



# the power to prevent

PREVENT CHILD ABUSE ILLINOIS  
NEWS AND EVENTS

## a note from our Executive Director



Dear Friends,

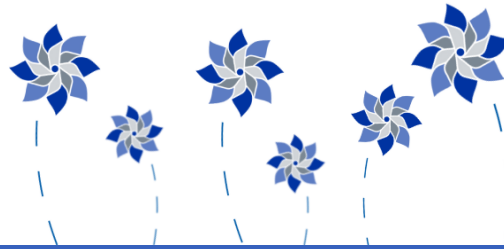
As summer brings opportunities to slow down, **reconnect, and enjoy time with family and friends**, it also offers a chance to reflect on the work we've accomplished together. This issue of our newsletter includes a staff spotlight featuring my three-year anniversary as Executive Director. It's a milestone that has me thinking about just **how much our team, partners, and supporters have achieved**. Over the past three years, we've expanded our reach, strengthened partnerships across Illinois, **amplified our**

**advocacy for children and families**, enhanced our trainings and resources, and continued to elevate the importance of child abuse prevention. None of this would have been possible without the dedication of our staff, Board of Directors, funders, donors, and the many individuals and organizations who share our **commitment to building stronger families and communities**.

As I reflect on the past three years, I am reminded that even during times of uncertainty, **our commitment to children and families remains constant**. Prevention is most effective when communities come together to support children and families before challenges become crises, and I am proud of the role Prevent Child Abuse Illinois continues to play in leading that work. **Thank you for being part of our mission** and for helping create a future where every child grows up safe, supported, and given every opportunity to succeed. I hope you have a wonderful, restful summer, and I look forward to all that we will accomplish together in the months ahead.

*Tarra Winters*

Tarra Winters  
Executive Director  
Prevent Child Abuse Illinois



## news at PCA Illinois



**Prevent Child Abuse  
Illinois™**

**WE'RE ON YOUTUBE!**



Strengthening  
Families



Sharing  
Knowledge



Building Stronger  
Communities

**New  
YOUTUBE  
CHANNEL!**



**SUBSCRIBE TODAY!**

## We Have a NEW YouTube Channel!



We're thrilled to announce an exciting new way to **connect, learn, and grow with Prevent Child Abuse Illinois!** Created earlier this year, the channel serves as a growing hub for prevention-focused education and resources. Visitors can **access recordings from our weekly webinar series**, featuring a variety of topics related to child abuse prevention, family

strengthening, protective factors, trauma-informed practices, and community well-being. These recordings make it easy to revisit presentations, **catch webinars you may have missed, or share valuable information** with colleagues and community partners.

As our channel continues to grow, **we'll be adding even more educational content**, including a dedicated playlist of self-paced, on-demand trainings designed to make learning more flexible and accessible.

Whether you're looking for professional development opportunities, practical resources, or information to support children and families, **our YouTube channel offers a convenient way to learn, connect, and stay informed.** We invite you to subscribe and follow along as we continue to expand our online learning library! **[SUBSCRIBE HERE!](#)**

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## Get Ready for the 2026 Statewide Annual

# Conference!



Mark your calendars for the **32nd Annual Prevent Child Abuse Illinois Statewide Conference**, taking place **October 22–23, 2026, at the BOS Center in Springfield, Illinois!**

Join prevention professionals, educators, advocates, healthcare providers, and community leaders from across the state for two inspiring days of learning, collaboration, and networking with others who share a commitment to strengthening families and preventing child abuse. Attendees can look forward to an **outstanding**

**lineup of dynamic plenary speakers, engaging breakout sessions** covering a wide range of prevention topics, and countless opportunities to connect, share ideas, and leave with practical strategies to make an even greater impact in their communities.

[REGISTER HERE](#)

knowledge is power

## Healthy Social Media Habits — with Children —



## Healthy Social Media Habits with Children

Helping children **build a healthy relationship with social media** involves more than just managing screen time. It also means learning how to know if information is safe. With summer here and kids spending more time at home, **it's important to talk to kids about smart media use.**

Try guiding your child to ask themselves questions like:

- Who made this post or video?
- Does this show a realistic situation?
- Is someone trying to sell me something or shape my emotions?

You can also encourage healthy habits at home:

- **Set regular times** when no one in the family uses screens

- Discuss the content that appears in your social media feeds
- **Disable extra notifications that lead to mindless scrolling**
- Promote offline interests and hobbies



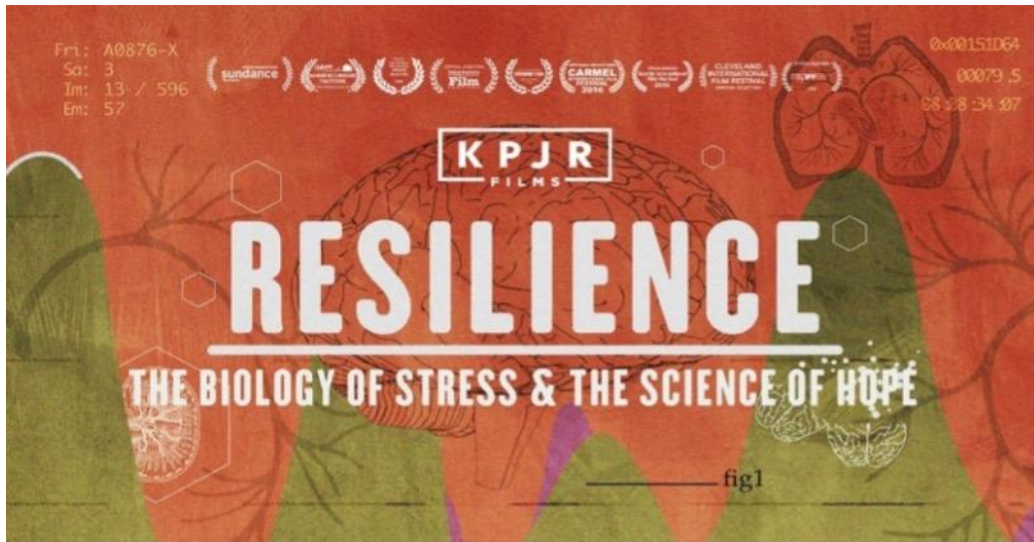
These **strategies benefit adults as much as children**. When parents demonstrate mindful technology use, it makes healthy boundaries feel natural for everyone in the household.

Find tools and resources to support positive media habits for kids at the link below.

[Click here!](#)

Create a media plan with your family:

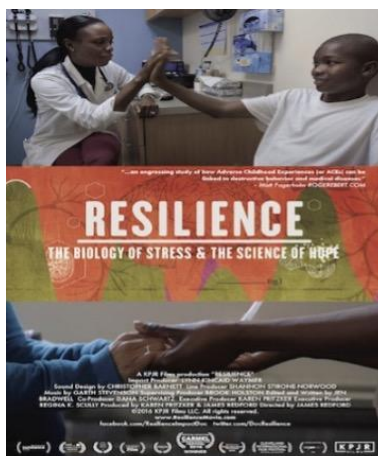
[Click here!](#)



## Explore the Power of Resilience

It has been almost thirty years since the groundbreaking Adverse Childhood Experiences (ACEs) Study, conducted by Dr. Vincent Felitti and Dr. Rober Anda. The ACEs study explored **how childhood abuse, neglect, and household dysfunction correlate with long term adult health**, discovering a direct link between early trauma and chronic disease and overall well-being later in life.

**“The child may not remember, but the body remembers.”**



Prevent Child Abuse Illinois provides screenings of the documentary, **'Resilience: The Biology of Stress & The Science of Hope'**. 'Resilience' is a one-hour documentary that explores the science of Adverse Childhood Experiences. The documentary examines toxic stress and how it negatively alters the brains and bodies of children, putting them at greater risk for disease, homelessness, prison time, and early death, if left unattended. 'Resilience' **chronicles a movement that is fighting back to protect children** from the harmful effects of toxic stress and the long lasting impact of adverse childhood experiences. Although the Resilience documentary was released almost 10 years ago, **its message**

remains as relevant today as ever, offering hope and insights for helping children and families build resilience.

For more information about hosting a free screening of the 'Resilience' documentary for your organization or community, please contact your local Prevention Specialist at <https://www.preventchildabuseillinois.org/staff-contacts>

For more information about the Resilience documentary, visit <https://kpjrfilms.co/resilience/>

a call to action

# Accidental Suffocation

## IS PREVENTABLE



## Accidental Suffocation is Preventable

Simple steps that make a BIG difference. [Learning how to help your baby sleep safely is important](#). Sudden Unexpected Infant Death (SUID), which includes accidental suffocation and Sudden Infant Death Syndrome (SIDS), is the leading cause of death for babies under one year old. There are simple steps you can take to help reduce the risk of accidental suffocation, including :

- Placing babies on their backs to sleep.
- Keeping their sleep area free of blankets, toys, pillows, and other loose items.
- Keeping their sleep area separate.
- Avoiding soft bedding such as blankets, pillows, bumper pads, and soft mattresses.

[Learn more about infant safety on our website](#)

Check out this [news story with Dr. Gina Lowell and Dr. Kyran Quinlan](#) who were the 2025 recipients of the Friend of Children Award presented by Prevent Child Abuse Illinois. Both doctors are strong advocates for the prevention of sleep related infant deaths.

<https://wgntv.com/news/chicago-news/cook-county-health-officials-sound-alarm-regarding-spike-in-baby-deaths-from-sids/>

# prevention in partnership

## Early Childhood Advocacy Day (ECAD) 2026

PCA Illinois was excited to participate alongside many of our partners in Early Childhood Advocacy Day on May 13th in Springfield, Illinois! Our Central Region Prevention Specialist, Abby Behrens, and our Home Visiting Specialist, Jessica Kober, joined providers, parents, and other advocates from across the state in Springfield for [Early Childhood Advocacy Day \(ECAD\) 2026](#).

The day began with an inspiring rally in the Capitol rotunda, where parent and provider leaders came together to highlight the importance of investing in early childhood programs. Following the rally, Abby, Jessica, and other advocates [met with their elected officials to discuss increased funding for early childhood programs](#) and the resources families and providers need to help Illinois become the best state to raise a young child. You can find more coverage of Early Childhood Advocacy Day on [News Channel 20](#).



# expanding our impact

NEW!

## ON-DEMAND TRAINING PROGRAM

*Learn on your time.  
Make a difference.*



## New On-Demand Training Program Launching This July

Learning just got more flexible! We're excited to introduce our new **On-Demand Training Program**, designed to make prevention-focused education more accessible for busy professionals, parents, caregivers, and community members.

These **self-paced trainings** provide meaningful, practical information in approximately **20 minutes, allowing participants to learn when and where it works best for them**. Whether you're looking to fit professional development into a busy workday, learn more about a topic that interests you, or revisit important concepts at your own pace, our on-demand trainings offer a **convenient way to continue learning**.



The first trainings in our new series include:

- Building Protective Factors
- Safe Sleep for Babies
- Domestic Violence 101
- Understanding Adverse Childhood Experiences (ACEs)

Available through our **[YouTube channel](#)** **beginning in July**, these trainings can be accessed anytime and include additional resources to support continued learning. We look forward to expanding this library over time and providing even more opportunities to learn, grow, and strengthen the knowledge and **skills that help children, families, and communities thrive**.

# pause to recharge

## Taking Time to Recharge

Summer often brings a change of pace, longer days, and opportunities to spend more time outdoors. While schedules may still be busy, **this season can also be a reminder to slow down**, recharge, and make time for your own well-being.

Taking care of yourself doesn't have to involve a major vacation or a complete schedule overhaul. **Small moments of rest and connection can make a meaningful difference** in how we feel, manage stress, and show up for others.



This month, consider **trying one or more of these simple ways** to recharge:

- ☀️ Take a 10-minute walk outside and leave your phone behind.
- 📖 Read a book, magazine, or article purely for enjoyment.
- 🌱 Spend a few minutes in nature—whether it's a park, your backyard, or a favorite outdoor spot.
- 💧 Keep a water bottle nearby and focus on staying hydrated during hot summer days.
- 📞 Reach out to a friend, family member, or colleague you haven't connected with in a while.
- 🎵 Create a summer playlist and take a few minutes to enjoy your favorite songs.
- 🌅 Take time to notice something positive each day, such as a beautiful sunset, a smile, or a small moment that brings you joy.

## staff spotlight

### Celebrating Three Years of Leadership

On July 1, we proudly celebrate the **three-year anniversary** of our Executive Director, Tarra Winters, at Prevent Child Abuse Illinois.

Over the past three years, **she has led the organization with vision, dedication, and a deep commitment** to strengthening children, families, and communities throughout Illinois. Under her leadership, Prevent Child Abuse Illinois has expanded its impact through innovative programs, strategic partnerships, advocacy efforts, and increased access to prevention-focused education and resources.



We are grateful for Tarra's leadership, passion, and unwavering commitment to our mission. Her ability to inspire collaboration, embrace new opportunities, and guide the organization through growth and change has **positioned Prevent Child Abuse Illinois for continued success**.

Please join us in **congratulating Tarra on this milestone** and celebrating all that has been accomplished over the past three years. We look forward to the future and are excited to continue advancing our mission under her leadership for years to come.

## SAVE THE DATE!

### Downtown Springfield Family Funfest

**September 12, 2026**

**11:00am-3:00pm**

Downtown Springfield, IL

Click [here](#) for more info!

### 2026 Statewide Annual Prevent Child Abuse Conference

**October 22-23, 2026**

BOS Center - Springfield, IL

Click [here](#) for more info!



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support our  
mission!



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**Prevent Child Abuse  
Illinois™**

528 S. 5th Street; Suite 211, Springfield, IL 62701  
Phone: 217.522.1129  
Fax: 217.522.0655  
[www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)



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