



CASA

Court Appointed Special Advocates
FOR CHILDREN



March 2023 Newsletter

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

Friendly Reminders!

*Volunteers and staff are to complete Mandated Reporter Training every two years. Your coordinator will reach out to you when you are due to complete the training.

*Please be sure you are visiting your CASA kids at least once a month per IL CASA Standards.

*Ensure notes from your visit are sent to your coordinator or added in OPTIMA monthly.

CASA Volunteers Needed!!

Adams County has an in person Accelerated CASA Training March 24, 25, 26. We are in urgent need of volunteers to advocate for over 35 children in Adams County who do not have a CASA.

If you know someone interested please have them contact Brittany Durst
bdurst@advonet.org

Birthdays!

HAPPY BIRTHDAY

5- Donna McVeigh
9-Kiara Wiemelt
12-Christina Butler
17-Pat Manker
18-Chris Brierton
19-Brooke Hunsaker
20-Jeanne Smith
23-Kim Wright
24-Julia Vincent
28-Carrie Petersen

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

Noon Networking
Topic: Intact Cases-Trish Broughton
When: March 9th, 2023
Time: 12:00pm
Location: Zoom & Hope Lutheran Church



Webinar – Teens with Self Harm

Here's the link:
[Teens & Cutting - What Parents need to know - Bing video](#)

Hancock County

Networking
Topic: Foster Family Community Support
When: March 14th, 2023
Time: 4:30pm
Location: Carthage CASA Office

Morgan County

Networking
Topic: Trauma in foster care
When: March 22, 2023
Time: 10:00-11:00am
Location: Presbyterian Church Library

Warning signs of cutting and other forms of self-harm with teens

1. Injuries

Self-harm leaves marks. Multiple similar marks on your teen's skin — especially those in close proximity to one another and/or those without a clear explanation — could indicate self-harm, like from:

Cutting.

Scratching.

Burning or branding.

Skin picking.

Hair-pulling.

Hitting or punching one's self.

2. Hiding their skin

Teens may attempt to conceal their injuries by refusing to expose certain body parts or covering up in other ways that seem suspicious — like wearing long-sleeved shirts on hot days or wearing an arm full of bracelets that cover their skin.

3. Changes in mood

Stress, anxiety and depression can all cause teens to feel out of control or at a loss for how to cope with these emotions, which can lead to self-harming behaviors.

4. A trigger event

"Sometimes, self-harm begins after a significant experience or event," Dr. Eastman says, like rejection from a significant other, arguments with friends, an act of bullying or fallout with a peer group that produces significant distress.

5. A fascination with self-harm

Take heed if your teen takes a sudden or new interest in peers who engage in this behavior or starts watching videos or reading books about self-harm online.

6. Isolation

If your teen is shutting themselves off from family and friends and is spending more time alone than seems typical for them, this could indicate depression and, in turn, self-harm.

Helping teens who are cutting

If you suspect that your teen is self-harming, or if they tell you they are, it's important not to panic.

What your teen needs now is compassion — and help. Validate their emotions and let them know you understand that they're feeling overwhelmed. But make it clear that there are better ways to deal with it and you'll help them figure them out.

The next step is to get your teen some professional help. Look for a mental health professional who has experience treating adolescents who self-harm. If you're not sure where to start, talk to your pediatrician first.

"It's distressing to learn that your child has been self-harming," Dr. Eastman says. "But with your support and a professional's help, your teen can learn healthier ways of coping with tough emotions."