



CASA

Court Appointed Special Advocates
FOR CHILDREN



June 2025 Newsletter

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

Friendly Reminder

*Children in cases are to be visited at minimum once a month. This can be in the foster home, daycare, etc.

* When stopping in on parent/child visits please ensure you are there to just observe. This is not the time to talk to parents/ children; that is needed to be scheduled at a different time.

*12 hours of continuing ed are needed to be complete by the end of the year. If you do a training, read a book, watch a movie, etc. ensure to fill out the continuing ed form and get that to your coordinator.



**Juneteenth
June 19, 2025**

Birthdays!

3-Megan Ramirez
14-Judy Dillard
22-Wanda Robertson
25-Jessica Funk
29-Cindy Trower



Adams, Pike, Brown, Cass, Schuyler Counties

Noon Networking
Topic: Hobby Horse
When: June 12th, 2025
Time: 12pm
Location: Zoom

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

Meeting ID: 845 3769 9764



Webinar- The Power of Being Seen

Link: [Bing Videos](#)

Hancock County

Networking
Topic: Connecting TBRI Principles
When: June 9th
Time: 12:00pm
Location: Carthage CASA Office

Morgan County

Networking
Topic: Rock Bottom to Rebuilding: A Mothers Journey
When: June 26, 2025
Time: 12:00pm
Location: First Presbyterian Church, Jacksonville IL.

Screen time usage – how much is too much?

Katzenstein: “If we’re trying to limit our kids’ screen time, we have to limit our own, too.”

- Stick to two hours or less of screen time a day and parents set that example
- Don’t use screens when getting ready for or before school
- Put screens away during homework and meals and at least one hour before bedtime
- Find the happy medium – too much screen time and too little screen time leads to higher levels of depression

Katzenstein: “There could be a component of social withdrawal when teens are not on social media and that prevents them from engaging with their peers the way that other peers are. Alternatively, there’s also data that suggests if you’re on screens or social media more, then you’re not playing outside as much or doing other activities that otherwise might protect you from depression.”

Social media do’s and don’ts

Katzenstein: “For parents, it’s all about a higher level of monitoring. Kids should only be friends with or follow people that they know in real life because people put their best lives out on social media. When we follow people we don’t know, we start to think people look like this or live like this and we feel inferior in some way, when that’s not the reality of those people’s lives.”

- Typically ages 10, 11 and 12 is an appropriate age for your child to join social media if it’s developmentally appropriate and you feel like he or she can be trusted
- Parents should know each app their child is on and exactly how it works
- Know who their child is following on social media
- Take the phone every night to check every text and app and decrease regular checks with trust and time
- There are apps available to set up parental controls and monitor your child’s social media usage

