



# CASA

Court Appointed Special Advocates  
FOR CHILDREN



## November 2021 Newsletter

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

### Friendly Reminder!

-It is policy that you visit your CASA child(ren) minimum once a month. If you cannot make a visit, please inform your coordinator so they can help assist.

-If you are having difficulties connecting with someone in your case, please let your coordinator know so we can find a way to help!

JUST A LITTLE  
*Reminder*

### Holidays

*Our office is closed*

#### Veterans Day

November 11<sup>th</sup>, 2021

#### Thanksgiving Day

November 25<sup>th</sup>, 2021

#### Thanksgiving Friday

November 26<sup>th</sup>, 2021



### Birthdays!



- 4-Allison Sutter
- 10-Brooke Stokes
- 11-Beth White
- 14- John Jones
- 16- Karen Elliott
- 17- Bob Bergman
- 18- Debbie Wood
- 19- Pollee Craven
- 20- Susie Lee
- 24- Joni McLees
- 27- Elizabeth Dixon

Enjoy Your Day!

### Pike ,Brown ,Schuyler, Cass County

Learn & Grow

When: November 18th

Topic: TBD

Time: 5:30

Location: United

Methodist Church



### Morgan&Adams County

Please complete your mandated reporter training if you have not done so this year.

Go to: [mr.dcfstraining.org](http://mr.dcfstraining.org)

### Hancock County

Networking

When: November 8<sup>th</sup>

Topic: Self-Care

Speaker: Michelle Merritt

Time: 9:30am-10:30am

Location: CASA Office

**\*Wear tennis shoes for some stretching and moving**

# Do's and Don'ts During the Holiday's

## Do: Talk to Foster Youth Before the Holidays Kick Off

Before anything kicks off, it can be incredibly beneficial to let them know what is about to happen and who they will meet. As a Resource Parent, while you may be used to the hustle and bustle of a relative's house or the behavior of a loved one, such a situation will all be new and overwhelming for a foster youth. Beforehand, let them precisely what to expect and what will likely happen, so they are not caught off guard.

Similarly, be sure others you're celebrating the holidays with know about the foster youth and are not surprised by their presence. Recruit those you're spending the holidays with to do what they can to welcome and include foster youth as much as possible in the festivities.

## Don't: Ignore Their Feelings or Mental Health

As we've already established, the holiday season can be a conflicting and emotionally draining time for some foster youth. It may bring out new feelings or behaviors or exacerbate existing ones. Understand that foster youth often have a lot to process during the holidays – and year-round. Respect their mental health, know that their feelings about the holidays can be complex, and provide help is asked for or required.

## Do: Incorporate Their Traditions and Customs

No two families celebrate the holidays in the exact same way. While certain traditions are certainly more common than others, everyone has their own unique and satisfying spin to the holidays – and the families foster youth come from are no different.

When possible, incorporate as many of their traditions and customs into your celebrations. Even adding in little things can make foster youth feel more comfortable and accepted in your holidays. Also respect that foster youth may celebrate holidays you don't, and vice versa.

## Don't: Make Them Feel Unequal or Unwelcome

During the holiday season, many foster youth feel like outsiders or a burden. For example, Daniel Knapp noted that although his foster family was warm and welcoming, he recalls feeling like a burden and dwelling on minute differences – like how other family members received more presents than he did some years.

"We remember what it used to be like and know how it is now. For most kids all they want it to go home, and the holidays is a painful reminder that going home is not an option. It's especially hard when everyone else is shopping for their moms, dads and siblings and you can't because you are not allowed to see them," notes Krista, a former foster youth.

## Do: Include Their Wider Community

For many, the holidays don't stop and end at family. Often, a wider community will be on hand in festivities and in making the holiday what it is.

"There are just some things in life we can't control. I can't control my foster care history and I can't control other people's behavior, but I can control how I react to life's circumstances. During the Holiday Seasons past I missed out on so much because I was so focused on issues that were really out of my control. I had every right to feel those feelings, but it caused me to miss out on what the Holidays are really about. I still struggle with some of those feelings today that I felt when I was younger and still in foster care, but I don't let them rob me from enjoying the Holiday Seasons," Daniel says.