



CASA

Court Appointed Special Advocates
FOR CHILDREN



December 2021 Newsletter

Adams, Brown, Cass, Hancock, Morgan, Pike, Schuyler

Friendly Reminder!

- 12 hours of continuing education needs to be completed along with mandated reporter training by the end of 2021. Reach out to your coordinator if you need to know where you stand for hours!
- We are needing volunteers in all counties with our case numbers greatly increasing, if you know any one that would be interested in volunteering, have them reach out to our office 217-223-2272!

Holidays

Our office will be closed

December 24th, 2021

December 27th, 2021

December 31st, 2021



Birthdays!

- 2- Trish Foxall
- 4-Margaret Wilson
- 9-Lisa Hadden
- 14-Pat Waters
- 25-Angela Miller
- 28- Dusty Dietrich
- 28-Shirley Swinford
- 29-AmyKerker

**Enjoy
your day!**

Easy Holiday Craft



DECEMBER

All Counties

**Your CASA
coordinator's hope
you have a very
Merry Christmas and
a Happy New Year!!**

Danielles Buss, Jess Bullard, Lexi Goehl,
Karolina Anton, Libby Gaige and Mandy
Humphry

**"To the world
you may be one person;
but to one person
you may be the world."**

Dr. Seuss

source: HeidiCohen.com

Information about Methamphetamine

What is methamphetamine?

Methamphetamine is a powerful, highly addictive stimulant that affects the central nervous system. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish-white rocks. It is chemically similar to amphetamine, a drug used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy, a sleep disorder.

How do people use methamphetamine?

People can take methamphetamine by:

- smoking
- swallowing (pill)
- snorting
- injecting the powder that has been dissolved in water/alcohol

Because the "high" from the drug both starts and fades quickly, people often take repeated doses in a "binge and crash" pattern. In some cases, people take methamphetamine in a form of binging known as a "run," giving up food and sleep while continuing to take the drug every few hours for up to several days

How does methamphetamine affect the brain?

Methamphetamine increases the amount of the natural chemical dopamine in the brain. Dopamine is involved in body movement, motivation, and reinforcement of rewarding behaviors. The drug's ability to rapidly release high levels of dopamine in reward areas of the brain strongly reinforces drug-taking behavior, making the user want to repeat the experience.

