

## COURT APPOINTED SPECIAL ADVOCATES

### MAY 2017 NEWSLETTER

Our office will be closed on Monday May 29th in observance of the Memorial Holiday. We will reopen for normal business hours on Tuesday the 28th.

Have a safe and happy Memorial Day Weekend!

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**Thursday May 11th**, Marilyn Smith from the Quincy Public School will be here for Noon-Networking to discuss the Building Re-Organization Plans.

Please make an effort to attend, as knowing where you CASA kids will attend school is critical. We look forward to seeing you!

#### **Back by popular demand!**

A few summers back we hosted the Quincy Police Department's K-9 unit who gave a demonstration of the tactics used by the K-9 officer. We are in the process finalizing the details, but be on the lookout for more information for a June date!

You won't want to miss it!

#### **Mark those calendars!!**

**Friday July 14th** at the Spoon River Outreach Center in Macomb, from 8:30-4:30, will be a presentation focusing on a variety of important topics. These topics will range from The Drug Endangered Child, Corporal Punishment - When Does It Go Too Far?, and also Sex Trafficking. These will be presented by Dr. Channing Petrak who comes highly recommended. Please call the office and we will assist with registration and help coordinate car pooling.

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#### **Happy May Birthdays!**

**Joyce Hollenberg - 7th**

**Dawn Schenk - 18th**

**Mick Uppinghouse - 22nd**

**Jane Meginnes - 30th**

**Enjoy Your Special Day!**

**(OVER)**

Recent CASA Graduates!! Congratulations!!

John Jones, Danette Kuhlman, Lori Marquart, Jane Meginnes, Dale Runyon, Mick Uppinghouse.

Staff members Todd Shackelford and

Will Schodroski also graduated.

Welcome to the CASA Family!!

***"To ease another's heartache is to  
forget one's own."***

***~Abraham Lincoln***

Many of the kids that we serve display a wide variety of behaviors and emotional responses given the situations they are in. PTSD is something to consider when assessing and observing your CASA kids. The following is important information and there is additional information that can be found at <https://www.ptsd.va.gov/public/family/ptsd-children-adolescents.asp>

### **What events cause PTSD in children?**

Children and teens could have PTSD if they have lived through an event that could have caused them or someone else to be killed or badly hurt. Such events include sexual or physical abuse or other violent crimes. Disasters such as floods, school shootings, car crashes, or fires might also cause PTSD. Other events that can cause PTSD are war, a friend's suicide, or seeing violence in the area they live.

Child protection services in the U.S. get around three million reports each year. This involves 5.5 million children. Of the reported cases, there is proof of abuse in about 30%. From these cases, we have an idea how often different types of abuse occur:

- 65% neglect
- 18% physical abuse
- 10% sexual abuse
- 7% psychological (mental) abuse

Also, three to ten million children witness family violence each year. Around 40% to 60% of those cases involve child physical abuse. (Note: It is thought that two-thirds of child abuse cases are not reported.)

### **How many children get PTSD?**

Studies show that about 15% to 43% of girls and 14% to 43% of boys go through at least one trauma. Of those children and teens who have had a trauma, 3% to 15% of girls and 1% to 6% of boys develop PTSD. Rates of PTSD are higher for certain types of trauma survivors.

### **What are the risk factors for PTSD?**

Three factors have been shown to raise the chances that children will get PTSD. These factors are:

- How severe the trauma is
- How the parents react to the trauma
- How close or far away the child is from the trauma

Children and teens that go through the most severe traumas tend to have the highest levels of PTSD symptoms. The PTSD symptoms may be less severe if the child has more family support and if the parents are less upset by the trauma. Lastly, children and teens who are farther away from the event report less distress.

Other factors can also affect PTSD. Events that involve people hurting other people, such as rape and assault, are more likely to result in PTSD than other types of traumas. Also, the more traumas a child goes through, the higher the risk of getting PTSD. Girls are more likely than boys to get PTSD.

It is not clear whether a child's ethnic group may affect PTSD. Some research shows that minorities have higher levels of PTSD symptoms. Other research suggests this may be because minorities may go through more traumas.

Another question is whether a child's age at the time of the trauma has an effect on PTSD. Researchers think it may not be that the effects of trauma differ according to the child's age. Rather, it may be that PTSD looks different in children of different ages.