



Court Appointed Special Advocates of Mendocino & Lake Counties



Member of the National
CASA Association

"I am for the child."

"You Asked For It" Continuing Education Trainings for CASA Volunteers

January 2014

CASAS WORKING WITH FOSTER PARENTS &
GROUP HOMES

Friday, January 17, 2014, 1:00 p.m. - 3 p.m.
CASA Office, 327 N. State St., S-204

February 2014

CPS - MEET, GREET, AND LEARN

Monday, February 3, 2014, 1:30 p.m. - 3 p.m.
Ukiah CPS Office, 727 S. State St., Ukiah
(by Ukiah Food Co-Op)

⌚ 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.

facebook

Social Media: Tips for Youth in Foster Care

Does it feel like everyone you know is posting, tweeting, and video-chatting? These days, most teens use some form of social media—Facebook, Twitter, Pheed, Instagram, and many other online networks. Like all

teens, youth in foster care use social media to connect with friends, make plans, play games, and express themselves. Youth in care, however, may have additional things to think about when

using social media. This tip sheet can help you use social media safely.

Tips

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 Advocates

Reminder to keep your CASA Volunteer file up to date with your current auto insurance card, driver's license and contact information. Submit to Sheryn at casamc@pacific.net

Book Review by Jim Haggett

"The Boy Who Was Raised as a Dog" was highly recommended to me by the therapeutic staff at Tapestry Family Services, one of our local foster family agencies (FFA). As some of you know, I also provide intensive treatment foster care (ITFC) in my home along with my more than full-time job as Case Manager/Volunteer Supervisor for CASA. Care for children with special needs that have been displaced from their families has to be one of the most challenging jobs I have ever taken on. Without the care and team work that comes from our county agencies this would be a "mission impossible!"

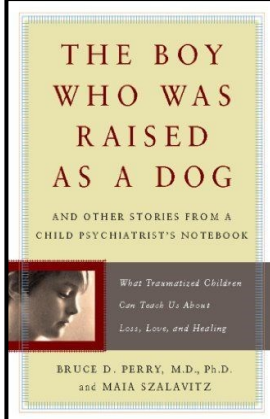
I began reading this book in an effort to understand exactly why and how my FFA wanted me to restructure my home to be a more effective foster parent. I was pleasantly surprised to not only be enlightened on how to accomplish this but also to be taught from a little different angle as to what is lacking in our current system of care. One would think that as long as I have been working in this field, be it as a CASA, adoptive parent, or a foster parent, I should have these skills down pat! The difficulty of wrapping your head around what the world really looks like to a maladaptive child seems to be a never-ending challenge.

Dr. Perry writes from a psychiatric point of view but in a lay person's language, making this a very easy, not dry book to read. He came into the field of child psychiatry, like most inexperienced people, with the assumption that it will all make textbook sense. His eyes were opened very quickly and realistically to the humanistic aspect. Dr. Perry was the psychiatrist who worked with the children released from the raid on the Davidian compound in Waco Texas in the 90's. He has done some amazing work and advocacy which is clearly related in this book.

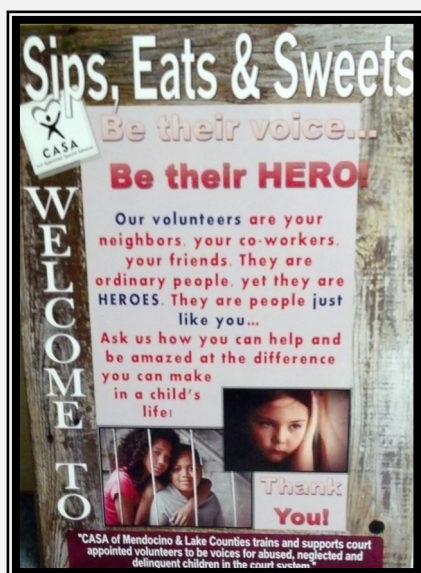
To surmise the main theme of this book, I would like to share the following excerpt:

"Traumatized children tend to have overactive stress responses and, as we've seen, these can make them aggressive, impulsive and needy. These children are difficult, they are easy to upset and hard to calm, they may overreact to the slightest novelty or change and they often don't know how to think before they act. Before they can make any kind of change at all in their behavior, they need to feel safe and loved. Unfortunately, however, many of the treatment programs and other interventions aimed at them get it backwards: they take the punitive approach and hope to lure children into good behavior by restoring love and safety only if the children first start acting better...Only patient, loving, consistent care works; there are no short-term miracle cures."

I not only recommend this book but think of it almost as mandatory reading to anyone (especially CASA's) that want to learn what the children we serve need and how they perceive the world. I have purchased two copies of this book for our lending library and of course you can purchase your own copy at Amazon either in paper or Kindle form.



For supporting our 2nd annual Sips, Eats, & Sweets



CASA so appreciates the support of our community at our 2nd Annual Sips, Eats, & Sweets event held November 16, 2013 at the beautiful Barra Winery in Redwood Valley. Congratulations to Ashlin Garbocci from Garbocci Gourmet Catering with her winning Crostini di Toscana and Maribeth Rumsey with that yummy Maple Bacon Ice Cream.



A special thank you to Brian & Kelly Howe and their parents, Barbara Smith and Don & Sandy Howe who went over and above to make this event so successful.

You are our Heroes!