



CASA

Court Appointed Special Advocates
FOR CHILDREN



July 2023 Newsletter

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

Friendly Reminder's!

* June 30th was Libby's last day with CASA. We want to thank her for her 5 years of service with the agency. Volunteers under Libby's supervision will now contact Jess Bullard at 217-430-4059 or Danielle Buss 217-617-5438. A volunteer meeting will be held July 26th at 10am at the Presbyterian Church, as usual.

*Ensure contact notes are in Optima or reported to your coordinator each month.

Holidays

**Independence Day:
July 4th, 2023**



Birthdays!

- 1-Joy Jurens
- 2-Michelle Gates
- 6-Maureen Kennedy
- 7- Janice Winn
- 12-Carrie Steffensmeier
- 17- Diane Ludington
- 19-Brandi Riddell
- 24-Hannah Campbell
- 25-Lisa Gallion
- 30-Kylee Straube
- 31-Melissa Hess

**Enjoy your
day!**

The Blindside



The movie tells the story of Michael Oher, an American football offensive lineman who overcame an impoverished upbringing to play in the National Football League (NFL) with the help of his adoptive parents Sean and Leigh Anne Tuohy. The movie also depicts the Touhys' self-discoveries as they take in Oher.



Webinar- Trauma in Children: What can you do to help

Here's the link:

[Trauma in Children: What You Can Do to Help | Uchenna Umeh | TEDxAlief - Bing video](#)

Garbage Bag Suitcase



Garbage Bag Suitcase is the story of Shenandoah Chehalo, a child who grew up in an abusive home and went into foster care hoping for a better life. Life isn't always fair, yet she not only survived foster care but graduated from college. She beat the odds. Now, she is out to open America's eyes on the child foster care system.

Children's Trauma

What is trauma?

Child traumatic stress occurs when children and adolescents are exposed to events or situations that overwhelm their ability to cope and interfere with daily life and their ability to function and interact with others.

The type of trauma experienced by children in foster care can vary widely from neglect to domestic violence to physical and sexual abuse.

How does trauma affect children?

Trauma can affect children's brains, bodies, behavior, and ways of thinking. Ongoing trauma often disrupts children's sense of security, safety, and sense of themselves and alters the way they see and respond to people and situations in their lives. Approximately one in four children in foster care will show signs of post-traumatic stress disorder.

Children who have experienced trauma—especially ongoing trauma—may have developed unhealthy habits and behaviors, including increased aggression and distrusting or disobeying adults. These behaviors may have helped protect the children from neglect or abuse in the past and may be strongly rooted. It will take time, patience, and often therapeutic support to address and overcome them.

As the Child Welfare Information Gateway fact sheet, *Parenting a Child Who Has Experienced Trauma*, states: "Parenting a child who has experienced trauma may require a shift from seeing a 'bad kid' to a kid who has had bad things happen to him."

Effect of trauma on brain development

A recent and growing body of research into children's brain development is shedding new light on the ways that maltreatment changes the structure and chemical activity of the brain and the resulting emotional and behavioral functioning of the child. Research is shifting the way that professionals view and treat children who have experienced trauma by providing biological explanations for what had traditionally been described in psychological, emotional, and behavioral terms.

In an article on our blog, "Understanding Children's Behavior and Helping Them Heal," a therapist describes some of the neurological causes of children's behavior, sensory "triggers," and how you can calm a child.