



3833 North Meridian Street  
Indianapolis IN 46208  
pcain.org

# Resource Manual For Chartered Prevention Councils



Never doubt that a small  
group of thoughtful,  
committed citizens can change  
the world; indeed, it is the  
only thing that ever has.

- *Margaret Mead*

UPDATED: October 2023

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## How to Use This Manual

Every Prevention Council has different strengths and needs. This manual is an attempt to address as many of those as possible.

Please take some time to review each section and become familiar with the resources available to you. If you see a section that seems especially helpful to you, make copies of the information and share it with other Council members.

I expect that additional information will become available for inclusion in this manual, making it a living resource rather than something to sit on a shelf. As other information becomes available, I will send it to you.

Please be sure this manual is shared with new Council members as they join your group.

When you have questions or concerns, don't hesitate to contact us. Thank you for your generosity in sharing your time and talents for the cause of prevention.

Gratefully,

Prevent Child Abuse Indiana  
*A Division of The Villages*  
317-775-6439

[www.pcain.org](http://www.pcain.org)  
[www.facebook.com/preventchildabuseindiana](https://www.facebook.com/preventchildabuseindiana)



## What is Prevention?

A comprehensive approach to the prevention of child abuse consists of community programs that are targeted to different populations and reflect phases of the family life cycle. To cope successfully with their roles in the family, both adults and children require certain supports, training, and information.

As a Division of The Villages, **Prevent Child Abuse** Indiana serves as a catalyst for preventing child abuse in all its forms and thereby enhancing the quality of life for children and families in Indiana.

*The **Vision** of **Prevent Child Abuse** Indiana is to live in a state where children flourish, free from abuse and neglect. Therefore, child abuse and neglect should be prevented before the pain has been inflicted.*

*The **Mission** of **Prevent Child Abuse** Indiana is to be the voice in Indiana for preventing child abuse in all its forms.*

**Prevent Child Abuse** Indiana recognizes that child abuse prevention activities must be provided at all three levels of prevention, including:

*Primary Prevention* - Programs and services designed to promote the general welfare of children and families.

*Secondary Prevention* - Services identified and provided to families who are at high risk for abuse.

*Tertiary Prevention* - Services provided after the occurrence of abuse or neglect, designed to prevent the recurrence of abuse.

## **Prevent Child Abuse Indiana's focus is to be a catalyst at the Primary Prevention level**

Many people still ask, "*How does one know if a program is really a prevention program?*" Ron Biendseil, former chairman of the Wisconsin Prevention Network, has developed a series of questions to help determine whether a program or service is a primary prevention, intervention (secondary), or treatment (tertiary) program.

What response best describes the particular program? (choose only one)

**1) Is the program**

- A) Proactively creating conditions that promote the well being of people, or
- B) Reactively promoting change for, or with an individual who has a recognized need, problem or disability?

**2) Is the program open to:**

- A) The general population, or
- B) only to individuals with identified needs, disabilities, or problems?

**3) Which of these terms best describes the recipients of services being provided:**

- A) Participants, or
- B) clients?

**4) Is the program promoted or advertised as being for:**

- A) people who want to increase their involvement, expertise, knowledge, skills or awareness, or
- B) people who are experiencing crisis or looking for help in solving a current problem?

**5) Are people in the program because:**

- A) they want knowledge, skills, expertise that will make them more capable people, or
- B) they are experiencing a crisis or need help in preventing their problems from getting worse?

**6) Is the focus of the program on:**

- A) reducing the incidence of new problems, or
- B) reducing the prevalence of people who already have an identified disorder?

**7) Is the program designed for the most part to:**

- A) keep people healthy and self-sufficient, or
- B) provide support for people who are recovering from a problem or who have completed a treatment program?

**8) Does the program provide services that are:**

- A) basically open transactions available to any interested person, or
- B) basically private transactions between individuals (or families) in which the client's confidentiality is protected?

**9) Is participation in the program:**

- A) voluntary, or
- B) mandated, ordered or required by legal authority?

If the answer to all nine questions is "A", the program is most certainly a prevention program. If the answer to all nine is "B", the program is almost certainly an intervention/treatment program. If the responses are mixed, it is probably some type of "targeted" or secondary prevention program, or a very early intervention program.

## **Practical Ways to Prevent Child Abuse and Neglect**

Raise awareness about child abuse and neglect by:

- Sponsoring a pinwheel campaign to remind the community of the number of children born in the past year
- Writing a letter to your newspaper
- Writing public officials
- Talking to your friends

Support parents by:

- Taking time to listen and share your own parenting experiences
- Sharing your favorite parenting books
- Offering childcare as a gift
- Making a meal for a family
- Sponsoring a “lunch and learn” program for parents at work

Teach parents the “how to” basics of parenting such as:

- Calming a crying baby
- Responding to temper tantrums
- Mediating conflict between siblings
- Setting limits for their teenager
- Asking for help when they don’t know what to do

Teach parents how to manage stress by:

- Eating a balanced diet
- Taking time for themselves
- Counting to twenty when angry
- Taking a walk or other exercise
- Talking with a friend

Help parents make their homes safe by:

- Making sure windows cannot be opened more than 6 inches
- Making sure blinds and drapery cords are tied and out of reach
- Placing all electrical cords out of reach
- Closing all dresser drawers
- Keeping matches, lighters and burning cigarettes out of reach
- Storing plastic and dry cleaning bags out of reach

- Storing all hazardous bathroom, kitchen and cleaning items out of reach
- Keeping all firearms and weapons safely locked with no access to children

Help parents prevent drowning by:

- Never leaving a child alone around any body of water including lakes, pools, bathtubs, and toilets
- Never leaving toys in the water
- Emptying wading pools immediately after use
- Using Coast Guard-approved life jackets and floatation devices
- Enrolling themselves and their child in water safety classes
- Taking CPR and first-aid classes
- Dialing 911 if their child or any child is in distress

Build support for families in your community by:

- Providing family-friendly practices at work
- Providing quality childcare
- Creating a parent support group at your school or place of worship
- Encouraging low cost family activities at your local park or neighborhood center
- Distributing helpful parenting tips to new parents
- Remembering that child abuse and neglect is “our” problem, not “their” problem

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# FACT SHEET

**WHO:** **Prevent Child Abuse** Indiana, Inc. was incorporated as a 501 (C) (3) non-profit Organization in October 1977. In July 2007 **Prevent Child Abuse** Indiana merged with the Villages, Indiana’s largest not-for-profit child and family services agency. Programs and services are offered and provided to individuals and groups throughout the state of Indiana. **Prevent Child Abuse** Indiana is the chartered Indiana chapter for **Prevent Child Abuse** America. The organization also has a network of affiliated, chartered county Councils in Indiana.

**WHERE:** 3833 North Meridian Street  
Indianapolis, Indiana 46208  
(317) 775-6439  
[www.pcaain.org](http://www.pcaain.org)  
[www.facebook.com/preventchildabuseindiana](https://www.facebook.com/preventchildabuseindiana)

**WHY:** **No child should suffer the pains of abuse and neglect – it can be prevented!**

**VISION** To live in a state where children flourish free from abuse and neglect

**MISSION** To be the voice in Indiana for preventing child abuse in all of its forms

**CORE VALUES** Valuing children  
Strengthening families  
Engaging communities

**WHAT:**

**PUBLIC AWARENESS** April Prevention Month Activities, Community Exhibits/Fairs, Media Relations, Shaken Infant Syndrome Education

**INFORMATION and RESOURCES** **1-800-CHILDREN** (1-800-255-4373) toll free line for assistance referral, age - appropriate printed materials and parenting tips, Also [www.pcaain.org](http://www.pcaain.org)

**EDUCATION** Prevention Education Series, Workshops and Institutes, and Community Forums

**COMMUNITY BUILDING** Local, county Councils network, **Prevent Child Abuse** America, Children’s Coalition of Indiana, Healthy Families Indiana, numerous community boards, commissions, and advisory groups

**ADVOCACY** Public education for social and public policies and funding to benefit the well being of Hoosier children and families

## Core Values

### Valuing Children:

- We believe that every child deserves to be cherished and nurtured in a safe and healthy environment.
- We believe that abusing a child in any way is unacceptable.
- We believe societal values must change so that everyone recognizes that abusing a child is unacceptable.
- We work to prevent child abuse and neglect so that all of our children can grow to realize their full potential.

### Strengthening Families:

- We believe that family members and caregivers want to be successful in raising children.
- We believe that we help to strengthen families and prevent child abuse and neglect by providing families with the information, education, and support they need and want.

### Engaging Communities:

- We believe that the prevention of child abuse and neglect occurs most effectively at the local level, in safe, healthy, and nurturing communities.
- We believe that by giving communities access to the support, education, and tools they need to care for and nurture their children, we can prevent child abuse and neglect.



## Guiding Principles

### **Leadership:**

- We will strive to provide the leadership necessary to advance our mission to prevent child abuse and neglect.
- We will seek board members, employees, partners, and volunteers who are willing and capable to assume the responsibilities of leadership.

### **Collaboration:**

- We will seek and create opportunities for collaboration and shared leadership with individuals and organizations that share our vision, mission, and core values.

### **Integrity:**

- All of our actions will be guided by adherence to an uncompromising standard of conduct, in accordance with standards set forth by the Board Source as the “best practices” for nonprofit organizations.

### **Diversity and Respect:**

- We embrace inclusiveness in all aspects of our organization from the people with whom we work, collaborate and serve, to the ideas and solutions we develop and implement in support of our mission.
- We will strive to ensure cultural sensitivity and competency throughout our materials and activities.

### **Research-based:**

- We are committed to – and our work, programs and services will be grounded in – continuous and rigorous research and evaluation.



## Prevention Education Programs for Professionals, Adolescents and Caregivers

### CHILD ABUSE 101: Indicators of Abuse and Neglect

This presentation defines and discusses:

- The four types of child maltreatment
- How to understand both behavioral and physical indicators of child maltreatment
- Reporting responsibilities
- Prevention strategies

**Audience:** Early Intervention Professionals, Early Childhood Education Professionals, Health Care Professionals, Teachers, and Social Service Staff (must be age 18 or older)

**Time:** Requires 1.5-2 hours for this presentation      **Fee:** Free

### CHILD ABUSE 102: Impact of Violence on Children

This presentation defines and discusses:

- The consequences of maltreatment and violence on children during the early years of their development
- Problematic vs. natural sexual behavior in children
- How to integrate and adapt prevention activities
- How to incorporate national standards regarding prevention of child abuse and neglect
- Reporting responsibilities

**Audience:** Early Intervention Professionals, Early Childhood Education Professionals, Social Service Staff (must be age 18 or older)

**Time:** Requires 1.5-2 hours for this presentation      **Fee:** Free

### Safe Tots

This presentation touches on a variety of safety issues, including SIS/Abusive Head Trauma, the Safe Haven Law, Water Safety & Safe Sleep practices. We will also touch on Firearm Safety and Know Your Partner/Caregiver.

**Audience:** Adolescents, Caregivers/Parents, Community, Professionals

**Time:** 1 hours      **Fee:** Free

### Stewards of Children: Sexual Abuse Prevention

This award-winning program is a revolutionary sexual abuse prevention training program that educates adults to prevent, recognize, and react responsibly to child sexual abuse.

**Audience:** Designed for organizations that serve children and youth.

**Time:** Requires 2 hours for this presentation      **Fee:** Free

## SOBY – “I Never Meant”

A short movie directed by Deborah Asante and starring actors from the Asante Children’s Theatre, “I Never Meant” is an interactive presentation depicting a day in the life of a family, and the stress and frustration that can lead to an incident of physical violence. The presentation includes small group work and lots of discussion.

**Audience:** Community or Youth Serving Organizations

**Time:** Requires 1.5 hours for this presentation      **Fee:** Free

## Bullying Prevention

This presentation will introduce basic concepts and definitions around Bullying behaviors. It will address the different forms of bullying, prevention methods, as well as policies and laws in Indiana around bullying. This training is appropriate for older youth, parents, community members, educators, and professionals who work with children.

**Audience:** Tailored to fit the needs of your audience type

**Time:** 1.5 hours      **Fee:** Free

## Human Trafficking – What Would I Do?

Human trafficking prevention curriculum designed for Upper Elementary to Senior High Students to foster critical thinking about healthy relationships, develop a proactive response to harmful cultural messages, and identify action steps for responding to unsafe situations. Also provides youth the space for addressing harmful stereotypes, barriers to seeking help and strategies for staying safe.

**Audience:** Upper Elementary & Senior High School Students

**Time Required:** two 1-hour classes or one 2-hour class      **Fee:** Free

## Human Trafficking 101:

**For those who work with youth:**

This presentation is an introduction to the issue of human trafficking, including scope, definitions, vulnerability factors for victims, indicators of possible trafficking, services available, and how to identify and report. Length is flexible, from 45 minutes to 1.5 hours.

**Audience:** The presentation can be tailored for communities, parents, and professionals.

**Time:** 45 minutes to 1.5 Hours—can be tailored to fit your time schedule      **Fee:** Free

## Resilience

A two-hour training that includes a screening of the documentary “Resilience”, followed by a discussion of the film and childhood poverty. If you are interested in this training – we cannot facilitate it during Covid-19 restrictions but please visit [kprfilms.co/resilience](http://kprfilms.co/resilience) to see about viewing or purchasing the movie.

**Time:** At least 2 Hours

**Audience:** Must be 18 or older to attend      **Time:** at least 2 hours for film and facilitated discussion

## Bullying Prevention

This presentation will introduce basic concepts and definitions around Bullying behaviors. It will address the different forms of bullying, prevention methods, as well as policies and laws in Indiana around bullying. This training is appropriate for older youth, parents, community members, educators, and professionals who work with children.

**Audience:** Tailored to fit the needs of your audience type

**Time:** 1.5 hours      **Fee:** Free

# ACE Interface: Understanding Adverse Childhood Experiences - Building Self-Healing Communities

The ACE Study confirms, with scientific evidence, that adversity during development increases the risk of physical, mental and behavioral problems later in life. The ACE Study and other research using the study's framework have taught us that ACEs are the leading cause of health and social problems in our nation and the most powerful determinant of the public's health. Building Self-Healing Communities is about investing in the people who have the most at stake—especially people affected by ACEs-- so they can be expert leaders of their own community's change. We live at a time of great hope and promise – the greatest public health discovery of our time is about us. The ACE Study provides a discovery – a common framework and language – that we can use to profoundly improve the health and well-being of our society now and for future generations to come.

**Audience:** Early Intervention Professionals, Early Childhood Education Professionals, Health Care Professionals, Teachers, and Social Service Staff (must be age 18 or older)

**Time:** At least 2 hours

**Fee:** Free

## How to Schedule a Training

### How to schedule a training / presentation?

To complete the Training/Presentation Form online click [HERE](#) (website [www.pcain.org/trainings](http://www.pcain.org/trainings)). We will email you with confirmation and if the date you request is not available, she will notify you with alternate dates.

Please request your presentations at least six weeks in advance. We will get back to you to make final arrangements. Thank you!

### What is the cost?

Our educational trainings/presentations are partially funded by private donations as well as the Kids First Trust Fund. As a result, there is no charge for our Prevention Education presentations.