

SEPTEMBER 2022

THE VOICE

The Official Newsletter of Southeast Nebraska CASA



A Letter from Our Director...

I love September. Much like January, I have always seen September as a month of new beginnings. Growing up, the month of September always brought a new schedule for our family, because I was raised by two teachers! I love to reflect on the goals I set in January and evaluate, if I have met them, and ask, if not, are these goals where I still want to go this year... because I still have 4 months!

Last weekend, our team at Southeast Nebraska CASA had the opportunity to attend the Nebraska CASA State Conference. As a lifelong learner, I enjoyed learning from the speakers and breakout sessions. The conference was also a great place to meet other people who are on a mission to help improve the lives of abused and neglected children. We felt connected and we were energized for our mission. Connection is so important. It is important for the kids we serve, it is important for our staff and it is important to our volunteers. We all want to feel a connection. So as I look back at the goals I set in January 2022, I want to really lean in and focus on recruiting and training more volunteers so that we can appoint a CASA for EVERY child removed from their home due to abuse and/or neglect in the counties we serve.

So for the next four months, I'm really going to focus on connecting with our existing team of amazing volunteers and staff - but I'm also looking to find more connections! This is where I need your help! You can help our program by forwarding this newsletter to your friends and family. You can help by volunteering as an advocate or to help at an event. You can also fill out this short 6 question form which will help us reach out and meet new supporters.

<https://forms.gle/BCBg1hWvfMFnjzWN7>

We appreciate YOU - Thank you for reading this newsletter and supporting our program.

Volunteer Portal

We are excited to announce a new feature to our website... the Volunteer Portal! Here you will find all the resources you need to do your job! If there's something you'd like to see here, please let us know and we can add it!

[Click Here to Log In](#)



Chalk it Up!

THE SOUTHEAST NEBRASKA CASA PROGRAM IS CALLING ALL ARTISTS! ANYONE INTERESTED MAY PARTICIPATE IN A STATEWIDE CHALK ART CONTEST BENEFITTING COURT APPOINTED SPECIAL ADVOCATE VOLUNTEER WORK. ON SEPTEMBER 6 THROUGH THE 19 TH CHALK ARTISTS ARE ENCOURAGED TO CREATE THEIR OWN SIDEWALK CHALK ART. THIS ART'S THEME BEING "STEP UP TO THE PLATE" AND VOLUNTEER FOR CASA.

THERE IS NO FEE TO ENTER AND ALL CONTEST INFORMATION CAN BE FOUND AT WWW.NEBRASKACASA.ORG/CHALK-ART-COMPETITION.HTML. THERE ARE PRIZES FOR THE TOP THREE BEST ART SUBMISSIONS, BEST CHILDREN'S ART, FAMILY ART, AND THE PEOPLE'S CHOICE AWARD. ONCE YOU HAVE CREATED YOUR ART, FOLLOW THE DIRECTIONS TO SUBMIT YOUR ENTRY AS DIRECTED BELOW AND ALSO PLEASE SEND IT TO US AT DIRECTOR@SOUTHEASTNEBRASKACASA.ORG SO THAT WE CAN SHOW OFF YOUR ARTISTIC TALENTS ON SOCIAL MEDIA! THE COMPETITION RUNS FROM SEPTEMBER 6TH THROUGH THE 19TH – THE DEADLINE FOR SUBMISSIONS IS 5:00 PM ON SEPTEMBER 19TH. WE CAN'T WAIT TO SEE WHAT YOU CREATE!!

WHEN: Sept. 6th through the 19th, 2022 | **WHERE:** Anywhere in Nebraska

WHY: To get the word out about CASA's advocacy for kids and our need for more volunteers

THEME: Step Up to the Plate

We are looking for new volunteers who will "Step Up to the Plate" and advocate for children in foster care.

Submit a photo of the artwork by 5 pm central time on Sept. 19, 2022. We ask all artists to work with their local CASA program to publicize their work. Please take a photograph and submit up to 2 works of art at <https://www.nebraskacasa.org/chalk-art-competition.html>. Winners will be announced Monday, Sept. 26th.

\$500 Grand Prize

\$250 Second Place

\$100 Third Place

\$50 Best Children's Piece

\$50 Best Family Piece

\$50 People's Choice Award

Official Rules of the Sidewalk Chalk Art Contest – "Chalk it Up for CASA"

Everyone is welcome to apply to participate in the chalk art contest. There is no cost to submit an entry into the contest. We ask that each participant work with their local CASA program. You can find your local program at: https://www.nebraskacasa.org/who_we_are/what_we_do/programs_services.html

Judging will be based on:

- Originality/Creativity
- Interpretation/Execution of CASA Mission, the need for more volunteers and theme, "Step Up to the Plate" for CASA
- Overall Design

The CASA (Court Appointed Special Advocate) Mission:

To support and promote court-appointed volunteer advocacy so every child who has experienced abuse or neglect can be safe, have a permanent home, and the opportunity to thrive.

Upload up to 2 entries per person at <https://www.nebraskacasa.org/chalk-art-competition.html>




**Need Chalk?
CONTACT US!**




**NATIONAL
SUICIDE
PREVENTION
AWARENESS
MONTH**




988
SUICIDE
& CRISIS
LIFELINE

— ” —
We are looking
for **Volunteers**
help an abused
or neglected
child.
— ” —
**ARE YOU WILLING
TO STEP UP?**



SOUTHEAST NEBRASKA CASA

SOUTHEAST
NEBRASKA CASA
AND FOSTER
FRIENDS
PRESENTS

**OCTOBER
30TH
2022**

4-H Building
555 N. 16th Seward.



**SCARE
AT
THE
FAIR**



Calling all
nonprofits
and
businesses
for booths!
**REGISTER
HERE**

WHAT IS A CASA?



Court Appointed Special
Advocates are volunteers who
are appointed by a judge to
speak in court for the safety and
well-being of an abused and
neglected foster child.

NEBRASKA CASA ASSOCIATION

VOLUNTEER


LEARN MORE


**SUPPORT
CASA
TODAY**





VOLUNTEER TRAINING OPPORTUNITIES




The Intersection of Brain Injury and Juvenile Justice

.....

Peggy Reisher
Executive Director
Brain Injury Alliance of Nebraska

Seward Civic Center All are welcome!
or Zoom 12:00pm-1:00pm



Are You Interested in Becoming a Volunteer??

Our Volunteers do SO MUCH MORE than just advocate for children inside the Courtroom!

Visit our website to fill out the Volunteer Application and take the next steps toward becoming a **CASA Volunteer!!**

REGISTER HERE~



JOIN US!

Sep. 21st Noon



SOUTHEAST NEBRASKA CASA BOOK CLUB



FREE CYNTOIA



By: *Cyntoia Brown-Long*

SEPTEMBER 19TH 7:00PM

BURKLEY FAMILY CENTER
423 5TH ST, FAIRBURY, NE 68352
OR ZOOM

REGISTER HERE



PRACTICE SELF CARE

CASA VOLUNTEERS NEED TO TAKE CARE OF THEMSELVES TOO.

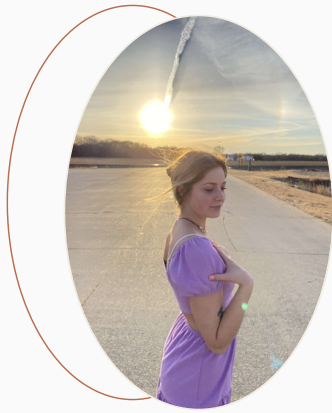
- MOVE MORE: PHYSICAL ACTIVITY CAN HELP THE BRAIN COPE WITH STRESS.
- EAT A HEALTHY AND BALANCED DIET
- PRIORITIZE YOUR SLEEP
- PLAN SELF CARE AND SET BOUNDARIES

Volunteer burnout, vicarious trauma, or compassion fatigue can be a result of volunteers' devotion to those they serve. As you work with traumatized children, the complexities of their lives, their history and ongoing relationships can become burdensome.

Take care of yourself first.

More Training Opportunities are Available at This Link:
<https://docs.google.com/document/d/1XjOTJ8Von2VuZQnLaxyJAiRU4KjeeEtFX0hcKJwySMk/edit>

MEET OUR INTERNS



- 18 years old and a Sophomore at CUNE
- Studying Behavioral Science and Psychology to become a licensed mental health therapist
- Bre cheers for the university and she also has a cat named Phoenix
- Bre is excited to intern for CASA because, "Working previously with this organization, I was very impressed with the impact they have on the community and the dedication of all of their team members. Helping here has and will continue to teach me important skills and lifelong lessons"

BREANNA

Romero

- 21 years old and a senior at CUNE
- Studying Behavioral Science and Psychology to become a licensed mental health practitioner
- A few facts about Brooke are that she likes to cook, hangout with friends, and is favorite color is purple.
- She is excited for her internship because, "CASA has proven to be a great opportunity for me, as I was drawn back to do my internship through them after having done previous work with them. I feel as though I have many opportunities opening to me and I cannot wait to see many more unfold in front of my eyes through my work with this organization."

BROOKE

Brown



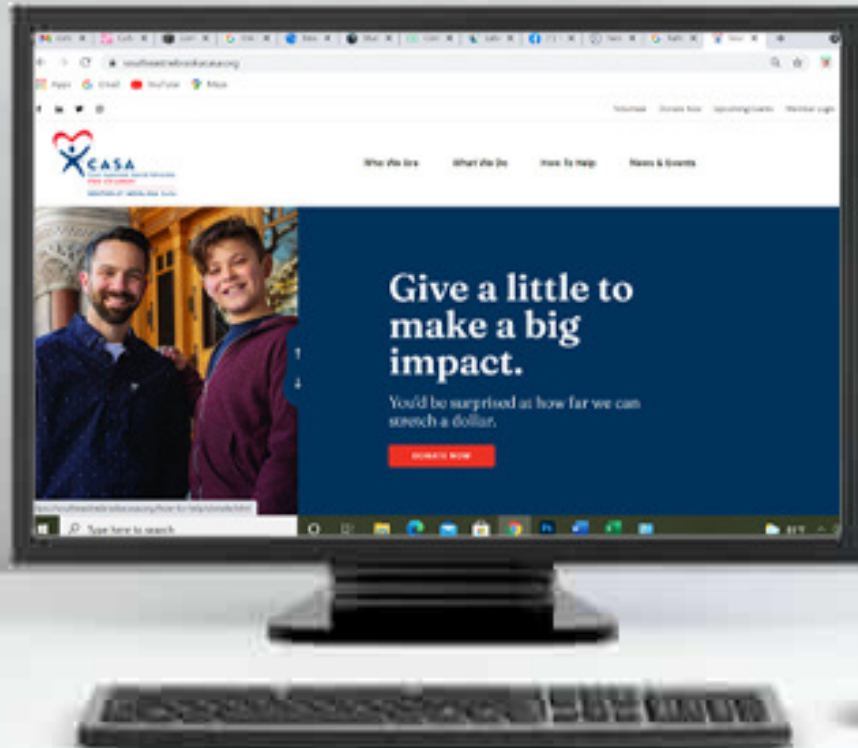
- 22 years old and a Senior at CUNE
- Studying Behavioral Science, Psychology and in the Pre-Law Program to one day practice family law.
- Abigail loves being outdoors and traveling the world.
- A goal Abigail has is to one day visit all 50 states in the United States, and hopefully see Europe.
- Abigail is excited to work with CASA this semester to help her further her knowledge in Juvenile Justice.

ABIGAIL

Joers



Southeast Nebraska CASA Online



**Check out our website where you can find
all the information about CASA!**

Fill out a Volunteer, Board Member or Internship Application

Stay up to date on CASA News & Events

Make a Monetary Donation

Find out more about our Programs & Services

Listen to our Podcast 'CASA Talk'

Purchase CASA Apparel

Find out more about our Mission, our History, and our Location

Contact Us with Questions or to see how you can become involved with CASA

[Click here to visit our Website!](#)