



CASA

Court Appointed Special Advocates
FOR CHILDREN



May 2024 Newsletter

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

Friendly Reminders!

*CASA is continuing to need volunteers in all 7 counties with caseloads continuing to rise. If anyone you know is interested, please reach out to Erica Parrish eparrish@advonet.org.

*June 7, 8 and 9th is the scheduled in person accelerated CASA training. If current volunteers are needing mandated reporter training completed this year Mike Hugenberg with DCFS will be at this training June 7th @12:30.

Sorry WE'RE
CLOSED

May 27, 2024
Memorial Day

**12 continuing education hours are due by the end of the year. Join in on Networkings to receive hours, watch webinars, watch a movie relating to child neglect, foster care, diversity, juvenile court system, ETC or read a book about these.*

Birthdays!

9-Audrey Hall
18-Dawn Schank
19-Nancy Pettit
25-Heidi Clark
31-Karen Fox



Enjoy your
day!

Adams, Pike, Brown, Cass, Schuyler Counties

Noon Networking
Topic: Therapy Services-
Janice Winn;QMG
When: May 9th, 2024
Time: 12:00pm
Location: 1420 Harrison
Quincy, IL 62301 and Zoom

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



Webinar: De-escalation Techniques in Foster Care

Link: [Bing Videos](#)

Hancock County

Networking
Topic: Judicial Decision Making
101-Judge Clark
When: May 16th, 2024
Time: 4:30pm
Location: Hancock CASA Office

Morgan County

Networking
Topic: DCFS Adoption Worker;
Alyssa Neuhoff
When: May 16, 2024
Time: 12:00pm
Location: Presbyterian Church,
located at 870 W College Ave in
Jacksonville

Recognizing and Responding to the Warning Signs for Suicide

Given that youth in foster care are at higher risk for suicidal behavior, it is important that foster parents and other people in support roles should be familiar with warning signs listed below and know how to help.

In addition to learning the following information, ask your state child welfare agency or foster care organizations or your state office of suicide prevention about training in youth suicide prevention. (You can find these agencies through links in the Resources section of this document.) —Gatekeeper training programs teach adults who have contact with youth to recognize those youth who are at risk for suicide and to refer them to supportive services or treatment. If you hear or see your foster child threatening to hurt or kill him/herself or talking of wanting to hurt or kill him/herself; looking for ways to kill him/herself by seeking access to firearms, available pills, or other means; or talking or writing about death, dying or suicide, when these actions are out of the ordinary for the child.

Call 911 or seek immediate help from a mental health provider. These behaviors are considered signs of imminent risk. Talking about death can be direct, such as —I wish I were dead and —I'm going to end it all or indirect such as —You will be better off without me, —What's the point of living? —Soon you won't have to worry about me, or —Who cares if I'm dead, anyway?

A critical factor to consider is if your foster child has recently experienced the loss of a relationship or a reduction in his or her status, whether this is real or anticipated: events that lead to humiliation, shame, or despair. These losses and events can elevate suicide risk. The loss of a friend, an expected poor grade at school, or getting into trouble with the law – each can feel earth-shattering to a young person.

If you sense your foster child exhibiting one or more of the feelings or behaviors listed below, seek help by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

- o Hopelessness
- o Rage, uncontrolled anger, seeking revenge
- o Acting reckless or engaging in risky activities, seemingly without thinking
- o Feeling trapped - like there's no way out
- o Increased alcohol or drug use
- o Withdrawing from friends, family and society
- o Anxiety, agitation, unable to sleep or sleeping all the time
- o Dramatic mood changes

It may be difficult for foster parents to distinguish between warning signs of suicide and a child's emotional reaction to being placed in foster care. The unfamiliarity of his or her new living situation as well as the uncertainty of his or her future can affect their moods, schoolwork, and relationships. It is important, however, to pay attention and to try to explore any indication that something is bothering a child. Use these warning signs as a starting point to talk with your foster child about what they are feeling and how they are doing. Be sure to regularly report your observations of your foster child's mood and behavior to the child's social worker or a staff member at the foster care agency.

It may help to call the National Suicide Prevention Lifeline to talk with trained crisis center staff. Crisis center staff can help suicidal youth or adults directly and can also support family and friends who are concerned. The service is free and confidential.

Call the National Suicide Prevention Lifeline, 1-800-273-TALK (1-800-273-8255) for crisis counseling, suicide intervention, and information about resources in your area. You can also urge your foster son or daughter to call the hotline to talk with trained staff. The Lifeline is accessible 24/7 and is available in English and in Spanish.