



March 2024

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.

Our offices will be closed on March 29th in observance of Good Friday. We wish everyone an enjoyable Easter holiday!



CALENDAR OF EVENTS

March
14 CASA Noon Networking
29 Office closed
April
11 CASA Noon Networking

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 OPPORTUNITIES

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 be happy to schedule a time to speak with you and explain our programs in detail and the impact abuse and neglect can have on a child. Please call the office at 217-223-2272.

BECOME A CASA VOLUNTEER

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, May 3rd, and Saturday, May 4th, from 9:00 a.m. to 5:00 p.m. and Sunday, May 5th, from 1:00 p.m. to 5:00 p.m. Training will be held at the agency office located at 1420 Harrison Street, in Quincy. Court observation and swearing in of new volunteers will be scheduled at a later date.

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.

JOIN OUR FUNDRAISING DINNER COMMITTEE

We are looking to add a few members to our Fundraising Dinner Committee. The annual fundraising dinner is the major fundraising event for the agency. The committee generally meets once a month beginning in June. This year's dinner is scheduled for Friday, October 18th. If you are interested, please call the office at 217-223-2272 and ask to speak to Diane.

WE NEED BEANIE BABIES

If you have beanie babies that you would like to donate to our agency, we would truly appreciate it. We offer the beanie babies to all the children who visit one of our Children's Advocacy Centers.

THANK YOU

The agency was the recipient of \$285.00 from the staff of Mercantile Bank from its January "Jeans Day" event.

Your thoughtfulness and support of our agency is greatly appreciated.



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