



CASA

Court Appointed Special Advocates
FOR CHILDREN



June 2022 Newsletter

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

Friendly Reminder's!

- * Check to see where your CASA children will be this summer.
- * Contact the caseworker on your case periodically.
- * CASA cases are confidential- please do not share any information to relatives/friends. If you need anything contact your coordinator.



June 20th-
Juneteenth

Easy Summer Craft:



Birthdays!

- 3-Lyn Dietz
- 6-Kathy Fellhauer
- 16-Lori Orr
- 19-Dawn Owren
- 21-Lisa Hoffman
- 22-Erica Hartman
- 25-Jessica Funk
- 29-Cindy Trower
- 29- Marilena Frier

Enjoy your day!

Pike County

Learn & Grow
Topic: Book Club
(Maid)Chapter 23-27
When: May 25th, 2022
Time: 5:30pm
Location: Pike County office & via zoom (222 N. Monroe St. Pittsfield IL 62363)

Morgan County

Networking
Topic: Treasure Not Trash
Serving an Invisible
Population
When: June 21, 2022
Time: 10:00am-11:00am
Location: Presbyterian
Church



Link for webinar to count
for continue ed hours!

<https://illinoiscasa.org/what-we-do/training/recorded-webinar-registration-forms/gangs-and-youth-that-are-high-risk.html>

Gangs and Youth that are
High Risk

Hancock County

Networking
Topic: "Volunteer's Check
Your Engine Light for Stress"
presented by Mandy Humphry
When: June 23rd, 2022
Time: 5:30-7:00pm
Location: WOW Park in
Carthage Locust and S. Adams St.
Bring a dish to share a meal

Adams County

Noon Networking
Topic: Day in the life of a
Foster Parent(Schumakers)
When: June 9th
Time: 12:00pm
Location: Zoom & Hope
Lutheran Church

Mental Health

Everyone feels worried or anxious or down from time to time. But relatively few people develop a mental illness. What's the difference? A mental illness is a mental health condition that gets in the way of thinking, relating to others, and day-to-day function.

Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more.

Mental illness is an equal opportunity issue. It affects young and old, male and female, and individuals of every race, ethnic background, education level, and income level. The good news is that it can often be treated.

Signs and symptoms of mental illness depend in part on the illness. Common symptoms include

- feeling down for a while
- extreme swings in mood
- withdrawing from family, friends, or activities
- low energy or problems sleeping
- often feeling angry, hostile, or violent
- feeling paranoid, hearing voices, or having hallucinations
- often thinking about death or suicide.

In some people, symptoms of a mental illness first appear as physical problems such as stomach aches, back pain, or insomnia.

Coping Skills for Mental Health Disorders

Coping skills don't necessarily remove stress or eradicate challenges like mental illness, but they go a long way toward helping people function well despite challenges.

Coping skills can include such things as:

- Noticing tension and taking deep breaths to reduce it
- Catching [negative thoughts](#) and replacing them with healthy ones
- Setting and maintaining appropriate and [healthy boundaries](#) between you and others
- Relaxing with aromatherapy
- Destressing with soothing activities like coloring, reading, etc.
- Eating healthy
- Sleeping the right amount
- [Finding things that make you grateful](#)
- Creating little moments of joy in each day

*Please note that these are just examples and if you are experiencing signs or symptoms related to your mental health to contact a professional.