



CASA

Court Appointed Special Advocate
FOR CHILDREN



February 2023 Newsletter

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

Friendly Reminders!

*Brittany will be returning to work February 14th, 2023 from maternity leave. Volunteers under Brittany can begin contacting her again at that date instead of Danielle.

*February 2nd Quarter Madness will be supporting the Advocacy Network for Children. Bring your quarters to the Holiday Inn and bid on some baskets to support the agency!

Holidays

February 11, 2023
Lincoln's Birthday

February 21, 2023
President's Day



Birthdays!

**HAPPY
BIRTHDAY**

1-Gary Morris
3-Les Sachs
9-Dana Larson
19-Katie Cernea
29-Lynnda McCorkle

Adams, Pike, Brown, Cass & Schuyler County's

Noon Networking
Topic: Lasagna Love
When: February 9th, 2023
Time: 12:00pm
Location: Zoom & Hope
Lutheran Church

<https://us02web.zoom.us/j/83620462466>

Meeting ID: 836 2046 2466



Webinar – Mental Health Days

Here's the link:

[Why students should have mental health days | Hailey Hardcastle - Bing video](#)

Hancock County

Networking

Topic: Early Beginnings-
Christine Nicholson
When: February 16th, 2023
Time: 4:30pm
Location: Carthage CASA
Office

Morgan County

Networking

Topic: Can "Kinship Care"
Help the Child Welfare
System?
When: February 22, 2023
Time: 10:00-11:00am
Location: Presbyterian
Church Library

Kids Struggling with Stress

The COVID-19 pandemic brought about many changes to daily life, and even years into this pandemic, kids know that things are different. Like adults, kids and teens experience stress, too. While small amounts of stress are a normal part of life, some young people may have worrisome responses to disrupted routines, school closures, and shifting policies around health, safety and learning. Many young people are beginning to feel the multi-year impact of missed milestones, falling behind academically, social disconnection and loss.

While it may be some time until our nation can measure the full effects of the pandemic on kids and teens, we do know that the last few years have exacerbated existing mental health issues. In fact, in the United States there is an ongoing youth mental health crisis.

Parents, family members and mentors are often the first to recognize signs of stress in children and help them learn coping skills to navigate challenging times.

How do kids and teens show they are stressed? Stress can show up in physical, emotional, and behavioral ways. These signs are relatively consistent throughout children of all ages; however, some indicators are less obvious than others. Pay special attention to any sudden shifts in behavior or unusual complaints your child brings up to you.

Physical signs of stress in children

- Headaches
- Upset stomach
- Chest pain
- Heart palpitations or increased heart rate
- Insomnia
- Nightmares
- Bedwetting
- Decreased appetite, comfort-eating, or bingeing
- Pretending to be sick to avoid activities

Emotional symptoms of stress in children

- Anxiety
- Mood swings
- Restlessness
- Clinginess
- New or recurring fears
- Increased crying, anger, stubbornness, or aggression
- Decreased concentration or motivation
- Emotional overreactions to minor incidents
- Regressing toward comforting behaviors from early childhood (i.e. thumb-sucking, nail-biting, sleeping with a stuffed animal)
- Social isolation, withdrawal, or unwillingness to participate in formerly enjoyed activities