



WE HAVE AN OPPORTUNITY

We've been spending a lot of time talking about ACES and trauma. Partly because I'm on our Coos-Curry ACEs Team, but mostly because the science is intriguing, amazing, and just what we need to continue to make a difference in the lives we serve.

We have the opportunity to build trauma awareness in our community and with our children's parents so they can start decreasing those behaviors that have adverse outcomes for their children. We have wonderful community partners in the health and wellness fields that are willing to bring trauma-informed science, knowledge, and practice to our community.

I believe that when parents see the science that shows how trauma has affected their lives and the deep brain development of their children they will work harder. They will work harder to decrease their children's exposure to toxic stress and trauma.

Up until now a parent who has had a child placed in foster care often acknowledges they have caused that child pain and suffering. That parent might even admit to causing intense trauma to the child. However, the delusion from there tends to follow..."my kids are safe right now, I'll get my act together, get them back, and we'll live happily ever after." As many of you know, more often than not, that doesn't work.

Those who are successful in never coming back into the system often give reason that it was because they, 'did it for themselves this time.' Consider that, 'doing it for self' means facing one's historical trauma and realizing how it has affected self behavior and physiology. This, I argue, is most often the underlying action of doing for self. Trauma-informed.

We have an opportunity to help open the doors so parents can learn about the effects of trauma and use that knowledge to be more willing to learn new tools and skills. Parents and children can build strong resilience and executive functioning skills. Those skills can help decrease negative coping behaviors that so often lead to the children being placed into foster care.

Thus, don't let our training stop in the classroom. I want you to continue to learn and think about how you, as a CASA, can help reduce the effects of historical trauma on the children you serve. Be creative, inquisitive, and share your knowledge.

-Greg



IMPORTANT EVENTS

Feb 1

New CASAs Training Starts

Feb 26

CASA Iron Chef Committee
CASA Office 11:30-12:30

Feb 26

Foster Parents Association
DHS Offices 6:30pm-8:00pm

March 1

February In-Service
ORCCA Meeting Rooms 3:00-5:00

BIRTHDAYS !

- Penne Wagner
- Diane Williams
- Sharon Carpenter
- Kyle Stevens
- Cheryl Mason

Happy Birthday and Thank You for helping us slay those dragons!



STEVE SAYS

Please, Please make every effort to get your court reports in to me on time! A week early is perfect. It is super important for our judge, attorneys, and caseworkers to know where you stand on the issues surrounding the child (ren) you advocate for.

If you need help with your court reports, make sure to contact Steve, Liz, or Greg and we can assist you.

Thank you!



Our Mission

To recruit, train, and supervise volunteers to advocate for the best interests of abused and neglected children.

CASA of Coos County

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Darkness to Light is a non-profit committed to empowering adults to prevent child sexual abuse. Our local Kid's Hope Center offers regular trainings.

Next available training:

Saturday February 17th from 10:00 am to 12:30 pm and Tuesday February 20th from 5:30 pm to 8:00 pm.

Contact:

Sara Bright, Education Coordinator, Kid's Hope Center

Liz Says

So excited to be starting our 2018 Spring training on Thursday, February 1st. We have six new trainees, four will be new CASA's and two are returning CASA's. I'm hoping they will be joining us at our in-service meetings so you can meet and welcome them.

Our next in-service will be on Thursday, March 1st from 3:00-5:00. Our presenter will be Shawna Schaar from Coos Health and Wellness. Shawna will be talking about CH&W programs and Kairos.

If we have time, we might even play a round of CASA Jeopardy!

Universal Computer Shortcuts

- 1) **Go forwards and backwards:** When browsing the web you can swipe left on your trackpad with two fingers to go back to the previous page, and right with two fingers to go forward.
- 2) **Select blocks of text:** Forget clicking and dragging—select text more precisely with a tap (or click) at the start of the block, then a **Shift+Tap** (or click) at the end.
- 3) **Open links in new tabs:** Pretty well known, but still—use **Ctrl+Click** (Windows, Chrome OS), **Cmd+Click** (macOS), or a scroll wheel click to open browser links in new tabs.
- 4) **Search a document or webpage:** by selecting **Ctrl+F** (Windows), **Cmd+F** (Mac) on your keyboard a search box will appear top left of your computer screen if you use Internet Explorer, bottom left if you use Firefox, top right if you use Chrome or Safari. Use this function to search a large PDF document or webpage for certain text.