

Hometown CASA Newsletter

October 2024

CASA of Graham County



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Highlights

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History

The CASA Program is a National organization founded in 1977 by Judge David Soukup in Seattle, Washington. Judge Soukup was concerned about making significant decisions about children involved in the welfare system without sufficient information about their needs. Therefore, he conceived the idea of citizen volunteers who could grant a voice to abused and neglected children in the courtroom. Thus, the CASA program was born, and in 1985, Maricopa County began the first pilot program in Arizona through funding from the Phoenix Soroptimist and Phoenix Junior League. The CASA program has expanded to over 15 counties, including our own hometown program in Graham County, which began in 1990 and is still expanding.

Mission

C.A.S.A stands for a Court Appointed Special Advocate. These individuals are everyday citizens who desire to make a change in the lives of children involved in the foster care system. By being the voice for a child during the most challenging time of their life, children are provided the resources they need to be successful. Simple tasks such as learning more about that child and their family, frequent visitations, and recommending services needed, an individual can make the difference a child needs. It has been shown that children who have a CASA are more likely to find safe and permanent homes, succeed in school, and HALF as likely to re-enter the Foster Care System. Being the stability in a child's life can be the difference in their future.

Volunteer Spotlight

Phillip Palmer



About Me

My name is Phillip Palmer, and I am a Court-Appointed Special Advocate (CASA) in Graham County Arizona. I have lived in Arizona my whole life; I was born in Flagstaff and raised in St. Johns, but I have been in the Gila Valley for many years now. I am the middle child of ten to two wonderful parents who loved their children. I met my wife in the Phoenix-Mesa area while I was attending college in Thatcher. We have been married for twenty-two years and have five beautiful children. I work as a financial advisor where I have the opportunity to help people learn how to make sound financial decisions for their lives. I love the community where I work and live.

How I got Started

My brother was the one that got me started in this program. He found the program through JustServe and asked if I would tag along to meet with the coordinator about the program. I figured it did not hurt to learn more and see if it was something I was interested in doing. I have now been a volunteer for the CASA program for about five years, although it doesn't seem that long. As I have gone through the program, I realized how sheltered my life growing up was. Many of the problems that I faced were small compared to what children are facing now. I had two parents and a family who loved me, but many children do not have that. They do not know that they have that love and support from their families. This is a lot of the reason I chose to become a Court-Appointed Special Advocate. I really wanted to give back to the children in my community and give that support and stability that I had growing up.

Experiences As A CASA

I have had the opportunity to help many children in this community over my time as a CASA. I have loved seeing the impact that giving support and love to a child has. Although I do not feel like I have done very much, I have later had those I volunteered with come up and tell me how much they appreciate what I did for them. I got to see the results of many children reuniting with their families or being adopted by parents who supported them. I have also seen some who follow the same pattern as their parents. I think that is one of the hardest parts of this work. You might see families go through hard things, and not have the outcome that you think they should. But honestly, the work is worth it when you have those who have had positive outcomes come back to you and tell you how much they appreciate the things you did. I am still in contact with some of these children and love seeing how much they have grown and thrived because of this program.

Would You Recommend

I would highly recommend this program to those who want to give back to the children in this community. It has been a rewarding experience for me to see the impact this has on the children. I know that people have jobs, family commitments, school, or whatever it is, and think they don't have time to add another thing to their plate. But I feel like the flexibility of time was a selling point for me. This work does not require a 20-hour or even a two-hour-a-week commitment. All it takes is about an hour or two a month to make a difference for these children. It really is a great program and should be talked about more.

*Happy
Birthday!*



**Shout-Out To All Our
October Birthday!!**



C.A.S.A Hollie

IN THE COMMUNITY



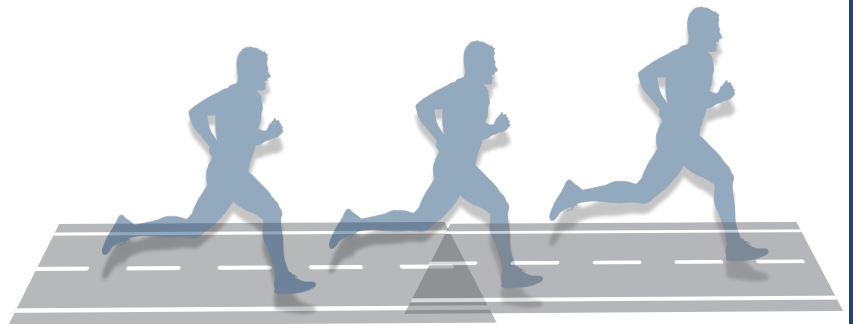
Look for us at:

Graham County Fair



October 10-13

Lions Club Mental Health Awareness 5K



October 26th, 2024

**Come Volunteer
With US!**



**Advocate For A
Foster Child Today!**



October 10 is World Mental Health Day

“Prioritizing Mental Health in the Workplace”

Theme for World Mental Health Awareness Day 2024

60% or 3.5 billion of the global populations are employed



Urgent care is essential to support and prevent mental health illness risks for individuals experiencing mental health issues.

Mental Health & Work are closely linked

- Poor working environment can impact mental health and decrease job satisfaction and productivity
- Poor work environment can lead to decrease in mental well-being
- Can lead to job dissatisfaction & increase in mental health illness

Risk Factors

- Discrimination
- Poor Working Conditions
- Limited autonomy
- Low paying or insecure jobs with limited protection
- These risk factors that increase mental health issues in the workplace

Stigma & Discrimination

- Often creates barriers to employment
- Prevents persons from seeking or finding or keeping jobs
- Increase in stress, anxiety, and hostility among colleagues
- Prevent employees from seeking help

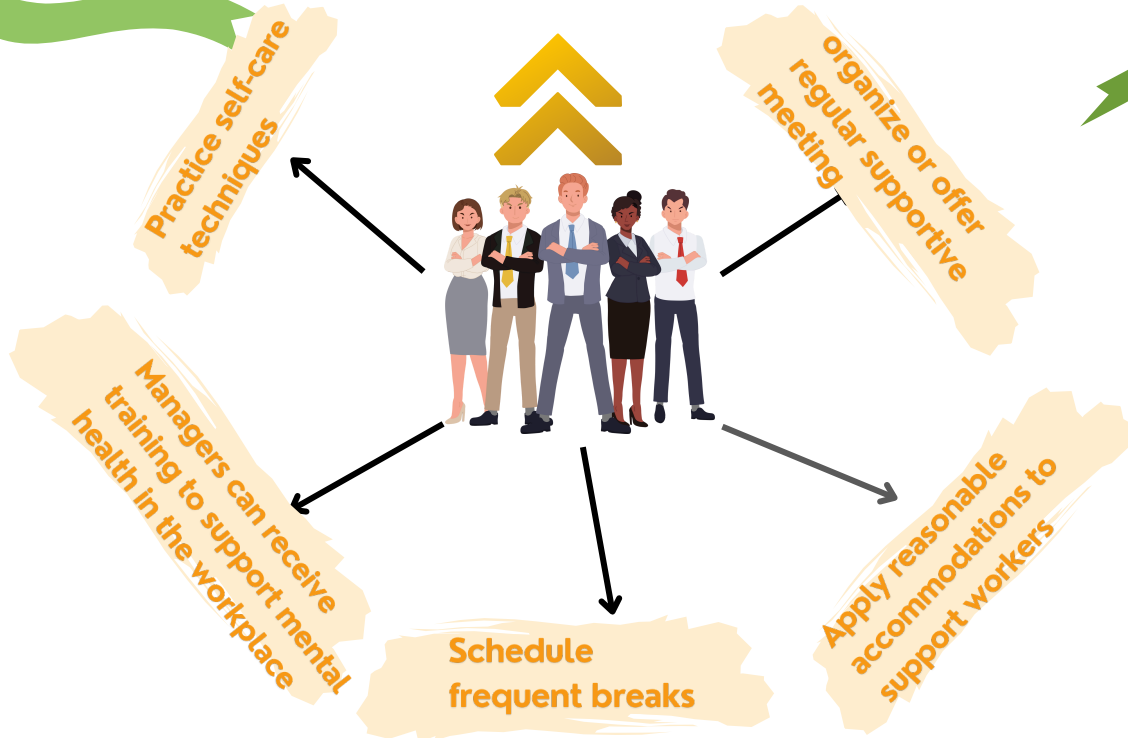
Warning Signs/Treatment

- Fatigue and burnout
- Changes in physical appearance
- General signs of withdrawal from colleagues
- Drug or Alcohol Abuse
- A person feeling distracted or disconnected
- Poor Performance
 - Extreme sadness or anger

World Mental Health Day is October 10th

What Can We Do?

Coworkers & employers can become agents of change



Actions to Take on World Mental Health Day

Participate in Mindful Activities

Express Gratitude

Be A Source of Social Support

Take part in community events

Share Your Own Story On Social Media

Get Education on Mental Health Challenges



October is Domestic Violence Awareness Month

MYTH

- DV only affects low-income families and minorities
- Only Women are abused by men
- DV is caused by mental illness and drug or alcohol abuse

FACT

- Domestic violence can affect every person; it does not discriminate based on race, economic status, ethnicity, culture, or religion.
- Current Statistics show 85% of victims are women and 95% of perpetrators are women. Men can be victimized by women and women can be victimized by other women.
- Although drug and alcohol use are often associated with DV they do not cause DV. Personality disorders, mental illness, poor impulse control and generational abuse do not cause DV. Even in cases where an abuser has mental illness, it is not targeted to one person but all persons involved in the episode.

Every 44 minutes one or more children witness domestic violence in Arizona

In October lets raise awareness about DV and how it affects the families and children in our community