

Gulf Coast Kid's House

ESCAMBIA COUNTY'S
CHILD ADVOCACY AND
CHILD ABUSE PREVENTION CENTER



LOCATED AT THE MARILYN KAPNER LEVIN CENTER FOR CHILDREN'S ADVOCACY AND CHILD ABUSE PREVENTION
AND THE ALLEN R. LEVIN FAMILY ADVOCACY AND EDUCATION WING

Mission

*To end child abuse and heal families
through collaborative intervention,
family support and prevention
education*



What is GCKH?

Gulf Coast Kid's House is a children's advocacy center serving Escambia County

As a children's advocacy center, we combine all the professionals and resources needed for the intervention, investigation and prosecution of child abuse cases under one child-friendly facility.

Child victims and their families also receive mental health counseling at our center.

We aim to form a more collaborative response to child abuse to improve case outcomes and minimize trauma to the children and families we serve.

Why a Child Advocacy Center is Needed

Prior to GCKH, when a child was abused, there were as many as 7 different agencies that a child needed to go to tell their story

These buildings are designed for adults

They are intimidating & frightening

Stories changed each time a traumatized child had to relive the ordeal and this causes repeat trauma for the child

Many abusers were never prosecuted

Successful prosecution rate was under 20%, taking 2-3 years

Multidisciplinary Approach

As a child advocacy center, we see the most egregious cases of abuse in Escambia County

City and County Law Enforcement -investigation

Department of Children and Families - investigation

Child Protection Team – medical/forensic

Office of the State Attorney – prosecution

Mental Health Therapist - counseling

Lutheran Services Florida – counseling

Family Advocates – support

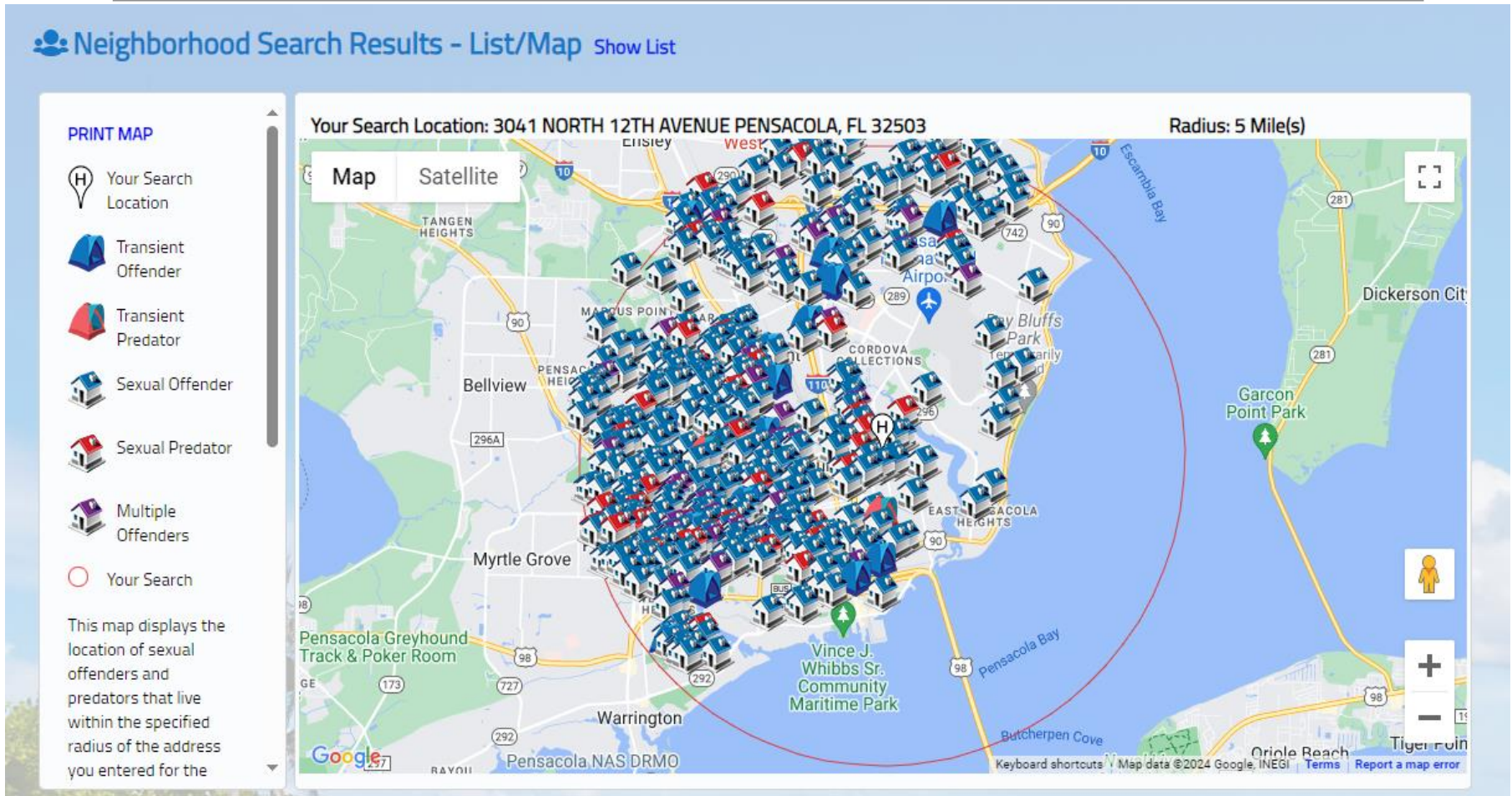
Prevention Coordinators – education and prevention

Why?

- 1 in 3 girls and 1 in 5 boys will suffer sexual abuse before graduating high school
- Child abuse happens in every zip code in the United States
- There are 42 million survivors of child sexual abuse living in the U.S. today
- 1 in 5 children who touch a digital device will be sexually solicited online
- The statistics are staggering...but the solution is clear: 95% of child sexual abuse IS preventable with education and awareness.
This is why I am here today

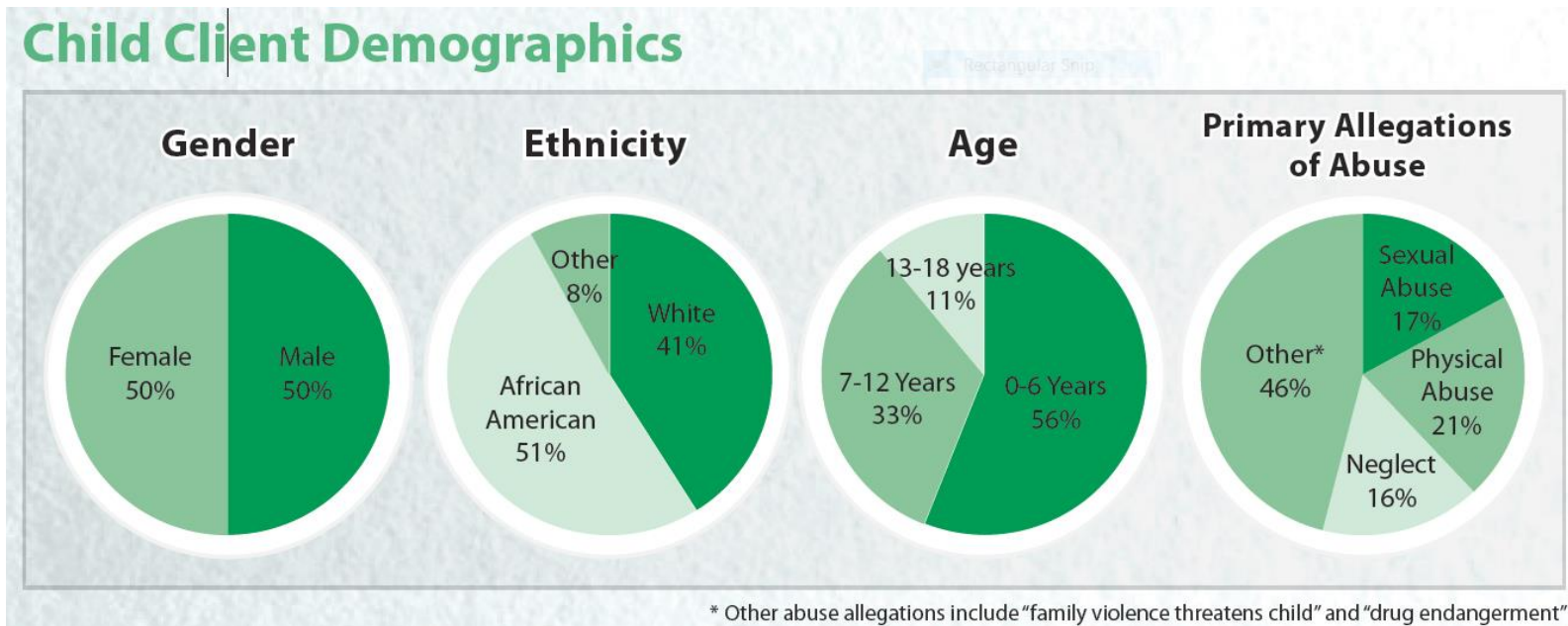
Why?

Within 5 miles of GCKH there are 655 known Sexual Offenders and Predators (Feb 2024)



Child Client Demographics

In cases seen at GCKH, over 97% of the time, a child is abused by a family member or a trusted family friend



By the Numbers

Children's Services Summary February 2024

256 Children Served

Child Protective Investigators - Department of Children & Families

61 New investigations of child sexual abuse, severe physical abuse, or neglect initiated by the seven Department of Children and Families investigators located within Gulf Coast Kid's House

105 Child victims identified in Gulf Coast Kid's House based Dept of Children & Families reports.

Child Protection Team - Gulf Coast Kid's House

50 Children assessed by the Child Protection Team (CPT) based out of GCKH

47 Forensic Medical examinations provided.

Sexual/Physical Abuse Treatment Program - Lutheran Services Florida

180 The number of therapy session attended by children and non-offending caregivers through Lutheran Services Florida

24 Children referred to LSF for treatment in response to sexual/physical abuse.

Demographics of Child Victims

51% Boys **49%** Girls

42% six years or under **34%** 7-12 years old **24%** 13+ years

This is why we need to continue to grow within, educate, investigate, prosecute, and heal our community. Your support is vital to our mission. Thank you.



Gulf Coast
Kids House

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Margot Dutel, LCSW



What is Job Burnout?

- ❖ A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress linked to work
- ❖ Term was coined by American psychologist Hebert Freudenberger in the 1970s to describe the effects of high occupational stress, particularly in “helping” professions
- ❖ Three main symptoms that are considered to be signs of burnout (World Health Organization, 2019):
 1. Feelings of energy depletion or exhaustion
 2. Increased mental distance from one’s job; feelings of negativity/ cynicism related to one’s job
 3. Reduced professional efficacy

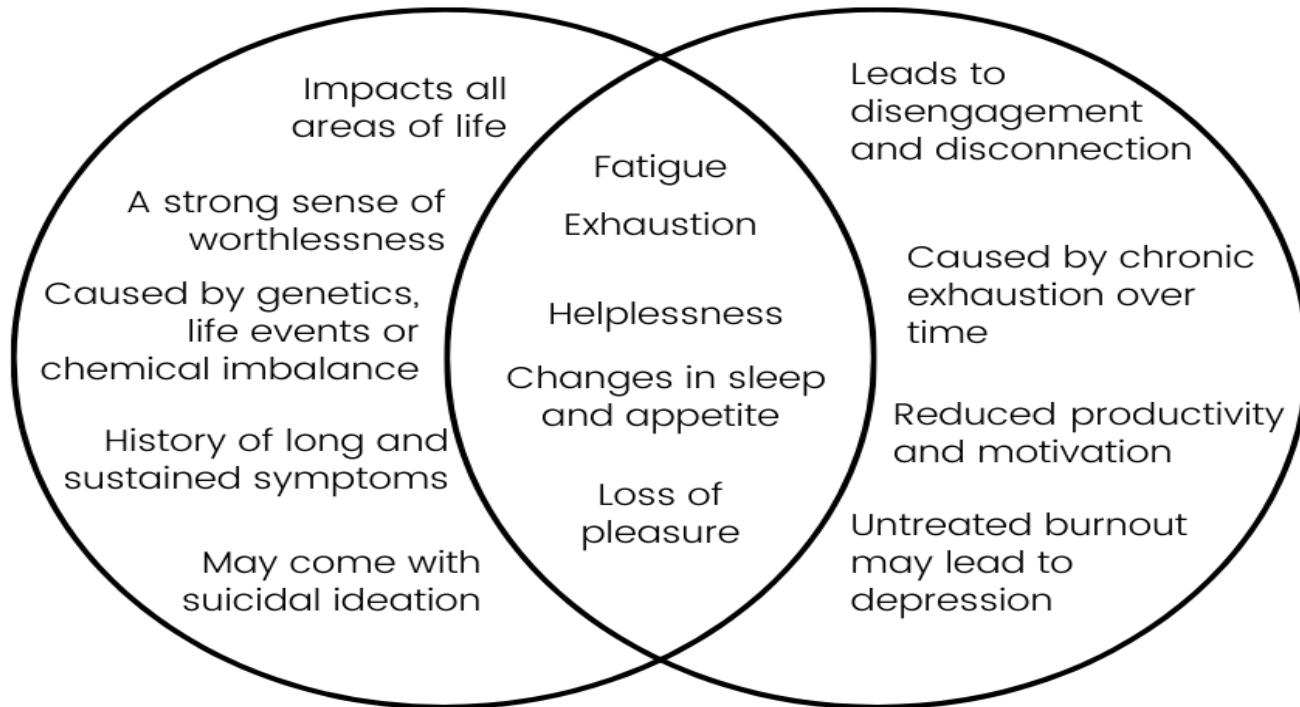
Burnout Statistics

- ❖ American workers saw heightened rates of burnout in both 2020 and 2021. According to APA's 2021 Work and Well-being Survey of 1,501 adult workers:
 - ❖ 79% of employees experienced work-related stress
 - ❖ Nearly 3 in 5 employees reported negative impacts of work-related stress including
 - ❖ lack of interest, motivation, or energy (26%),
 - ❖ lack of effort at work (19%),
 - ❖ cognitive weariness (36%),
 - ❖ emotional exhaustion (32%),
 - ❖ and physical fatigue (44%)
 - ❖ This is a 38% increase since 2019



Burnout vs. Depression

DEPRESSION VS BURNOUT



Why is this important?

Here are a few reasons (Valcour, 2016):

1. Research has also linked burnout to many negative physical and mental health outcomes, including coronary artery disease, hypertension, sleep disturbances, depression, and anxiety, as well as to increased alcohol and drug use.
2. Moreover, burnout has been shown to produce feelings of futility and alienation, undermine the quality of relationships, and diminish long-term career prospects.
3. HR impacts as well as costs to businesses in relation to high turnover rates.

HOW'S YOUR BURNOUT?

Time to Find Out



Burnout Assessment: <https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/compassion-satisfaction-and-fatigue-stamm-2009.pdf>

How can we prevent burnout?

1. Check-in regularly

2. Prioritize self-care

- Where is your time going?
<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/putting-things-into-perspective-where-is-your-time-going.pdf>
- Lifestyle Behaviors Checklist:
<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/lifestyle-behaviors.pdf>

3. Shift your mindset

4. Reduce exposure to job stressors

5. Seek out connections

Bibliography

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<https://www.apa.org/monitor/2022/01/special-burnout-stress>

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