

# THE CASA ADVOCATE

Court Appointed Special Advocates, A Division of Family and Youth

November 2020 Edition



## Advocate Spotlight



This month we would like to spotlight ALL of our wonderful CASA volunteers. We are so very thankful for all of our volunteers who have chosen to give their time to serve the children in our community! Without the dedication of our volunteers, CASA's efforts would be futile! Thank you for being selfless, generous, thoughtful volunteers! You have helped and continue to help make a difference in the lives of others!

*"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others"*  
-DeAnn Hollis

Congratulations to our newest CASA volunteer advocates! They were virtually sworn in by Judge Redd this month! Please join us in welcoming Rachel G., Mary A., Megan S., Lyndee B., Derrick B., Mel H., Reginald W., Jacey B., Susan B., and Melissa P.! Thank you all for making the decision to dedicate time and effort for the children of our community!



[Link: https://www.fosterfocusmag.com/articles/foster-care-holidays](https://www.fosterfocusmag.com/articles/foster-care-holidays)

### Foster Care & The Holidays

by : Dr. John N. DeGarmo, Ed.D.

#### How is this article relevant to CASA?

What's supposed to be the most wonderful time of the year can actually be very tough on our CASA children, biological parents, and foster parents. This article highlights possible feelings your CASA child may experience during this holiday season and provides some helpful perspective that can guide you in your advocacy.

*\*Volunteers if you would like to receive in-service credit for this article, please turn in a paragraph review after reading the article.*



Pictured from left to right starting at the top: Judge Redd, Michaelynn P., Susan B., David D., Rachel G., Mary A., Megan S., Lyndee B., Erika S., Mel H., Reginald W., Jacey B., Derrick B., and Melissa P.

"At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back."

- Denzel Washington

### Children and Mental Health

by : The National Institute of Mental Health

#### How is this article relevant to CASA?

One of the key elements of our advocacy as CASA is the health and wellbeing of the children we serve. Being able to recognize the difference between normal child development and mental health difficulties will help you know when a mental health assessment should be recommended. This article explains what to look for, and when to seek help for your CASA child.

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[Link: https://www.nimh.nih.gov/health/publications/children-and-mental-health/](https://www.nimh.nih.gov/health/publications/children-and-mental-health/)

### CASA DIVISION UPDATE:

Our program is currently serving 88 children within 51 cases in our community!

We are now actively seeking new CASA Volunteer Advocates! If you or someone you know is interested in becoming a voice for a child in foster care, please contact [michaelynn@fyca.org](mailto:michaelynn@fyca.org) or call 337-436-9533 for more information.

**CASA Volunteer Advocate Trainings are offered virtually and monthly! For more information contact Michaelynn.**

For more information about CASA, A Division of Family & Youth

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