

CASA CORNER



UPCOMING COURT DATES

IBERIA PARISH

June 27, 2022

ST. MARTIN PARISH

June 14, 2022

June 24, 2022

ST. MARY PARISH

June 1, 2022

June 23, 2022

Wrap Up: Lunch With CASA

Volunteer Advocates and Staff enjoyed "Lunch with CASA" at the Forest Restaurant in Franklin, LA (St. Mary Parish) on Saturday May 14th, 2022. During their get together, the revised Volunteer Policies Manual was reviewed and distributed to those who attended. CASA Staff has copies for the volunteers who were unable to attend that can be picked up during your next office visit!

CASA BIRTHDAYS

Terry Thompson - June 7

Leah Cowie - June 18



MEN'S HEALTH MONTH



Happy
Father's
Day



NATIONAL PTSD MONTH

When we hear the words *child abuse*, it can be difficult to feign the uncomfortable tension that associates the word. Past national headline horror stories replay in our heads, we remember the names of children that have trended on social media, and not to mention the countless documentaries on Netflix. We may shake our heads in disapproval, give a groan of anger, cry, scream, donate to our local charities and nonprofits, or find ourselves helping in the best way we know how: volunteering, fostering, or adopting.

In just the US, at least **1 in 7 children have experienced child abuse or neglect** in the past year (CDC), that's more than 10 million children. Globally, 1 billion children (half of all the children in the world) are victims of violence every year. For those who survive it, the effects of child abuse doesn't always end once removed from the toxic environment. In fact, for many, the trauma from being a victim of child abuse can sometimes last a lifetime. Chronic abuse may result in **toxic stress** (the strong, unrelieved activation of the individual's stress management system in the absence of protective adult support), which can change brain development and increase the risk for problems like posttraumatic stress disorder (PTSD) and learning, attention, and memory difficulties. Over the long term, children who are abused or neglected are also at increased risk for experiencing future violence victimization and perpetration, substance abuse, sexually transmitted infections, delayed brain development, lower educational attainment, and limited employment opportunities. (CDC) Additionally, systems-imposed stressors, such as removal from the home, can compound pre-existing stressors and re-traumatize children who already may be carrying significant burdens. (CASA)

As undiagnosed and untreated complex trauma can manifest in symptoms and behaviors that parallel Attention Deficit Hyperactivity Disorder (ADHD) and Oppositional Defiance Disorder (ODD), children are often labeled with these diagnoses and inappropriately medicated. Learning how to cope with adversity is an important part of healthy development. Without caring adults and targeted interventions to mitigate the effect of these experiences for children, the unrelenting stress can weaken the architecture of the developing brain, resulting in long-term consequences. (CASA) The way that traumatic stress manifests will vary from child to child and will depend on the child's age and developmental level. At no age are children immune to the effects of traumatic experiences; even infants and toddlers can experience traumatic stress. (NCTSN)

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CASA of the 16th JDC



CASA16thJDC



CASA Sixteenth JDC Inc



NATIONAL PTSD MONTH

Fortunately, even when children experience a traumatic event, they don't always develop traumatic stress. Many factors contribute to symptoms, including whether the child has experienced trauma in the past, and protective factors at the child, family, and community levels can reduce the adverse impact of trauma. (NCTSN) Service improvements as a result of becoming **trauma-informed** include more children receiving trauma-informed screening, assessment, and evidence-based treatments, which may impact outcomes, such as: fewer children requiring crisis services; decreased use of psychotropic medications; fewer foster home placements, disruptions, and reentries; reduced length of stay in out-of-home care; and improved child functioning and increased well-being. (HHS)

While these recommendations are directed to child welfare systems, all systems that engage with vulnerable children and families should strive to become trauma informed. CASA programs and their volunteers often find themselves on the "front line" with children and families who have and are experiencing trauma. Being equipped with the knowledge, skills and strategies to engage productively with these challenging circumstances is critical. Lastly, being trauma informed means having the ability to recognize when you or your staff and volunteers are being impacted by secondary trauma and how to manage possible burn-out. (CASA)

As an Advocate in Action, CASAs can become trauma informed by participating in training and ongoing educational opportunities. Child trauma is a fast growing topic with new information coming to light every day. Encourage your CASA program to host regular trainings that cover all the different facets of trauma including: the neurobiology of trauma, toxic stress, resilience, historical trauma, and executive functioning and compassion fatigue. **LCWTA has an almost endless amount of child trauma and staff wellness resources that can be accessed on their website (www.lcwta.org)**. Recognize when you are starting to feel the impacts of secondary trauma or burn-out, and be sure to let your supervisor or colleagues know how you're feeling so that they may guide you to the proper resources. Remember that the work you do every day is incredibly important and can also be incredibly demanding and draining. Taking time to recharge will help you and the children and families you support.

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LEARN MORE

CENTER FOR DISEASE CONTROL

<https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>.

THE NATIONAL CHILD TRAUMATIC STRESS NETWORK

<https://www.nctsn.org/what-is-child-trauma/about-child-trauma>

DEPARTMENT OF HEALTH AND HUMAN SERVICES (PDF)

<https://www.medicaid.gov/Federal-Policy-Guidance/Downloads/SMD-13-07-11.pdf>

ADVOCACY IN ACTION: CASA FOR CHILDREN

<https://advocacyinaction.casaforchildren.org/permanency/trauma-informed-practice-supporting-children-youth-and-families-impacted-by-abuse-and-neglect/#1540733879927-a5744e0d-2db60618-f23eb241-53f6386b-4daf2b79-6816>

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JUNE 30

11:30AM

WEBINAR
**INVESTING IN
CHILDREN AND
FAMILIES**

<https://www.louisianacasa.org/event-details/investing-in-children-and-families>



CASA

Court Appointed Special Advocates
FOR CHILDREN

CASA OF THE 16TH JDC, INC.

NATIONAL CASA

2022 ANNUAL CONFERENCE

Leading the Way
to Brighter Futures

JUNE
4-7, 2022

SEATTLE
WASHINGTON

OPEN TO CASA STAFF ONLY

WWW.LOUSIANACASA.ORG

SOUL FOOD MONTH

Louisiana's Culinary History

More at

<https://southernfood.org/news/2018/9/4/louisianas-culinary-history>



"The people of Louisiana--the Native Americans, the Europeans, and the Africans--together melded their raw materials, their techniques, their labor and their spirit into a unique cuisine. The food of Louisiana is arguably the only true cuisine that has developed in the United States. Statehood clarified and defined Louisiana so that the foods and foodways were identified with the state and at the same time became part of our identity."

"LOUISIANA HAS DEVELOPED AN AGRICULTURE INDUSTRY THAT PRODUCES ENOUGH TO MAKE IT THE LARGEST PRODUCER OF CRAWFISH IN THE US."

"Coffee, rice, sugar, and seafood were found in abundance in New Orleans and formed a significant part of the culture. The French Market and a larger network of markets were formed, creating a patchwork of neighborhoods which had the markets at their hubs." "The period after statehood saw the proliferation of restaurants in NOLA and contributed to a restaurant culture that helped create the cuisine of the city as well as all of the ethnic groups who lived in the city. This period also helped shepherd in the cocktail culture of the city--bringing in the Sazerac (now the official cocktail of NOLA) and the Hurricane to the table."

TBRI ADVOCATE TRAINING

Shreveport, LA. Starts June 27, 2022. Apply Online.



Trust-Based Relational Intervention

TBRI is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI is connection.

Volunteers for Youth Justice is hosting a TBRI Advocate Training. Become a voice of hope for our children from “hard places!” As a TBRI Advocate you will learn the skills needed to help bring healing to this fragile population who suffers from the effects of complex trauma. After completing your 24 hours of training by a TBRI Practitioner you will be commissioned by a judge and assigned a case.

MUST ATTEND ALL DATES (9AM-2PM)

MONDAY, JUNE 27

TUESDAY, JUNE 28

WEDNESDAY, JUNE 29

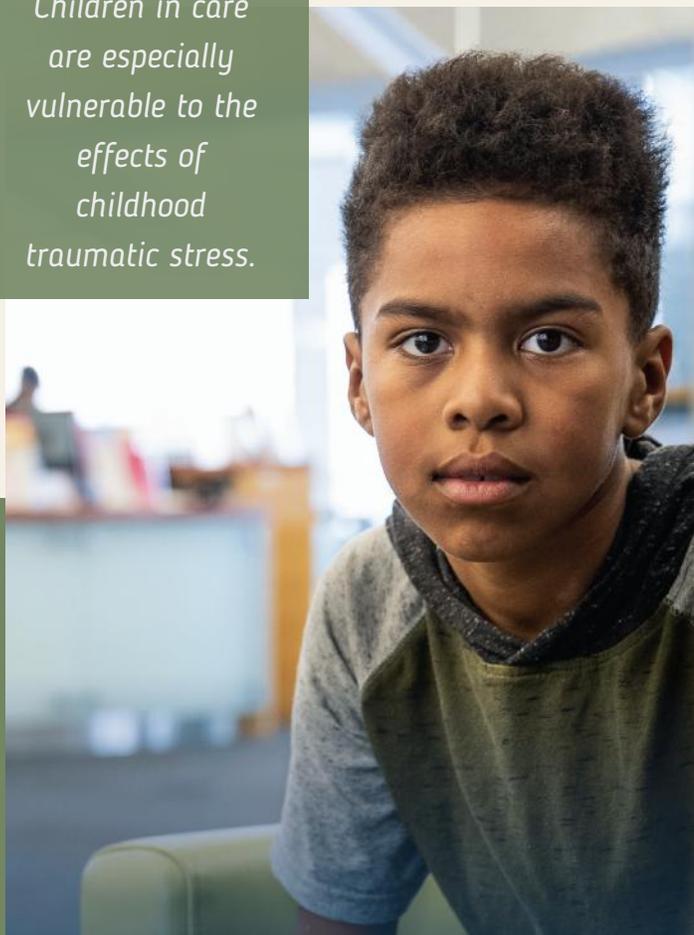
MONDAY, JULY 11

TUESDAY, JULY 12

WEDNESDAY, JULY 13

TRAUMA INFORMED PRACTICES

Children in care are especially vulnerable to the effects of childhood traumatic stress.



A growing body of scientific literature indicates the success of trauma-informed child welfare systems in treating child traumatic stress. Trauma-informed systems are structured with an understanding of the causes and effects of traumatic experiences, along with practices intended to support recovery rather than exacerbate vulnerabilities.

Trauma-specific interventions includes providing children with a sense of control and hope, and requires the involvement of all stakeholders working with the child, including caseworkers, lawyers, judges, providers, birth parents, and caregivers (foster parents and kinship caregivers).

01 Trauma-informed care redirects attention from treating symptoms of trauma (e.g., mental health disorders, behavioral problems) to treating the underlying causes and context of trauma.

Treatments are designed to maximize a child's sense of physical and psychological safety, develop coping strategies, and increase a child's resilience. These treatments allow children to attain a sense of balance, make strides in meeting developmental benchmarks, heal deep emotional scars, and achieve stability in their foster placements.

02 Implementing the five trauma-informed practice recommendations for child welfare systems, courts, advocates, and staff can improve the short and long-term health and wellbeing of children in care.

(1) Educate stakeholders about the effects of trauma on children and families, as well as effective trauma-specific treatments, (2) Ensure that children entering the child welfare system are screened and assessed for trauma, (3) Refer children to appropriate evidence-based, trauma-specific treatments, (4) Provide information and trauma-related services to birth families and caregivers, and (5) Encourage stakeholders to collaborate to form a cohesive, integrated community approach to addressing trauma.

With proper treatment and care, children and youth can draw on their capacity for resilience and overcome the negative effects of trauma.

CASA of the 16th JDC, Inc

Loud & Proud

Happy Pride Month

A TRIBUTE TO THOSE WHO WERE INVOLVED IN THE STONEWALL RIOTS; GET READY TO DUST OFF YOUR RAINBOW FLAGS, DOUSE YOURSELVES IN GLITTER, AND JOIN IN THE FUN!

[YOUTH.GOV/YOUTH-TOPICS/LGBT](https://youth.gov/youth-topics/lgbt)

CASA OF THE MONTH

SUSAN MCFARLAND

I have been married to Joel for almost 30 years, and we have one daughter, Katherine. After spending most of my waking moments dedicated to my career and family, I retired from teaching in Iberia Parish in 2013, the year our daughter graduated. I now have more time to enjoy more personal avocations, including more dedication to my church and volunteer activities, which are very important to me. I was a member of Kappa Alpha Theta Fraternity at LSU. Our national philanthropy was CASA and I always planned to volunteer for CASA once retired. **I'm really glad that I did.** What I find rewarding about being a CASA is **being a constant in the children's lives.** Often there are so many adults in and out of these children's lives, but I have always remained from start to finish. I am even still in touch monthly with some of my former CASA children who have aged out or whose cases have closed. The best advice I received was from a public defender for one of my parents, when I expressed frustration with the prolonged process of the court system, and felt that permanency for my child could be achieved in a quicker fashion. **"You need to stop trying to make sense of a system that doesn't make any sense. You are going to drive yourself crazy,"** she said to me. It helped me to focus my attention and heart in a different direction, and ultimately led me to gain a more positive attitude. I encourage many people to become a CASA volunteer, and express how many foster children need someone on their side who can be there for them during a difficult time. Most people feel that they can't handle such sad environments--I tell them to keep their sights set on the children who have no choice in their situation. At the least, you could help a child gain a more positive outlook on their future. **It is really a great way to do God's work.**

CASA'S WITH CHILDREN WITH JUNE BIRTHDAYS

Bobbie Williams - 1 child (June 25th)
Amanda Landry - 1 child (June 26th)
Lakondra Hines - 2 children (June 26th, June 28th)

PLEASE contact the office about your party in a bag.

NEXT BOARD MEETING

Tuesday, June 14th at 5:30 pm in the Court House Annex Conference room.

FRIENDLY REMINDER

LCWTA has many trauma informed resources that can help when dealing with first and second-hand trauma.