

SEPT 2023

CASA CORNER



UPCOMING COURT DATES

IBERIA PARISH

September 11, 2023

ST. MARTIN PARISH

September 08, 2023

September 25, 2023

ST. MARY PARISH

September 05, 2023

CASA BIRTHDAYS

Chasity Morales - Sept. 5

Athena Self - Sept. 17

Theresa Burleigh - Sept. 18

CRISIS HOTLINE FOR SUICIDE PREVENTION MONTH

ANYONE COULD BE

STRUGGLING WITH SUICIDE...

- Attempt Survivors
- Maternal Mental Health
- Veterans
- Deaf, Hard of Hearing, Hearing Loss
- Youth
- Loss Survivors
- Individuals with Neurodivergence
- Disaster Survivors
- LGBTQ+

SUICIDE & CRISIS HOTLINE
DIAL 988



COLOR A CHILD'S STORY

5K & 1 MILE
COLOR RUN
& CRAFTS FAIR

New Iberia, La
October 7, 2023

September is SUICIDE PREVENTION MONTH

Suicide is currently the 11th leading cause of death in the US with 1.7M attempted suicides and over 48,000 deaths by suicide in 2021. That's an average of 132 suicides per day.

No one takes their life for a single reason. Life stresses combined with known risk factors, such as childhood trauma, substance use – or even chronic physical pain – can contribute to someone taking their life. In fact, 90% of people who die by suicide have an underlying – and potentially treatable – mental health condition (depression, bipolar disorder, and substance use are strongly linked to suicidal thinking and behavior).

When it comes to speaking on suicide, brief interventions have been shown to be effective at reducing risk and helping people live through high-risk periods. When a person is in a crisis, cognition (thinking) becomes less flexible and they don't have access to their usual ways of coping. This is not the ideal time to come up with solutions to reduce their pain and problem solve. The ultimate goal of these brief interventions is to prevent suicide with a short-term goal of providing options other than suicidal behavior.



THE 5 STEPS TO HELP

ASK

BE THERE

KEEP THEM SAFE

**HELP THEM STAY
CONNECTED**

FOLLOW UP

LEARN MORE

Get Help

The first step to addressing suicide is knowing the risk factors and warning signs. Asking someone directly if they're thinking about suicide won't "put the idea in their head" – most will be relieved someone starts a conversation. Limiting a person's access to methods of killing themselves also dramatically decreases suicide rates in communities. If you are concerned about someone in your life, learn more about the ways you can get help and discover tools you can use today to have a real conversation about mental health.

AFSP.ORG

WELCOMING CASA'S NEWEST ADDITION



TAYLOR DELCAMBRE
ADVOCATE SUPERVISOR

HAPPY CASAVERSPARK



**CRYSTAL
KNOPE**



**ANITA
LANTIER**



**PAMELA
LANDRY**



**SARAH
GIROIR**



**MELISSA
DEMPSEY**



**ATHENA
SELF**

Online Opportunities to Complete CASA In-Service Hours



CHILD VISITS: MANAGING SCHEDULES AND MAKING A PLAN

Planning out monthly visits with CASA volunteers can be challenging. This training will give tips on making a plan to ensure monthly visits.



ACES: UNDERSTANDING TRAUMA AND PREVENTION STRATEGIES

Effective ways to promote awareness and education of childhood trauma on long-term health outcomes.

