

THE CASA BULLETIN

CASA of Terrebonne, INC.



MEET A CASA

This month the CASA we would like to introduce you to is Christian Falcon. He swore into the program in July of 2022 and soon after took his first case involving a teenage boy.

Christian has been married to Candie Falcon for 28 years. They have four children, one granddaughter, and four dogs. Christian also has two large saltwater fish tanks that he enjoys. He is an active member of the community. Christian volunteers at Cross Church by leading the usher team, men's group and outreaches. He definitely has a servant's heart. In his spare time, he also enjoys hunting and cooking. In his professional life, Christian is an account manager for PSI and provides for filtration in refineries and gas plants.

Christian joined CASA because his dad was a CASA in Assumption Parish. It is something that he has wanted to do for a while now. He was approached by a fellow CASA, Priscilla Callais, who informed him of an information session and he jumped in! When he was first assigned to his case, Christian struggled to

connect. A breakthrough came after an incident when the child became angry and Christian voiced his disappointment to the child. The child realized that Christian cared enough about him to voice his concerns to him and started to trust his CASA more.

Christian is one of just six male volunteers here at CASA of Terrebonne. When asked what he would tell someone thinking of becoming a CASA he says, "Search your heart and pray about it. Know that it is a commitment and that there are sometimes more sad days than happy but you will be positively impacting a child's life. You can make a difference". Christian's goal as a CASA is to be a male role model to older boys who may be missing that aspect in their lives.

A CASA polo will be donated to this month's CASA Volunteer by Shelly Toups at Artistic Embroidery.



A Day of Kindness

BY VALENTINE VERDIN

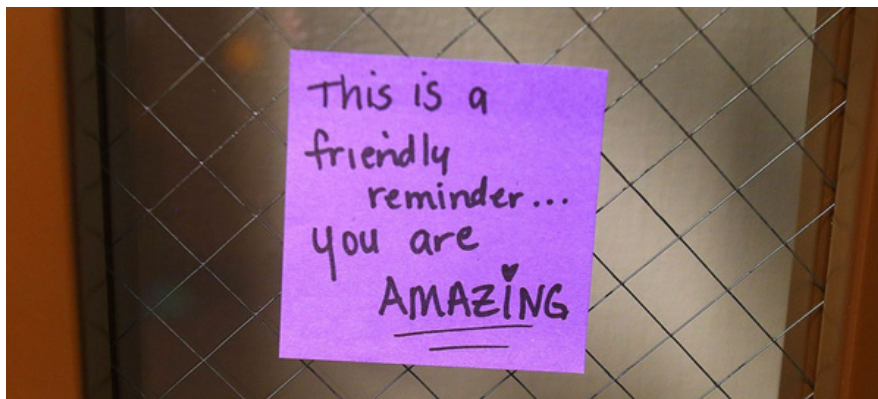
February is a month filled with several awareness days and holidays. It is Black History Month, American Heart Month, and National Cancer Prevention Month to name a few. February also has Valentine's Day, the Super Bowl, and in the South, we have Mardi Gras. This year, on *February 17th*, we have Random Acts of Kindness Day!

Here at CASA, we love random acts of kindness. Whether it's one of our sweet advocates sending us cookies or other goodies, bringing one of their CASA kids something to brighten their day, or leaving a post

Sometimes just showing up monthly to visit a CASA child, being that constant for them through their time in foster care and being their voice in court, may increase that sense of trust more and more in a child's life. We don't always get to see the fruits of our labor, but planting that seed of kindness goes a long way, especially in a child who doesn't get to experience that as often as they should.

My supervisor, Jenny Domangue just did a training on TBRI (Trust Based Relational Intervention). It teaches us about rewiring our brains to overcome past trauma. It changes the way we look at and deal with everyday issues. Doing random acts of kindness is a great way to rewire our brains to be more positive.

So, this month I encourage you to begin or continue doing random acts



it note on one of our desks with kind words; everyone loves to feel special. Children in the foster care system don't always get to experience feeling special.

Studies have shown that acts of kindness can not only improve the physical and mental health of the person receiving the kindness but also the person showing the kindness. Being kind boosts serotonin and dopamine, which gives you a feeling of satisfaction. Receiving kindness can increase oxytocin, which is responsible for feeling an increased sense of connectedness, an increased sense of trust.

of kindness! Send someone an encouraging note, tell your coworker they are doing a great job, pick up litter at the park, or sign up for our next training class to volunteer to be a CASA. No matter what you do, do it knowing that you may make a difference in someone else's life, as well as your own, and it may even encourage others to do it as well.

Whether we're giving kindness, receiving kindness, or even just witnessing kindness, a small act of kindness can make a big change!

CASA STAFF

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VOLUNTEER SHOUT-OUTS

- **Tammy Brouillette** - Congratulations on seeing your case to adoption!! It was a happy day indeed! Can't wait to work on the next case with you.
- **Denise Curtas** - You did an amazing job attending your first hearing and being called as a witness. You handled it like a champ!
- **Christian Falcon** - You continue to be there for your CASA child and attend multiple hearings with him! You are doing an amazing job!
- **Tim Hitt** - Thank you for attending your CASA child's court hearing and being an influential part of the case. You are much appreciated.
- **Kristy and Nicholas Foster** - Thank you for all of your hard work in writing your first court report and attending your first court hearing. Your foster children are lucky to have you in their corner.
- **Karey Kinnard** - Your dedication to your CASA child is absolutely beautiful. Thank you for writing your well-thought-out court report and attending court. As long as we stay focused on the child we are moving in the right direction.
- **Buddy McNabb** - Thank you for attending court for both of your cases this month!! You have been such a positive influence in your cases! Keep up the great work!
- **Yessenia Mendoza** - Congratulations on attending your first court hearing for your foster child! You are doing a fantastic job forming a strong bond with your child. Thank you for being so dedicated.
- **Melanie Prentice** - Congrats on seeing your CASA children through to legal guardianship. This case had several blind turns but you handled them gracefully. We appreciate you.
- **Amanda Reeves** - Thank you for attending the court hearing for your case. You have formed a very strong bond with your foster child and all parents. Both biological and foster parents respect you. You are amazing!
- **Amber Voisin** - You have had an amazing month with your first family team meeting, writing your first court report, and attending your first hearing. You're foster child, foster parents, case worker, as well as CASA, are lucky to have you on their side. Thank you for your hard work.

JANUARY DONATIONS & GRANTS

Shell Oil
Tori Rayne
The Blackburn Giving Fund
LeBlanc & Associates, LLC
Martin Majewski, III
Artistic Embroidery (In-Kind)
Terrebonne Parish Sheriff's Office (In-kind)

FEBRUARY BIRTHDAYS

Ann Williams	2/1
Tara Pellegrin	2/2
Sherry Mahaney	2/8
Jennifer Bonvillain	2/9
Nathan Aucoin	2/13
Leah Voisin	2/14
Allison Eschete	2/17
Charles Brown	2/19
Kimberly Eubanks	2/28



Check out the following for continuing education hours:

In-Service: Lunch and Learn

DCFS Investigations

Friday * February 24, 2023 * 12 noon - 1 pm (1 Credit Hour)

Kayla Pillette and Erin Jackson will be our presenters for the Lunch and Learn on February 24, 2023. They will present information about DCFS investigations and foster care procedures. *Active CASA volunteers can find the "Continuing Education" registration link online at www.casaofterrebonne.org.*

Stay Tuned for more information on our *NEW* program:



CASA's Krewe is a new volunteer opportunity at CASA of Terrebonne. This ambassador program is meant to help support the mission of CASA of Terrebonne in many ways outside the traditional volunteer advocate role. CASA's Krewe is a network of individuals and businesses that assist our program in promoting the quality, sustainability and growth of CASA of Terrebonne by creating awareness, pursuing program investment partners, and serving as an event volunteer base for CASA of Terrebonne.

The new CASA's Krewe program provides its members the flexibility and opportunity to share their energy and talents at their own pace; so they can make a difference in our community.

More information and sign-up opportunity will be included in our next newsletter.

Latest Program Stats

43

Active Volunteer Advocates

661.10

Miles Traveled to Visit
CASA Children

63

CASA Children Served

80.95

Volunteer Hours Spent
on Cases

 143

children waiting for a CASA



December Gift Card Winner: Susan Porche

She has won a gift card of her choice for visiting with her CASA children and putting in her contact logs by the last day of the month.

To be entered into the monthly drawing, volunteers must see their CASA children and enter contact logs by the last day of the month.

