

# The Advocate



## Mindset: How to Keep Youth Engaged in School

The science of mindset has revolutionized education. When young people believe they can get smarter with effort, they work harder and achieve more, but it isn't always that simple – so what can we do?

Ming-Te Wang, EdD, previously a school counselor and now a developmental psychologist at the University of Pittsburgh, highlights that while growth mindset is a widely discussed concept, its impact varies across different contexts.

His research emphasizes the significance of considering the environment when exploring motivation and engagement.

Key findings Ming-Te Wang emphasizes include:

- Pair high expectations with a growth mindset and ongoing support
- Understand the environment our youth interact with every day
- Respect adolescents and support their autonomy
- Create an environment of acceptance and positive thinking

While this resource is geared towards educators, any professional working with youth can apply practices to help our youth stay engaged in their education. To expand on the ideas above, or to read the data supporting the recommendations, [click here](#).



**September 26th– 6 pm–7:30 pm**

**Captain Kevin Hunter,**

**Fort Wayne Police Department**

**Omni Room Citizens' Square**

**[www.Allencountycasa.org/forms/drug-trends](http://www.Allencountycasa.org/forms/drug-trends)**

## What CASAs

## Need to Know





Hispanic and Latine Heritage Month is celebrated between September 15 and October 15 of each year. What better way to honor Hispanic culture and history with kids than with picture books? We've rounded up informative and inspiring books to recognize the wide range of voices and stories within Hispanic and Latine culture — from biographies to folktales, there's something great for every young reader amongst these fiction and nonfiction reads.

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

***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.***

***Areli Is a Dreamer*** by Areli Morales, illustrated by Luisa Uribe

***My Two Border Towns*** by David Bowles, illustrated by Erika Meza

***Mother of Sharks*** by Melissa Cristina Márquez, illustrated by Devin Elle Kurtz

***The Piñata That The Farm Maiden Hung*** by Samantha R. Vamos, illustrated by Sebastià Serra

***Cantora*** by Melisa Fernández Nitsche

***Sing With Me: The Story of Selena Quintanilla*** by Diana López, illustrated by Teresa Martínez

***Across the Bay*** by Carlos Aponte

***My Papi Has a Motorcycle*** by Isabel Quintero, illustrated by Zeke Peña

***Carmela Full of Wishes*** by Matt de la Peña, illustrated by Christian Robinson

## Introducing Allen County CASA Book Club

Save the Date & Coming Soon  
**CASA Book Club**

**October 10th at 5:30**

**Poverty, by America**

By Matthew Desmond

<http://www.allencountycasa.org/forms/casa-bookclub>

**POVERTY,  
BY AMERICA**

#1 NEW YORK TIMES  
BESTSELLER

**MATTHEW DESMOND**  
PULITZER PRIZE-WINNING AUTHOR OF *EVICTED*

# Celebrate September

## Advocate

## Anniversaries!

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

**Linda Kerr - 3**

**Beth Kreider - 3**

**Stacy Roberts - 3**

**Beth Keen - 3**

**Shelby Lasley - 4**

**Shanna Liechty - 3**

**Jen Foster - 3**

**Anna Outten - 3**

### Friendly Reminder

Please remember, regular monthly visits with each child is essential for best interest advocacy. If you are having issues that are keeping you from visiting your CASA child (ren), please feel free to reach out to me so that we can find an appropriate solution.

**Children First!**

**CASA [ca-sa]**

- 1. an ordinary person with an extraordinary commitment**
- 2. a child's voice in court**
- 3. a superhero for abused and neglected children**

## Optima Monthly Computer Lab!



**September 29th from 10 am—12 pm**

We will have open computer lab hours in the office to assist volunteers who may need help with Optima.

**Just one more way we want to support you in the work you do**

# SOCIAL WELLNESS

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:

## Take Care of Yourself While Caring for Others

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

## To Take Care of Yourself While Caring for Others

- Make to-do lists, and set a daily routine.
- Ask for help. Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- Try to take breaks each day. o Keep up with your hobbies and interests when you can.
- Join a caregiver's support group.
- Eat healthy foods, and exercise as often as you can.
- Build your caregiver skills. Some hospitals offer classes on how to care for someone with an injury or illness.



## To Mustard Seed Furniture Bank

Here's what volunteers  
who attended the training had to say:

Sarah:

Regarding Mustard Seed, I was glad to learn about the service that they provide, who qualifies for assistance, and the referral process to utilize their program. It was helpful to gain an understanding of the items they do and do not offer. I was impressed with the efficiency, organization, and cleanliness of the facility. It is obvious that the staff there put great effort into serving the community well. This will definitely enable me to offer referrals to CASA families that would qualify for the Mustard Seed's assistance.

Malea

"I now know of a great resource that I can use to assist families and young adults as they are transitioning to another phase of life."

Michael

"So many of the families that CASA works with have housing issues. Often times these families lack the resources to furnish a house or apartment in order to welcome back their children. Having now learned the intricacies of the Mustard Seed program will enable me to suggest this valuable resource when it is an appropriate option."



## August Training Opportunities

### How to Steer Through Back-to-School Stress

Thursday, September 7, 2023, 5:30 PM ET

[Register HERE](#)

### Human Trafficking in Indiana and Abroad: Community Advocacy for Victims & Survivors

Friday September 8, 11:00 am - 2:00 pm (Lunch Provided)

Purdue Fort Wayne - Classic Ballroom - Walb Student Union

[Register HERE](#)

### The Kids are Not Ok: Youth Suicide in Indiana

September 20 12 pm—1 pm

[Register Here](#)



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Looking for a recording of a previous training,  
check [www.allencountycasa.org](http://www.allencountycasa.org) under the "Training" tab.

## The Power of Awe – From NPR

**There's an emotion that**, when practiced regularly, can help alleviate stress and calm our nervous system. No, it's not happiness, passion or hope — **it's awe**. Experiencing a small dose of awe every day can help you realize the world is bigger than yourself and help you get out of your head. And the more you practice awe, the easier it is to feel it.

**But what exactly causes wonder and awe?** It's different for everyone. That's why NPR's science desk brings you a dose each week. Reporters explore the topics that personally bring them awe for the [Weekly Dose of Wonder](#) series.

**Health and science editor Will Stone** says his team is trying to create a space for listeners to take a break from "serious and important news happenings and feel connected to the world." Even if a story doesn't personally resonate with a listener, he says, he hopes it will serve as a "reminder to look for these brief moments or wonder or awe in your own life."

You can find the series [here](#).

Check out a few stories that [left me full of wonder](#):

**Pet that dog — it's good for you.** Spending time with canines, even ones that aren't yours can [help your mental and physical health](#). But what happens when I pet my cat?

**Freelance journalist Kamala Thiagarajan's grandparents** had an arranged marriage 71 years ago. They recently [renewed their vows](#) for her grandfather's 90th birthday and gave her some advice on everlasting love.

**American barbeque fills my brain and belly** with awe. I love it so much that I'm serving it at my wedding next year. NPR's Gisele Grayson breaks down the chemistry behind [why slow-cooked meat is so tasty](#).



## Permission to Listen: Being present in times of distress

From Parkview Health's  
Dashboard Blog

*This post was written by  
Kathryn Cochran, chaplain,  
Parkview Health.*

We all respond in our own ways when someone we care for is in pain. When we encounter our loved one suffering—whether from a sudden accident, difficult diagnosis, financial strain or the death of a loved one, for example—we want to help. Or at least we think we should help. But how? We each show up uniquely to suffering. Some of us jump into action—feeding, cleaning, gathering helpers, running errands. Others avoid or want to run away. We might wonder how on earth we could possibly offer meaningful help. Sometimes, the suffering is so terrible that we feel the need to pull away from it.

If you are navigating a time of grief or difficulty alongside someone you care about, and feel paralyzed by how to show up for them, I have good news. There is something that is guaranteed to help. You can listen. It might not look like much, but lending an empathetic ear can accomplish important things for someone in pain. Listening can help them feel seen, heard and cared for. Listening acknowledges their experience and their losses and reassures them that they're not alone.

Below, I've shared a few ways that we can let go of some of the anxieties we might have around helping others in times of distress. We might consider them as permission to turn from fast, fearful inclinations and to instead slow down, take a breath, and be present with someone in pain.

### Permission to slow down

Bad news can be shocking, and pain is often exhausting. Whatever your loved one is going through, they are probably tired. And at the same time, there are daily needs to meet.

If you have the opportunity—whether by making a phone call, delivering groceries or running kids home from practice—take a moment to notice where your loved one is at that day. Are they weary? Talkative? Busy? Barely able to move?

As you notice them, it's okay to slow yourself down. You won't be able to do everything for them, and you don't have to. Take a breath. When we slow down, it gives our loved ones permission to do the same. And it gives us permission to simply be there with them.

To read the rest of the article, go to <https://www.parkview.com/blog/permission-to-listen-being-present-in-times-of-distress>

To sign up for the **Parkview Dashboard Blog Weekly eNewsletter**, go to: <https://content.parkview-health.com/?gBzB6IHtWwkb3pa3vpf-NixPqBbjO8Yfpg>