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⌚ The CASA Board of Directors meets on the 3rd Tuesday each month at 11:30am at the CASA office.

⌚ The Mendocino Co. Juvenile Justice & Delinquency Prevention Commission meets monthly on the 3rd Friday noon to 2 p.m. at the Probation Dept. conference room, 589 Low Gap Road, Ukiah.

⌚ The Lake Co. Juvenile Justice & Delinquency Prevention Commission meets monthly on the 3rd Thursday at noon, conference room C, on the 3rd floor of the Lake County Courthouse, 255 N. Forbes St., Lakeport.

April is National Child Abuse Awareness Month

National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families. During the month of April and throughout the year, communities are encouraged to share child abuse and neglect prevention awareness strategies and activities and promote prevention across the country.

Ways to Help Prevent Child Abuse

- ♥ **Be a nurturing parent.** Children need to know that they are special, loved and capable of following their dreams.
- ♥ **Help a friend, neighbor or relative.** Being a parent isn't easy. Offer a helping hand; take care of the children, so the parent(s) can rest or spend time together.
- ♥ **Help yourself.** When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid. [More Ways](#)

Call 463-6503, visit us at www.mendocinocasa.org or find us on [Facebook](#) for more information about the many ways to VOLUNTEER with CASA of Mendocino & Lake Counties.

"CASA of Mendocino & Lake Counties

trains and supports caring adult volunteer mentors and Court Appointed Special Advocates (CASAs) to connect and advocate for foster youth, former foster youth, delinquent and at-risk youth."



Become a Hero for Youth

10 Reasons Why Handheld Devices Should Be Banned for Children Under the Age of 12

The American Academy of Pediatrics and the Canadian Society of Pediatrics state infants aged 0-2 years should not have any

exposure to technology, 3-5 years be restricted to one hour per day, and 6-18 years restricted to 2 hours per day (AAP 2001/13, CPS 2010). Children and youth use 4-5 times the recommended amount of technology, with serious and often life threatening consequences (Kaiser Foundation 2010, Active Healthy Kids Canada 2012). Handheld devices (cell phones, tablets, electronic games) have dramatically increased the accessibility and usage of technology, especially by very young children (Common Sense Media, 2013). As a pediatric occupational therapist, I'm calling on parents, teachers and governments to ban the use of all handheld devices for children under the age of 12 years. Following are 10 research-based reasons for this ban. Please visit zonein.ca to view the Zone'in Fact Sheet for referenced research.

[Ban](#)

5 Signs Your Teen May Be Abusing Medicine

Teens will be teens. They sleep late, fail a test here and there or get uncharacteristically moody. But what if these behaviors are happening more often than usual, or all at the same time? You know your teen better than anyone, but it is important to know what to look for if you suspect he or she may be abusing medicine.



- 1. Health concerns.** Keep an eye out for changes in your teen's physical health, like constricted pupils, nausea or vomiting, flushed skin or dizziness. Look further into anything that seems strange.
- 2. Changes in behavior.** The signs of medicine abuse aren't always physical. Look for changes in behavior – like sudden changes in relationships with their family or friends, anxiety, erratic mood swings or decreased motivation. It's no secret that teens can be moody, but be on the lookout for drastic differences in the way your child behaves.
- 3. Home-related signs.** If you've noticed belongings disappearing around the house, or found some unusual objects appearing – like straws, burnt spoons, aluminum foil or medicine bottles – this could be a sign of medicine abuse. Count – and lock up – the medicine you have in your home and safely dispose of any expired medicine.

[5 Signs](#)

I TRUSTED

MY CASA VOLUNTEER. SHE WAS THE ONLY PERSON WHOSE FACE I RECOGNIZED AFTER EVERY MOVE.

ASHLEY
FORMERLY IN FOSTER CARE



WHAT CHILDREN NEED MOST.....
LOVE Respect to PLAY
to have fun to be seen
TO BE LISTENED TO
Your presence A hero
A fostered sense of wonder
LOTS OF HUGS To PLAY
The chance to make mistakes
Encouragement to try again
Room to grow **DREAMS**
To be told **YES!**
To be trusted Affection
GUIDANCE TO PLAY
Growing A Jeweled Rose.com