

You're receiving this email because of your relationship with CASA of Central VA. Please [confirm](#) your continued interest in receiving email from us. To ensure that you continue to receive emails from us, add [lorna@cvcasa.org](mailto:lorna@cvcasa.org) to your address book today.

You may [unsubscribe](#) if you no longer wish to receive our emails.



## CASA OF CENTRAL VIRGINIA



Issue No. 8

August 2011

### In This Issue

June Activity  
Volunteer Spotlight  
Advocate Manager Corner  
CASA Volunteer Training  
The CASA Library  
Volunteer Corner  
Upcoming Events

## **Message from the Executive Director**

### **Implications of the Federal Budget Crisis on Children and Families**

We hear reports in the news concerning the raging debate in Congress about the federal budget crisis and the need to balance the budget and reduce the debt ceiling. It is easy to think that this doesn't affect us, but, in fact, the implications of cutting funds and reducing services could have a drastic impact on CASA programs and services for children and families across the nation and in Central Virginia.

In 2009 Congress enacted The Fostering Connections to Success and Increasing Adoptions Act. This legislation made major improvements in the nation's child welfare system. It allows states to provide financial support to relatives who care for children in foster care and makes states much more accountable in meeting the health and educational needs of children under their supervision. This law also allows states to extend the support of children in foster care to age 21, which helps the youth to make a more successful transition into adulthood. These are much needed reforms. Unfortunately at a time when budget cuts are being considered, additional services to at-risk children, families, and older foster youth may be tabled and may never even enter into the budget discussions.

Rep. Jim McDermott, Chairman of the subcommittee which oversees child welfare programs and who is responsible for the passage of the Fostering Connections act, had this to say: "It is time for my colleagues in Congress to commit to supporting the health and welfare of our most vulnerable youth - those who do not have the benefits of a traditional family network upon which to rely. The federal government must do more to ensure that children in foster care are not only supported and nurtured while in care, but are given the necessary tools to achieve their true potential as they transition into adulthood." (Connections, Winter 2011, p. 4). You may not be surprised to hear that Rep. McDermott is from Washington State, where the CASA program originated, and is a strong supporter of CASA programs.

In addition to concerns about the implementation of the Fostering Connections act, CASA programs recently learned that the US House Appropriations Subcommittee for Commerce/Justice recommended just \$6 million for the CASA program in the next fiscal year - taking the program back to the funding level of 1995, seventeen years ago! The CASA/GAL network now consists of 1,055 program offices involving over 70,000 CASA volunteers in 46 states - a few more than in 1995! The Senate has not yet scheduled their subcommittee meetings. It is reasonable to expect that the Senate will not cut so deeply into effective discretionary programs. However, this action in the House is cause for alarm.

[Find us on Facebook](#)

**Donate  
Now**

Donate securely  
through Click and  
Pledge

### June Activity

70 Volunteers  
Assigned  
195 Children  
Served by Program  
32 New Children  
32 Closed Children

### Year 2010-2011 Activity

101 Volunteers  
Assigned  
36 New Volunteers  
Trained  
522 Children Served by  
Program  
330 New Children  
359 Closed Children

Buy a Beautiful  
Starfish Necklace from  
CASA of Central VA for  
\$20



**Jane Francis**



Order Starfish  
Necklaces On-line

Read the Starfish Story  
and View Additional  
Necklaces



## Volunteer Spotlight

**Lisa Grishaw**

Advocate Manager: Lorna Rexrode  
Court served: Lynchburg  
Occupation: Commercial Banking Officer  
Length of time as a CASA volunteer: 7 years

### CASA Volunteer Anniversaries July 2011

Sandy Morrissett, 9  
years  
Sue Follett, 3 years  
Susan Gregory, 3 years  
Sheila Middleton, 3 years  
Chelsea Clmons, 2 years  
Alex Huddleton, 2 years

### CASA OF CENTRAL VA IN THE NEWS

Read article in  
Nelson County  
Times

### CASA in Amherst and Nelson Counties - Looking for Volunteers

#### Helpful Links

#### CASA of Central Virginia

#### National CASA Association

#### Virginia's Judicial System

#### Virginia Department of Social Services

#### Voices for Virginia's Children



**CASA**

Court Appointed Special Advocates  
FOR CHILDREN

CASA of Central  
Virginia

P.O. Box 11373  
Lynchburg, VA  
24506

434-528-2552, phone  
434-528-2551, fax

[www.cvcasa.org](http://www.cvcasa.org)

#### CASA STAFF

Executive Director  
Jane Francis,  
Assistant Director

**Most Memorable CASA Moment:** That would have to be in my first CASA case involving a brother and sister that had been removed from their home. After observing several visitations between the parents and their children, you could honestly see that the parents were willing to do anything and everything necessary to have their children back home. After a short period of time, the children were returned home; it was such a wonderful feeling to see them go back home. Every so often, I run into the family and it always fills my heart with joy to see them together.

**What means the most to you about being a CASA?** I think that it is very important to be involved in your community and since my passion is with children, CASA stuck out to me. I believe that all children have a right to a childhood that is stable, loving and nurturing. Being a CASA gives me an opportunity to make a difference in a child's life because I listen to them, play with them and simply just hang out with them. The most rewarding part of it is always at the end; leaving them in a happy home where they are loved.

### Advocate Manager Guidance and Support Corner

#### National CASA Training Videos: First Visits with Children

Many new volunteers express anxiety around their first visit to meet a child or a family. Below are two new training videos designed to assist a volunteer in envisioning what a first visit might actually look like. Each file contains two versions of the same video. In the first version you'll be able to observe and take your own notes about strategies you see the volunteer using. In the second version, you'll be able to compare the notes you took with notes taken by an experienced CASA/GAL volunteer supervisor. In the first video file below, a volunteer is seen introducing herself to a caregiver and then talking with a preschool-aged child. In the second video, a volunteer demonstrates a conversation intended to build rapport with a pre-teen-aged youth.

[Interviewing Skills: Talking with a 4-year-old child](#): Observe some of the strategies and techniques that a volunteer may wish to use in order to break the ice with a caregiver and a pre-school-aged child

[Interviewing Skills: Talking with a 10-year-old child](#): Observe some of the strategies and techniques that a volunteer incorporates as she attempts to build rapport with a pre-teen youth.

#### Developmental Stages and Interviewing Techniques

(National CASA Resource Library - Document Author - Rosemary Vasquez, LCSW)

At the beginning of the interview, it is important for you to assess the child's developmental level and to frame the interview so that age-appropriate interview techniques are used. It is important not to confuse chronological age with normal developmental stages. A child's developmental age may not match what may be expected for the child's chronological age. You need to integrate your knowledge of child development with your knowledge of the child's sense of time, temperament, and language abilities. Some of this information may be obtained through interviews with the parents, consultations with school teachers, or your own observations.

Once you have a sense of the child, it becomes easier to understand the child's thinking. What the child says and does can best be interpreted by understanding the child's developing cognitive abilities and emotional state of mind. When formulating questions to ask a child, it is important that the questions be appropriate for the developmental level of the child.

For more information on developmental stages and how to address some of the

Associate Director  
**Lorna Rexrode**,  
 Advocate Managers  
**Jennifer Martin**  
 Angela Mayfield  
**Connie Shannon**  
 Recruiting Coordinator  
**Anne Wojcikowski**  
 Bookkeeper  
 Julie Chipman

### **CASA of Central VA Board of Directors**

Cindy Forren, President  
 Captain Ryan Zuidema -  
 Vice President  
 Barbara Hudson, CPA -  
 Treasurer  
 Maria Nathan, Ph.D. -  
 Secretary

David Brown  
 Joey Fronheiser, Ph.D.  
 David Mass  
 Muriel Mickles, Ed.D  
 Cindy Mitchell  
 Barbara Nash  
 Shep Nowlin, III  
 Bruce Pearson  
 Erskine Proffitt  
 Anita Satterlee, Ed.D.  
 Inez St. John-Crews  
 Richard J. Sterne, Jr.  
 Ken Towler  
 Phyllis Webb  
 Consuela Woods



**United Way  
 of Central Virginia  
 Partner Agency**

developmental considerations which can be useful in planning an interview with a child, click the link below.

### [Interviewing - Developmental Stages](#)

## **CASA Volunteer Training**

### **CASA Volunteer Pre-Service Training**

Applications are being accepted for our upcoming Volunteer training. Classes begin August 11, 2011 and run through October 20, 2011. Classes will be held on Thursday evenings from 5:30-8:30 at the Pearson Regional Cancer Center in Lynchburg. If you know anyone that may be interested, please spread the word and direct them our way.



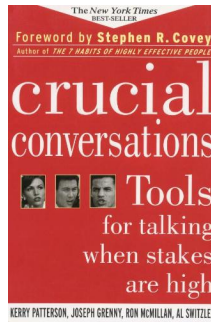
*Training funded by The Greater Lynchburg Community Trust*

[CASA Volunteer Training Flyer](#)  
[CASA Volunteer Application](#)



## **The CASA Library**

### **This Month's Featured Resource**



#### [Crucial Conversation - Tools for Talking When Stakes Are High](#)

When stakes are high, opinions vary, and emotions run strong, you have three choices: Avoid a crucial conversation and suffer the consequences; handle the conversation badly and suffer the consequences; or communicate best when it matters most. [Crucial Conversations](#) gives you the tools you need to step up to life's most difficult and important conversations, say what's on

your mind, and achieve the positive resolutions you want. You'll learn how to:

- Make it Safe to talk about almost anything
- Be persuasive, not abrasive
- Keep listening when others blow up or clam up
- Turn crucial conversations into the action and results you want

As a CASA Volunteer, you will interact and communicate with many people who hold many different opinions and beliefs about children and families. Often, addressing a difference of opinion or challenging a firmly held belief will be an integral part of your advocacy.

Many additional books, DVD's, manuals, and additional resources available for check-out in the downtown CASA office. CASA Volunteers can utilize library resources as an additional option for completing their yearly requirement of 12 hours of in-service training.

*Library Resources funded by*



## **Volunteer Corner**

### **Special Opportunities for Summer Activities**

CASA has received the generous donation of tickets to Hillcats games from Lynchburg Baseball Corp. and from Retail Merchants Association. Please contact Jane at (434) 528-2552 or by e-mail to [jane@cvcasa.org](mailto:jane@cvcasa.org) if you would like tickets so that you can take your CASA child/children to a baseball game during the season. These tickets are good for any home game through Sept. 6. To check on the schedule, go to [Lynchburg-Hillcats.com](http://Lynchburg-Hillcats.com).

You can take your CASA child to Amazement Square over the summer or anytime during the year for a fun, age appropriate and educational outing. The children get in free through the Sponsored Admission program. You will need to show your CASA ID badge and sign the guest book. CASA volunteers will need to pay the admission fee of \$8.00 (ages 2 - 59) and \$6.00 (60 and over). The schedule is Tuesday through Saturday, 10:00 - 5:00; and Sunday, 1:00 - 5:00; and closed on Mondays. Amazement Square is located at 27 Ninth Street, Lynchburg, VA 24504; (434) 845-1888; e-mail; [visitus@amazementsquare.org](mailto:visitus@amazementsquare.org); website: [www.amazementsquare.org](http://www.amazementsquare.org).

### Extra Mile Club

We are grateful for the dedication of CASA volunteers in serving their children. With the on-going hikes in gas prices, we are concerned that volunteers will need to cut back on their activity, which could have a direct impact on the children they serve. We are also concerned that volunteers will be unable to be assigned to cases, if the travel is extensive.

To assist CASA volunteers with handling the expense of gas, CASA of Central Virginia established "The Extra-Mile Club" in July 2008. We have a limited number of gift cards from gas stations for \$10.00. The cards are to help with CASA volunteers' travel expenses if their driving is a hindrance to their volunteering, and they need some help. In order to receive the gift card, CASA volunteers may submit a mileage form to [jane@cvcasa.org](mailto:jane@cvcasa.org) or fax it to (434) 528-2551, and the gift card is mailed out to them. They may also contact their advocate manager and receive a card from her. For more information on the Extra Mile Club, call Jane at (434) 528-2552 or your advocate manager.

[Travel Stipend Request Form](#)

## Upcoming Events

### Friday, August 5, 2011 - CASA In-Service Training - Understanding Substance Abuse

The Cycle of Addiction, The Impact on the Individual and Family and Treatment and Recovery. Jennifer Smith Ramey, LPC, Program Manager for Central Virginia Community Services Child and Family Substance Abuse and Co-Occurring Program will present this session from 12:30 -3:00 at the CSB Child and Family Department, 2215 Langhorne Road in Lynchburg. Lunch Provided. RSVP to Lorna Rexrode 455-5834 or [lorna@cvcasa.org](mailto:lorna@cvcasa.org) by August 2nd.

[Substance Abuse Training Flyer](#)

Training Sponsored by Bedford Community Health Foundation.



### Wednesday, August 2nd - Bedford 2nd Annual Night

Out from 7-10 pm at the Bedford Farmers Market. Join the Bedford Police Department to celebrate safety and crime prevention successes in the community. Communities nationwide will be joining forces on this night to heighten crime and drug prevention awareness, strengthen neighborhood spirit and community/police partnership. Stop by the CASA table while you are there.

[Bedford 2nd Annual Night Out Flyer](#)

### Volunteer Picnics

**Saturday, August 27th - Amherst/Nelson CASA Volunteer Picnic** from 11:30-2:00 at Stonehouse Lake Park in Amherst, VA - RSVP by August 22nd the number of guests and if you would like to bring a dish to Jennifer Martin at 455-5835 or [Jennifer@cvcasa.org](mailto:Jennifer@cvcasa.org)

**Wednesday, August 31st - Lynchburg/Campbell CASA Volunteer Potluck Picnic** from 5:30-7:30 at Peakview Park in Lynchburg. CASA Volunteers and their families are invited to come out and join us for a fun summer picnic in the park. RSVP to Connie Shannon at 332-2200 or [Connie@cvcasa.org](mailto:Connie@cvcasa.org)

**Bedford CASA Volunteer Picnic** at Liberty Lake in Bedford - September date coming soon.

### SAVE THE DATE

The Mayor's Youth Council is planning on doing their Lighten' Up Lynchburg on October 22, 2011. The fund-raiser walk proceeds will go toward fighting childhood obesity. They are looking for individuals and teams to participate.

Those who bring \$35 in pledges will receive a free water bottle and those who bring \$60 in pledges will receive a T-shirt. Dana Wright is the contact for any

questions by phone or email: 434-455-5795 or [dana.wright@lynchburgva.gov](mailto:dana.wright@lynchburgva.gov).

Funding for this newsletter is provided by a grant  
from **Retail Merchants Foundation, Inc.**



Thank you for your interest and support of CASA of Central Virginia.

[Forward email](#)



This email was sent to [kate@gombos.com](mailto:kate@gombos.com) by [lorna@cvcasa.org](mailto:lorna@cvcasa.org) |  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

CASA of Central VA | 11 Oakridge Blvd., Suite 200 | Lynchburg | VA | 24501

