

The Advocate

Welcome to Our Newest
Volunteer Advocates!



Rosie Burch

Nancy Burton

Maci Doden

Shaina Lacey

Sarah McCown

Art McCoy

Ellen Shannon

Diana Yngstrom-Bugge

PLEASE JOIN US FOR



**CASA DAY
AT THE
TINCAPS**

AUG. 20, 2023 12:30 PM

Treetops at
Parkview Field

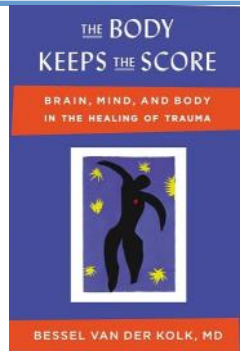
It's just our way of saying,
"Thank You for all YOU DO!"

You and Three (3) Guests
are Invited to
CASA Day at the TinCaps!

Register [HERE](#)

Deadline July 21, 2023

This event is rain or shine.



The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma A Review By Cheryl Dunn

Have a title you want to share? Send me an email with the title and author & I'll include in future columns.

I finally used a recent cold dreary morning to finish the book "The Body Keeps the Score".

This book is filled with an enormous amount of clinical information, neuroscience, emotional trauma and so much more. As noted in the book, trauma can interfere with one's ability to function socially, cooperate, or engage with oneself or others.

Many mental health problems such as addictions, self-inflicting pain, health issues, etc., can be attempts to cope with the underlying trauma, pain, lack of emotional support, and even human contact that someone experienced. Trauma disrupts the mind, brain, and body. It changes brain development, self-regulation, and more.

People can learn to control and change their outcomes with assistance in learning self-regulation, a sense of belonging, and feeling safe. It is important to teach children/people how their bodies work to try and gain an understanding and to deal with emotions and being in charge of oneself.

My little synopsis of this book hardly reflects the enormous amount of expert analysis and emotional life experiences as noted in the book. "The Body Keeps The Score" Brain, Mind, And Body In The Healing Of Trauma by Bessel Van Dee Kolk, M.D.

In this column each month, I will share a book that has been recommended by professionals to help us better understand some of the issues that surround child abuse and neglect. Reviews are provided by Goodreads.com. |

Have You Logged Your Case Notes?

As July rolls in, that means June has come to a close which means the end of the month and the end of the quarter. Have you logged your case notes for your time spent with your CASA child and/or on other duties as related to your case? This information is vital for a number of things such as the following:

- The judicial officer wants to know if we have had "eyes on the child" and an accurate description on how they are doing and what their needs are;
- The hours you log is used in a multitude of ways, one of which is to demonstrate the impact we are having in the lives of children in the system;
- Statistics on number of volunteers, number of children impacted, hours spent advocating for children are all used to help us show the need for grant dollars.

Celebrate July Advocate Anniversaries!

Congratulations to our July Advocates with Service Anniversaries! Please join me in congratulating and thanking them for their service.

Tara Geller
Susan Alexander
Coretta Staten
Deanna Mains

July is here!
Have you logged your
Continuing Education Trainings
for the 1st Half of the Year?

Need Help or Ideas?

Contact Cindy at
Cindy.Verduce@allensuperiorcourt.us

Don't Forget to Log Your Continuing Ed Hours!

Step by Step to Log Continuing Ed Hours

1. Log in to Optima
2. Click on "Training Logs"
3. 3. Click on "Add"
4. Fill out form
 - a. The "Schedule Date" and "Complete Date" are the date of the training, and will likely be the same unless the training was multi-day
 - b. "Training Topic" – select the best description
 - c. "Training Format" – select the best description
 - d. "Trainer" –leave this blank if the trainer is not on the list and add their name to "Notes"
 - e. "Hours" – be sure to add training hours in the correct format: 15 minutes = .25, 30 minutes = .5, 45 minutes = .75, 60 minutes = 1.0. Don't enter an amount less than .25



From National CASA: ICWA Update



For over two years we have been providing information and updates about the *Haaland v. Brackeen* case as it made its way from the Fifth Circuit Court of Appeals to the Supreme Court. This case challenged the constitutionality of the Indian Child Welfare Act (ICWA).

The recent 7-2 Supreme Court decision is an enormous victory for Native children, Native families, and Tribal Nations. Through the Court's decision, ICWA has been affirmed as constitutional and tribal sovereignty, further strengthened all while placing the best interest of Native children above all others in ICWA cases. This ruling supports the work that Tribal Nations have done over decades to ensure that Native children remain with or connected to their families, Nations and culture throughout their lives.



To Mustard Seed Furniture Bank

The Mustard Seed Furniture Bank of Fort Wayne provides household furnishings to families and individuals as they rebuild their lives after suffering disaster, personal tragedy, or other misfortunes.

With a referral from one of 130 referring agencies, clients come to the Mustard Seed to choose their items. Depending on the referral and warehouse stock, this may include large items (sofa, bed, living room chairs, etc.) as well as bed and kitchen linens and kitchenware. Since the Mustard Seed's assistance is limited to once in a lifetime, clients understand that if they move, they must move the items with them.

Through their **Beds4Kids** program has touched the lives of over 11,172 children, ages 2-17, who need beds. With this program, they can get everything they need to sleep in their own clean and comfortable beds that very night, including a new mattress, platform bed frame, pillow, and gently used or new blanket and sheets.

Join us on Tuesday, August 15, 2023 @ 5:30 pm

For a Tour and to Learn More!

<http://www.allencountycasa.org/forms/mustard-seed-furniture-bank-field-trip>



July Training Opportunities

Rewiring Our Perceptions of Discipline: Connections Over Compliance

July 11, 2023 - 10:00 AM – 12:00 PM

Parkview Mirro Center for Research & Innovation 10622 Parkview Plaza
Drive Fort Wayne, IN 46845

[CLICK HERE TO REGISTER](#)



Updates on Youth Issues from the Legislative Session

Wednesday, JULY 19, 2023, 12:00 PM - 01:00 PM ET

Webinar

[CLICK HERE TO REGISTER](#)

Looking for a recording of a previous training,
check www.allencountycasa.org under the “Training” tab.

How to Keep Kids Reading This Summer

Summer means a much-needed break for kids, but it can also mean a break in learning and, in many cases, a regrettable loss of newly developed reading skills.

The so-called “summer slide” is particularly problematic for kids who are already struggling with reading. If you don’t want to risk a child losing ground over the summer, it’s important to make sure he has opportunities to practice his growing reading skills. Summer doesn’t need to stall your child’s progress, and it can even be an opportunity to gain reading fluency and enthusiasm.

Find some good reads

The first thing kids need to keep reading during the summer is easy access to books. During the school year, most of the books they read may be assigned for class. Summer gives you the chance to spice things up by introducing reading that is more fun and tailored to your child’s interests. The library is always a good place to start looking for children’s books. Many libraries keep lists of good books broken down by reading level to help guide you. Reading experts also suggest following the “five finger rule” when choosing books: have your child open up a book and read the first page. For every word she doesn’t know, have her raise one finger. If she has more than five fingers raised at the end of the page, the book is probably too hard.

Choosing books gets trickier when kids are older and have developed more definite tastes—including, for some, an established aversion to reading. Recommendations from librarians can still be helpful here, since they see a wide range of kids and know all the resources the library provides. Also, their suggestions might surprise you. A child who likes to play sports might find books more interesting if they are biographies of famous athletes. Remember, traditional story-driven narratives aren’t appealing for every kid. Books about computers or animals or science will sometimes capture attention when a novel does not.

Don’t limit yourself to books, either. Kids like getting mail, and a magazine subscription in their name to a children’s magazine like National Geographic Kids or American Girl provides a variety of new things to read each month. Many kids who avoid traditional books also find that they enjoy reading comics, which can be slightly more accessible and still offer a solid reading experience. Graphic novels for kids like the enormously popular Diary of a Wimpy Kid series have converted many an unenthusiastic reader.

Thought Reframing: Changing Your Brain Chemistry for Better Health

From Parkview Health's
Dashboard Blog

Every day, our brain communicates with our body to keep it functioning, thriving and alive. Our brain tells our hearts to beat and our lungs to breathe, and it also gives us thoughts and feelings.

But did you know there is a connection between our thoughts (our conscious brain) and the response our body unconsciously gives? For example, our brain tells our body to produce substances including endorphins, various hormones and more. Research shows that what your body produces doesn't just depend on your subconscious brain, but also on your thoughts, feelings and expectations. Knowing this, we can use thought reframing to help ease anxieties as well as potentially change the chemicals our brain is telling our bodies to create.

In this post, we will talk about thought reframing, how to utilize this practice and how it can help you become more aware of your mind and the ways your thoughts affect your overall health.

What is thought reframing?

With thought reframing, we take control of our mind and purposefully replace negative thoughts (which can worsen things like anxiety, depression and pain) with more helpful thoughts. Thought reframing is a skill taught in cognitive behavioral therapy (CBT), a type of counseling that focuses on changing certain thoughts and behavior patterns to control the symptoms of a condition.

How can thought reframing help you?

Thought reframing helps you become more aware of how your thoughts are connected to your feelings and behaviors. Finding unhelpful thinking patterns and shifting them can make you feel better both consciously and subconsciously — allowing you to better cope with life's challenges. Using thought reframing may also help you manage stress and handle depression and anxiety. By changing your thoughts, you can reduce the amount of stress hormones and chemicals that your body is producing.

This is especially important if you're sick. With thought reframing, you can boost your body's healing power by simply believing that you'll get better — signaling to your brain to produce chemicals to aid in the healing process. Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. But this doesn't mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, it's important to know that your thoughts and state of mind are resources you can use to get better.

How to Practice Thought Reframing

1. Notice the thought

Pay attention to thoughts that are discouraging. For example, let's say your boss praised several things about your work during a job review, but you're feeling down because she had one small criticism. You might think, "I'm no good at my job." These thoughts can pop up sometimes before you can stop them. Learning to recognize these thoughts can help you shift them to something more helpful.

2. Question the thought

Look at that thought, without judging it, and ask yourself whether it is helpful or true. You might ask, "What did my boss say exactly?" "Were there positive comments?" "Why do I focus only on one criticism?" Your answers can help you find more accurate and helpful ways to think about the situation.

3. Replace the unhelpful thought with a more helpful one

Here's where you can challenge yourself to identify something that is true but more helpful. For example, you might think, "I've done a lot of good work this year, and my boss noticed it. She thought there was one area I can improve. So, I'll think of some things I can do to get stronger in that area." Now, that unhelpful thought has been turned into something productive and positive.