include:

- Difficulty sleeping or nightmares and/or not wanting to sleep alone
- Difficulty not thinking about the event
- Increased fear in both safe and risky situations
- Feelings of shame or guilt
- Difficulty concentrating
- Difficulty staying still
- Thoughts about death or dying
- Low self-esteem
- Mood swings/ depression
- Drop in grades/performance at school
- Irritability and problems with anger control
- Efforts to avoid talking about the event or doing things that remind the child about the event

Trauma symptoms may become worse before getting better during an investigation or when the child starts therapy.

WHAT IS PHYSICAL ABUSE?

Child physical abuse is any physical force or action that results in, or may result in, a non-accidental injury of a child. Physical abuse is usually connected to physical punishment or is confused with child discipline. Although an injury resulting from physical abuse is not accidental, the parent or caregiver may not have intended to hurt the child. Physical abuse may involve a single episode or repeated episodes of abuse resulting in bruises, cuts, welts, burns, fractures, internal injuries, or in the most extreme cases, death. The injury may have resulted from severe discipline, including injurious spanking or physical punishment that is inappropriate to the child's age or condition. Generally, physical abuse results from the following:

- Punching
- Kicking
- Shaking
- Stabbing
- Hitting with hand or object
- Poisoning
- Being held under water
- Beating
- Biting
- Throwing
- Choking
- Burning
- Suffocating

Physical abuse that involves external injuries may be more easily detected than other forms of abuse. Some signs of physical abuse may include unexplained injuries, repeated injuries, cigarette burns, burns with a “doughnut” shape on the buttocks, friction burns, unexplained fractures, and changes in child behavior, such as by becoming hyperactive, disruptive, aggressive, complacent, compliant, shy, withdrawn, or uncommunicative. A child may also wear clothing, such as long-sleeves, to purposely hide the injury.

WHAT IS SEXUAL ABUSE?

Sexual abuse occurs when a person forces a child to have any form of sexual contact or makes a child perform sexual acts. Sexual abuse may involve touching private parts (clothed or unclothed), penetration using an object or body part, forced sexual acts between children, or making the child view, read, or participate in pornography. These acts are abuse even when offenders say they were gentle and did not hurt the child.



Sexual abuse can include molestation and exploitation. Sexual molestation does not always mean sexual intercourse.

Sometimes older children abuse younger or smaller children. Sexual acts between children become abuse or molestation when one child uses coercion, force, or violence to get the other child to do the acts. These acts should be reported and children with sexual behavior problems should be referred to social service agencies so they can receive help.

Sexual abuse is often overwhelming to children, especially when an adult is involved. Most children are taught to trust adults. They tend to believe what adults tell them is true rather than rely on their own feelings. This works against them in two ways. If the abuser tells the child that what is being done is okay, the child may doubt his or her own feelings that the abuse is inappropriate. Likewise, if a caregiver's initial reaction to the child's abuse report is "This can't be true!" the child may wonder if his or her own feelings are wrong. Children almost never tell about abuse "to create problems." Most often, they fear that telling will make people angry at them. It is extremely difficult for children to report abuse.

Reference: [When Your Child Has Been Molested](#) by Kathryn B. Hagan

HOW CAREGIVERS SOMETIMES FEEL WHEN ABUSE HAS BEEN REPORTED

When abuse is reported, parents or caregivers sometimes feel as if they are on a roller coaster of emotions. This is normal. The report can affect your life in many ways, and it takes time to adjust. The following are some common thoughts and feelings of caregivers. You may feel one or more of these, or you may move from one to another.

1. **Denial.** Your first reaction may be not to believe or accept the possibility that abuse really happened. Or you may believe it happened but that no real harm was done. Caregivers often experience denial because it is too overwhelming to accept that the abuse really occurred and that there will be after-effects. For some people, it takes time to overcome denial and face the realities of abuse.
2. **Anger.** At times, you may feel angry at yourself for not protecting the child. You may feel angry at the perpetrator for what s/he did. You may even feel angry at the child. Be honest about your feelings and share them with a trusted person or group.
3. **Helplessness.** You may not know what to expect and feel, or you may feel that things are out of your control. Some parents may fear that their children will be taken away. Your Family Advocate and Child Protective Services Investigator can help you to stay informed of how your child's case proceeds through the system.
4. **Lack of assertiveness.** You may feel invisible and think there is nothing you can do to help the situation get better. We will help you learn what you can do to be an advocate for your child and yourself.
5. **Shock, numbness, repulsion.** You may have memories of being abused as a child, which may lead to shock, numbness, and repulsion for the new situation you find yourself in. If so, you may need to seek therapy for yourself to recover from the abuse.
6. **Guilt, self-blame.** You may feel it is all your fault. The offender is responsible for the abuse, not you. The best thing you can do now is support your child and learn all you can about how to make things better. Reading this handbook is a good first step.
7. **Hurt and betrayal.** It is normal to feel hurt from the loss of your child's innocence. You also may have lost a spouse or partner if that person was the offender. You may even have lost friends. It is very important to take time to grieve for these losses.
8. **Concern about money.** You may be worried about finances because of lost income. A Family Advocate or Department of Children's Services Social Worker can work with you to help you get on your feet.
9. **Fear of violence.** In homes where violence is common, you may fear the offender will try to harm you or your children. If so, call the Domestic Violence helpline at 800-799-7233. Or talk to your family Advocate about local resources.

THE GROOMING PROCESS: STEPS THE ABUSER TAKES TO SET UP CHILDREN

Some caregivers wonder how it is possible for their children to be abused. Offenders use many tactics to gain access to children. These include:

1. Seeking out an approachable child: Abusers usually target children who are easy to get to (relatives, friends, and neighbors). They may also seek children who have emotional needs for friendship and attention.
2. Establishing a relationship with the child: Abusers often seek ways to build trust and friendship with children. They may spend time playing with them, volunteering for childcare duty, becoming their “buddy,” or buying them candy or presents.
3. Breaking down the child’s resistance to touch: Abusers may find ways to touch children a lot. As a result, the children are often confused when the touch becomes sexual. The abusers may play games with a lot of physical contact or engage in wrestling or tickling children to sneak sexual touches.
4. Finding ways to isolate a child: Abusers find excuses to be alone with children so they can molest them. For example, they may babysit, invite them to sleep over, or take them camping.
5. Blaming the child and keeping the secret: Abusers try to make the children feel responsible so they won’t tell. They use statements like these:

“You know you like the way I touch you.”

“If you tell, people will think you are bad.”

“If you tell our ‘special secret,’ I will go to jail.”

“If you tell your mother, she won’t love you anymore.”

“If you tell, you will be taken away from your family.”

Abusers may threaten to harm or kill family members or themselves if the child tells.

SIGNS SOMETIMES SHOWN BY ABUSED CHILDREN

Children may have some of the following symptoms as a result of abuse:

Crying or Nausea/upset stomach

- Drug/Alcohol use
- Changes in sleep patterns
- Withdrawal from others
- Clinging to parents
- Change in school performance
- Sexually inappropriate behavior

- Lying
- Change in appetite
- Nightmares
- Anger and mood changes
- Avoidance of school/friends
- Aggressiveness
- Rebelliousness
- Fears and phobias
- Attention-seeking

The CAC and other community agencies offer services to help your child overcome the effects of trauma. Children react differently depending on age, extent of abuse, support from others, and their relationship with the offender.



The single most important factor affecting the child's recovery is the level of support from the caregiver. It is this simple. If you do everything you can to support your child, the chances of recovery are much greater. If you feel torn between loyalty to your child and loyalty to the offender, the CAC has services available to help you.

HOW TO ACT TOWARD YOUR CHILD

Provide safety, love, and support. Let them know it is okay to cry or to be mad. Make sure your child understands it is not his or her fault. Don't coach or pressure your child to talk about things, but be available to listen if they do want to talk.

SOME THINGS YOU CAN SAY THAT WILL REALLY HELP YOUR CHILD:

- I believe you.
- It's not your fault.
- I'm glad I know about it.
- I'm sorry this happened to you.
- I will take care of you.
- I'm not sure what will happen next, but we will work on it together.
- Nothing about YOU made this happen. It has happened to other children too.
- You don't need to take care of me.
- I am upset, but not with you.
- I'm angry at the person who did this.
- I'm sad. You may see me cry. That's all right. I will be able to take care of you. I'm not mad at you.
- I don't know why the person did it. S/he has a problem.
- You can still love someone but hate what they did to you.



SOME THINGS YOU CAN DO:

- Return to a normal routine as soon as possible.
- See that your child receives therapy as soon as possible. Trying to sweep the problem under the rug usually causes more problems because it will not go away.
- Find help for yourself. You don't have to do it all on your own. Contact the CAC for assistance.
- Teach your child the rules of personal safety. Tell them what to do if someone tries to touch them in an uncomfortable way.
- Be careful not to question your child about the abuse. If you do, you can jeopardize the case in court against your child's abuser. Specially trained professionals at the CAC will interview your child to obtain the necessary information without harming the case or causing further trauma. If your child wants to talk about it, listen supportively, but do not probe.
- Keep your child away from the person suspected of the abuse. This is to protect you, that person, and your child.
- Avoid discussing the case with other victims or their families.
- When talking with other adults about the case or sharing feelings about it, the abuser, or others involved, do so out of earshot of your child.
- Never coach your child on how to act or what to say to professionals or investigators. This could seriously damage the case.
- Avoid the suspect.
- Your child may need an extra sense of physical security. Stay close, and assure your child that you will keep him/her safe.
- Remember to give attention to your other children; they may also be affected by what has happened.

THE INVESTIGATION

The following are the basic steps to an investigation of child sexual abuse.

1. Someone reports suspicion of abuse to authorities in either law enforcement or the Department of Children and Family Services.
2. An interview with the child is conducted by a trained Forensic Interviewer at the CAC.
3. A Family Advocate is assigned to the case.
4. Medical exams are conducted if necessary.
5. Law Enforcement and/or DCFS will continue the investigation, which will include an interview with the alleged offender, if possible.
6. A team of professionals will meet to discuss the case and decide how to manage it. The team consists of medical professionals, prosecutors, law enforcement officers, DCFS Investigators, the staff at the CAC, and mental health professionals.
7. The case may be referred to the State Attorney's office or some other plan may be made for managing the case.

YOUR TEAM OF PROFESSIONALS

At the Turning Point CAC, we are fortunate to have a highly trained team of professionals that meet to respond to child abuse reports. The roles of the team members are described below.

The State Attorney/Prosecutor: The prosecutor leads the legal team which decides whether charges will be filed. Consideration is given to many factors which will affect the likelihood of success in court. Some of the factors considered are age and maturity of the child, the child's ability to testify, whether or not the suspect has admitted to the allegations, the presence of medical and/or other evidence, and whether or not there are other witnesses.

The Victim Witness Coordinator: The Victim Service Coordinator is a professional in the State Attorney's office who coordinates the court preparation, helps victims and their families understand the legal process, and provides other valuable services to victims and their families.

The Law Enforcement Officer: The Police Department and Sheriff's Office have detectives on the team. They interview children, non-offending caregivers, suspects, and other witnesses, and they gather evidence from the scene of the alleged event.

The Child Protection Investigator (CPI): The role of the Department of Children Services is to help protect your child. DCFS investigators conduct interviews and develop safety plans. They may refer you and/or your child to counseling.



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YOUR TEAM OF PROFESSIONALS, CONTINUED...

The Child Forensic Interviewer: The CFI is a trained professional who is responsible for providing legally defensible forensic interviews of children and adolescents when there are suspicions of abuse or when the child has been a witness to violence or abuse against another person. The CFI will meet with your child so that your child can provide a statement about what happened.



The Medical Professionals: provides medical evaluations for children when there are concerns about child abuse. An exam may be requested by DCFS, law enforcement, CAC's, and physicians. The medical evaluation takes place in child friendly facilities and is not invasive or painful. Medical exams are done to see if your child has an injury, infection, or other physical problem. Most children

who are victims of sexual abuse have no physical injuries to their bodies. This doesn't mean that no sexual abuse has occurred. However, if there are signs of injury or infection, these can be documented and treated. The exams can help reassure children and teenagers that their bodies are healthy.

The Therapist: Mental health therapists on the team help the child and family with the healing process and to build resilience. Additionally, the therapists provide research-based counseling services to increase coping skills and self-esteem.

The CAC Family Advocate: The Family Advocate is a trained professional who helps the caregiver when abuse is reported. The Family Advocate helps the caregiver connect with services in the community and provides education and emotional support as the caregiver protects the child in the aftermath of the abuse report. The Family Advocate can also help the child and family prepare for court and support them during the legal process.

VICTIM RIGHTS



The following rights are stated in the Illinois Crime Victims' Bill of Rights:

1. The right to be treated with fairness and respect for their dignity and privacy and to be free from harassment, intimidation, and abuse throughout the criminal justice process.
2. The right to notice and to a hearing before a court ruling on a request for access to any of the victim's records, information, or communications which are privileged or confidential by law.
3. The right to timely notification of all court proceedings.
4. The right to communicate with the prosecution.
5. The right to be heard at any post-arraignment court proceeding in which a right of the victim is at issue and any court proceeding involving a post-arraignment release decision, plea, or sentencing.
6. The right to be notified of the conviction, the sentence, the imprisonment, and the release of the accused.
7. The right to timely disposition of the case following the arrest of the accused.

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VICTIM RIGHTS

8. The right to be reasonably protected from the accused throughout the criminal justice process.
9. The right to have safety of the victim and the victim's family considered in denying or fixing the amount of bail, determining whether to release the defendant, and setting conditions of release after arrest and conviction.
10. The right to be present at the trial and all other court proceedings on the same basis as the accused, unless the victim is to testify and the court determines that the victim's testimony would be materially affected if the victim hears other testimony at the trial.
11. The right to have present at all court proceedings, subject to the rules of evidence, an advocate and other support person of the victim's choice.
12. The right to restitution.



THE INTERVIEW PROCESS

When a child discloses that abuse has occurred or abuse is witnessed or suspected, your child will be interviewed at the CAC. You will be asked to wait in the family waiting area while your child is being interviewed. Being left out of some of the proceedings can make you feel as if you are not very important to the process or to your child. Please be assured that you are very important. In fact, you may be the key to understanding what has happened. However, caregivers are not present during the interview to make sure that the child's testimony is unbiased and will stand up in court.

The Forensic Interviewer will take the time to make sure your child is comfortable without you. This means letting your child see you with the interviewer and making sure that your child knows where you will be during the interview. It should be made clear to the child that you are available if necessary.

At the end of the interview, the Child Protection investigator and/or law enforcement will inform you about what will happen next. In some instances, a medical examination will be recommended. The team will meet to develop a plan, and an Family Advocate or the Child Protection investigator will contact you at a later date with more detailed information.



THE LEGAL SYSTEM

It is very difficult to predict what will happen for you and your child after the report has been made and the case is in the legal system. Sometimes the chance to speak up about what happened can be a relief for the child, whether or not the abuser is convicted. Many children are relieved to think that someone more powerful will help protect them and tell the offender that s/he was wrong. For other children, however, the events following the report can be upsetting. ***It is important that your child knows that the consequences of disclosing abuse are not his/her fault or responsibility.***

The legal process often moves at its own pace, different from your child's need to heal. Emotional wounds may be reopened by the various proceedings, which take place over a period of one to two years, sometimes longer. The court date may be delayed repeatedly. It is best to try to remember that people are working to gain the best outcome for you and your child.



You can make the process easier for your child by working with the authorities. The legal system may be able to protect your child from future unsupervised contact with the offender. Working through the legal system is also a way to keep other children safe. To help guide you through

the legal process, you will have a Victim Witness Coordinator (VWC) from the State Attorney's Office. This person will help you through this difficult period and will be available to answer questions, explain the types of victim assistance and services for which you may be eligible, and generally help you through this difficult period. Also, the VWC will serve as your direct liaison to the State Attorney's office and the particular attorney assigned to prosecute your case. Once the investigation in your case is completed and your case is received in the State Attorney's office for prosecution, you will be notified by letter of who your Victim Witness Coordinator is. Please contact your VWC as soon as possible for assistance throughout the entire process.

WHAT TO EXPECT FROM COUNSELING SERVICES

WHAT IS THERAPY?

Therapy is a unique opportunity for a child to meet with a trained professional who is willing and able to work together to establish goals for treatment and a pathway toward achieving those goals. For children who are coming to therapy with a history of abuse, this process also uses research-based treatment proven effective in helping children with the trauma.

HOW WILL COUNSELING HELP MY CHILD?

The counseling relationship is a safe place for your child to label and express feelings and thoughts related to the abuse, such as anger, fear, and sadness. Your child will also be assisted in re-establishing the personal boundaries and sense of self-worth taken away by the abuser. Your child will learn that the abuse was not his/her fault.

HOW LONG WILL MY CHILD NEED TO COME TO COUNSELING?

Length of time in counseling could be short-term, 8-12 weeks. Your child's counselor will help your child set goals to be reached in therapy. Your child may need to seek counseling in the future at major life milestones such as when leaving home, getting married, or having a child.

HOW DO I REQUEST COUNSELING FOR MY CHILD?

You can request for a referral to be made for your child through any of the professionals dealing with your child's case. If your child may be best served by therapeutic services offered by the CAC, arrangements will be made with you to schedule an intake session. If services may be best offered by another therapeutic center, arrangements will be made with you to receive contact information for that center. The CAC may be reached at 309-344-8416.



WHAT TO SAY TO OTHERS

One challenge your family will face will be what to say to others about the abuse. Your child may feel embarrassed and/or responsible. If there is no publicity or public awareness, you can decide whom you will tell. Let your child know with which relatives or friends you will be discussing the abuse, and let your child have some choice about who is told.

Sometimes an extended family member is the first person to learn of the abuse. You may feel hurt that someone knew before you. However, understand that your child may have been trying to protect your feelings by telling someone else. Your child may have felt that person could tell you in a less upsetting way than s/he could.

If you are especially close to your family, you will probably want to talk with them about your child's abuse and how it has affected the family. It is important to keep in mind how these relatives usually react to stressful situations. Their reactions may include hysteria, horror, distress, concern, embarrassment, disgust, disinterest, or unnecessary questioning for intimate details. If you know they will react in a negative way, you may not want to share the information with them unless it becomes necessary. It is important to maintain your child's sense of privacy, self-control, and dignity. On the other hand, be careful not to make it seem like a "dirty secret", as this could cause more shame in your child.

Reference: When Your Child Has Been Molested, by Kathryn B. Hagans & Joyce Case

COMMENTS YOU CAN EXPECT FROM OTHERS ABOUT THE ABUSE

“What exactly happened to your child?”

“Are you sure your child didn’t make it up?”

“Why didn’t you know it was happening?”

“If it were my child, I’d just move away.”

“Your poor child must be feeling really guilty.”

Remember, you do not owe anyone an explanation. It may be easier to just nod as an acknowledgement of what someone says. However, some acceptable responses include:

“I’d rather not talk about it.”

“It’s been a very difficult time for all of us.”

“I appreciate your concern.”

“I would prefer to respect my child’s privacy.”

Keep in mind that most people have very little knowledge about sexual abuse. For example, in response to the comment about your child feeling guilty, you could say that children always feel unnecessary guilt in these cases until they are assured that they are not responsible in any way for what happened. As a caregiver, you might also be experiencing some guilt, and as a result, you may feel defensive. In that case, a good response is, “Parents do their best, but we’re only human.”

Adults are the people most likely to say something to your child. You may want to tell your child that if someone says, “I’m sorry about what happened to you,” respond with a simple, “Thank you.” Let your child know that s/he does not always have to respond to comments or questions. Your child could say, “My mom and/or dad told me not to talk about it now.”

Reference: When Your Child Has Been Molested, by Kathryn B. Hagans & Joyce Case

CRIME VICTIM COMPENSATION

If you or someone you know may have been a victim of violent crime in Illinois, the Crime Victim Compensation Fund may be a financial resource for you.

The Crime Victim Compensation Act was established by the Illinois General Assembly in 1973 with the primary goal of helping to reduce the financial burden imposed on victims of violent crime and their families. The Illinois Crime Victim Compensation Program can provide eligible victims and their families with up to \$27,000 in financial assistance for expenses accrued as a result of a violent crime.

Victims and claimants who meet eligibility requirements may be reimbursed for medical expenses, loss of wages, funeral expenses, and other unforeseen costs related to the crime. More information about the Crime Victim Compensation Program can be found at:

<https://ag.state.il.us/victims/cvc.html>

APPLY FOR COMPENSATION

1. Complete and submit the application
2. Application will be reviewed
3. Receive phone call from the Illinois Attorney General to conduct interview
4. Eligibility assessed (if eligible then you will receive a letter for requesting proof losses and must submit within 45 days)
5. Illinois Attorney General will verify your losses and submit to Court of Claims
6. Claimant notified (a decision in writing will be mailed to you)

CRIME VICTIM COMPENSATION

ADDITIONAL ELIGIBILITY REQUIREMENTS

- The crime must be reported to authorities within 72 hours (unless there is good cause)
- The crime must have happened in Illinois
- The victim's actions cannot contribute to the crime
- The victim/claimant must fully cooperate with police and efforts to prosecute.
- A claim must be filed within two years of the crime (specific limited exceptions may apply).
- There must be an eligible expense. This program is a fund of last resort, so it does not consider costs that are covered by another source.

ELIGIBLE (COVERED) EXPENSES:

- Medical Bills
- Lost Wages
- Funeral and Burial Expenses
- Moving Expenses
- Mental Health Treatment
- Crime Scene Cleanup

INELIGIBLE (NOT COVERED) EXPENSES:

- Attorney's Fees
- Pain and Suffering
- Stolen, Damaged, or Lost Property
- Any expenses not related to the crime

If you think you may be eligible for compensation through the Crime Victim Compensation Program, you can fill out the application online at:

<https://illinoisattorneygeneral.gov/victims/cvonlineapplication.html>

TAKING CARE OF YOURSELF

You are going through a very difficult time, and may feel pressure from many directions. Although you are trying to take care of a lot of other people, you also need to take care of yourself. Your well-being is very important, so you need to find time to do something just for you and plan to do it regularly. This may be difficult to do, but it is in the best interest of you and your child.

Some suggested activities include the following:

- Take a walk
- Have lunch with a friend
- Go to the movies
- Go out to dinner
- Join an exercise class
- Take a drive
- **And last, but equally important, join a support group.**



YOUR TEAM:

Law Enforcement:

DCFS:

CAC Advocate:

**Victim/Witness Coordinator
(State's Attorney Office):**

NOTES



Turning Point

Child Advocacy Center

www.turningpointcac.org

This handbook was developed by the Child Advocacy Center of McHenry County staff with assistance of the National Children's Advocacy Center. Edited by Turning Point Child Advocacy Center with information specific to our center.



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