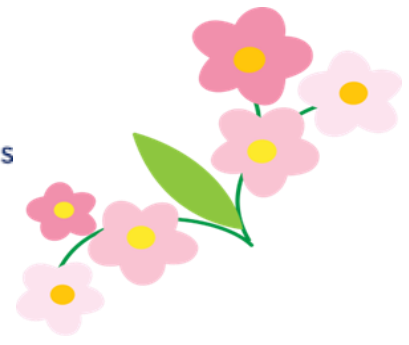


CASA

Court Appointed Special Advocates
FOR CHILDREN



May 2025 Newsletter

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

Friendly Reminder

*When entering notes in Optima please use quarter increments.

Example,
.25 (15 minutes)
.5 (30 minutes)
.75 (45 minutes)
1 (1 hour)

*Emily Rettenmeier has been hired as our new Adams CASA Coordinator. Her first day will be May 5th. Carol Hudgens has been hired as our Adams County CASA Coordinator Assistant. If you see them around give them a warm welcome!

Sorry WE'RE
CLOSED

**Memorial Day
May 26, 2025**

Quarter Madness

When: May 1st, 2025

Time: 5:30pm

Where: Holiday Inn and Suites
Bring your quarters and bid on fun goodie baskets. Proceeds will be donated back to our agency!

Birthdays!

18-Dawn Schank
19-Nancy Petit
28-Lori Stice



Adams, Pike, Brown, Cass, Schuyler Counties

Noon Networking
Topic: Quincy Public School-
Todd Pettit
When: May 8th, 2025
Time: 12pm
Location: Zoom

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

Meeting ID: 845 3769 9764



Webinar- Caregiver Strategies for Adolescent Mental Health

Link: [Caregiver Strategies for Adolescent Mental Health](#) :
[Recorded Webinar Registration Forms](#) : [On Demand Training Library](#) : [Resource Library](#) : [Illinois CASA](#)

Hancock County

Networking
Topic: TBRI Connecting Principles
When: May 12th
Time: 4:30pm
Location: Carthage CASA Office

Morgan County

Networking
Topic: "May I Tell You About CASA" *Bring a friend to learn more about CASA and experiences current volunteers have had*
When: May 15th, 2025
Time: 12:00pm
Location: Duncan Park (if weather permits or First Presbyterian Church, Jacksonville IL.

HOW TO HELP TEENAGERS WHO ARE STRUGGLING WITH THEIR MENTAL HEALTH



01
Encourage them to talk openly about how they are feeling and what they are thinking



02
Support them to find the right help by encouraging them to reach out to their local doctor or a mental health charity



03
Regularly check in with them and ask them if there is anything you can do to help or support



04
Work with them to come up with an actionable plan of things they can do that help them feel better



05
Support and encourage them to look after their physical health (E.g. good sleep habits, eating well balanced meals)



06
Encourage them to stay physically active. Exercise can be a great way to boost mood and reduce stress



07
Remind them that you are there for them to help, guide and support



08
Be patient and understanding. Listen to what is they are saying



09
Guide them towards helplines or mental health websites that offer advice



10
Work with them as a team to learn some coping skills that you can practise together

