



CASA

Court Appointed Special Advocates
FOR CHILDREN



January 2023 Newsletter

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

Friendly Reminders!

*Be sure to contact your coordinator after a visit each month with an update on the children if you are not in Optima adding them yourself.

*Brittany is currently on maternity leave. If she is your coordinator reach out to Danielle with any questions about your case! Her cell is 217-617-5438 and email is dbuss@advonet.org

Holidays

January 2nd, 2023

January 16th, 2023



Birthdays!

5-Theresa McGartland
6-Kay Reddick
16-Crichtette Gower
19-Jeanie Brown
20-Ted Eifert
21-Karen Sedovic
29-Kelly Harrison

**Enjoy your
day!**

Adams, Pike, Brown, Cass & Schuyler Counties

Noon Networking

Topic: Jennifer Vancil-
Quanada Domestic
Violence Program

When: January 12th

Time: 12:00pm

Location:

Zoom <https://us02web.zoom.us/j/87437166304> Meeting ID:

874 3716 6304

and

Hope Lutheran Church (1739
Harrison Quincy, IL)



Webinar – Domestic Violence effect on kids

Here's the link:

[Domestic Violence from a Son's
Perspective | Adam Herbst |
TEDxYouth@ParkCity - Bing video](#)

Hancock County

Networking

Topic: Chaddock Visit
Supervisor; Laura Jones

When: January 9th

Time: 4:00pm

Location: Chaddock
Building in Carthage

Morgan County

Networking

Topic: All is new (review of
procedures)

When: January 24th

Time: 10:00-11:00am

Location: Presbyterian
Church Library

Domestic Violence Effects on Children

Short Term Effects:

- **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 the child about the importance of healthy relationships.
- **Talking to them about their fears.** Let them know that it's not their fault. Learn more about how to listen and talk to children about domestic violence
- **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 children 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 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.** This can be a parent, foster parent, 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 to turn negative thoughts into more positive ones. The therapist can also help your child learn healthy ways to cope with stress.