

COURT APPOINTED SPECIAL ADVOCATES

OCTOBER 2017 NEWSLETTER

Our office will be closed on Monday October 9th in observance of Columbus Day.
We will reopen for normal business hours on Tuesday October 10th.

Noon-Networking Field Trip!

On **October 12th** we will be attending an on campus tour of the **Chaddock School**. This is an exciting opportunity as we have not done this before. So many of the CASA kids we have advocated for over the years have attended the Chaddock School. This will be a nice opportunity to learn more while also seeing the campus in person. In an effort to begin the tour on time at noon, please plan to arrive at 11:50 on campus. The school is straight back when you pull in from 24th street. We will be meeting in the lobby of the building on the right. ***Please RSVP if you are attending as we will not want to start the tour without someone.***

We hope to see you all there!

Happy October Birthdays!

Jessica Landwehr - 20th

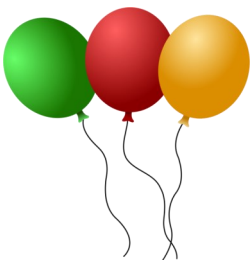
Pat VanCamp - 23rd

Imogene Rose - 28th

Carol Cave - 31st

Pauline Upper - 31st

Enjoy Your Special Day!



“Help your brother’s boat across the water, and yours too will reach the other side. Kindness can become its own motive. We are made kind by being kind.”

~Eric Hoffer

**A new CASA training is set to begin on October 10th!
Please spread the word!**

(OVER)

This year we have highlighted different disorders that kids struggle with. However, knowing signs to look for in regards to children's overall mental health is just as important.

The kids that you all advocate for have been through varying degrees of trauma by the time you reach them. Mayo Clinic had a good article regarding mental health in kids and the warning signs and symptoms when there is a problem.

Please keep these things in mind when you are advocating for your kids. The full article can be found at:

<http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children>

What are the warning signs of mental illness in children?

Warning signs that your child might have a mental health condition include:

- **Mood changes.** Look for feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school.
- **Intense feelings.** Be aware of feelings of overwhelming fear for no reason — sometimes with a racing heart or fast breathing — or worries or fears intense enough to interfere with daily activities.
- **Behavior changes.** These includes drastic changes in behavior or personality, as well as dangerous or out-of-control behavior. Fighting frequently, using weapons and expressing a desire to badly hurt others also are warning signs.
- **Difficulty concentrating.** Look for signs of trouble focusing or sitting still, both of which might lead to poor performance in school.
- **Unexplained weight loss.** A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.
- **Physical symptoms.** Compared with adults, children with a mental health condition may develop headaches and stomachaches rather than sadness or anxiety.
- **Physical harm.** Sometimes a mental health condition leads to self-injury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also may develop suicidal thoughts or actually attempt suicide.
- **Substance abuse.** Some kids use drugs or alcohol to try to cope with their feelings.