

WHAT'S NEW-S?

Court Appointed Special Advocate Quarterly Newsletter

April—June 2019



“Children are the living messages we send to a time we will not see.”

- Neil Postman

CASA In-Service Training Happening NOW!

Help us spread the word in our community about the upcoming training or new volunteers with the dates provided below.

July 6: 9 am– 4 pm

July 13: 9 am– 4 pm

July 20: 9 am– 4 pm

July 27: 9 am– 4 pm

All trainings are held at Family and Youth, 220 Louie Street, Lake Charles, LA 70601

In This Issue

- Featured book of the quarter, “The Women Who Raised Me.”
- Article: Homeless LGBT Youth: How We Can Fight Their Invisibility, Including Youth of Color
- Article: Number of children going to ER with suicidal thoughts, attempts doubles, study finds
- Article: The Cost of Caring: 10 Ways to Prevent Compassion Fatigue
- Article: Helping Youth Transition to Adulthood: Guidance for Foster Parents

Check Out this new Book!

In an effort to give you access to continued education on topics relevant to the work you do day in and day out as a CASA volunteer, our staff will be adding a new book every quarter to our CASA library for all volunteers to check out as they wish.

This Quarter our book of choice is.....
"The Women Who Raised Me" by Victoria Rowell

*There is one copy available to be checked out.

Homeless LGBT Youth: How We Can Fight Their Invisibility, Including Youth of Color

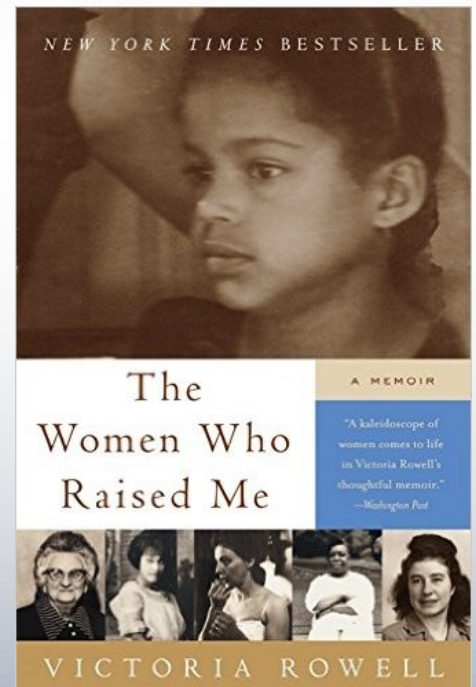
Article by: Michelle L. Page of Youthtoday.org

-This article discusses the challenges that homeless LGBT youth, and youth of color face. Youth who identify as LGBT are disproportionately affected by homelessness compared to the overall population. LGBT youth are more likely to face discrimination. Current legislation is very generalized, and does not address the specific disadvantages they face. It is important to recognize this particular group as unique in order to ensure they receive adequate support they need.

Link: <https://youthtoday.org/2019/04/homeless-lgbt-youth-how-we-can-fight-their-invisibility-including-youth-of-color/>

How is this relevant to CASA?

As CASA volunteers, we work with youth from all populations and ethnic backgrounds, such as minorities and those who identify as LGBT. As CASA it is important to recognize the hardships they may face in order to effectively advocate for services on their behalf, as well as provide them with support.





Number of Children Going to ER with suicidal thoughts, attempts double, study finds.

Article by: Leslie of ChicagoCrusader.com

This article discusses how the rate of suicidal ideations and suicide attempts amongst youth has risen in recent years and potential causes. The number of youth between ages of 5 and 18 visiting the emergency room who have received diagnosis of suicidal ideations and attempts doubled between 2007 and 2015. Diagnosis of either condition increased from 580,000 in 2007 to 1.12 million in 2015.

Link: <https://chicagocrusader.com/number-of-children-going-to-er-with-suicidal-thoughts-attempts-doubles-study-finds/>

How is this relevant to CASA?

As CASA Volunteers, it is important to stay up to date on mental health issues that may impact the children we serve. Many of the children we serve experience a great amount of stress and pressure, and may have received mental health diagnosis in the past, or may receive them in the future; and those diagnosis may or may not be accompanied by suicidal ideations and/or attempts.

****Please don't forget to turn in your paragraph review for In-Service Training credit after you have read the article.***

The Cost of Caring: 10 Ways to Prevent Compassion Fatigue

Article by GoodTherapy.org

This article discusses compassion fatigue. Compassion fatigue is characterized by physical and emotional exhaustion and a profound decrease in the ability to empathize. Knowing the signs and symptoms and continuing to check in with yourself can help you better prevent and manage compassion fatigue if it arises.

Link: <https://www.goodtherapy.org/blog/the-cost-of-caring-10-ways-to-prevent-compassion-fatigue-0209167>

How is this relevant to CASA?

As CASA volunteers, we are exposed to information that can often be disheartening and traumatic. Therefore, it is important to recognize the symptoms of compassion fatigue, have the tools necessary to address any secondary trauma, and learn ways to prevent its onset.

**Please don't forget to turn in your paragraph review for In-Service Training credit after you have read the article.*

Helping Youth Transition to Adulthood: Guidance for Foster Parents

Article by childwelfare.gov

This article discusses the challenges youth face when aging out of foster care. Youth in foster care face the typical developmental changes and new experiences common to their age. However, they also confront the dramatic adjustment to being on their own rather than under State's care. It is important to ensure that these youth are provided with the necessary coping skills and supports to help them lead a successful life.

Link: https://www.childwelfare.gov/pubPDFs/youth_transition.pdf

How is this relevant to CASA?

Many children in foster care will achieve permanency; unfortunately this is not the case for all, and some of the children we serve will "age out". As CASA volunteers it is important that we recognize the challenges they face and have the ability to advocate for the tools they need to prepare for adulthood.

**Please don't forget to turn in your paragraph review for In-Service Training credit after you have read the article.*