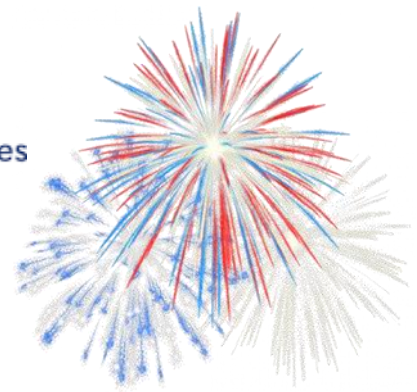


CASA

Court Appointed Special Advocates
FOR CHILDREN



July 2024 Newsletter

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

Friendly Reminders!

*There are no networking's scheduled for the months of July and August. If you complete any hours towards continuing ed please fill out the form and ensure your coordinator receives it to add towards your hours for the year.

*For volunteers that are in OPTIMA please ensure your monthly contacts are entered each month. If you are a volunteer that is not in OPTIMA, ensure you update your coordinator after your visit so they can get the note added for the month.



July 4th, 2024
Independence Day

Stay safe, enjoy your time with friends and loved ones, and don't forget those who made this day possible!

Birthdays!

- 1-Joy Jurens
- 2-Michelle Gates
- 4-Dawn Patton
- 6-Maureen Kennedy
- 7-Janice Winn
- 30-Kylee Straube
- 31-Melissa Hess



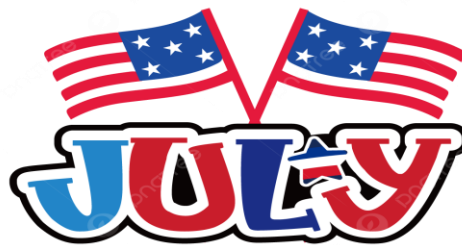
Screen Sanity Training

Hosted by Advocacy Network for Children and Connect Child and Family

Our Office is teaming up with Connect Child and Family to Host a training on July 30th from 2pm-4pm at the Crossing in Quincy. This training is about screen time and the impacts it has on youth. Click the link below to get a preview of the training and what to expect!

<https://www.youtube.com/watch?v=VnoMQT6w724>

If this is a training that interests you click the link below to register:
<https://www.surveymonkey.com/r/7GHVVL2>



Webinar: Vaping & Teens with ADHD

Link: [Bing Videos](#)

As of July 1st, 2024, the Advocacy Network for Children is making some changes as we continue to grow and develop our available services.

Danielle Buss has transitioned into the role of Associate Executive Director. This position is slated to assist the Executive Director in expanding resources, partnerships, services, staff skills, assist in implementation of fiscal system changes and be the authority in absentia.

Brittany Durst has transitioned into the role of CASA Manager. Brittany will be assuming all current CASA program management duties.

Protecting Youth from Harms of Vaping

Start the conversation

Create a safe space for discussion.

- Be patient and listen.
- Avoid criticism.
- Remember, your goal is to have a conversation, not deliver a lecture.
- Keep the conversation open and flexible as your children get older.

Choose your moments. Your child will be more likely to listen if the discussion feels natural. Avoid saying "we need to talk." Instead, ask your child what they think about something you see together, such as: Someone using a vape, either in person or on a screen, a vape shop or store display for vape products, vape product advertisements.

Ask for support.

- Supportive adults can help reinforce your message.
- Encourage your child talk with other trusted adults who are aware of the risks of vaping. This could include relatives, teachers, faith leaders, coaches, counselors, or others.
- Suggest they talk with their health care provider, such as their doctor, dentist, or school nurse.

Answer their questions

Your child may have questions about vaping. Here are some ideas to help you answer them.

Why don't you want me to vape?

- Science shows that vapes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you can get addicted more easily than an adult could. Most vape products contain nicotine, and using nicotine can change your brain.
- Being addicted to nicotine is stressful. When your brain craves nicotine, you can feel depressed, anxious, and irritable and can have trouble concentrating and sleeping. I don't want that for you!
- Vape products contain chemicals that are harmful. If you vape, you'll breathe in tiny particles that can harm your lungs.
- I know you wouldn't want to harm your friends or family. The cloud people exhale when vaping can expose those around them to chemicals that are not safe to breathe.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. Science shows that nicotine is addictive and can harm your brain development.
 - Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
 - Nicotine can even train your brain and make you more vulnerable to other drug addictions.
- Nicotine addiction is one more source of stress you don't need.
 - Over time, nicotine changes how your brain works and makes it seem like you need nicotine just to feel okay.
 - When you stop using it, you may experience nicotine withdrawal. This means your brain could get irritable. You may get anxious or upset, have a hard time concentrating or sleeping, have strong urges to vape, or just feel uncomfortable.
- Vaping can be expensive. Think of all the other ways you might be able to spend your money.
- I don't say this to scare you, but I want you to have the facts. Nothing is more important to me than your health and safety.