



CASA

Court Appointed Special Advocates
FOR CHILDREN



May 2023 Newsletter

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

Friendly Reminder's!

* We are so excited to share our NEW guided training to allow new volunteers to train on their own time, in their own home, on their schedule! Know of anyone interested in learning more? Our next online only ZOOM meeting is on May 3rd at 12:30. The link to join us is

<https://us02web.zoom.us/j/83968346419>

*Ensure you are entering monthly contacts with your CASA children in OPTIMA or updating your coordinator about your visits.

Holidays

Memorial Day:
May 29th, 2023



Birthdays!

9-Audrey Hall
13-Kathy Obert
18-Dawn Schenk
19-Nancy Pettit
21- Erica Parrish
31-Karen Fox

Enjoy
your day!

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

Noon Networking
Topic: Quincy Public
Schools
When: May 11, 2023
Time: 12:00pm
Location: Hope
Lutheran Church
Quincy or zoom
<https://us02web.zoom.us/j/81324496407>

MAY

Webinar-Identifying and Exploring Trauma

Here's the link:

[Identifying and Exploring Vicarious Trauma, Compassion Fatigue, and Burnout : Recorded Webinar Registration Forms : On Demand Training Library : Resource Library : Illinois CASA](#)

Hancock County

Networking
Topic: Policy & Procedure
Review
When: May 9, 2023
Time: 5pm
Location: CASA Carthage
Office

Morgan County

Learn & Grow
Topic: Called to parent
again
When: May 24, 2023
Time: 10:00-11:00
Location: Presbyterian
Church

What is vicarious trauma?

Vicarious trauma is the accruing effect of being exposed to someone else's trauma — trauma that you have not personally experienced, but you've learned about from others.

The Vicarious Trauma Institute defines vicarious trauma as the “indirect exposure to trauma through a first-hand account or narrative of a traumatic event.”

Vicarious trauma is a term typically used when talking about clinicians, such as therapists, social workers, and other professionals.

Anyone can also experience stress when hearing about a loved one's trauma. That stress is very valid and natural, and sometimes it can lead to post-traumatic stress disorder (PTSD) or other mental health difficulties, like depression and anxiety. However, it is not the same as the concept of vicarious trauma.

Vicarious trauma is also known by a handful of other names, including:

- secondary traumatization
- secondary trauma
- secondhand trauma
- secondary traumatic stress

Vicarious trauma is not the same as PTSD, which refers to someone experiencing or witnessing trauma directly.

While vicarious trauma and PTSD are not the same, “the symptoms [of PTSD and vicarious trauma] can be quite similar,” explains Rebecca Phillips, a licensed professional counselor in Texas who specializes in trauma.