



"Standing Strong for Abused Children"

September 2025

IT'S ALMOST TIME FOR KICK-OFF

Don't forget to mark your calendars and plan to attend the agency's annual fundraising dinner set for Friday, October 17th, at The Ambiance in Quincy.

Invitations for the "Tailgate to Celebrate" dinner will be mailed soon. If you are not on our invitation list and would like to be added or attend the dinner, please call the office at 217-223-2272 and ask to speak to Diane. Reservations and payment are due in advance by October 3rd and can also be made at www.eventbrite.com or by scanning the QR code which will be available on our Facebook page beginning September 12th.

The committee is working hard and planning a lot of exciting things that you won't want to miss. There will be a live auction, silent auction, raffles, bake sale, games and more.

This year's "Clairice Hetzler Advocacy for Children Award" recipient is Julia Vincent and the "Advocacy Network for Children Business Award" recipient is Bopi. Both recipients have been long-time supporters of the agency and its mission.

The dinner is the agency's major fundraising event of the year and helps us provide critical services to children who are victims of abuse and neglect.

For additional information, you can visit the agency's Facebook page or website at www.advonet.org.

We hope to see you there!



CALENDAR OF EVENTS

September

01 Office closed

October

13 Office closed

17 Annual Fundraising Dinner

We currently have the following volunteer needs:

- Happy Bear Presentations
- CASA Volunteers
- Fundraising
- Mailings

If you would like to help, please contact our office at 217-223-2272.

Our agency could not continue its mission of advocating for children without your help. You can help by:

- Monetary Donation
- ANC Foundation Donation
- Office Supply Donation

SOCIAL MEDIA AND TEEN MENTAL HEALTH

Numerous studies show that higher levels of social media use among children and adolescents are linked to adverse effects, including depression and anxiety, inadequate sleep, low self-esteem, poor body image, eating disorder behaviors and online harassment. These risks are greater for girls versus boys and for those already experiencing mental health issues. There are many ways to help your child learn to use social media sites responsibly. It's important to talk with your child about their social media use and to monitor their online activities.

CASA TRAINING OPPORTUNITIES

Our CASA program continues to offer guided learning. Guided learning allows a person to train on their own time, in their own home and on their own schedule. If you ever wanted to become a CASA volunteer and couldn't commit to a full week's training or an accelerated training on a weekend, this is a perfect option.

In addition, an accelerated training for CASA volunteers is scheduled for Saturday and Sunday, September 20th and 21st, starting at 9:00 a.m. each day. The training will be held at the administrative office located at 1420 Harrison Street in Quincy and is open to interested individuals in our 10 county CASA service area (Adams, Brown, Cass, Hancock, Mason, Menard, Morgan, Pike, Schuyler and Scott).

For more information on either of these trainings, please call Brittany Durst, CASA Manager, at 217-223-2272 or email bdurst@advonet.org.

BACK TO SCHOOL CONVERSATION STARTERS

The first few weeks of school can be exciting and overwhelming for both children and parents. Daily check-ins can help children process their experiences and let parents or caregivers spot any potential issues early. Here are a few age-appropriate prompts to go beyond the usual "How was your day?":

- "What was something that made you smile today?"
- "Who did you sit by at lunch or talk to at recess?"
- "Did anything make you feel nervous or unsure today?"
- "What's one thing you're looking forward to tomorrow?"
- "Did you help someone today? Did anyone help you?"
- "Do you know who to talk to at school if something doesn't feel right?"
- "Did you make any new friends today? What are they like?"
- "What do you like most about your teacher or classmates?"

Building strong communication channels will help children feel comfortable coming to you when something doesn't feel right.

Let's all work together to make this a wonderful and safe school year!



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