

JULY 2021

RESOURCE PARENTS

THE OFFICIAL MONTHLY NEWSLETTER FOR RESOURCE (FOSTER) PARENTS
INVOLVED WITH CASA - VOICES FOR CHILDREN



IN THIS ISSUE:

- CASA and COVID-19
- Announcements & Reminders
- Summer Concert & Picnic Nite
- Healthy Bodies, Healthy Minds
- Here at CASA
- Stories with the Stars
- Featured Snack & Activity
- Community Involvement
- Training Opportunities
- Family Resources
- Tech Talk
- Ways to Support CASA
- Thank You



This month's newsletter is full of fun activities and things to do with your kiddo(s) this July! Read on for exciting events, helpful trainings, creative crafts, and fun ways to keep your kiddos cool and entertained this summer! We are so appreciative of your kindness and dedication to helping kids in need!



CASA AND COVID-19:

UPDATES FOR RESOURCE FAMILIES

Dear Resource Families,

CASA - Voices for Children is continuing to implement precautionary measures for the protection of those we serve. Above all, we are committed to the health and wellness of our children, resource/bio families, advocates, volunteers, staff and community. Please see below for our current safety policies:

- CASA-VFC staff will be returning to the office for work, but our office will remain closed to the public. If there is an urgent need that cannot be met remotely, then we will be available by appointment only. Staff will be available during our normal office hours (8:30 AM to 5:00 PM) by phone and email.
- If you have an appointment to visit the CASA-VFC office, please be aware that face coverings will be required for all visitors as recommended by [Oregon Health Authority guidelines](#). Please note, our staff will also be implementing a sanitation protocol within our office as another precaution.
- As far as visitation with CASA-VFC children, we have modified our visitation plan and will allow advocates to resume in-person visits if they and their CASA family feel comfortable doing so. You may also continue with virtual visits if preferred. If you plan to resume in-person visitation, we ask that you abide by the safety policies we have put into place to ensure the health and well-being of your family members and your CASA volunteer;
 - In-person visits with children will be conducted outdoors – please check the weather forecast when planning visits and try to find a day when the weather will allow for being outside.
 - Visit our website at <https://www.casa-vfc.org/staying-connected> for fun activities your child(ren) and their CASA can do together while maintaining a safe distance.
 - CASAs will be required to wear a mask, and we ask that they do not enter the home and maintain 6 feet of distance at all times.
 - Please let us know if you would like any masks or other supplies for your visits, or if you'd like additional guidance on in-person visitation. We know that these are significant changes for our resource families, and we want to support you in any way we can.
- If your family or CASA volunteer is not comfortable with in-person visitation at this time, please contact us and we will help you find a safe alternative. We are strongly encouraging all CASAs to still reach out by phone, Skype/FaceTime, or however they and the families they serve feel most comfortable. This [Advocacy from a Distance](#) post by Passaic County CASA contains some excellent suggestions for staying connected.
- To the best of our knowledge, Court Hearings and DHS meetings will still be held remotely. The last update we received from the Judge indicated that Court Hearings will still be heard by phone until further notice. We will continue to keep you informed as we receive new updates.

Your family's health, and the health of our advocates, staff, and community are of the utmost importance. As the State continues to reopen, we will monitor this plan and will keep you informed of our next steps.

We appreciate your patience as we navigate these new and unfamiliar times together. If you have any questions or concerns, please feel free to contact me.

Kari Pinard

Executive Director, CASA - Voices for Children

REMINDERS

Bill of Rights: Please make sure that your kiddo(s), along with their siblings, are not only aware of their rights, but also understand them. PDF copies of the [Children's](#) and [Parent](#) Bill of Rights are available on our website.



Donations to CASA: Have extra clothing or shoes lying around the house? Please call or email CASA to arrange for your donation! We are currently in need of boys and girls shoes, all kinds and sizes.



Car Seat Clinic: Due to COVID-19 concerns, the planned monthly car seat inspections at the Corvallis Fire Department have been put on hold until further notice. For tips on safe car seat installation, click [HERE](#). If you would like assistance installing a car seat, please contact Alyssa Mahr, CPST (Certified Child Passenger Safety Technician) by calling the CASA-VFC office or emailing service.coordinator@casa-vfc.org



Summer Tutoring: CASA will be offering academic tutoring to our foster kiddos to prevent them from getting hit by the summer slump this year! See **page XX** of this newsletter for details, or contact Katie Gregory at program.supervisor@casa-vfc.org for more information!



CASA Summer Concert: CASA-VFC is excited to announce that our Summer Concert is returning for 2021! CASA will be hosting a picnic-style concert on the evening of Saturday, August 7th at [Emerson Vineyards](#). More information will be coming soon - we hope to see you there!



GEAR UP FOR SUMMER FUN

CASA has games, sports equipment, and more!

Looking for ways to keep your kiddo(s) entertained this summer? CASA has you covered! We've got coloring/activity books, art supplies, sports equipment, dolls, children's and teen books, toys, and more! Call the CASA office and let us know what you're looking for, and we'll get you all geared up for summer fun!



New additions - Playground balls & water safety vests!

FOSTERCLUB VIRTUAL TEEN RETREAT



Registration for the FosterClub Oregon Teen Retreat is now open!

Your teen(s) will love this community-building virtual event - it's powered BY youth in/from care, FOR youth in/from care!

Registrants will receive a care package with some super awesome OTR swag, and if your teen is able to attend almost all of the event, they will also receive a second box and be entered to receive some gift cards! Space is limited, so register today!

WHO: Young people in/from Oregon foster care, ages 14-21

WHEN: Tuesday, July 6th, Wednesday, July 7th, & Thursday, July 8th, 10am-2pm

WHERE: Zoom

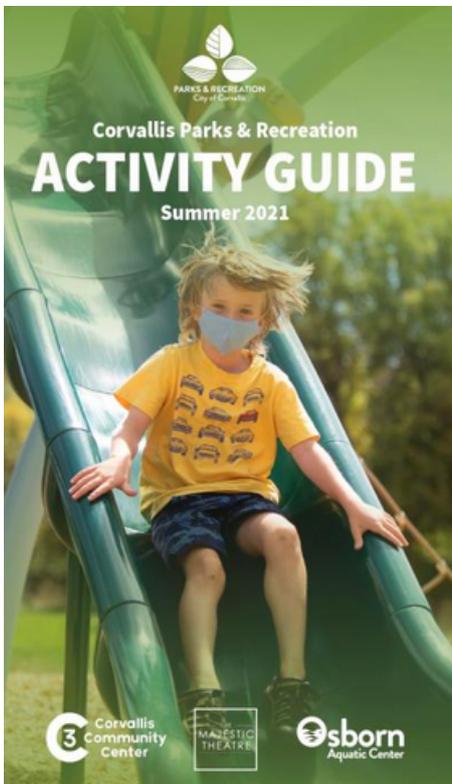
[Click here to learn more and register for the retreat!](#)

PARKS & REC SCHOLARSHIPS

Get active this summer with Corvallis Parks & Rec!

Corvallis Parks and Recreation offers financial assistance to ensure that everyone in Corvallis can play! Their [Scholarship Program](#) helps to reduce the barrier of cost for individuals and families living in Benton County.

Participants can use the \$150 award towards the cost of most of the recreation classes listed in the [Parks & Rec Activity Guide](#), including classes at the the Corvallis Community Center, the Majestic Theatre, and Osborn Aquatic Center. In addition, all Activity Scholarship recipients are eligible to receive an Osborn Aquatic Center membership that covers single-person entry into open recreation swim times! Click [HERE](#) to learn more.



SUMMER CONCERT & PICNIC NITE!

Save the Date - Saturday, August 7th

CASA - VOICES FOR CHILDREN PRESENTS

Summer Concert & Picnic Nite



CASA

Court Appointed Special Advocates
FOR CHILDREN

BENTON COUNTY

- SAVE THE DATE -
(more info coming soon!)

EMERSON

VINEYARDS

08.07.21 | 5-8 PM

LIVE BANDS | WINE TASTING | FOOD CART
SNOW CONES | FAMILY FUN

HEALTHY BODIES, HEALTHY MINDS

Each month this summer, we will be featuring a new health infographic created by our CASA intern, Grace Roberts. Grace is a Public Health major at Oregon State University, and is passionate about sharing knowledge to improve childrens' mental and physical wellness.

LOVE LANGUAGES

And Why It's Important to Practice



OVERVIEW

Your love language is how you give love as well as how you receive it. The way you show love can be different from the way you like to receive it. Knowing your child's love languages is just as important as knowing your own. This is a key insight into a caregiver-child relationship as there can be frustration and confusion when love languages don't match up.

THE 5 LOVE LANGUAGES

Physical Touch

Those whose love language is physical touch like to give or receive love through hugs, holding hands, high-fives, etc.

Acts of Service

This love language means showing love by going out of the way and doing something for someone else. People who receive it this way will translate helpful tasks to showing love. An act of service can be cleaning up a mess, running an errand, fixing something that broke, etc.

Gifts

If your love language involves gifts it means you either translate love through getting gifts from others or you show your love through giving gifts.

Quality Time

This love language is shown through simply spending time with your loved one. Quality time can be relaxing together, going on a trip, or running errands with each other.

Words of Affirmation

This love language is for people who recognize love through affirmative words. Simply saying "I appreciate you" or "I'm proud of you" means more to people in this love language than those with other love languages.

HOW TO USE LOVE LANGUAGES IN YOUR CAREGIVER-CHILD RELATIONSHIP

In order to successfully show love in you and your child's relationship, you first need to know each other's love languages. This will allow you to recognize behaviors as showing love from your child, regardless of how you normally recognize it. It will also help you show love in a way that your child accepts best. If you usually give love through giving gifts but they receive love through words of affirmation, a transition needs to be made.



To learn more about love languages as well as find out what yours is, visit these pages below!

<https://www.5lovelanguages.com/book/the-5-love-languages-of-children/>
<https://www.5lovelanguages.com/quizzes/>

"A TIME FOR FAMILIES"

VIRTUAL DROP-IN HOUR BY OREGON HEALTH AUTHORITY



OHA's Child and Family Behavioral Health program is hosting a weekly drop-in discussion hour for parents and family members of children and young people who experience mental health or addiction issues. The hour, called "A Time for Families," offers an opportunity to ask questions and share concerns, as well as give feedback to OHA on ways to help youth, young adults and their families get the right service at the right time.

The drop-in hour is hosted by Director of Child and Family Behavioral Health Chelsea Holcomb and Family Partnership Specialist Frances Purdy. Representatives from the OHA Ombudsperson program and the Parent/Family Help Line will also attend the session to follow-up with any immediate concerns.

"A Time for Families" is on Thursdays from noon to 1 p.m. on Zoom at:

<https://www.zoomgov.com/j/1604685229pwd=Rldxc1B4bHFNd2dGYlVndVM4bTN3dz09>

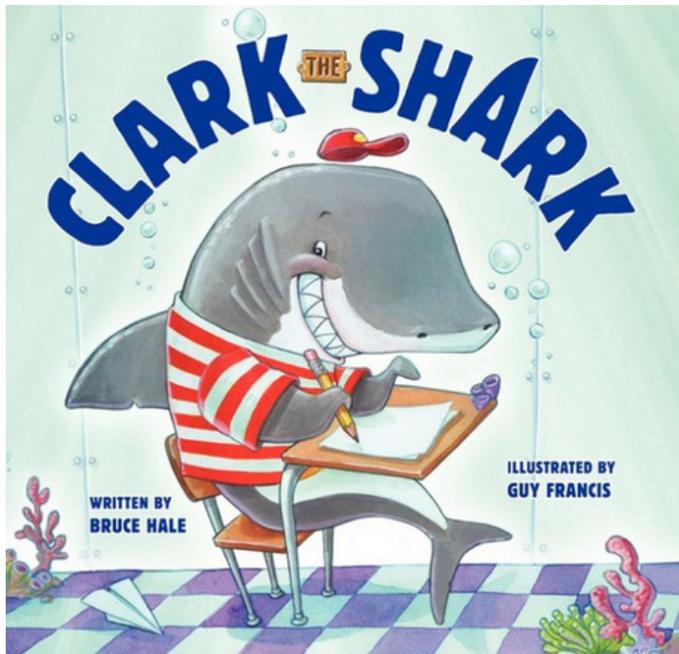
Information about "A Time for Families" drop-in sessions and other resources for families can be found on the Child and Family Behavioral Health webpage.



[Click HERE to learn more!!](#)



STORIES WITH THE STARS



Clark the Shark
By: Bruce Hale

Clark is a shark with zing, bang, and boom. Clark zooms into school, crashes through the classroom, and is rowdy at recess. Clark loves life – but when his enthusiasm is too much for his friends, Clark’s teacher, Mrs. Inkydink, helps him figure out a way to tone it down.

Clark the Shark celebrates boisterous enthusiasm – and knowing when it’s time for indoor voices!

[Watch Chris Pine read this silly aquatic tale with your kiddo\(s\) online!](#)

Storyline Online

CBCPL "SUMMER @ YOUR LIBRARY"

Corvallis-Benton County Public Library's [Summer @ Your Library](#) program features activities and events designed to help all age groups explore new ideas, books and activities – free of charge! You can also get a free book and bag when you sign up, while supplies last! As you read books and participate in the activities, you are eligible to win badges and prizes. Sign up for [Kids Summer Reading](#) (birth - 5th grade), or [Teen Summer Reading](#) (grades 6-12) today!



TRAUMA-INFORMED SUMMER TUTORING

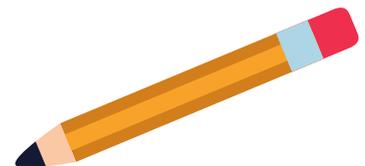
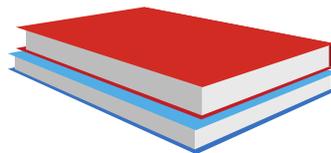
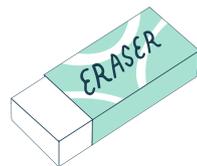
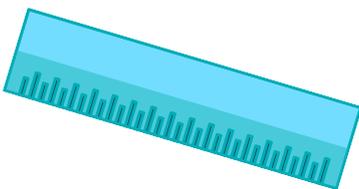


**CASA is now offering Trauma-Informed
SUMMER Tutoring!**



CASA will be offering academic tutoring to our foster kiddos to prevent them from getting hit by the summer slump this year! We will be offering general curriculum and help with special topics. Our specially-trained academic tutors can work with children to help them reach their educational goals.

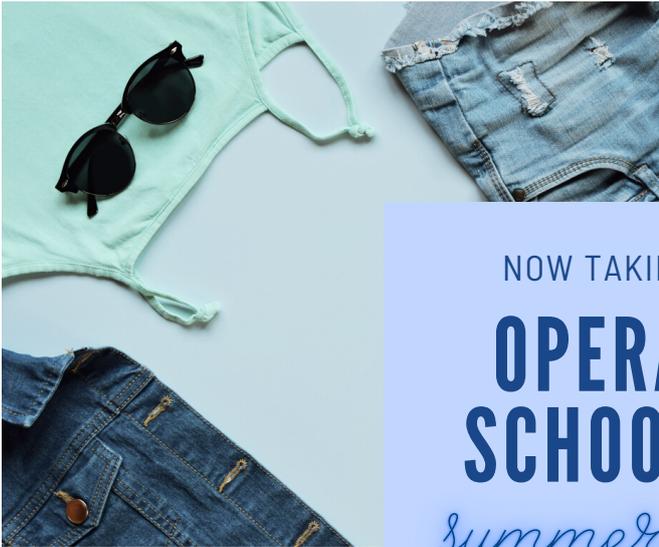
To learn more about the Trauma-Informed Tutoring program, or to enroll your children for tutoring services with CASA, please contact Katie Gregory at program.supervisor@casa-vfc.org.



**Trauma
Informed
Tutors can
assist your child
with:**

Core Curriculum
Special Topics
Study Tactics & Tips
Class Link and Canvas
Zoom Training
and more!

HERE AT CASA



NOW TAKING ORDERS

OPERATION SCHOOL BELL

Summer edition

PLEASE CONTACT CASA-VFC
FOR YOUR ORDER FORM

SHOES - TSHIRTS - COATS - JEANS
LEGGINGS - HOODIES - GYM SHORTS
SPORTS PANTS - SOCKS
UNDERGARMENTS - HYGIENE KITS



The items available for order include:

Shoes, Jeans, or Sports Pants/Leggings,
T-shirt, Coat or Hoodie, Gym Shorts,
Socks, Underwear, & a Sports Bra (girls).

**IN ADDITION, CASA HAS WATER
SAFETY VESTS AND OTHER NEEDED
CLOTHING FOR YOUR CHILD(REN).
PLEASE INCLUDE ANY OTHER ITEMS
NEEDED AND WE WILL TRY OUR BEST
TO FIND THEM ON-HAND.**

Please send the following info with your
order request to CASA:

- Elementary, Middle, or High School student?
- Child's first and last initials
- Child's height & weight (an estimate is fine)
- Child's waist & hips measurements in inches (an estimate is fine)
- Child's outside leg seam measurement in inches (an estimate is fine)
- Child's shoe size
- Child's pant size
- Child's t-shirt size
- A list of the needed items

SUMMER EVENTS & ACTIVITIES

This summer may still look a little different than usual, but there are still lots of fun events and activities (both virtual, and in-person with safety precautions) for your kiddo(s) to enjoy!

Explore the websites below for real-time updates on some of the many exciting opportunities available this season!



[CBCPL VIRTUAL EVENTS](#)

The Corvallis-Benton County Public Library is offering a wide array of virtual events for all ages! Check out their site to learn about fun online activities for kids, tweens and teens!



[CORVALLIS PARKS & REC](#)

Take a swim at Osborn Aquatic Center, or enroll in one of Parks & Rec's exciting day camps! There are so many opportunities for summer fun - click [HERE](#) for scholarship info!



[CASA-VFC: SUMMER FUN](#)

CASA-VFC is gathering a list of local places to visit, things to do, and events to attend this summer! Our "Summer Fun" webpage will be updated as our area continues to reopen!



[MAXTIVITY SUMMER ART](#)

Maxtivity is offering art camps for all ages this summer! All are welcome, regardless of ability to pay - click [HERE](#) to learn more! They have free [online art lessons](#) to explore as well!

SNACK OF THE MONTH

WATERMELON FRUIT SPARKLERS



Ingredients Needed:

- Seedless watermelon
- Fresh blueberries
- Bamboo skewers
- Star cookie cutter



Directions:

Slice the watermelon into 1-inch rounds. (To make rounds, lay the watermelon on its side and use a long, sharp knife to cut evenly spaced vertical slices from the watermelon.)

Wash the blueberries and allow to dry.



Next, use the star cookie cutter to cut star-shaped pieces out of the flesh of the watermelon round.

Repeat for each watermelon round until you have a full batch of watermelon stars.

Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end to hold it, and a space at the top for the watermelon stars.

Place a watermelon star on top of each sparkler, then cover the fruit sparklers and refrigerate until ready to enjoy!

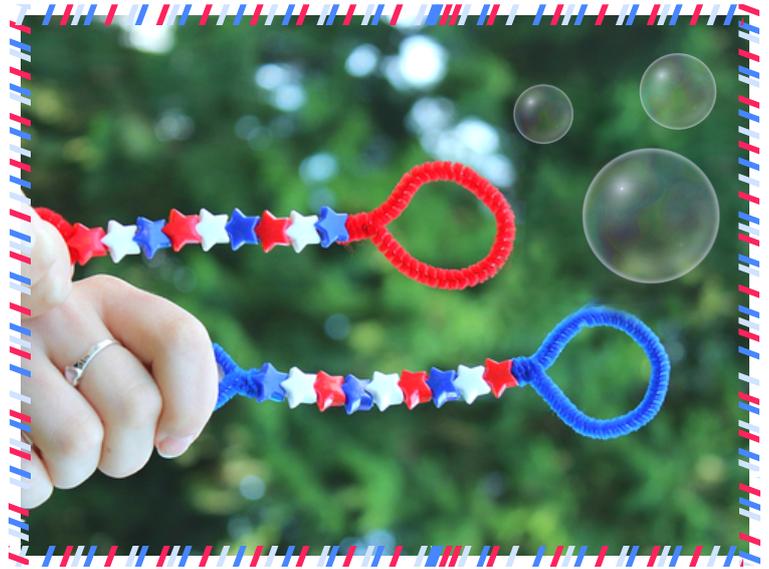


ACTIVITY OF THE MONTH

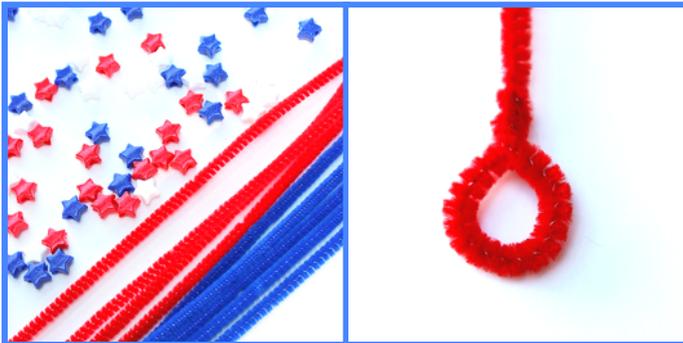
4TH OF JULY BUBBLE WANDS

Supplies Needed:

- Pipe cleaners (red, white and blue colors)
- Star pony beads (or regular pony beads in red, white and blue colors)
- Liquid bubbles
- Cup/bowl for dipping bubble wands into



Directions:

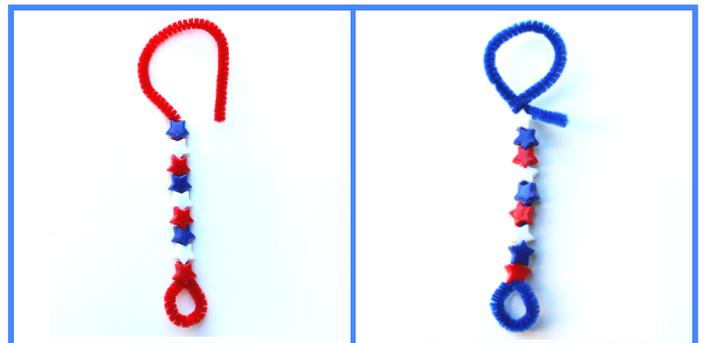


If you bought multicolored packs of pipe cleaners and/or beads, sort out the red, white and blue ones.

Bend the bottom of the pipe cleaner to make a small loop and twist the end into the pipe cleaner to set it in place.

Thread about (9) pony beads onto the pipe cleaner.

Take the top of the pipe cleaner and make a larger loop. Wrap the end of the pipe cleaner around a few times to secure it in place, creating a large circle to blow bubbles through.

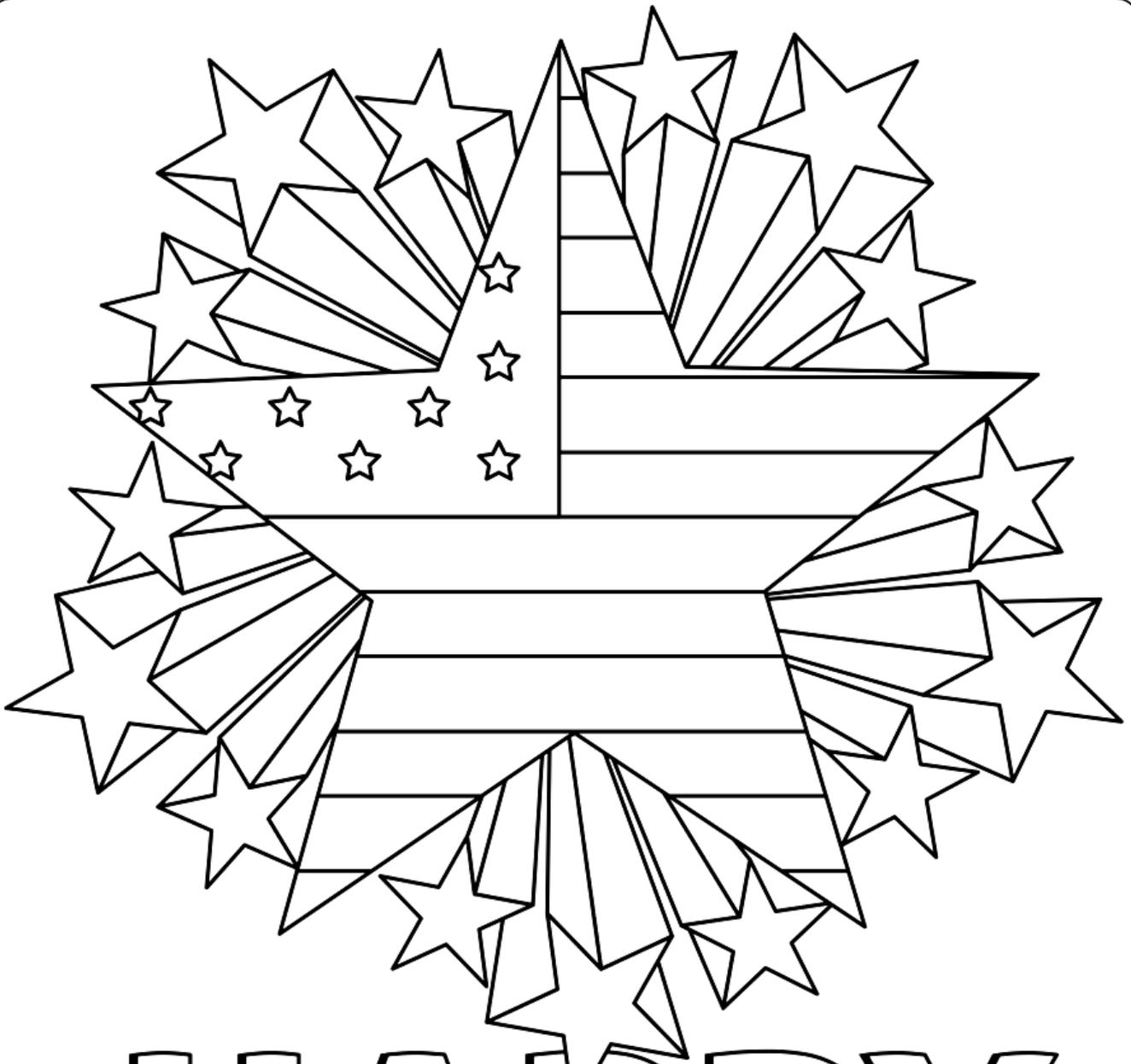


Once you've finished creating your bubble wands, pour some of the liquid bubbles into a cup or bowl.

Dip your wands into the bubble solution and blow some beautiful bubbles during your 4th of July festivities!

[Click HERE for more detailed instructions!](#)

COLORING CORNER



HAPPY
4TH *of* JULY

Print it out for an afternoon of coloring fun!

COLORING CORNER



Print it out for an afternoon of coloring fun!



SUMMER FUN FOR YOU AND YOUR KIDDO(S)

New experiences are a great way to engage with your kiddo(s) and make lasting memories this summer. Below are some of our favorite ideas for fun and inexpensive activities to keep your kiddo(s) engaged and happy over the summer break!

READ TOGETHER FOR SUMMER @ YOUR LIBRARY



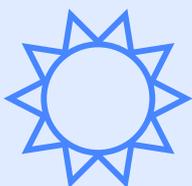
VISIT THE HISTORIC ALBANY CAROUSEL



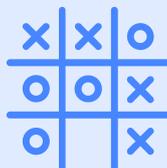
PLAY FIRECRACKER TAG TOGETHER



STAY ON THE SUNNY SIDE WITH GONOODLE



PLAY ONE OF THESE FUN OUTDOOR GAMES



MAKE SOME STAR-SPANGLED SLIME



COMMUNITY INVOLVEMENT

- [Oregon Parks and Recreation Department](#) offers free camping and day-use parking to Oregon foster parents, guardians and parents who have adopted Oregon foster children. Most campgrounds and day use areas have now reopened! For more information visit oregonstateparks.org or call OPRD at 1-800-551-6949.
- [The Oregon Zoo](#) offers discounted admission for foster children and their families. Check out their at-home activities [HERE](#) and follow their social media channels to keep up with their animals' adventures!
- [The Corvallis Fire Department](#) normally offers monthly car seat inspections, but due to COVID-19 concerns, they have been put on hold until further notice. For tips on safe car seat installation, click [HERE](#). If you would like assistance installing a car seat, please contact Alyssa Mahr, CPST (Certified Child Passenger Safety Technician) by calling the CASA-VFC office or emailing service.coordinator@casa-vfc.org.
- [Corvallis Parks and Recreation](#) offers family assistance to ensure that everyone in Corvallis can play. Their [Family Assistance Scholarship](#) helps to reduce the barrier of cost for those living in Benton County. The scholarship can be used for an array of different activities - check out the [Parks and Recreation Facebook page](#) for the latest offerings! Though many indoor facilities are still closed, Parks & Rec has several fun outdoor classes for kids that run rain-or-shine!
- [The Boys & Girls Club](#) is providing summer childcare. Pre-registration and eligibility verification required; call (541) 757-1909 for details. The Club works closely with CASA-Voices for Children, and you can get a reduced-cost membership by contacting the CASA office.
- [The Corvallis-Benton County Public Library's "Summer @ Your Library"](#) program features exciting activities and events designed to help all age groups explore new ideas, books and activities – free of charge. You can also get a free book and bag when you sign up, while supplies last! Click [HERE](#) to register today - they have groups for both kids and teens!

Is there something you liked or didn't like about this month's newsletter? Or maybe there's something you would like to see in next month's issue? Whatever it is, we would love to hear from you!

Please contact Alyssa Mahr with any questions, concerns or suggestions.
service.coordinator@casa-vfc.org

UPCOMING TRAINING OPPORTUNITIES

Oregon Family Support Network



Oregon
Family Support
Network

4275 Commercial St SE, Suite 180 Salem, OR 97302
ofsn.org | (P) 503.363.8068 | (F) 503.391.3161



Reach Out Oregon
Call 1-833-REACH-OR
www.reachoutoregon.org
Mon - Fri: 12:00 pm - 7:00 pm

Family Matters!

Navigating the Child Welfare System



In its own words, the child welfare system is a group of services designed to promote the wellbeing of children by ensuring safety, achieving permanency, and strengthening families to care for their children successfully. To the families with whom it intersects, “the system” may feel large, threatening, and not always supportive. In this training we will develop a mutual understanding of purpose, roles, responsibilities, and lived experiences. We will discuss strategies for working with the system to achieve the best possible outcomes for children and families.

Online Free Training via Zoom
July 15th, 2021 from 1:00 – 3:00 pm
Facilitated by OFSN Trainer: Carol Dickey

[Click Here to Register!](#)

UPCOMING TRAINING OPPORTUNITIES

ABC House



ONLINE TRAINING VIA ZOOM



This nationally recognized, award-winning training teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The training uses video modules and facilitator-led discussions to cultivate a rich learning environment. The training is 2.5 hours long; some professionals can receive CEU's for attendance. This training requires the use of an interactive workbook, which participants will *pick up* from the ABC House office in Albany, OR.

If you are outside of the area and would like to attend, please contact Rebecca, the ABC House Community Prevention Coordinator, at educator@abchouse.org or 541-926-2203.

[CLICK HERE to register for this free training today!](#)

[!\[\]\(82ace3c1cdce20e5f8670b9f0a4207cd_img.jpg\) View more details on ABC House's Facebook Events page !\[\]\(b736dc1f4cd35cc0e8d628d0e38415bd_img.jpg\)](#)

FAMILY RESOURCES

[CASA Online Learning Center \(by Texas CASA\)](#) - Texas CASA has an excellent library of trainings and informational videos for advocates and foster (resource) families. Registration for their "CASA College" learning portal is required, but it is free and open to CASAs and families in all states.

[VISIT PAGE](#)

[National Child Traumatic Stress Network](#) - NCTSN offers a wide array of webinars and e-learning courses on best practices for helping children who have experienced trauma. Visit the link below to create an account for free access to training materials.

[VISIT PAGE](#)

[Focus on Foster Families App](#) - This app is designed to support foster children, youth, and their caregivers & advocates. Through video interviews and online tools, FOCUS on Foster Families helps users improve their skills related to communication, emotional regulation, problem-solving and goal setting.

[VISIT PAGE](#)

[Oregon Family Support Network](#) - OFSN is a statewide non-profit organization that supports families who are raising a child with significant mental health challenges. They provide education, support and advocacy for individual families and support systems.

[VISIT PAGE](#)

[Oregon Post Adoption Resource Center](#) - The OPARC provides services for Oregon DHS adoptive and assisted guardianship families. Services include information, assistance, referral, in-depth consultation, advocacy and support, and education and training for families and advocates.

[VISIT PAGE](#)

[iFoster](#) - Using iFoster's programs and services decreases family needs, improves child and caregiver well-being, improves life-satisfaction, improves grades, and can help youth successfully transition to independence. iFoster provides 100s of resources through partnerships with hundreds of companies, government agencies and non-profits nationwide. Free and deeply-discounted products and services are available to meet your biggest needs.

[VISIT PAGE](#)

"IF YOU CAN HELP A CHILD, YOU DON'T HAVE TO SPEND YEARS REPAIRING AN ADULT."
- JOYCE MEYER

ADVOCATE RESOURCES

[CASA Online Learning Center \(by Texas CASA\)](#) - Texas CASA has an excellent library of trainings and informational videos for advocates. Registration for their "CASA College" learning portal is required, but it is free and open to CASAs in all states.

[VISIT PAGE](#)

[National Child Traumatic Stress Network](#) - NCTSN offers a wide array of webinars and e-learning courses on best practices for helping children who have experienced trauma. Visit the link below to create an account for free access to training materials.

[VISIT PAGE](#)

[Focus on Foster Families App](#) - This app is designed to support foster children, youth, and their caregivers & advocates. Through video interviews and online tools, FOCUS on Foster Families helps users improve their skills related to communication, emotional regulation, problem-solving and goal setting.

[VISIT PAGE](#)

[Oregon Family Support Network](#) - OFSN is a statewide non-profit organization that supports families who are raising a child with significant mental health challenges. They provide education, support and advocacy for individual families and support systems.

[VISIT PAGE](#)

[Oregon Post Adoption Resource Center](#) - The OPARC provides services for Oregon DHS adoptive and assisted guardianship families. Services include information, assistance, referral, in-depth consultation, advocacy and support, and education and training for families and advocates.

[VISIT PAGE](#)

[iFoster](#) - Using iFoster's programs and services decreases family needs, improves child and caregiver well-being, improves life-satisfaction, improves grades, and can help youth successfully transition to independence. iFoster provides 100s of resources through partnerships with hundreds of companies, government agencies and non-profits nationwide. Free and deeply-discounted products and services are available to meet your biggest needs.

[VISIT PAGE](#)

"IF YOU CAN HELP A CHILD, YOU DON'T HAVE TO SPEND YEARS REPAIRING AN ADULT."
- JOYCE MEYER

TECH TALK:

OVERCOMING A GAMING ADDICTION

Insights from a young gamer who found balance

Adapted from "Tech Talk Tuesdays" by Delaney Ruston, MD

Some people take their challenging life experiences and use those hard experiences to do something positive for the world. Cam Adair is one of those people. He had not planned to start a major movement, but his viral post was the catalyst for his starting [Game Quitters](#), an online platform, where he shares resources to help people dealing with excessive gaming along with helping their families. Over 43,000 "journal entries" have been contributed to the site by people who have struggled with gaming overuse wanting to share their stories and solutions. Meanwhile, Cam has traveled the globe speaking to audiences about mindsets and strategies that have helped many people, like himself, gain fuller, more balanced lives.



Last week we released an episode of [The Screenagers Podcast](#) that features my interview with Cam Adair. In the first part, Cam tells the story of his youth when gaming took over and how he eventually changed things. His story is powerful, and I highly recommend you listen to it with any youth you have in your life — girl, boy, gamer, non-gamer. It is a true empathy-building episode and a wonderful way to supplement learning during these suboptimal school days. For this TTT, I will highlight ideas that Cam talks about in the podcast — ideas he often shares with struggling youth and advice he gives to parents.



Cam's Advice to Young Gamers:

Be aware of "risk for a binge"

- Cam suggests to youth, "Recognize that you want to pay attention to different periods of your life and what I would call the risks for a binge. So don't binge game all weekend, but allow it to stay in moderation. During school breaks, it's easy to [play all the time], but then school comes back around, and you're in a worse position."

(CONTINUED ON NEXT PAGE)

TECH TALK: OVERCOMING A GAMING ADDICTION

(continued)

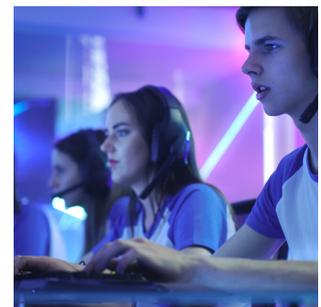
Cam's Advice to Young Gamers (continued):

- *Ask yourself, "How do I feel after a long gaming session?"*
 - Cam wants kids to ask themselves, "How do you feel after gaming all day long?"
 - He goes on to say, kids "...may feel it was fun, but there's also this feeling a bit like a zombie, and that doesn't actually feel very good. Can you create a contrast between how you feel when you game too much and when you game enough where it's satisfying, but it didn't go over the edge?"
 - You can hear more in the podcast about Cam's suggestion for youth who are having a hard time staying motivated in school.



Cam's Advice to Parents/Mentors of Gamers:

- *Embrace Calm Curiosity*
 - Cam says, "Until you get curious about it and you're willing to engage in that world, even if it's just in conversation, it's going to be very difficult to make any progress. What games are they playing? What do they like about them? What challenges do they have when they're playing? How do they navigate the social experience? Like what are the good things? What are the things they wish they could change? The more you can connect and build rapport around the subject, the easier it will be for you to be a trusted source for them to be able to lean on and for you also to be able to help navigate them to have self-control."
- *Refrain from telling them "You're Addicted"*
 - I love how Cam says our interview, "Nobody likes to be told they're addicted to something, whether or not you feel like you're right. Let's think about how we use our influence; how do we encourage people to shift their behavior? Telling someone they're addicted in some cases could even just give them an excuse, 'Oh, I'm addicted. I can't stop.' It also causes a lot of shame and stigma. Whereas talking about the behavior that you're seeing works better. They haven't gone to school. Their mental health is deteriorating. They haven't showered in a few days."



(CONTINUED ON NEXT PAGE)

TECH TALK:

OVERCOMING A GAMING ADDICTION

(continued)

Those are things that are much easier to navigate and hold accountability around than just saying 'you're addicted to gaming'."

- **Signs to be aware of:**

- Cam says, "When gaming starts becoming their life where they're not going to school, or they're no longer socializing with the family, or if when they're not playing, they're irritable and moody, that's a big red flag. So just remember gaming can be a part of their life, but if it starts to *become* their life, you might want to step in...The more you can connect and build rapport around the subject, the easier it will be for you to be a trusted source for them to lean on."

- **Are there underlying emotional problems?**

- Cam talks about how he dealt with feelings of depression during middle and high school in the podcast because, in part, he experienced ongoing bullying. Eventually, when he started to get help in his life, he realized the roles gaming played in his life. He says, "The first was to escape; the second was to socialize; the third was to feel a sense of measurable progress, and the fourth was to feel a sense of challenge or a sense of purpose."

- **Be open to trying new approaches**

- Cam says that a key concept he hopes parents and mentors embrace is to "...be open-minded about your parenting/mentoring style and trying new things and being willing to really stay in the marathon because gaming is something that is going to always be there in some way ... just being willing to learn and develop new skills is crucial."



VIDEO GAMING CONVERSATION STARTERS:



[Here are some questions for talking with youth about video game use:](#)

As always, I recommend starting your conversation with something positive about tech (to ward off reflexive defensiveness and other reasons). What is something positive about video games that people rarely discuss?

- *After listening to Cam's story on the podcast, what do we think about the incident with Cam's roommate that resulted in Cam's relapsing?*
- *How does your emotional state impact what video game you want to play, with who and when?*
- *How balanced do you feel right now in terms of time video gaming?*

[\(Read the full article HERE at ScreenagersMovie.com\)](#)

EASY WAYS TO SUPPORT CASA-VFC THIS SUMMER



A fun, new way to help raise money for CASA-VFC! Download the FlipGive App and shop your favorite brands and online stores. Each company will then donate a certain percentage of your purchase to CASA-VFC. This is a convenient, fast and easy way to support our organization. Don't forget to share with your friends and family!

[LEARN MORE HERE](#)



Did you know that you can raise money for CASA-VFC by simply shopping on Amazon? If you have an Amazon account you can shop from the Amazon Smile website and they will donate 0.5% of your purchase to CASA-VFC. It's exactly like shopping on Amazon: Same items, check-out and pricing. Another great way to support CASA while you shop online!

[LEARN MORE HERE](#)





RESOURCES

Don't forget! We have tons of great resources for you and your kiddo(s). Please call or email if you are in need of any of the following items, and our staff will happily help locate them and gather them for pick-up!

Jackets
Clothing
Duffel Bags/Backpacks

Shoes
Birthday Gifts
Occasion/Holiday Gifts

Books
Quilts
Sports Equipment

If we don't have the item you are looking for, please let us know and we will try our best to find it for you!

TUTORING

We are excited to announce that CASA is now providing **Trauma-Informed Educational Tutoring!** Please contact the CASA office for more information or to enroll your kiddo(s).

BIRTHDAYS

Help your kiddo(s) get ready for that special day! **We have gifts and cards available at the office.** Please contact our Service Coordinator, Alyssa, for more information.

**REPORT
CHILD
ABUSE** !

To report child abuse, please call these child abuse hotlines:

Local: 541-757-5019

Toll Free: 866-303-4643



Happy 4th of July

RESOURCE PARENTS!

Thank you

for the vital role you play
in providing for our
most vulnerable
population.

- CASA-VFC STAFF

CASA-VFC STAFF

Kari Pinard
Executive Director

Katie Gregory
Program Supervisor

Alyssa Mahr
Service Coordinator

Kelly Tedeschi
Program Coordinator

Megan Ellertson
Project Coordinator

Catherine Baker
Marketing & Outreach
Assistant

WE ARE HERE FOR YOU!

CASA- Voices for Children
129 NW 4th Street, Suite B
Corvallis, Oregon 97330

Phone:
541-753-5838

Web:
www.casa-vfc.org

Facebook:
www.facebook.com/casavfc

Instagram:
[@casavfc_corvallis](https://www.instagram.com/casavfc_corvallis)

AUTZEN
FOUNDATION



KAΘ

Juan Young
TRUST



Circle Church of Christ



SPIRIT MOUNTAIN
COMMUNITY FUND

Fred Meyer

amazon smile

Pacific Power
Foundation



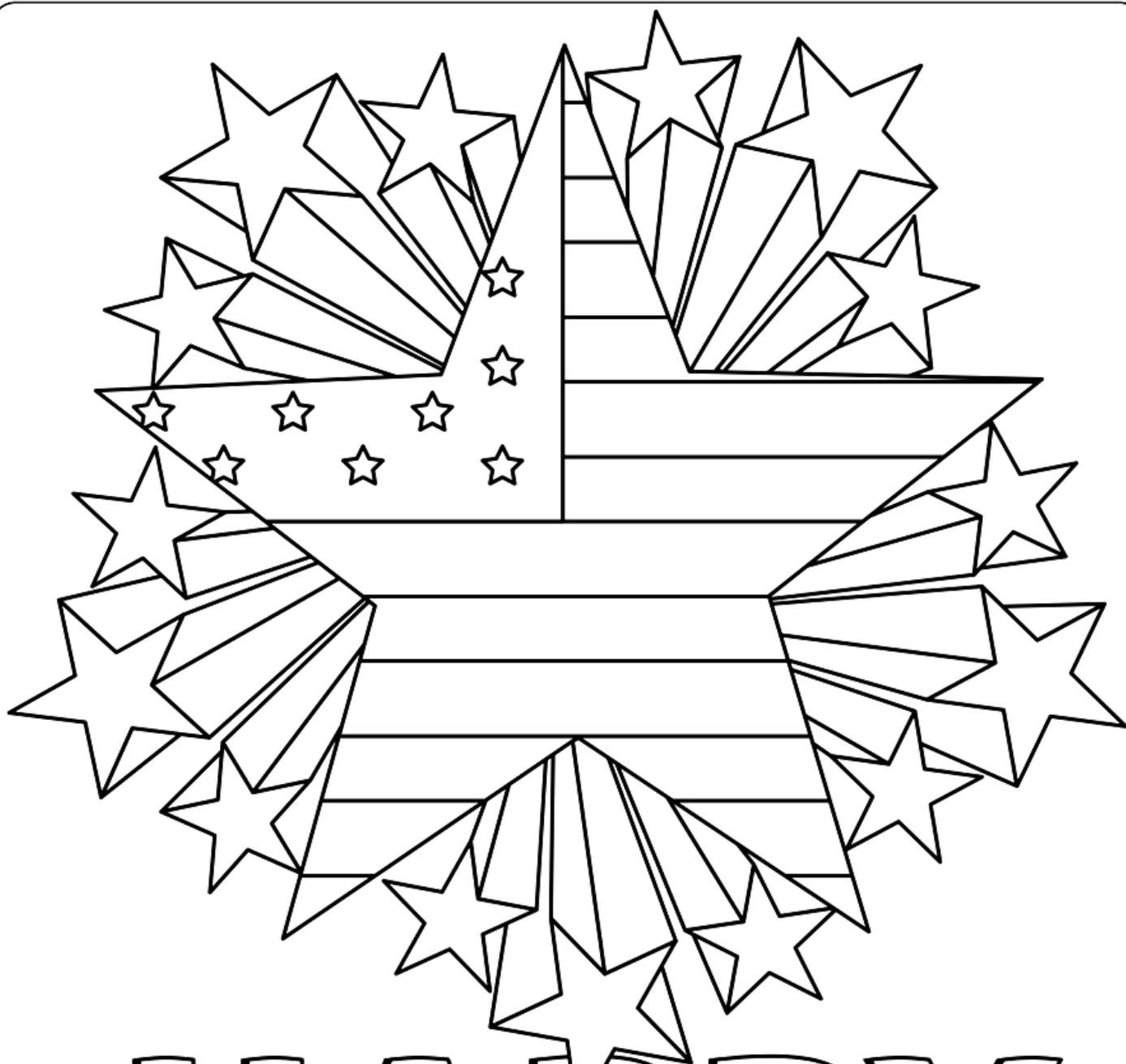
Kiwanis
CLUB OF CORVALLIS SUNRISERS



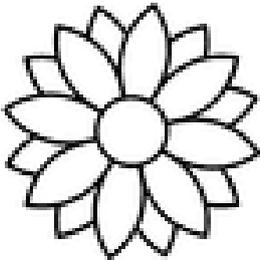
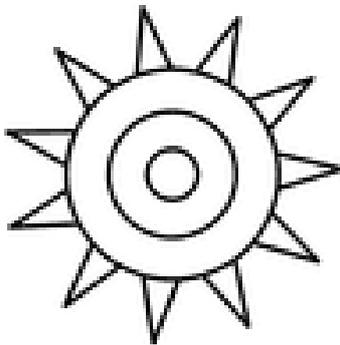
The
Bill Healy
FOUNDATION
A NON-PROFIT ORGANIZATION

TRUST
MANAGEMENT
SERVICES
LLC

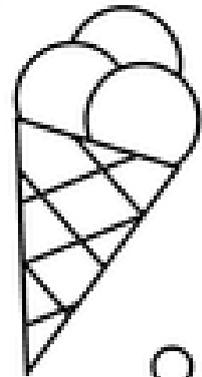
BENTON
COMMUNITY
FOUNDATION



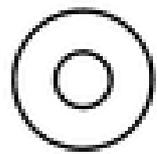
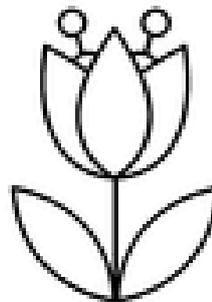
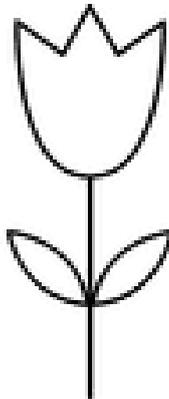
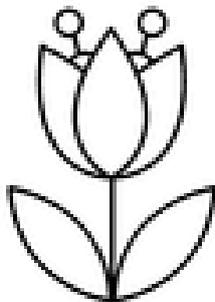
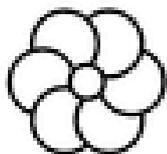
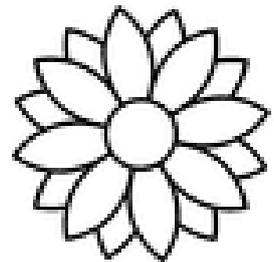
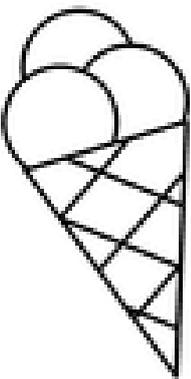
HAPPY
4TH *of* **JULY**



HELLO



SUMMER



Homemade