



March 2016- Vol 5, Issue 3

**Court Appointed
Special Advocates
of Mendocino &
Lake Counties**



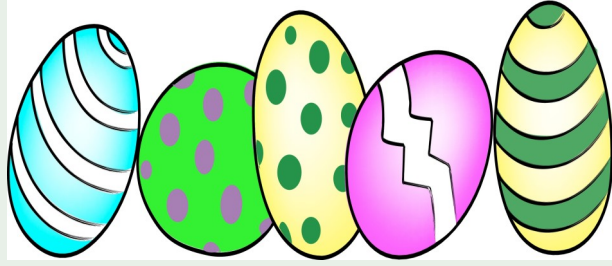
"We Want to be Heard..."

Not fixed"



When we grow up in care, we're mandated to services. When we come back into the system as parents, it still feels like no one's listening to what we think we need. Here, five foster care alum and parents—whose names have been changed because they have open cases—explain the approaches that have worked for them.

Fixed

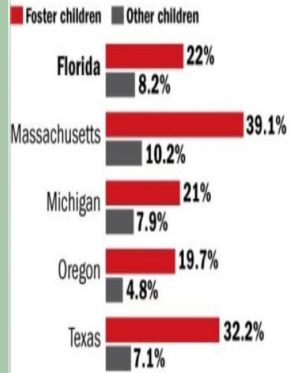


**Social Work
Advocacy and
Psychotropic
Drugs in Foster
Care**

by Heather Williamson
2016/02/10

Drugs prescribed more for foster children

A federal report says foster children are prescribed psychotropic drugs at a much higher rate than children not in foster care.



While that could be because of the family stresses that led them into foster care, the report said, that doesn't explain why so many are prescribed five or more of the drugs at the same time.

Source: U.S. Government Accountability Office CHRISTOPHER SMITH/Staff Artist

ACEs Connection Network

Join the movement to prevent ACEs, heal trauma, build resilience.



ACEs Connection is a social network that accelerates the global movement toward recognizing the impact of adverse childhood experiences in shaping adult behavior and health, and reforming all communities and institutions -- from schools to prisons to hospitals and churches -- to help heal and develop resilience rather than to continue to traumatize already traumatized people.

**THE ADVOCATE
A LEARNING LAB**



Helping Foster and Adoptive Families Cope With Trauma

Adoptive and foster families may struggle to understand and support their new children. Because these children may have experienced significant trauma prior to their placement, they may view and react to people and events in ways that may seem unusual, exaggerated, or irrational. Recent advances in developmental science are revealing how significant adversity in childhood alters both the way the genome is read and the developing brain is wired. In this way, early childhood trauma is biologically embedded, influencing learning, behavior and health for decades to come.



**Become a CASA
in 2016
Be a VOICE for an
abused child.**

**Classes forming now.
Call Sheryn at
707-489-5346.**

"You were born with the ability to change someone's life don't ever waste it."