Abuse Survivor Shares Message of Recovery and Hope

Survivor of childhood abuse, now a nationally recognized Child Advocate seeks to promote increased awareness of child abuse and neglect, and pass a message of hope onto victims.

Mount Jackson, VA (PRWEB) December 17, 2007 -- Jana Adams, best selling author and a former victim of childhood abuse, now works as a Child Advocate and is a frequent public speaker, with over 15 years of experience lobbying for and representing the rights of abused and neglected children. In her award-winning book, The Colors Within: One Rainbow Reclaimed, she hopes to empower others to recognize and overcome abuse in not only their own lives but also the lives of children around them.

"I'm a firm believer in the fact that you write what you know," Adams shared in a recent interview with Jodie Lynn on the Inside Parenting Success Show. "Abuse and recovery is what I know so that's what I wrote about. I wanted to get a message of hope out to survivors and victims of abuse and educate the public on its profound and lasting impact on a child."

A victim of abuse by her stepfather from age 9 to 17, Adams struggled to recover from her experience, and seeks to prevent, identify and combat child abuse and neglect. In her book, she uses full color illustrations to convey a child's internal experience of abuse, the emotions that accompany a child abuse victim and the loss of the child's spirit as they grow into adulthood. Winner of several book awards, including the 2007 Parent-to-Parent Adding Wisdom Award, the book has been recognized by mental health experts across the country, including the Yale Child Studies Center, Child Welfare League of America and the International Society for Prevention of Child Abuse and Neglect. Also giving the book acclaim is The Office of the Child Advocate who proclaims it "a call to action for all of us to get more involved and certainly a valuable resource for child advocates, policy makers, therapists and the general public."

"I was happy to sponsor The Colors Within because of the essential integrity of the work," says Dr. Jamshid A. Marvasti, M.D, an adult and child psychiatrist and expert in trauma and victimization, "This book reflects important truths about abuse and recovery from emotional trauma. Its message needs to be shared by everyone whose life has been affected by childhood abuse."

According to the US Department of Health and Human services, in 2005, nearly one million children in the United States were abused or neglected, and annually, approximately 3.6 million cases of child neglect or abuse are reported. These are only the cases that are reported. Studies suggest that as many as 50 percent of all children in the US are abused or neglected at some point.

Adams seeks to combat the bystander effect, and motivate people to recognize and report suspected cases of abuse. "Some people are afraid to report abuse...because they're worried about repercussions...they don't want to get involved in the situation...and they're worried about what's going to happen...after family services goes into the home," says Adams. "You don't have to have any further involvement once you make that initial call."

The signs of physical, sexual and emotional abuse, as well as child neglect, are situations Adams seeks to promote increased awareness of. Identifying cases of abuse and neglect by recognizing the signs and symptoms of them helps to potentially stop the abusive situation before severe damage is done, or provide care and assistance to a child or a family in need. "We just need people to pick up the phone and make the call early enough so we can get in there and intervene," Adams says.
Adams also hopes to encourage prevention by teaching parents the importance of maintaining healthy communication with their children. "We have to keep that line of communication open with the children and you have to stress don't wait for me to come home at night, don't wait until tomorrow, tell me immediately [if abuse has occurred]," shares Adams.

For those who have already suffered abuse and are now adults struggling with the past childhood trauma, Adams strives to help survivors find the resources necessary to overcome the pain in their past. She wants survivors to know that it is not their fault, nor did they do anything to deserve it, that their abuse is not okay, and does not necessarily need to define their entire lives. "It doesn't matter where you start; it matters where you finish," advises Adams.

Jana is available for public appearance by arrangement.

More about Jana Adams is available on her website at: http://www.thecolorswithin.com

The online podcast of Adams' interview with the Inside Parenting Success Show is available for free at: http://www.insidesuccessradio.com/Guests/Jana-Adams

About the Author:
Inside Success Radio is the most talked about Internet talk show, earning its reputation for quality interviews with the best-known experts of many fields. Each interview provides practical tips, strategies, and secrets direct from the masters.

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