# What is the NNMCAC?

The Northern New Mexico Children's Advocacy Center (NNMCAC) is a child-focused center that supports children and families impacted by abuse. We bring together a team of professionals—including law enforcement, child protective services, medical providers, legal teams, and counselors—to ensure children receive compassionate, coordinated care in a safe environment.

# Contact & Resources

**CAV 24-HR HELPline**
**(575) 758-9888**

**CAV 24-HR TEXTline**
**(575) 770-2706**

**NNMCAC**
**(575) 758-8082**

**State-Wide Central Intake (SCI)**
**1-855-333-7233**

**CYFD (Taos)**
**(575) 770-2706**

**CYFD (Tri-County)**
**(505) 426-1020**

**CYFD (Union/Colfax)**
**(575) 445-2358**

**CYFD (Rio Arriba/Los Alamos)**
**(505) 753-7191**

**CYFD (San Miguel)**
**(505) 872-7450**

## Community Against Violence

Office: 575-758-8082
Fax: 575-758-4051

info@taoscav.org

taoscav.org

Office Hours
Monday-Friday
8-5

945 Salazar Rd
Taos, NM 87571

**Community Against Violence**

# Protecting Children Supporting Families Restoring Hope

## Northern New Mexico Children's Advocacy Center

**CAV's mission is to foster and support a community free from all forms of domestic and sexual violence.**

When a child experiences abuse or trauma, families often don't know where to turn. The Northern New Mexico Children's Advocacy Center (NNMCAC) provides guidance, support, and coordinated care every step of the way.

Inside, you'll find information about recognizing abuse, understanding the process, and how to support your child through healing.

# Understanding **Abuse & Trauma**

### Physical Abuse
Intentional harm or injury such as hitting, shaking, or burning.

### Sexual Abuse
Any sexual activity involving a child, including inappropriate touching, exploitation, or exposure to sexual content.

### Trauma
A response to a deeply distressing experience that can impact a child's emotional, physical, and developmental well-being.

All forms of abuse can disrupt a child's healthy development, affecting how they think, feel, and interact with others. Children who experience abuse may struggle with trust, emotional regulation, learning, and forming relationships, and may carry feelings of fear, confusion, guilt, or shame.

Early support and intervention—such as safe environments, consistent caregiving, and trauma-informed counseling—can help children process their experiences, rebuild a sense of safety, and develop healthy coping skills, greatly improving their long-term well-being.

# How NNMCAC Supports Families

- Provides a safe, child-friendly environment for children to be heard with a coordinated team of professionals (law enforcement, CYFD, medical, legal, and counseling services)
- Conducts forensic interviews to reduce repeated questioning and guides families through the investigation and legal process
- Connects children and caregivers to trauma-informed counseling and support services
- Assists survivors in accessing financial support for expenses related to crime through the *New Mexico Crime Victims' Reparation Committee (NMCVRC)*, such as medical care, counseling, or lost wages, and helps guide them through the application process.
- Offers advocacy and ongoing support for both children and caregivers and helps families understand what to expect every step of the way

# Signs of **Abuse In Children**

## The Signs of Abuse
- Sudden changes in behavior or mood
- Withdrawal, fear, or anxiety
- Trouble sleeping or nightmares
- Regression (bedwetting, thumb sucking)
- Unexplained injuries
- Age-inappropriate sexual knowledge
- Avoidance of certain people or places

## Helping Your Child
- Listen and believe them
- Stay calm and reassuring
- Avoid leading questions
- Maintain routines
- Seek professional help
- Remind them it's not their fault

## Self-Care for Caregivers
- Ask for support
- Take breaks when needed
- Keep routines
- Be patient with yourself