

MAY 2021

RESOURCE PARENTS

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



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HAPPY MOTHER'S DAY!

This month's newsletter is full of fun activities and things to do with your kiddo(s)! Read on for exciting events, helpful trainings, creative crafts, delicious snacks, and more! CASA will also be sending out weekly update emails - keep an eye on your inbox to see what's new in our community!

**MAY IS ALSO FOSTER CARE
AWARENESS MONTH**



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:

- Benton County is currently in [Oregon's "High Risk" category](#), and new regulations have been put into place.
- 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



Website Update: CASA has been working diligently to bring you a newly updated website! We are continuing to update our lists of community and educational resources to help our families cope with the challenges of COVID-19. Please read on for additional details, and visit us at www.casa-vfc.org!



School Success: CASA-VFC is here for you with resources and tips for a successful school year! We are now offering Trauma-Informed Tutoring (see [page 4](#) for details) and will be keeping you posted on the latest resources and activities for your kiddo(s) in our area and online. Find more information inside this newsletter!

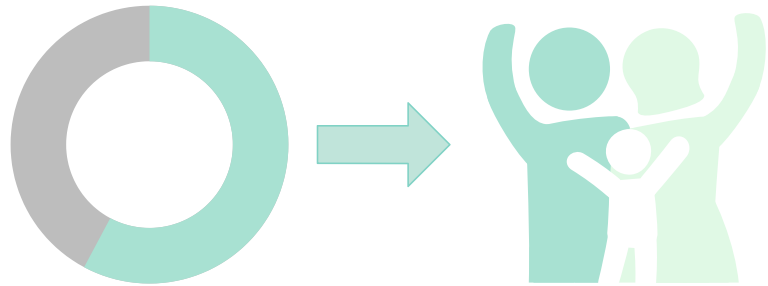


May is

FOSTER CARE AWARENESS MONTH

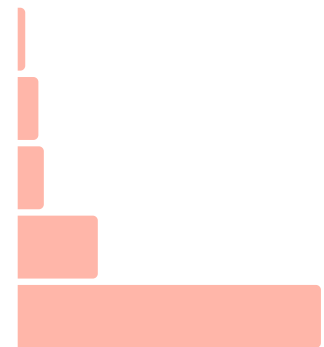
In the 2019 fiscal year in Oregon, a total of **10,887** children **spent at least one day** in some kind of foster care such as family foster care, professional treatment programs, psychiatric residential treatment, pre-adoptive placements, developmental disability placements, and independent living.

Of all children leaving foster care, **57.8** percent were **reunited with their families**.

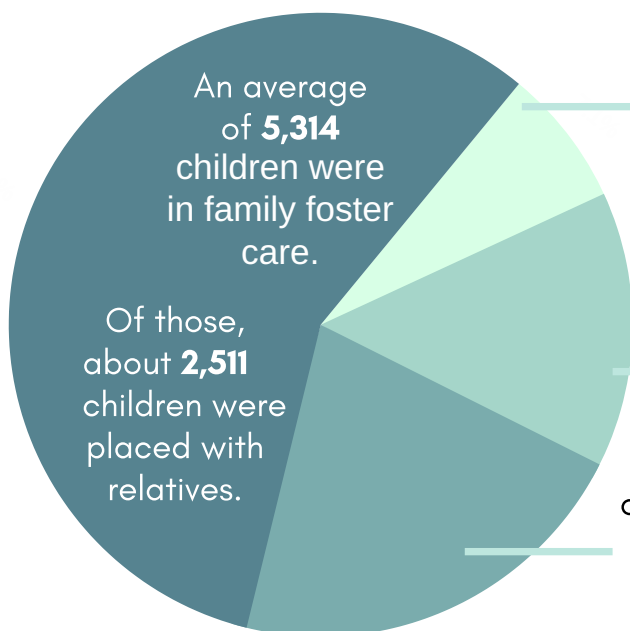


Of the total children served in foster care:

1.6% were Asian or Pacific Islander
4.5% were American Indian or Alaska Native
5.7% were Black or African American
17.6% were Hispanic
66.8% were White



An average of **7,435** children were in foster care on a daily basis.



An average of **5,314** children were in family foster care.

Of those, about **2,511** children were placed with relatives.

An average of **223** children and young adults were served in treatment foster care through Child Welfare Behavioral Rehabilitation Services programs or Oregon Health Authority psychiatric treatment settings.

An average of **764** children were on trial home visit.

An Average of **1,134** children were in other types of foster care placements such as developmental disability placements, pre-adoptive placements, and independent living.

Source = Oregon's [2019 Child Welfare Data Book](#)

FOSTER CARE AWARENESS MONTH

Special Film Screening Event

FOSTER BOY



You are cordially invited to a nationwide screening of the award-winning film, *Foster Boy*, executive produced by Shaquille O'Neal and written/produced by Jay Paul Deratany.

WATCH THE FILM. GET INVOLVED. IT'S TIME TO #FixFosterCare.

Virtual screening window:

Friday, May 7 - Monday, May 10

See the film at your convenience!

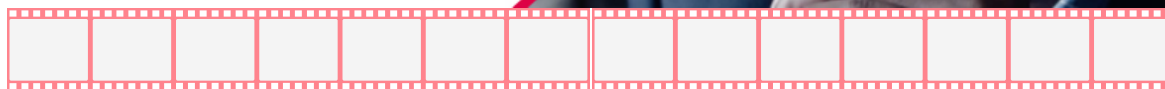
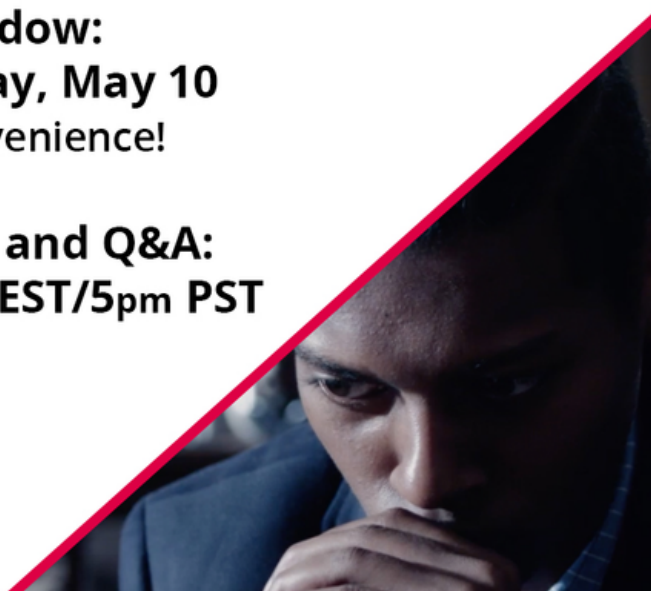
Live panel discussion and Q&A:

Tuesday, May 11 8pm EST/5pm PST

**FOSTER
BOY**

PRESENTED BY

DERATANY & KOSNER.



Foster Boy is inspired by the damning details of cases that trial attorney Jay Paul Deratany saw throughout his career. The film is meant to shatter people's assumptions and ignorance about foster care, dismantle stereotypes about kids that endure abuse in the foster care system, and inspire viewers to act.

This exclusive screening is designed for advocates and people within and adjacent to the space of foster care and for-profit foster care reform. After the screening, there will be a Q&A with Jay Paul Deratany and several special guests to discuss the film, its all-too-real inspiration, and how we can collectively come together to keep sharing stories and #FixFosterCare.

[Click HERE to register!](#)

CHILDREN'S MENTAL HEALTH AWARENESS DAY

From Oregon Family Support Network

Children's Mental Health Awareness Day Celebration

MAY 8, 2021

Oregon Family Support Network is proud to announce our Children's Mental Health Awareness Day Celebration! Due to COVID restrictions, we will be celebrating online. Join us for fun games, activities, and entertainment right in the comfort of your own living room!



Online Platform!



Get to know organizations and helpful resources for children and families all over Oregon!

Play along with minute-to-win-it games and fun activities you can do at home!

Use the hashtag #flippingthescript2020 to share a story about how you, your family, or your child have found triumphs despite the obstacle of mental illness.



Oregon
Family Support
Network

[Click HERE for more information and to register!](#)

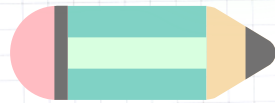
(in-person!)

BACK TO SCHOOL BASICS

Benton County schools have transitioned to on-site learning, and CASA has the supplies your kiddo(s) will need for their return to the classroom! Simply call the CASA office and let us know your kiddo(s) needs, and we will gather all needed supplies and help you arrange for pickup!



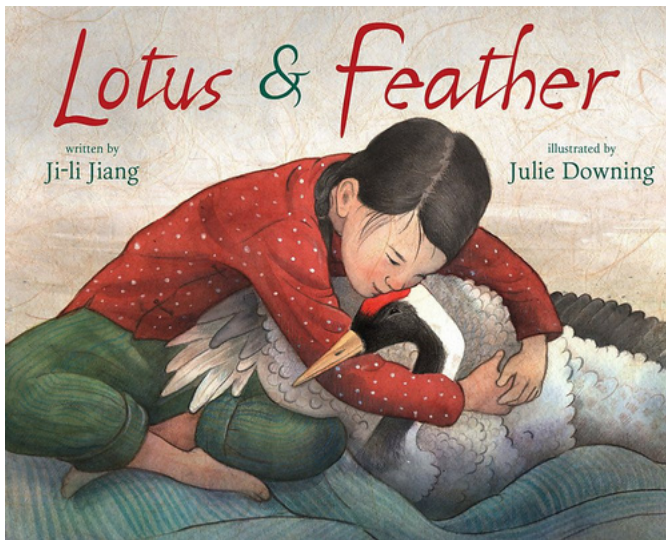
CONTACT CASA-VFC FOR
School Supplies!



**We have these supplies
on hand for your kiddo(s):**

- Pens & Pencils
- Lunch Pails
- Backpacks
- Gluesticks
- Crayons
- Binders
- Folders
- Binder Paper
- Calculators
- Notebooks
- Scissors
- Markers
- Rulers
- ...and more!

STORIES WITH THE STARS ☆



Lotus and Feather By: Ji-li Jiang

A winter illness left Lotus, a little girl, without a voice and without friends. A hunter's bullet left Feather, a crane, injured and unable to fly. As Lotus nurses Feather back to health, their bond grows. Soon Feather is following Lotus everywhere, even to school! Feather is a true friend to Lotus, but the time comes when Lotus must be a true friend to him...

[Watch Michelle Yeoh read this enchanting tale with your kiddo\(s\) online!](#)

Storyline Online

Inspired by the true story of a crane that rescued a Chinese village, this lovely book offers deep emotion and delightful surprises.

FREE BOOKS FOR KIDS!

Corvallis early readers will have a chance to receive a book from country singer Dolly Parton every month thanks to a grant and the United Way! The program, [Dolly Parton's Imagination Library](#), mails free books to children ages 0-5 in an effort to support early literacy. Books are available in English and Spanish.

The program begins March 2nd - sign up for the Dolly Parton Imagination Library by visiting the [local United Way website](#), or by calling the Corvallis-Benton Public Library at 541-760-6793!



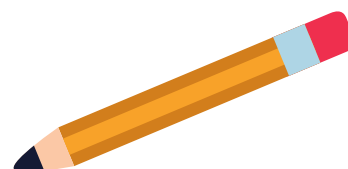
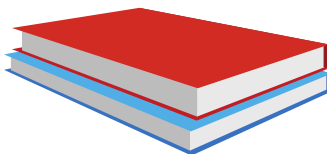
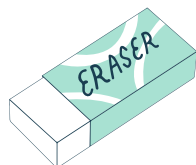
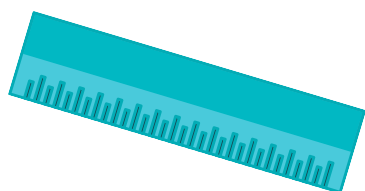
TRAUMA-INFORMED TUTORING



CASA is now offering Trauma-Informed Tutoring!

Our specially-trained academic tutors can work with your children to help them reach their educational goals, and help them learn strategies for successfully coping with the challenges of online learning and changing routines.

To learn more about the Trauma-Informed Tutoring program, or to enroll your child 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

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 JACKETS,
WINTER ITEMS, AND OTHER NEEDED
CLOTHING FOR YOUR CHILD(REN).
PLEASE INCLUDE ANY OTHER ITEMS
NEEDED FOR THE CHILD 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

LOCAL EVENTS & ACTIVITIES

This winter may look a little different than usual, but there are still lots of fun events and activities (both virtual, and in-person with distancing 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

Corvallis Parks & Recreation is now reopening some facilities! Visit their website for reopening details, and explore their many options for outdoor and online activities!



WHAT'S OPEN, WHAT'S CLOSED?

Stay up-to-date on the latest reopenings within the City of Corvallis! Information on parks, library, public services, transportation, and more!



CASA-VFC: ACTIVITY IDEAS

CASA-VFC's list of local places to visit, things to do, and events to attend this spring! Our "Activities & Entertainment" webpage will be updated as our area continues to reopen!

SNACK OF THE MONTH

FLOWER GARDEN GRAHAM CRACKERS



Ingredients Needed:

- Graham Crackers
- Cream Cheese
- Cookie or Graham Crumbs
- Pretzel Sticks
- Assorted Fruit / Seeds / Nuts



Directions:

Begin by gently spreading a layer of softened cream cheese onto a full graham cracker.

Next, gently press the cookie or graham cracker crumb "dirt" onto the bottom of the cracker.

Then, add the pretzel stick just above the dirt. Make sure to leave room for your flower at the top!



Here comes the fun part - get creative and design your flowers! Press fruit or nuts into the cream cheese to create a colorful flower.

Sunflower seeds or kiwifruit pieces can make great "leaves", too!

You can either follow some of the design examples we have here, or create your own beautiful blooms!

☀️ [Click HERE for additional photos and flower designs!](#) ☀️

ACTIVITY OF THE MONTH

HANDPRINT PAPER LILIES

Supplies Needed:

- Pink Paper
- 6" Green and Yellow Pipe Cleaners
- Pencil
- Scissors
- Ribbon
- Tape



Directions:

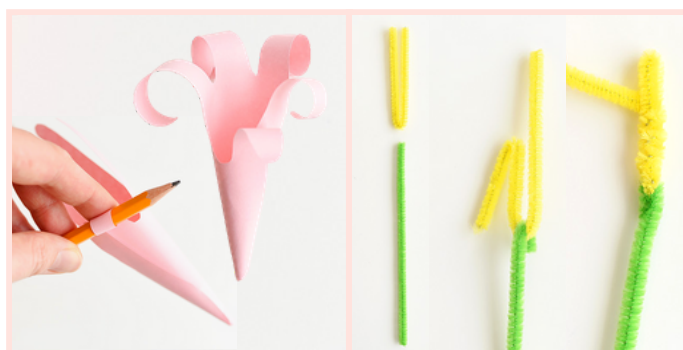


Trace the outline of your hand onto a piece of paper. Cut out the handprint, and erase any pencil marks.

Curl the bottom of the hand shape into a cone, leaving a very small hole at the tip just large enough to fit a pipe cleaner through. Tape the paper cone closed.

Curl paper fingers with a pencil/pen.

Fold yellow pipe cleaner in half. Bend a small hook on the end of the green pipe cleaner, loop it over the middle of the yellow one & pinch to close. Wrap the yellow pipe cleaner around itself until you reach the end. ([See video HERE.](#))



Take the "stem" and thread it into the paper flower, pulling it through so the green stem is below the flower and the yellow part is in the flower's center.

Repeat these steps to make a small bouquet, then tie it together with ribbon. These blooms make a great gift!

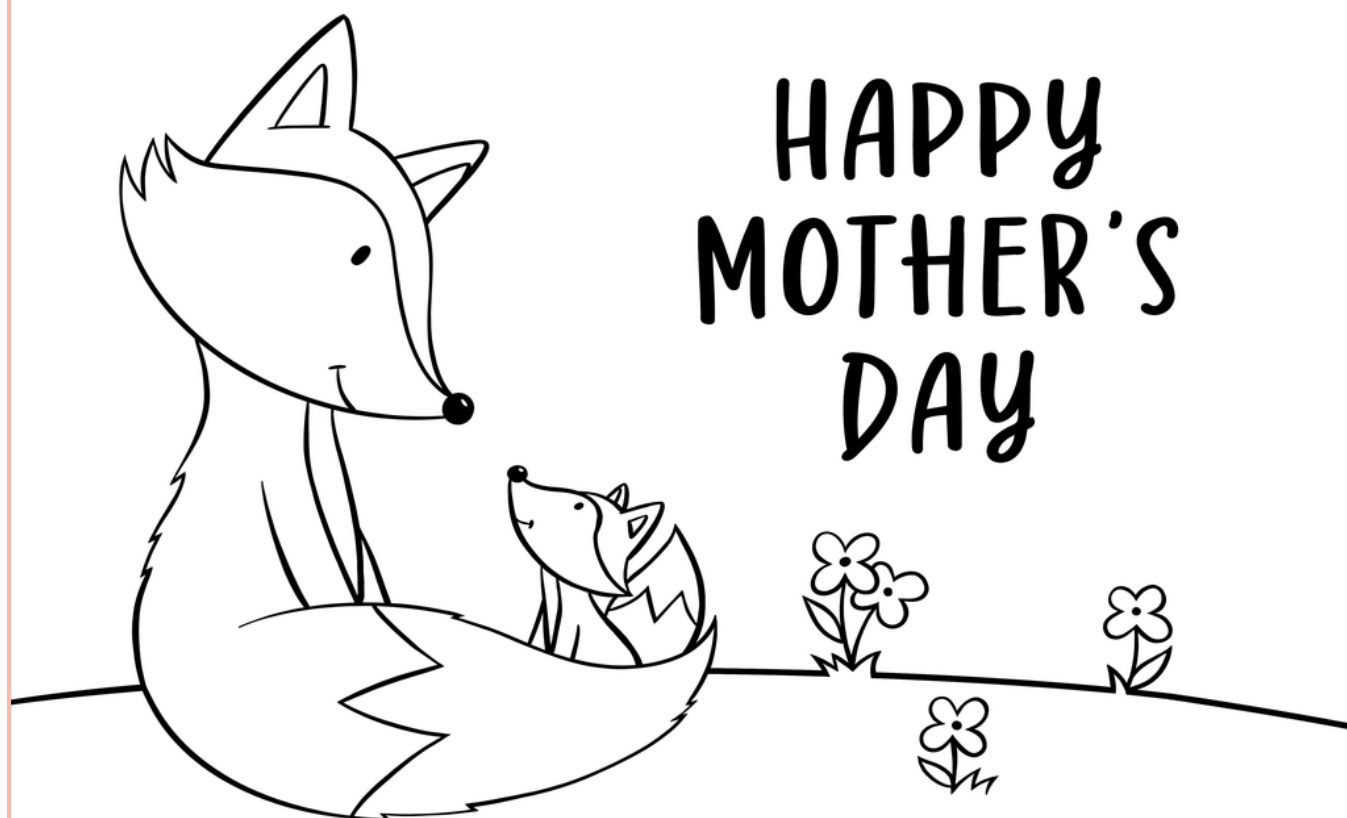


[Click HERE to watch a step-by-step video tutorial!](#)



COLORING CORNER

HANDMADE WITH LOVE BY:



Print it out for an afternoon of coloring fun!

COLORING CORNER



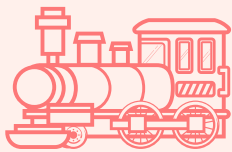
Print it out for an afternoon of coloring fun!



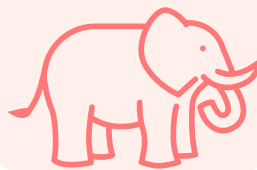
SPRING FUN FOR YOU AND YOUR KIDDO(S)

New experiences are a great way to engage with your kiddo(s) and make lasting memories this spring. Below are some of our favorite ideas for fun and inexpensive ways to enjoy the changing seasons with the whole family!

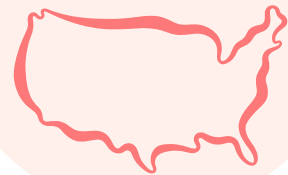
PLAY ON THE
TRAIN AT
AVERY PARK



GO WILD WITH
ACTIVITIES FROM
THE OREGON ZOO



DANCE FROM
COAST TO COAST
WITH GONOODLE



BUILD A
BIRDHOUSE
TOGETHER



VISIT FINLEY
WILDLIFE REFUGE



MAKE A
MOTHER'S DAY
CRAFT



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. Some campgrounds and day use areas are beginning to reopen! 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 school-day childcare. Pre-registration and eligibility verification required; call (541) 757-1909 for details. The Club works closely with CASA-Voces for Children, and you can get a reduced-cost membership by contacting the CASA office.
- **The Corvallis-Benton County Public Library** is offering free "[Stay at Home Storytime](#)" sessions for kids while the library is closed! The Reading Education Assistance Dogs (R.E.A.D. Dogs) program has also gone virtual - kids can sign up [HERE](#) to practice their reading with these friendly pups!

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

National Foster Parent Association

Getting on the Right PATH • Promoting Attachment and Trauma Healing for Caregivers



FREE WEBINAR WITH CERTIFICATE OF COMPLETION



DATE/TIME: Anytime! (Pre-recorded)
LENGTH: 2 hours
COST: FREE!



PATH (Promoting Attachment and Trauma Healing) is a comprehensive education framework that supports caregivers who are parenting children with known trauma effects and/or attachment difficulties.

The goals of this framework are to increase understanding; build and strengthen skills; and grow the emotional resiliency of parents and caregivers as they create healthy attachments and teach self-regulation to their children, many of whom have come to their families through foster care, kinship placement, or adoption.

In this webinar, presenters tie the tenets of the framework to specific examples in families' lives as well as the developmental neuroscience and trauma-informed strategies that support this work.

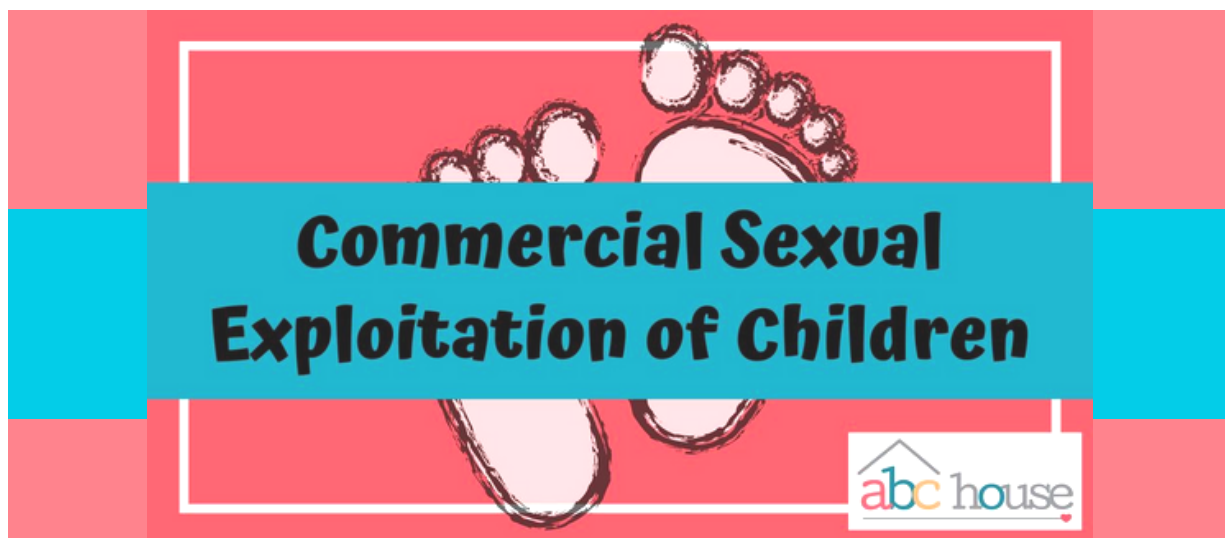
Enroll for free today; a certificate is available upon completion.

[CLICK HERE to register today!](#)

[View more details on the National Foster Parent Association webpage](#)

UPCOMING TRAINING OPPORTUNITIES

ABC House



ONLINE TRAINING WITH ABC HOUSE VIA ZOOM



DATE: Tuesday, May 18th
TIME: 12:00 am - 1:30 pm
COST: FREE!



Building on the education provided in Stewards of Children®, Darkness to Light's evidence-based training on preventing, recognizing, and reacting responsibly to child sexual abuse, this training teaches you about the root cause of commercial sexual exploitation and why preventing sexual abuse is important to reducing the risk of children being sexually exploited. It is highly recommended that participants complete Stewards of Children® prior to taking the course.

During the training, you will hear compelling stories from experts and survivors about the commercial sexual exploitation of children. You will also:

- Learn what child exploitation is and what circumstances make children vulnerable.
- Learn about the root causes of commercial sexual exploitation directly from survivors.
- Understand how preventing child sexual abuse reduces the risk for children being commercially sexually exploited.
- Hear about actions adults can take to prevent child exploitation.

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



[View more details on ABC House's Facebook Events page](#)



UPCOMING TRAINING OPPORTUNITIES

Oregon Sexual Assault Task Force



FREE ONLINE TRAINING SERIES FROM OREGON SATF

Training #1 - Neurobiology of Trauma - April 6th

Training #2 - Trauma-Informed Courtroom - May 6th

Training #3 - Vicarious Trauma and Resilience - June 10th

TIME: 10:00am - 12:00pm

COST: FREE!

**(Can't make it to the live trainings, or missed a session?
CASA-VFC will have Zoom recordings available to view!)**

OJD and the Oregon Attorney General's Sexual Assault Task Force have collaborated on a series of trainings on trauma and a trauma-informed courtroom. The presenters are Dr. Chris Wilson and Judge Shaun Floerke (retired).

Dr. Chris Wilson is a licensed psychologist who trains nationally and internationally on a variety of issues including the neurobiology of trauma, vicarious trauma, trauma-informed courts, and testifies as an expert in both civil and criminal trials. Judge Floerke was a District Court Judge of the 6th Judicial District of Minnesota from 2004-2020. He trains judges and other professionals on domestic violence responses, treatment courts and resiliency practice nationally and internationally.

These trainings are open to everyone with an interest in trauma-informed practices, including advocates and foster parents. Register for one, two, or all three!

[Click HERE to register today!](#)

FAMILY 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:

ANXIETY AND SCHOOL



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

These are tough times for lots of kids and teens, and high on the list is anxiety concerning school. You might be dealing with a teen opting to continue to do remote learning because of anxious feelings. These feelings could be from social anxiety that existed before but accelerated during Covid, or perhaps from anxiety around possible virus

transmission. I just heard about a

situation where a school called a family to notify them that their 9-year-old was having an anxiety attack about the possibility of making her parents ill, and that she was so upset that she needed to get picked up from school.



To help kids and teens, here are some ideas from me and two incredible psychologists that I recently interviewed for an upcoming Screenagers Podcast:

For children:

Elizabeth Englander, Ph.D., has spent years researching kids and teens, and she has a new book out titled, *The Insanely Awesome POST Pandemic Playbook: A Humorous Mental Health Guide For Kids*. One of the key points in the book is the importance of talking about "mixed emotions." Normalizing the fact that it is normal to be both happy that things are opening up while also being worried. I love the analogy the book uses to explore this. England prompts readers to recall a time they went into icy cold water - they wanted to jump out at first, but

instead stayed in and swam, and over time, they adjusted to the water. It became comfortable, to the point where they didn't want to leave it (i.e., home). But at some point, they had to get out, and undergo a new adjustment period.

Another critical point of the book is the idea of anticipation and not just waiting for kids to say what they may be concerned about but to offer ideas. Some kids can easily



(CONTINUED ON NEXT PAGE)



TECH TALK: ANXIETY AND SCHOOL

(continued)



discuss what they are anticipating, while others have a harder time. Throwing out ideas can help. You might ask something like, *"I wonder if any of these things are passing through your mind: Which friends will you sit with at lunch? Maybe something about what people will be wearing?"*

For a child, like the one who has had to go home because of her intense worry, it is the perfect time to create a support network. Is there a teacher who the child can go to when they get to school to do a quick check-in? Perhaps a current teacher, but maybe a former one, or another administrator or educator that the student knows?

If the school has a nurse, consider going to see them along with your child. At that time, everyone can create a plan of how the student can go to the nurse's office if they need to, and do something like deep breathing or coloring.

Of course, if a child's anxiety is causing ongoing suffering, seeing a counselor or therapist can be incredibly helpful. Anxiety is very treatable. It takes time, but major progress can happen.

For Teens:

When I talk to teens about mild anxiety, I find teaching them the idea of "reframing" is very helpful. I tell them that it's possible to think of anxious feelings as an asset rather than a detriment, as those feelings are their bodies' way of helping them get focused.

An interesting research study put college students in two groups before going to give a presentation. They were all told that peers would see their presentations eventually — this was done to make sure they would feel that much more nervous. One of the groups was directed to repeat to themselves "I'm calm" before giving their presentation, while the other group was prompted to repeat "I'm excited." The people rating the talks didn't know what each presenter was told to



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TECH TALK: ANXIETY AND SCHOOL

(continued)



The researchers found that if a person said, “I am excited,” they were more likely to be given a higher rating of their presentation and feel good about their performance. Validating their heightened emotional state instead of denying it led to better performance!

Laura Kastner, Ph.D., says she wants every parent or mentor of teens to know how key validation is. She says, *“You want to reassure, but a better thing to do is to validate that they're worried. You don't agree with them when they say something like, ‘I don't have friends.’ But, instead, say something like, “Hon, I can relate; it feels awful not to feel close to anyone.”*

Brainstorming with Teens:

It is always the best situation when our teens develop their own strategies around dealing with their anxious feelings. Yet sometimes they will get stuck, and brainstorming with them can help. Here are some questions Kastner suggests you might toss into such a session:

“Do you want to go visit the school? • Do you want to go with a friend in the morning? • This is one of those times that you should maybe email the teacher? • Or do you want to talk to a couple of friends? • Do you want to arrange for an after school thing, just to sort of, you know, have a detox after the day? • Do you think you should consult another friend on that? • Do you think you should write down five options that you can sleep on?”

Kastner works with her teens to create a “Toolbox” of healthy coping strategies for anxious feelings. Paced breathing is one she makes sure her patients have in there. Here is how it might work--breathing in for 3 seconds, hold for 3 seconds, and out for 6 seconds. The magic is the long exhale because research has shown that this activates the parasympathetic nervous system, which I call the “soothing system.” I have many more tools for helping with anxiety on our



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TECH TALK: **ANXIETY AND SCHOOL** (continued)



[Screenagers Movie resource page.](#)

Finally, when kids and teens have opted to stay home, yet their parents believe that going back to school would be better, getting outside input can be so valuable and, at times, truly a necessity. I say this because tensions can get so high in the home over this situation, which might lead to greater adversity to the child than whether they go to school or not.



CONVERSATION STARTERS ABOUT SUPPORT RESOURCES:



Here are some questions for talking with youth about mental health support:

- *As a mentor or parent, can you talk with your child about what you have in your Toolbox when it comes to coping with anxious feelings?*
- *What ideas does your child have for strategies that could be useful in their own Toolbox?*
- *Can you do some paced breathing together one night this week? Make it an experiment by taking your heart rates before doing paced breathing and then afterward. This is easiest to do by having everyone feel their radial pulse and count pulses for 15 seconds and then multiply by 4.*
- *What paced breathing counts work best for each person? Try, 3 in, hold for 3, 6 out. Try 2,2,3. Try all sorts of variations.*
- *When has anyone “reframed” feelings of anxiousness? Talk about how you felt, and how you were able to reframe the situation in a more positive light.*

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

EASY WAYS TO SUPPORT CASA-VFC THIS SPRING



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!

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[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 Shoes Books
Clothing Birthday Gifts Quilts
Duffel Bags/Backpacks Occasion/Holiday Gifts 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
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To report child abuse, please call these child abuse hotlines:

Local: 541-757-5019

Toll Free: 866-303-4643



Happy National FOSTER CARE Awareness Month!



Thank you

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

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