



March 2023

TRAUMA AND CHILDREN

Children who have experienced traumatic events need to feel safe and loved. When parents or caregivers don't have an understanding of the effects of trauma, they may misinterpret their child's behavior and end up feeling frustrated or resentful.

Children are resilient and some stress in their life is normal. However, trauma occurs when a stressful experience such as abuse or neglect, overwhelms the child's natural ability to cope.

The effects of trauma vary depending on the child and the type of traumatic event. When a child experiences multiple traumatic events, their bodies, brains and nervous system adapts in an effort to protect them. Unusual behaviors such as increased aggression, distrusting or disobeying adults may occur. It takes time and patience for a child's body and brain to learn to respond in ways that are more appropriate for his or her safe environment.

Mental health counseling or therapy by a professional trained to recognize and treat trauma in children can help address the root cause of a child's behavior and promote healing.

DID YOU KNOW

Children's Advocacy Centers are child-focused centers that coordinate the investigation, prosecution and treatment of child abuse while helping abused children heal.

Illinois has 39 nationally accredited Children's Advocacy Centers. Advocacy Network for Children is among those and has 8 satellite centers serving 9 counties. Those counties include Adams, Brown, Cass, Hancock, McDonough, Morgan, Pike, Scott and Schuyler.

While all accredited Children's Advocacy Centers share common elements, each is unique and designed to meet the needs of its particular community.

CALENDAR OF EVENTS

March

09 CASA Noon Networking—Quincy

April

07 Office closed

13 CASA Noon Networking—Quincy

We currently have the following volunteer needs:

- Happy Bear Presentations
- CASA Volunteers
- Fundraising
- Mailings

If you would like to help, please contact our office at 217-223-2272.

Our agency could not continue its mission of advocating for children without your help. You can help by:

- Monetary Donation
- ANC Foundation Donation
- Office Supply Donation

STAY TUNED

April is National Child Abuse Awareness and Prevention Month. The agency is planning a number of events throughout our nine county region. As events are planned, they will be posted on our Facebook page and will be included in next month's newsletter.

SPEAKING ENGAGEMENTS

If you are a member of a church, business, or service organization and would like more information about our agency and its mission of protecting the children in our community, we would love to schedule a time to speak with you. Just call the office to set up a time.

WE NEED CASA VOLUNTEERS

There are children in the court system waiting for a CASA volunteer, someone who will speak on their behalf and to be in their corner. An accelerated training for Adams County CASA volunteers is scheduled for Friday, March 24th, and Saturday, March 25th, from 9:00 a.m. to 5:00 p.m. and Sunday, March 26th, from 1:00 p.m. to 5:00 p.m. Training will be held at Hope Lutheran Church, 18th & Harrison, in Quincy. Court observation and swearing in of new volunteers is scheduled for March 30th, at 11:30 a.m. at the Adams County Courthouse.

CASA volunteers are trained community volunteers appointed by a judge to speak up for abused or neglected children in court. CASA volunteers work alongside attorneys and case workers from case inception to its completion. No special experience is required. If you would like to register for this training or have any questions, please call the office at 217-223-2272. Additional information is also available on our website.

THANK YOU

The agency received over \$1,700 from Quarter Madness held on February 2nd. Thank you to everyone who attended the evening and a big shout out to Quincy Noon Kiwanis for choosing us as the Charity of the Month. We would also like to thank everyone who donated items/baskets to be auctioned off: Barb Woodyard, Carla Schank, Clean Restoration, Culver Stockton College, Duncan & Co, Gem City Gymnastics, Gerri Buss, Jamie Carroll- Scentsy, John Wood Community College, Lucky Streak Slots and Lounge, Shannon Lewis- Breathe EZ Massage and Travis Marler.

The agency was chosen by Prairie Power, Inc. to receive a donation in the amount of \$1,000.00. PPI directors pay it forward by donating funds budgeted for gifts to agencies serving the communities surrounding PPI or cooperative members. Pictured is Jim Thompson, General Manager of Adams Electrical Coop, presenting the check to Todd Shackelford, Executive Director.



A special thank you to Ken Kestner who volunteered his time to put together our ten new conference room tables. What a difference they make!

Your thoughtfulness and support of our agency is truly appreciated!



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