



CASA

Court Appointed Special Advocates
FOR CHILDREN



September 2022 Newsletter

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

Friendly Reminders!

*School is back in session. Ensure your CASA kid(s) are meeting what is required of them, so they don't fall behind. If you need help contacting the school/teacher don't hesitate to ask your coordinator. Staying on top of the school component is important for our kids!

*Make sure you are adding monthly visit notes in optima if you have chosen to use this!

Holidays

Labor Day
September 5th, 2022



Birthdays!

3- Lori Marquart
6- Kristi Sanderson
7- Lori Waddell
9- Julie Ferguson
12- Rick Halter
23- Vicky Hoenes

Enjoy
your day!

Pike County

Learn & Grow

Topic: Volunteer Optima Training

When: September 8th, 2022

Time: 5:30pm

Location: Pike County office & via zoom (222 N. Monroe St. Pittsfield IL 62363)

Adams County

Noon Networking

Topic: Day in the Life of a Hotline Worker w/ Sam Houghton

When: September 8th, 2022

Time: 12:00pm

Location: Zoom & Hope Lutheran Church

SEPTEMBER

Webinar on Domestic Violence the Impact on Kids

<https://illinoiscasa.org/what-we-do/training/recorded-webinar-registration-forms/domestic-violence-and-the-impact-on-children.html>

Hancock County

Networking

Topic: IPS Service (Intensive Placement Stabilization)

When: September 15th, 2022

Time: 5:00pm-6:00pm

Location: 601 Maine Street, CASA Office

Morgan County

Networking

Topic: Substitute Care and Your Child

When: September 20th, 2022

Time: 10:00-11:00

Location: Presbyterian Church Library

Effects of domestic violence on children

Short-term effects

Children in homes where one parent is abused may feel fearful and anxious. They may always be on guard, wondering when the next violent event will happen. This can cause them to react in different ways, depending on their age:

- **Children in preschool.** Young children who witness intimate partner violence may start doing things they used to do when they were younger, such as bed-wetting, thumb-sucking, increased crying, and whining. They may also develop difficulty falling or staying asleep; show signs of terror, such as stuttering or hiding; and show signs of severe separation anxiety.
- **School-aged children.** Children in this age range may feel guilty about the abuse and blame themselves for it. Domestic violence and abuse hurts children's self-esteem. They may not participate in school activities or get good grades, have fewer friends than others, and get into trouble more often. They also may have a lot of headaches and stomachaches.
- **Teens.** Teens who witness abuse may act out in negative ways, such as fighting with family members or skipping school. They may also engage in risky behaviors, such as having unprotected sex and using alcohol or drugs. They may have low self-esteem and have trouble making friends. They may start fights or bully others and are more likely to get in trouble with the law. This type of behavior is more common in teen boys who are abused in childhood than in teen girls. Girls are more likely than boys to be withdrawn and to experience depression.

Long-term effects

More than 15 million children in the United States live in homes in which domestic violence has happened at least once. These children are at greater risk for repeating the cycle as adults by entering into abusive relationships or becoming abusers themselves. For example, a boy who sees his mother being abused is 10 times more likely to abuse his female partner as an adult. A girl who grows up in a home where her father abuses her mother is more than six times as likely to be sexually abused as a girl who grows up in a non-abusive home. Children who witness or are victims of emotional, physical, or sexual abuse are at higher risk for health problems as adults. These can include mental health conditions, such as depression and anxiety. They may also include diabetes, obesity, heart disease, poor self-esteem, and other problems.

You can help children by:

- **Helping them feel safe.** Children who witness or experience domestic violence need to feel safe. Talk to about the importance of healthy relationships.
- **Talking to them about their fears.** Let them know that it's not their fault.
- **Talking to them about healthy relationships.** Help them learn from the abusive experience by talking about what healthy relationships are and are not. This will help them know what is healthy when they start romantic relationships of their own.
- **Talking to them about boundaries.** Let your child know that no one has the right to touch them or make them feel uncomfortable, including family members, teachers, coaches, or other authority figures. Also, explain to your child that he or she doesn't have the right to touch another person's body, and if someone tells them to stop, they should do so right away.
- **Helping them find a reliable support system.** In addition to a parent, this can be a school counselor, a therapist, or another trusted adult who can provide ongoing support. Know that school counselors are required to report domestic violence or abuse if they suspect it.
- **Getting them professional help.** Cognitive behavioral therapy (CBT) is a type of talk therapy or counseling that may work best for children who have experienced violence or abuse. CBT is especially helpful for children who have anxiety or other mental health problems as a result of the trauma. During CBT, a therapist will work with your child to turn negative thoughts into more positive ones. The therapist can also help your child learn healthy ways to cope with stress.