

JULY 2024



CASA CORNER



UPCOMING COURT DATES

IBERIA PARISH

July 09, 2024

ST. MARTIN PARISH

July 11, 2024

ST. MARY PARISH

July 01, 2024

July 31, 2024



"Nothing you do for children is ever wasted."

Garrison Keillor, CASA Volunteer

CASA BIRTHDAYS

- Bobbi Williams - July 7
- Pamela Landry - July 12
- Kylan Charles - July 14
- Kristie Mitchell - July 26

CASA CHILDREN W/ JULY BIRTHDAYS

- Michaelyn Campbell - 1 child (July 10th)
- Bobbi Williams - 2 children (July 24th & 16th)
- Rhonda James - 1 child (July 17th)
- Dru Gros - 1 child (July 21st)
- Bayli Scully - 1 child (July 29th)

PLEASE contact the office about your party in a bag.

4th of July

INDEPENDENCE DAY



MAKE A

MORE ON
MENTORING



DIFFERENCE TO CHILDREN

In 2006, Kim Ratz, a child advocate, wanted people to recognize how making a difference in children's lives could lead to a better society in the long run. Ratz's targets ranged from children in orphanages and shelter homes, to homeless children, and children in abusive households; and he directed his focus towards the general public who cared about children. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity. However, while it was a noble cause, many believed it wasn't useful because of the huge amount of children who needed help.

Ratz insisted that the amount of children needing help is not the issue; the issue is how many people are willing to come forward and help at least **one child**. Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. It could be as simple as helping with studies or finding time in your schedule to spend with them. It could also be something complex, like helping them find proper aid for mental/physical issues or financial strains. Whatever the case is, you can start helping a child and making a difference in their lives by finding different ways to help them.

While at CASA of the 16th JDC we don't specialize in youth mentorship, we know the benefits of having a positive, adult role-model in a child's life. In fact, 74% of adults who had a meaningful mentor in their youth say that person contributed significantly to their success later in life. A survey report commissioned by MENTOR found that **1.8 million young adults** facing risks had been matched in mentoring relationships through mentoring programs while they were growing up. Yet at least **one in three young people** surveyed grew up without this critical asset; and when applying this to the U.S. Census demographics for 8-18 year-olds, it is projected that **16 million young people**, including **9 million young people facing risks**, will reach adulthood without connecting with a mentor of any kind.

Changing a child's story can be as simple as being the positive adult in their life. CASA volunteers are caring, consistent adults in the chaos that can be a child's life after they enter foster care. They are uniquely positioned to provide consistent support and advocacy, helping to mitigate challenges and ensuring these children's needs are being met, all while working to help find safe, permanent homes.

FAMILY BEREAVEMENT

The state of sadness that comes from the death of a family member or close friend can be an overwhelming experience that can cause a range of emotions, including sadness, emptiness, shock, numbness, guilt, and regret. In short, the loss of a family member is like no other, but that loss becomes even more traumatic when it's a sibling lost to child abuse.

Bereaved children may act in ways that those around them may not recognize as grief reactions. For example, a quiet toddler may have more tantrums, an active child may lose interest in things he or she used to do, or a studious teen may engage in risky behavior. Whatever a child's age, he or she may feel unrealistic guilt about having caused the death. Sometimes bereaved children even take on adult responsibilities and worry about surviving family members and who would care for them if something happened to their caregivers. After someone important dies, some children and teens may experience greater than usual sadness and upset and have a more intense reaction known as **childhood traumatic grief**; where they can develop symptoms associated with posttraumatic stress disorder (PTSD).

In some cases, the death of a sibling can lead to traumatic grief in surviving children, particularly if the sibling's death was itself traumatic or stigmatizing. Siblings often have very complicated relationships; experiencing a range of sometimes conflicting feelings for each other. When a sibling dies, these past relationships and feelings can affect the surviving child's grief and the family's bereavement process. Grieving siblings may show reactions such as: **survivor's guilt, regrets and guilt about previous bad behavior, ongoing connections with or avoiding reminders of the deceased sibling, and/or questions related to their beliefs and faith.**

The death of a sibling also impacts surviving children in many small and large ways throughout their lives. Dates and experiences that are strongly associated with the deceased child may bring up difficult feelings in surviving family members. As a family, **anticipating important anniversaries and planning how to remember the deceased child can help with moving toward the future.** This can be as simple as taking time to talk with surviving children about their feelings. There's also a hurdle that comes with future social settings. For example, responding to a casual or typical question such as "Do you have any brothers or sisters?" can be difficult. To help children move on in a life without their sibling, **prepare surviving siblings for difficult questions by helping them to develop and practice responses.** Explore together what kinds of responses feel most comfortable and also what they mean to the surviving brother or sister. Reassure the child that he or she can choose how and when to talk about the deceased child. Always remember there are resources available when you aren't sure where to start with helping a child grieve.

CHILD WELFARE TRAINING OPPORTUNITIES



CLICK FOR
**CLARO
TRAINING**

Online training events available to CASAs that can be counted towards your annual mandatory 12 in-service training hours!