



CASA

Court Appointed Special Advocates
FOR CHILDREN



January 2024 Newsletter

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

Friendly Reminder's!

Starting January 2024 if you are attending Networking's via zoom then the following must occur:

1. Camera must be on the entire time.
2. In the chat box state your first and last name.
3. Do not be a distraction to the others that are on.

We are wanting to make this an enjoyable and learning occasion for all. Therefore, if these are not followed than you risk not receiving credit and being removed from zoom.

Sorry We're
CLOSED

January 1st
New Years Day

January 15th
Martin Luther King Day

We are adding to our team!

A fulltime Recruiter/Coordinator needed to recruit, train, support and supervise volunteers. If you or anyone you know is interested, send resumes to 1420 Harrison St, Quincy, IL 62301 by January 12th. 2024.

Birthdays!

- 4- Carol Hudgens
- 19-Jeanie Brown
- 20- Ted Eifert
- 21-Karen Sedovic
- 29-Kelly Harrison

Enjoy your
day!

Adams, Pike, Brown, Cass, Schuyler Counties

Noon Networking
Topic: IPS services-Megan Sullivan
When: January 11th,2024
Time: 12:00pm
Location: 1420 Harrison Quincy, IL 62301 and Zoom

Link for Zoom:
<https://us02web.zoom.us/j/81249506392>



Webinar: The Science Behind Trauma and It's Impact.

Link: [The Science Behind Trauma, Trauma and It's Impact: What Every Adult Needs to Know](#) : Recorded Webinar Registration Forms : On Demand Training Library : Resource Library : Illinois CASA

Hancock County

Networking
Topic: Courtroom Procedure
When: January 8th, 2024
Time:4:00pm-5:00pm
Location: Hancock CO. CASA Office

Morgan County

Networking
Topic: Bella Ease-Dorinda Smith
When: January 18th, 2024
Time:12:00pm
Location: Presbyterian Church, located at 870 W College Ave in Jacksonville

Signs of traumatic stress and its short- and long-term impact

The signs of traumatic stress may be different in each child. Young children may react differently than older children.

Preschool Children

- Fear being separated from their parent/caregiver
- Cry or scream a lot
- Eat poorly or lose weight
- Have nightmares

Elementary School Children

- Become anxious or fearful
- Feel guilt or shame
- Have a hard time concentrating
- Have difficulty sleeping

Middle and High School Children

- Feel depressed or alone
- Develop eating disorders or self-harming behaviors
- Begin abusing alcohol or drugs
- Become involved in risky sexual behavior

The Body's Alarm System

Everyone has an alarm system in their body that is designed to keep them safe from harm. When activated, this tool prepares the body to fight or run away. The alarm can be activated at any perceived sign of trouble and leave kids feeling scared, angry, irritable, or even withdrawn.

Healthy Steps Kids Can Take to Respond to the Alarm

- Recognize what activates the alarm and how their body reacts
- Decide whether there is real trouble and seek help from a trusted adult
- Practice deep breathing and other relaxation methods

The impact of child traumatic stress can last well beyond childhood. In fact, research has shown that child trauma survivors may experience:

- Learning problems, including lower grades and more suspensions and expulsions
- Increased use of health and mental health services
- Increase involvement with the child welfare and juvenile justice systems
- Long-term health problems (e.g., diabetes and heart disease)

Trauma is a risk factor for nearly all behavioral health and substance use disorders.

There is hope. Children can and do recover from traumatic events, and you can play an important role in their recovery. A critical part of children's recovery is having a supportive caregiving system, access to effective treatments, and service systems that are trauma informed.