



# CASA

Court Appointed Special Advocates  
FOR CHILDREN



## August 2022 Newsletter

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

### Friendly Reminders!

\* School starts this month, remember to check in with your CASA kid(s) school and teachers for updates

\*Optima access for Adams volunteers is up and running check with your coordinator if you need any assistance or would like us to sign you up for access

\*Optima training for other counties will be sent out shortly



End of Summer Craft:



### Birthdays!

- 2- Teresa Kuchling
- 4- Sarah Lucey
- 9- David Elschlager
- 14- Julie Bruninga
- 17- Abbie Ray
- 18- Dale Runyon
- 19- Cynthia Wort
- 21- Barbara Parkhill
- 22- Kim Pitcher
- 27- Michelle Dell

**Enjoy  
your day!**

### Summer Reading Idea

\*1 book is 3 continuing ed hours\*

10,000 HILLS is about the life of a husband, a father of three daughters, an attorney, a former Chief Prosecutor, and a Maryland State Delegate. C. T. Wilson shares his experiences within the foster care system, and the abuse and neglect that he was forced to endure. Yet while he has silently shouldered the weight of his childhood, he still bears the scars of a lifetime of abuse and humiliation. C.T. provides a shockingly detailed recollection of his suffering to expose the true severity and frequency of child abuse. He explains how this horrific childhood has impacted his adult life by revealing the pain and difficulties that still affect his daily existence. He also shares the path that he has taken through the misery; how he became not just a survivor but someone who strives to better himself and improve the lives of those that still suffer.



**Link for webinar to count for continue ed hours!**

[Teen's Online Image and Their Future : Recorded Webinar Registration Forms : Training : What We Do : Illinois CASA](#)

**Teen's online image and their future**

### Summer Movie Idea

\*2 hours of continuing ed hours\*

The true story of ANTWONE FISHER tracks a remarkable young man on the path to recovery from physical and sexual abuse. Antwone Fisher is a young Navy sailor who is on verge of getting booted from the military because of his volatile temper when he is ordered to mandatory sessions with psychiatrist Dr. Jerome Davenport. After a few strained sessions, Fisher navigates through difficult memories of his Cleveland childhood, mostly of life with a vicious foster mother who beats him on a regular basis (and refers to him not by name, but by the n-word) and a foster sister who violates him sexually. Fisher and Davenport form a father-son bond (Fisher even adopts the doctor's wife (as a kind of surrogate Mom). And eventually he finds the strength to work through his anger and the courage to forge his first romantic relationship with Cheryl.

\*Available on Apple iTunes, Redbox, Google Play Movies, AMC on Demand, and YouTube TV

# What is school anxiety, exactly?

There are quite a few types of anxiety that children may experience, many of which may translate into school anxiety. These include:

- **Separation anxiety:** a [fear of being separated](#) from home or one's closest attachment figures, both of which are often required when attending school
- **Social anxiety:** anxiety that [accompanies social interactions](#) and settings, to include those that may take place at school
- **Generalized anxiety:** [generalized anxiety disorder \(GAD\)](#) can impact and encompass many facets of life, including school
- **Obsessive-compulsive disorder (OCD):** [OCD](#) is characterized by a need for extreme order, rituals, and perfectionism, all of which can be more difficult to maintain in school and may contribute to social anxiety for a student who is afraid of being made fun of as a result of their OCD habits
- **Specific phobias:** a [specific phobia](#) can relate to just about anything, from snakes and heights, to certain foods and school

School anxiety can look different depending on the student's age group. For preschoolers, it may have more to do with separation anxiety and a fear of being away from mom, dad, or other caregivers. This may result in tantrums at school drop-off and trouble relaxing throughout the day.

By elementary school, school anxiety could be related to any of the above types of anxiety. A student this age may not yet have developed age-appropriate social skills and may have anxiety about school as a result, or they may spend excessive time worrying about academic expectations — to the extent of not wanting to go. Middle schoolers are beginning to develop a social hierarchy that can result in an increase in bullying and various friendship turmoil, all of which can contribute to school anxiety. And by high school, students may be juggling problems in their home lives and within their friendships and relationships, alongside mounting responsibilities like holding down a job and trying to achieve good grades for college.

At all these ages, school anxiety may result in school avoidance and refusal.