

CASA NEWS



Monthly newsletter of Casa for Kids of South Central Texas



May is National Foster Care Month

by Mandy Wright

During National Foster Care Month, we take the opportunity to raise awareness about the children and families involved in the foster care system, and the urgent need for more individuals to support them. In Texas alone, there were 59,934 children in foster care last year, with 148 of them located in South Central Texas.

Children enter the foster care system during times of family crisis. Unfortunately, there's a common misconception that once children are in foster care, they're safe and no longer in need of help. However, this couldn't be further from the truth. While foster care is critical for protecting children on a temporary basis, it isn't intended as a permanent solution.

We're incredibly grateful to the numerous foster families in our community who open their homes to children in need.

Characteristics of successful foster families:

- A strong desire to help children.
- Open-minded and welcoming to children of all age groups.
- Flexible with the children and the treatment team.
- Can cope with challenging behaviors.
- Value diversity and support children's cultural needs.
- Open to children who have experienced trauma.

For more information on fostering in Texas, visit dfps.texas.gov

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CELEBRATION**

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CASA MONTHLY NEWSLETTER

#NACHO AVERAGE VOLUNTEER

TACO-BOUT A PARTY!

Join us for a Cinco de Mayo
fiesta this May 5, 2023!



TACO-BOUT APPRECIATION

Friday, May 5, join us as we celebrate our extraordinary volunteers for a Cinco de Mayo Celebration. CASA volunteers are “nacho” average volunteer. We want to honor their dedication and hard work with a little Cinco de Mayo inspired celebration.

SWEETS WITH THE STAFF

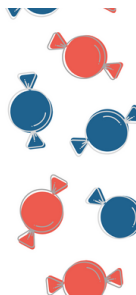
Join our staff as they share their role in fulfilling the mission of CASA for Kids of South Central Texas. Learn how to make a positive impact in your community. RSVP to Mandy Wright at ed@wespeak4kids.org May 25th from 2pm-3pm

CASA FOR KIDS INVITES YOU

*Sweets
with the
Staff*

May 25th • 2 pm
CASA for Kids - Training Side

RSVP AT (979) 277-0088



WELCOME ABOARD!!



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

- Margaret Mead

We are thrilled to welcome our new board members to CASA for Kids, and we thank them for joining us in our mission to support and advocate for children in the foster care system. As a board member, each of them plays a crucial role in the success of our organization. They bring their unique skills, experiences, and perspectives to the table, which help us to make better decisions, develop effective strategies, and expand our reach. Welcome to our four newest board members: **Erin Hanley Bostick, Katina Harris, Nick Jordan and Roger Williams!**

CASA MONTHLY NEWSLETTER



Shining a Light on Children's Mental Health: A Call for Awareness

by Mandy Wright, Executive Director

Mental and behavioral health is the largest unmet health need for children and teens in foster care, with up to 80% experiencing significant mental health needs due to the complex traumas of separation from family and culture of origin.

- Up to 80 percent of children in foster care have significant mental health issues, compared with approximately 18 to 22 percent of the general youth population.
- Youth in foster care are prescribed psychotropic medications at a much higher rate (ranging from 13 to 52 percent) than youth in the general population (4 percent).
- Because of the complex traumas faced by children and youth in foster care, foster care alumni experienced post-traumatic stress disorder at a rate nearly five times higher than the general adult population.

Upcoming Classes and Events

May 5th - Taco-bout
Appreciation Event

May 25th - Sweets with
the Staff

June 30th - Coffee with
a CASA



CASA MONTHLY NEWSLETTER

TIPS TO Strengthen Minds & Uplift Families

1. Nurture youth’s well-being early, often, and continuously. Don’t wait for the signs.
2. Talk about mental health as needs and strengths rather than problems or issues.
3. Recognize what culture has to offer. Incorporate traditions, practices, and community.
4. Engage youth. Ask what types of supports they need—including traditional and nontraditional options.
5. Champion the well-being of families and caregivers to support youth’s mental health.



National Foster Care Month
childwelfare.gov/fostercaremonth

WHY IS CASA IMPORTANT?



CASA for Kids is an invaluable organization that provides crucial support and advocacy for children in the foster care system. For children who have experienced trauma and instability, having a CASA volunteer can make all the difference in the world. These volunteers work tirelessly to ensure that the child's needs and best interests are prioritized, and they serve as a consistent, caring presence in the child's life. The impact that CASA for Kids can have on a child is immeasurable, as they help to ensure that the child's voice is heard, and their unique circumstances are taken into account in court proceedings. With the support of CASA for Kids, children in the foster care system have a better chance of finding a safe, permanent home and a brighter future.

CASA SHOUT OUTS!!

We would like to wish a Happy May Birthdays to:
 Advocates - [Sherry McIntyre](#) and [Madison Ripple](#)
 Board Members - [Nick Jordan](#), [Chelsea Bowie](#) and [Abbe Ricken](#)

