

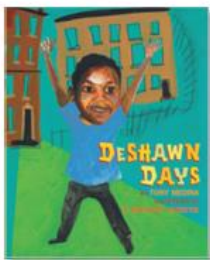
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DOMESTIC VIOLENCE

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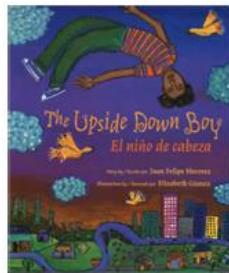
Trauma-Informed Diverse Reading List

Many children experience trauma, or adverse childhood experiences, and go through times of extreme stress. Trauma has the ability to impact children's learning, social interactions and relationships, and overall well-being. Literature can be a safe space for young people to talk about characters' actions and situations and the ways that they navigated distressing scenarios. The following books showcase child protagonists who cope with trauma in a variety of ways and provide students the opportunity to discuss trauma through the lens of a relatable and engaging character. Here are a few examples.



DESHAUN DAYS **Loss and Death**

In this uplifting story told in verse, a young boy living in the projects of the inner city speaks about his hopes, fears, and dreams.



THE UPSIDE DOWN BOY/EL NIÑO DE CABEZA

Family Trauma or Separation

The Upside Down Boy/El niño de cabeza is former US Poet Laureate Juan Felipe Herrera's engaging memoir of the year his migrant family settled down so that he could go to school for the first time. *Bilingual English/Spanish*

[Download the print version here](#)

For the complete list, go to <https://www.leeandlow.com/educators/reading-lists/trauma-informed-diverse-reading-list/#Grades%20PreK-2>

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.

New in the CASA Library: Grief Support Resources for Children

Thanks to the New York Life Foundation, we have some new resources for Volunteer Advocates to use with their CASA kids who have experienced a death of a close family member. The Foundation has generously given us five copies of each of the following:

- **Supporting Our Students After the Death of a Family Member or Friend**
- **After a Loved One Dies: How Children Grieve and How Parents and Other Adults Can Support Them**
- **The Golden Sweater.** The Kai's Journey series begins with *The Golden Sweater*, which focuses on the newness of loss and getting your bearings in a world without that significant person in your life. This story shows how Kai's mom also adapts to her new world.
- **The Girl with the Locket.** The second book in the series, *The Girl with the Locket*, centers on a new experience for Kai at a bereavement camp where it doesn't take him long to make new friends. Elle is a young girl who struggles to talk about her own loss. Kai reaches out to her and finds that he has something to share with young people who are just like him.
- **The Fishless Lake.** In *The Fishless Lake*, Kai realizes that some of his memories of his father are slipping away. Kai's mother remembers one of their family traditions and re-introduces Kai to the annual fishing trip that Kai and his dad took every September.

Celebrate November Advocate Anniversaries!

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

Jennifer Basak-Wilson **3 years**

Stephanie Fitzharris **3 years**

Marilee Stroud **3 years**



Mentor Program

Did you know we have a group of volunteer advocates who have agreed to Mentor new volunteers? Many thanks to the following mentors:

Chris Collins Mary Anna Bradshaw

David Dalrymple Peggy Eschenbacher

Harriet Follis Jan Haigh

Linda Kerr Beth Kreider

Malea Kruse Deanna Mains

Gayle Newton David Peppler

Karen Petersen Brenda Rietdorf

Paula Wiegierink Jean Wyss

Thank you for sharing your expertise!

Interested in joining the ranks?

Contact Cindy!

Did you visit your CASA child (ren) this month? Have you reported it in Optima? Remember, they're counting on you!

**Optima Monthly
Computer Lab!**



Friday, November 17th 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!



Improving Your Social Health: Building Social Bonds

Strong, healthy relationships are important throughout your life. Your social ties with family members, friends, neighbors, coworkers, and others impact your mental, emotional, and even physical well-being.

"We can't underestimate the power of a relationship in helping to promote wellbeing," says NIH psychologist and relationship expert Dr. Valerie Maholmes. Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Strong social ties are even linked to a longer life. On the other hand, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships.

NIH funds research to find out what causes unhealthy relationship behavior. Researchers have created community, family, and school-based programs to help people learn to have healthier relationships. These programs also help prevent abuse and violence toward others.

What is healthy? Every relationship exists on a spectrum from healthy to unhealthy to abusive. One sign of a healthy relationship is feeling good about yourself around your partner, family member, or friend. You feel safe talking about how you feel. You listen to each other. You feel valued, and you trust each other.

"It's important for people to recognize and be aware of any time where there is a situation in their relationship that doesn't feel right to them or that makes them feel less than who they are," Maholmes advises.

If you or a friend needs help with an unhealthy relationship, contact the National Domestic Violence Hotline at www.thehotline.org([link is external](#)) or 1-800-799-SAFE. If you know a child who may need help, find resources at the Child Welfare Information Gateway at www.childwelfare.gov([link is external](#)).

The National CASA/GAL Association for Children provides social media policies, best practices, and resources to offer guidance on managing online presence, fostering child advocacy, and maintaining responsible engagement in the digital sphere. This information is intended to equip program staff and volunteers with the tools to uphold the organization's mission while safeguarding children's welfare in the online environment.

Policies and Best Practice Overview

Note: These policies and guidelines should augment and inform any state or local social media policy.

1. Do not reveal confidential information or share identifiable details of court cases.
2. Avoid connecting via social media with a child or family you know through your work with CASA/GAL or as a volunteer.
3. Do not communicate with a judge or the court regarding a CASA/GAL case, via social media.
4. Share public content but not private content.
5. Be transparent.
6. Use good judgment.
7. Respect copyright.
8. Try to add value.



[View full list with descriptions](#) under Volunteer Resources on the Allencountycasa.org website.

Follow us on Facebook, Instagram, and LinkedIn!

October Training Opportunities

Drug Trends: Treatment Options, Tuesday, November 7th 5:45 pm, Omni Room/Citizen's Square. See email to register.

Better FAFSA & 21st Century: Legislative Updates
Thursday, November 9, 12 pm—1 pm IYI Webinar -
Register Here

Mental Health Essentials Part One: Foundations of Mental Health, Thursday November 2, 2023, Register Here: https://nationalcasagal.zoom.us/webinar/register/WN_vDud1bEcSRWb-CG2x9PvLA

Mental Health Essentials Part Two: Strategies to Support & Promote Mental Health, Thursday November 16, 2023, Register Here https://nationalcasagal.zoom.us/webinar/register/WN_8dSepid8Rcmp3iKt6zoRmg

The Effects of Domestic Violence on Children and How to Work with Children Who've Been Exposed to Violence, Wednesday, December 6th at 12 noon via Zoom. See email to register.



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

Kids in Court:

Know Your Responsibilities as a CASA



CASA has been asked by our judicial officers to ensure all children ages 14 and older attend court when it is in the best interest of the child. Reasons why children might not attend court could include the following:

The child does not wish to attend the hearing and/or CASA does not believe that it is in the child's best interest to attend the hearing, such as the child's attendance at school is necessary, the child is mentally or physically disabled and/or incapacitated and is unable to meaningfully participate, or the child's participation in the hearing might cause emotional harm to the child. There may also be other reason why it is not in the child's best interest

to attend court. For questions and/or more information how this policy might effect your child (ren), talk with your supervisor. The form can be found on the CASA website under Volunteer Resources.

Understanding the Impact of Domestic Violence

Continued from Page 1

Financial and housing

Economic/financial abuse involves maintaining control over financial resources, withholding access to money or attempting to prevent a victim/survivor from working and/or attending school to create financial dependence as a means of control. With the financial stress that many individuals have experienced throughout the COVID-19 pandemic, it is easy to see how the addition of the pandemic exacerbated the complexities of financial abuse.

Emotional and psychological

Common reactions to domestic violence or intimate partner violence include fear, learned helplessness and post-traumatic stress disorder. The fear associated usually includes fears of staying and being hurt again, and fears of leaving and being stalked and acted upon even more violently. Stress is often connected with domestic violence or intimate partner violence and may lead to physical and mental illness.

Emotional and psychological abuse usually involves trauma to the victim caused by verbal abuse, acts, threats or coercive tactics. Perpetrators use emotional and psychological abuse to control, terrorize and denigrate their victims. Some common behaviors of emotional and psychological abuse include:

- Humiliating the victim
- Controlling what the victim can/cannot do
- Withholding information from the victim
- Isolating the victim from friends/family
- Stalking
- Gaslighting

Physical

A common myth about domestic violence is the requirement of physical abuse resulting in visible injuries. Although visible signs of abuse do occur, physical abuse may not result in visible signs or intense pain. In a more comprehensive way, physical abuse may look like the following:

- Scratching, punching, biting, strangling, choking or kicking
- Throwing items at the victim, like a phone, book, shoe or plate
- Pulling hair
- Pushing or pulling, or forcibly grabbing clothing
- Threatening to use or using a gun, knife, box cutter, bat, mace or other weapon
- Pushing or pulling, or forcibly grabbing clothing
- Threatening to use or using a gun, knife, box cutter, bat, mace or other weapon
- Touching any part of the victim without permission or consent
- Forcing the victim to have sex or perform a sexual act
- Grabbing the victim's face
- Preventing the victim from leaving or forcing them to go somewhere

More than 1 in 4 women have experienced rape, physical violence

and/or stalking by an intimate partner in their lifetime. Similarly, according to the [Centers for Disease Control and Prevention \(CDC\)](#), 1 in 3 women and almost 1 in 6 men have experienced sexual violence in their lifetime. Sexual abuse refers to any behavior that pressures or coerces someone to do something sexually that they don't want to do.

Domestic violence survivors often present with various physical illness and chronic illness stemming from physical and sexual abuse, as well as the chronic stress and emotional distress from domestic violence.

How does domestic violence affect children and pets?

Children and pets may become the direct victim of domestic violence, and children often suffer from long-term emotional impacts as witnesses of domestic or intimate partner violence. These situations create a violent and hostile environment that can have devastating effects on children. Common reactions include anxiety, fear and worries about the safety of themselves or family members.

- Higher likelihood to engage in violent behaviors and to be engaged in a variety of violent and non-violent crimes.
- Difficulties with building relationships with others.
- Higher likelihood to have abusive relationships with others.

Continue reading [HERE](#).

