



CASA

Court Appointed Special Advocates
FOR CHILDREN

January 2025 Newsletter

Adams, Brown, Cass, Hancock, Mason, Menard, Morgan, Pike, Schuyler, Scott

Friendly Reminders!

*Starting this month, January 2025, Adams County noon networking's will be **via zoom only**

*Continuing education hours have restarted. 12 hours are due by the end of the year for volunteers. Join us for zoom networking's, read a book, watch a movie or sign up for a webinar/training to receive hours!

*All counties are in need of volunteers. If you know anyone interested in becoming a volunteer have them reach out to Erica Parrish at 217-223-2272.



January 1st, 2024
New Years Day

January 20th, 2024
Martin Luther King Jr. Day

Office News

Please help us welcome Amber Sarnes our Mason and Menard CASA Coordinator!

Amber Range, Morgan CASA Coordinator, has accepted the position of Forensic Interviewer in our eastern region. Congrats! With that we are looking to hire a CASA Coordinator for Morgan County.

Birthdays!

4-Carol Hudgens
20-Ted Eifert
21-Karen Sedovic
28-Bree Hartley
29-Taylor Huls
29-Kelly Harrison

Enjoy your
day!

Adams, Pike, Brown, Cass, Schuyler Counties

Noon Networking
Topic: CAC-Jamie Carroll
When: January 9th, 2025
Time: 12pm
Location: Zoom

Join Zoom Meeting
<https://us02web.zoom.us/j/84537699764>

Meeting ID: 845 3769 9764



Webinar- All About IEP's

Link: [All About IEPs : Recorded Webinar Registration Forms : Educational Advocacy \(hidden\) : Resource Library : Illinois CASA](#)

Hancock County

Networking
Topic: Trauma Informed Care
When: January 13th, 2025
Time: 4:30pm
Location: Carthage CASA Office

Morgan County

Networking
Topic: Audra Pilarte-Community Youth Services Coordinator for Midwest Youth Services
When: January 23rd, 2025
Time: 12pm
Location: First Presbyterian Church, Jacksonville IL.

How to Help Kids with Anxiety

Grounding- Grounding techniques can help a child remain present and focus on the moment instead of anxious feelings. A popular type of grounding is the 5-4-3-2-1 technique. This technique [involves focusing](#) on the five senses: sight, feeling, hearing, smell, and taste. A person can help the child identify:

- 5 things they can see
- 4 things they can feel
- 3 things they can hear
- 2 things they can smell
- 1 thing they can taste, or their favorite taste if they cannot taste anything at that moment

Activity- It may help to encourage the child to take part in a favorite activity, which can switch their focus away from their anxiety to something else. This may include:

- painting, drawing, or coloring
- running or walking
- listening to music
- watching a film or reading a book
- writing in a journal

When to contact a doctor-While anxiety can be a typical part of life, when it becomes chronic and affects a child's daily life, it can help to contact a healthcare or mental health professional.

Some signs of an anxiety disorder may [include](#):

- excessive worry, anxiety, or fear that appears out of proportion to the situation
- atypical sweating
- heart palpitations
- nausea
- chills
- muscle tightness
- lightheadedness
- avoidance of situations, people, or objects that cause anxiety
- displaying the following behaviors when confronting or anticipating certain situations:
 - tantrums
 - crying
 - clinging