

# WHAT'S NEW-S?

Court Appointed Special Advocates Quarterly Newsletter

October-December 2019

## Welcome New CASA Volunteers!



(Pictured L to R): Judge W. Mitchell Redd, Karen Page, Tiffany Hester, and Olivia Bergen.

“We worry about what a child will become tomorrow, yet we forget that he is someone today.” —

Stacia Tauscher

**Happy  
Holidays!**

The CASA Office will be closed on the following days:

December 24th, 25th, 31st, and January 1st

For more information about CASA, A division of Family and Youth contact [erika@fyca.org](mailto:erika@fyca.org) or call 337-436-9533

### In This Issue

- Featured book of the quarter, “The Connected Child.”
- Article: Foster Care Youth at Risk for Child Sex Trafficking
- Article: Foster Care and the Holidays
- Article: The Importance of Self-care During the Holidays
- Article: Keeping Immigrant Families Together



## 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 Connected Child" by Dr. Karyn B. Purvis, Dr. David R. Cross, and Wendy L. Sunshine

\*There is one copy available to be checked out.

## Foster Care Youths at Risk for Child Sex Trafficking

Article by: Debra Schiling Wolfe from Social Work Today.com

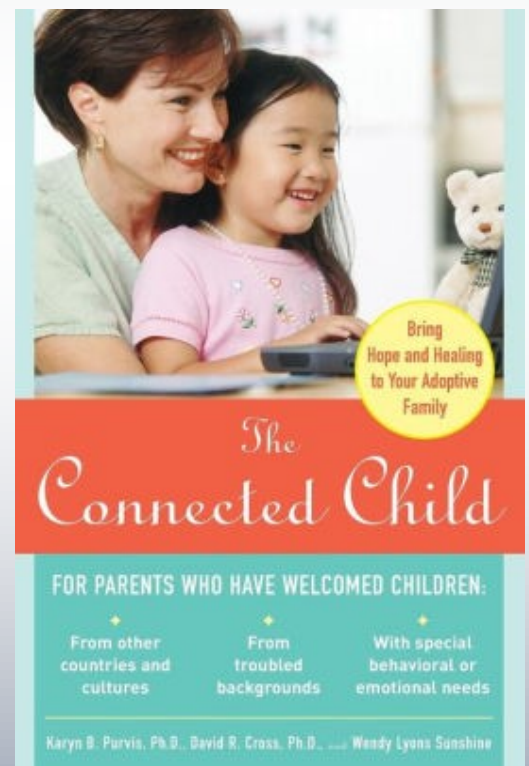
-This article discusses children who have been involved in the child welfare system at risk for being victimized in child sex trafficking. The author discusses the studies that were conducted by University of Pennsylvania's Field Center for Children's Policy, Practice & Research. Numerous factors contribute to the increasing risk for foster youth becoming victims of sex trafficking.

Link: [https://www.socialworktoday.com/news/enews\\_1118\\_1.shtml](https://www.socialworktoday.com/news/enews_1118_1.shtml)

### How is this relevant to CASA?

As CASA volunteers you will advocate for many foster youth that have the potential to be at risk for victimization in sex trafficking. CASA can use the knowledge in this article as a preventative to assist our children in lowering their risk factors before aging out of foster care, as well as, assisting in establishing a safe, stable, and permanent home life.

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



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## Foster Care & The Holidays

Article by: Dr. John N. DeGarmo, Ed.D. featured on [Fosterfocusmag.com](http://Fosterfocusmag.com)

This article discusses the many emotional struggles that children in the foster care system may experience around the holiday seasons. These emotions may stem from the inability to return to their homes for the holidays or feelings of guilt or disloyalty to their birth families for experiencing joy with their foster families. This article explores different ways that foster parents can prepare children in the system for the upcoming holidays.

Link: <https://www.fosterfocusmag.com/articles/foster-care-holidays>

### How is this relevant to CASA?

CASA volunteers could use the knowledge in this article to discuss with the foster parents of the children we are serving. CASA can assist them in expanding their knowledge of the many different emotions foster care youth may experience over the holiday season and what they could do to best prepare ***\*Please don't forget to turn in your paragraph review for In-Service Training credit after you have read the article.***

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# The Importance of Self Care During the Holidays

Article by Tina Arnold of Psychcentral.com

This article discusses how the “most wonderful time of the year” can be a not so wonderful time for some of us during the holiday season. The hustle and bustle of constant schedules and obligations we feel during this time can add to our stress levels. Many people can have depressive feelings surrounding finances and excessive spending around this time of the year. This article discusses what symptoms to look out for and how to apply some Self Care.

Link: <https://psychcentral.com/lib/the-importance-of-self-care-during-the-holidays/>

## How is this relevant to CASA?

As CASA's it is so important that we put a value on Self Care. Being an advocate for an abused and neglected child can automatically add stress to a person. With the upcoming holiday season many of our volunteers may be experiencing an extra amount of stress and this article can assist with recognizing the need for self care.

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

# Undoing the Harm of Childhood Trauma and Adversity

Article by Mitzi Baker

This article discusses Adverse Childhood Experiences (ACEs) that can occur during a person's childhood and its effects into adulthood. A high ACE score can put individuals at a higher risk for not only mental health issues, but physical health problems. This article utilizes studies to connect adverse events to health effects and discusses tools that can assist in addressing the impact of trauma in order to combat adverse childhood experience long term effects.

Link: <https://www.ucsf.edu/news/2016/10/404446/undoing-harm-childhood-trauma-and-adversity>

## How is this relevant to CASA?

As CASA Volunteers you will be working with children and families from many different backgrounds and experiences. Most of our children and parents we work with will have experienced some type of trauma in their life. It is important as a CASA volunteer to understand what Adverse Childhood Experiences (ACEs) are and how it affects individuals as they grow and develop. You will also need to be aware of how to advocate for these individuals. By understanding the tools that can help to address ACE, you will more easily be able to identify and advocate for needed resources.

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# Together We Can Conference

November 12-14th in Lafayette, LA

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Pictured from left to right: Olivia Bergen, Michaelynn Parks, Anaya Joseph, Christine Kudrecki, Caitlyn Kudrecki, Ashley Haynes, Terri Terrell, Melody Bertrand, Rickki Young, Donna Lennox, and Susan McHugh (not pictured: Janet Jones)

## Congratulations To Melody Bertrand



**Recipient of the Catherine Lafleur Legal Advocacy for Children and Families Award!**

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**A HUGE thank you to Westlake Chemical, Lake Charles Junior League, Tru by Hilton, Staybridge Suites, The Sampey Family, and others from our community for all of our wonderful CASA toy donations! We are so grateful for their support!!**



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