

CHILD MALTREATMENT RESOURCE GUIDE

What is child maltreatment?

There are 3 types of child maltreatment:

- *Child physical abuse*--when an adult permits or commits willful acts of punishment or cruelty that cause a child to suffer mental or physical pain. The most commonly seen physical injuries that result are skin injuries (e.g., bruises, burns) and fractures.
- *Child sexual abuse*--any act directed toward a child that includes sexual contact, assault, or exploitation. Two types of child sexual abuse may occur:
 - Physical child sexual abuse includes fondling, rape, incest, sodomy, oral copulation, intercourse, and penetration of genital or anus.
 - Non-physical sexual abuse includes exhibitionism, exposure to pornographic images/videos, telling sexual stories to a child, exposure to adult sexual relations, promoting prostitution of a minor, or interacting with a child in a provocative manner.
- *Child neglect*--negligent treatment or maltreatment that can involve physical neglect—depriving a child of necessary resources for healthy development (e.g., not enough food), or emotional neglect—depriving a child of warmth and nurturance.

What are the prevalence rates of child maltreatment in the US?

- About 9% of the child population experiences maltreatment (USDHHS, 2011)
 - 78.5% were neglected, 17.6 percent were physically abused, and 9.1 percent were sexually abused. (percentages are >100% because child may have experienced more than one type of maltreatment).

Who are the perpetrators of child maltreatment?

- Across all maltreatment, 81.2% of perpetrators were parents acting alone or with someone
 - More likely to be mothers
- Perpetrators of child sexual abuse are more often not the parent (42%) vs. 36% parents (Sedlak et al., 2010).
 - More likely to be males than females (Miller-Perrin & Perrin, 2007)

It's never the child's fault!

Childhood maltreatment occurs because an adult takes advantage of a child. Sometimes survivors of childhood maltreatment feel ashamed and responsible for the abuse. Sometimes family members or friends say the abuse happened because of the behavior of the survivor. But child maltreatment is never the child's fault.

RESOURCES

MSU Services

- Olin Health Center: 355-4510, www.olin.msu.edu
- MSU Counseling Center: 355-8270, www.counseling.msu.edu/
- MSU Psychological Clinic: 355-9564 <http://psychology.msu.edu/Clinic/>
- MSU Sexual Assault Program, 24 hr crisis hotline: 517-372-6666
- MSU Police Department: 1120 Red Cedar Rd., East Lansing, MI 48824
(517) 355-2221, Emergencies: 911, www.police.msu.edu, Valerie O'Brian—handles cases of child maltreatment and sexual assault, 432-5666
- I3 / Title IX Coordinator: 408 W. Circle Drive, Room 101, East Lansing, MI 48824
(517) 353-3922, inclusion@msu.edu, www.inclusion.msu.edu
- ASMSU Legal Services: (517) 355-8266, <http://asmsu.msu.edu/services/>

Greater Lansing Area Services

- Listening Ear: 337-1728 (business line), 337-1717 (24-hour crisis line), www.thelisteningear.net/
- Sparrow Hospital SANE (Sexual Assault Nurse Examiner) Program: 364-3641
- Women's Center of Greater Lansing- sexual assault survivor support groups and family counseling: 372-9163
- Michigan Coalition Against Domestic & Sexual Violence Resource Center Library: NO COUNSELING – just resource library, (517) 347-7000, www.mcadsv.org
- Ingham County Prosecutor's Office, (517) 483-6108; Alex Brace – counseling for children who have experienced sexual abuse, advocate for CAC

Legal Counsel

- Ingham County Prosecutor's Office – information about current cases, court process, Victim/Witness Unit: (517) 483-6108
- Michigan Department of Human Services: Report Abuse & Neglect Hotline
(855) 444-3911

Crime victim organizations

- Office for Victims of Crime (OVC), <http://www.crimevictims.gov/crime.html>
- Michigan Crime Victim Services, <http://www.michigan.gov/mdch/>
- Crime Victim Foundation, <http://www.crimevictimfoundation.org/>
- Crime victim organizations in Michigan: <http://ovc.ncjrs.gov/ResourceByState.aspx?state=mi>

Books (examples; listing does not indicate MSU's endorsement)

- *Victims no longer: The classic guide for men recovering from incest and other sexual abuse* by Mike Lew (2004)
- *The courage to heal: A guide for women survivors of child sexual abuse* (4th edition) by Laura Davis & Ellen Bass (2008)
- *The courage to heal workbook: For women and men survivors of child sexual abuse* by Laura Davis (1990)
- *Beginning to heal: A first book for men and women who were sexually abused as children* by Ellen Bass & Laura Davis (2003)
- *I will survive: The African-American guide to healing from sexual assault and abuse* by Lori Robinson and Julia Boyd (2003)
- *Adult children of abusive parents: A healing program for those who have been physically, sexually, or emotionally abused* by Steven Farmer (1990)
- *Waking the tiger: Healing trauma, the innate capacity to transform overwhelming experiences* by Peter Levine (1997)
- *Toxic parents: Overcoming their hurtful legacy and reclaiming your life* by Susan Forward and Craig Buck (2002)
- *Outgrowing the Pain Together* By Eliana Gil (1998)
- *Broken boys/mending men: Recovery from childhood sexual abuse* by Stephen Grubman-Black (2002)
- *Changing course: healing from loss, abandonment and fear* by Claudia Black (2002)

Websites (examples; listing does not indicate MSU's endorsement)

- Male Survivor: Overcoming sexual victimization of boys and men, <http://www.malesurvivor.org/>
- Rape Abuse Incest National Network (RAINN) website, www.rainn.org
- Free guided imagery for stress, healing, and sleep, <https://members.kaiserpermanente.org/redirects/listen/>
- Be supportive: How to help, <http://www.endrape.msu.edu/sexual-assault/be-supportive>
- 1in6.org for male survivors, <https://1in6.org>
- Child abuse and neglect, http://www.helpguide.org/mental/child_abuse_physical_emotional_sexual_neglect.htm
- Child abuse and neglect FAQ, <http://www.acf.hhs.gov/programs/cb/resource/can-faq1>
- Healing Resources for Adult Issues, <http://www.healingresources.info/>
- Survivors of Incest Anonymous, www.siaawso.org
- American Psychological Association, <http://www.apa.org/topics/sexual-abuse/index.aspx>

Counseling and psychotherapy

Childhood maltreatment can sometimes result in significant psychological distress. Treatment of childhood abuse can help survivors cope with

- depressed mood
- anxiety and panic symptoms
- posttraumatic stress
- flashbacks and nightmares
- sexual functioning
- problems with self-esteem
- problems with relationships and interpersonal trust

MSU students can contact the MSU Counseling Center, which includes staff with specialized training in trauma-related issues: <http://www.counseling.msu.edu>; telephone: (517) 355-8270.

Other resources are also available:

- For help in finding an off-campus therapist: www.goodtherapy.org or www.apa.org
- Remembering childhood trauma: www.istss.org/RememberingChildhoodTrauma.htm
- Survivors talk about trauma: www.istss.org/SurvivorsTalkAboutTrauma/3278.htm
- National Child Traumatic Stress Network: www.nctsn.org

Adult Survivors of Child Maltreatment at MSU

If an adult student reports prior child abuse or neglect, a report is made to the appropriate authorities only when it is believed that a child is currently in danger (e.g., a younger sibling is in the home.) Here is what happens:

- If University faculty or staff receive a report of prior child abuse or neglect from an adult student, the Associate Provost for Undergraduate Education is contacted.
- The Associate Provost confers with campus experts to determine whether, based on the information available, a child is currently in danger.
- If the information available does not indicate that a child is currently in danger, the adult student is provided with appropriate campus resources and no further action is taken.
- If the information available indicates that a child may currently be in danger, the Associate Provost informs the student that a report must be filed with Child Protective Services. The student may choose whether to participate (and in what capacity) in filing the report. The decision to participate is solely at the student's discretion.
- The Associate Provost contacts Child Protective Services and notify the MSU Police Department.
- For more information, see: <http://www.hr.msu.edu/documents/uwidepolproc/UniversityReportingProtocolFAQ.pdf>
- Associate Provost for Undergraduate Education contact information: 353-5380