



THE CASA CONNECTION

SAVE THE DATE

**Mark your calendars
and save the date...**

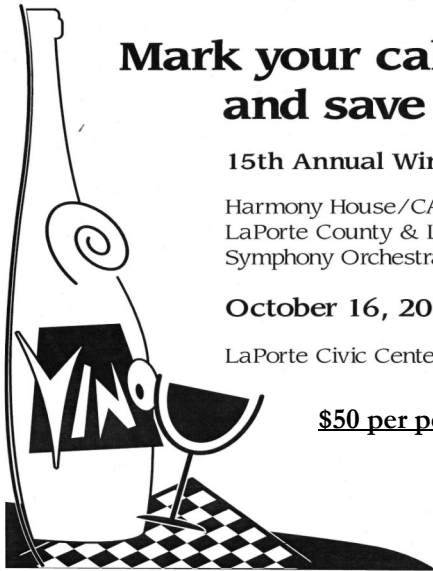
15th Annual Wine Tasting benefiting

Harmony House/CASA Program of
LaPorte County & LaPorte County
Symphony Orchestra

October 16, 2009

LaPorte Civic Center

\$50 per person



While the Boss was Away—The Mice Did Play

Friday, May 15, 2009 (8:04 am)

Karen,

You missed an exciting morning... Banana is one heck of a mouser. She got another mouse around Pam's desk. Cheryl and Pam are a hoot to watch when there is a mouse in the house. I think the mouse was more frightened of them screaming than they were of him. Never a dull moment when Mickey is in the house . . . I think there is a nest somewhere downstairs around Pam's desk. Banana is on the prowl for more. Bill came and took the mouse out of the house...lol He's was cute with those little beady eyes and just a little guy, the mouse that is, not Bill.

AT LEAST I HAD A GOOD LAUGH. Have a good day in Indy. Rachelle

Belated May Birthdays

- 7— Jim Fisher
- 12—Mary Stark
- 21—Jay Pouzar

Belated June Birthdays

- 9—Fujii Stockstill
- 23—Judy Kush

Belated July Birthdays

- 8—Judy Quigley

CASA VOLUNTEER ANNIVERSARY DATES

June 1998— Fred Conner & Judy Kush

June 1999— Jim Fisher

June 2000—Sue Szilagyi-Weinkauff

July 2003— Jay Pouzar

June 2006— Cory Cooper, Jane Glynn, Sarah Kelley & Judy Quigley

June 2007—Carey Garwood, Jessica Kidwell-Sobeski, Melinda Swank & Belinda Witherow

Four Myths About Stress

Myth #1— Everyone experiences stress the same way. **Reality:** Stress is different for each person. What bothers one person may be fine for another— everyone responds to life events in his/her own way.

Myth #2—All stress is bad stress. **Reality:** Stress is a natural part of life. It encourages us to strive to improve and challenge ourselves. Managed stress is part of a happy life. It is mismanaged stress that makes one unhappy and "stressed out".

Myth #3—I can not do anything about stress. **Reality:** Just because stress is part of life does not mean you have to let it rule your life. You can learn ways to manage stress effectively; i.e. walk, exercise, get plenty of sleep, take time-out for yourself.

Myth #4—I feel fine so I am not experiencing stress. **Reality:** Take a step back and look at your habits. Do you tend to overeat, never have time to exercise, smoke, or are you tired all of the time? All of these can be signs of stress. Try tackling one lifestyle change at a time and learn some stress management techniques that can help you along the way.

You never really understand a person until you consider things from his point of view—until you climb inside of his skin and walk around in it.

~Atticus Finch,

To Kill a Mockingbird~

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I would personally like to apologize to Fred Conner for excluding his name as a volunteer from our annual report. If I forgot anyone else's name please accept my sincere apologies.



"Finding Fathers"

From: "Children's Services: Practice Notes"; Vol. 11,
No. 1: December 2005; and, Vol 11, No. 1: December 2005

Sometimes we must find fathers before we can work with them. Although we should make a concerted effort to engage the fathers of all child welfare-involved children, finding the fathers of children in foster care is especially important. As Malm (2003) explains, "Not only do many of [the Adoption and Safe Families Act's] mandates necessitate it, but anecdotal evidence also suggests that quicker, more informed permanency outcomes are likely for children in the foster care system if fathers are more consistently identified and located."

Agencies have several resources available to them for this task. On the federal level, ASFA specifically authorized child welfare agencies to use the Federal Parent Locator Service, which is used by support enforcement programs, to find fathers and other relatives. Unfortunately, some child welfare practitioners are unaware that this resource can be used by the child welfare system.

According to a study in the late 1990's researcher John O'Donnell conducted a study to learn about casework practice with fathers of children in kinship foster care. The study found:

- Workers Lacked Information about Fathers—they did not know the marital, housing, education or income of a majority of the fathers
- Workers focused on Fathers' Deficits—workers identified problems that affected the father's ability to care for his child or they did not know whether the fathers had any strengths for caring for the children
- Fathers Were Not Involved in Planning or Assessments
- Workers Did Not Talk about Fathers with Others
- Workers Often Did Not Try to Find Fathers

These and other findings of the study raise serious concerns about workers' willingness and ability to work with fathers whose children are in foster care, especially minority fathers. Based on his findings, O'Donnell recommends that child welfare workers and their agencies take steps to develop workers' knowledge about fathers and how to work with them.

Adapted from the "When the Foster Care System Forgets Fathers," by Nina Bernstein, New York Times, May 4, 2000.