



# CASA

## CASA of Yavapai County Newsletter

### July 2013

## A Different Perspective on the “Detention” Facility

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The Doce Fire has been on the minds of our entire community and literally in the back yards of some of our CASAs and County Employees since the smoke was first visible on Tuesday, June 18<sup>th</sup>. At nearly 7,000 acres in size it is incredible that no structures were lost. While much was publicized about the fire fight and the courageous men and women who worked tirelessly to save our community from the fire’s devastation, there is one local connection that many did not know about.

Scott Mabery, Director of Juvenile Court Services, worked with Forest Service personnel to provide beds, showers, and meals in the Juvenile Justice Center Detention Facility to members of the “Hot Shot” crews fighting the Doce fire. Many of those utilizing the facility were on the night shift and would arrive at the facility in the morning to shower, rest, eat, and return to the fire’s frontlines that evening. The staff at the Juvenile Justice Center was incredibly responsive to the needs of the firefighters, while also maintaining security and separation protocol for the detained youth in the facility at the same time. Scott credited the success of the operation to his “wonderful team” and noted that he just “could not thank everyone enough” for pulling together to make this happen with very little notice.

In addition to the staff providing these brave firefighters with what they needed, the detained youth made cards and cookies for them. The genuine and artistic cards created by the kids (see photos) and the wonderful sharing of fresh baked peanut butter cookies reminded us how important it is to have heroes to look up to. For most of us a detention center is only seen as punitive and off limits. This innovative use of the facility fostered community outreach and provided a new perspective on the way taxpayer facilities can be utilized, as well as a unique approach to making a difference for troubled youth.

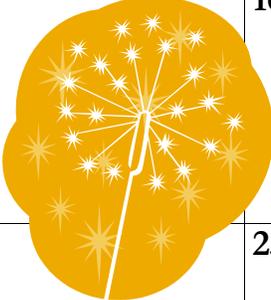
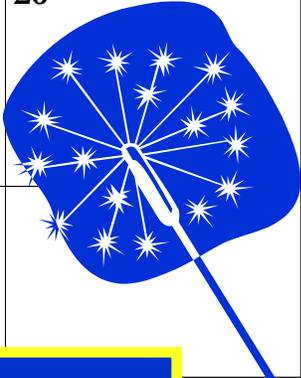
Many opportunities to volunteer exist at the Juvenile Justice Center, if you have time to give to your community in this way please call (928) 771-3156.





# Yavapai CASA Calendar July 2013



M	T	W	T	F
1	2	3	4 Holiday <i>Office Closed</i> Happy 4th of July!	5
8	9 FDC ~ 3:00 (JJC)  ACE's Study @ JJC 12:00—1:30	10	11 CASA for Kids board meeting 9:00 @ JJC  Jane's Case Support 11:00	12 Best for Babies Court Teams meet- ing 10:00
15 	16	17 <b>Prescott CASA Office closed for Training Class</b>  Janet's Case Support ~ 11:00 (JJC)	18 Time for Teens 9:30 @ JJC	19
22	23 FDC ~ 3:00 (JJC)	24	25	26 
29	30	31		

## July at a glance

- 7/4 ~ 4th of July Holiday—Office Closed
- 7/9 & 23~ Family Drug Court @ JJC @ 3:00
- 7/9 ~ ACE's Study @ JJC from 12:00 to 1:30 (see flyer pg. 9)
- 7/11 ~ CASA for Kids board meeting ~ 9:00 @ JJC
- 7/11 ~ Jane's Case Support ~ 11:00 @ JJC
- 7/12 ~ Best for Babies Court Teams ~ 10:00 @ Prevent Child Abuse, Prescott Valley
- 7/17 ~ Prescott CASA Office will be closed for a training Class
- 7/17 ~ Janet's Case Support ~ 11:00 @ JJC
- 7/18 ~ Time for Teens ~ 9:30 @ JJC



# Yavapai CASA Calendar August 2013



M	T	W	T	F
			1 Best for Babies JJC @ 10:00	2 Best for Babies Court Teams Meeting
5	6 FDC @ 3:00	7	8 Jane's Case Support JJC @ 11:00	9
12	13	14	15 Time For Teens JJC @ 9:30	16
19	20 FDC @ 3:00	21 Janet's Case Support JJC @ 11:00	22	23
26	27	28	29	30

## August at a glance

- \*\*\*\*\*
- 8/1—Best for Babies @ JJC ~10:00
- 8/2—Best for Babies Court Team Meeting @ 3298 Bob Dr. in PV
- 8/6 & 8/20— Family Drug Court @ JJC ~ 3:00
- 8/8—Jane's Case Support @ JJC ~ 11:00
- 8/15—Time For Teens @ JJC ~ 9:30
- 8/21—Janet's Case Support @ JJC ~ 11:00
- \*\*\*\*\*

# Circle of Security Parenting

## Being a Parent is Hard Work

Learn how to make it easier

**Do you want to:**

- learn how to read your infant's cues?
- understand your toddler's behaviors?

**Understanding your young child's cues and behaviors can provide a roadmap for how to:**

- Respond to behaviors in ways that support healthy development
- Develop a healthy attachment relationship
- Set the foundation for your child's mastery of many skills including managing emotions, getting along with others, and success in school

Circle of Security parenting education is rooted in Attachment Theory and based on the most recent brain research.

Class should be taken by parents and caregivers of young children (ages 0-5) or by anyone working with, or on behalf of, young children.

Class is led by Master's Level Infant Mental Health professionals and Registered Circle of Security Parenting Educators.

**Class meets 2 times a week for 4 weeks starting  
September 9<sup>th</sup>-October 2<sup>nd</sup>**

**Mondays and Wednesdays 10:00-11:30am**

**Cost \$125**

**711 Whipple St. Prescott Arizona 86301**

**Offered by**

**Anjaneane Knudsen, M.Ed., LAC**

**Laura Crimmins, M.S., L.M.F.T.**

**Leah May, MS, IMH-E (III)**

**Call 925-5130 to register. Space is limited**



## Coordinator's Corner



### **The Dangerous Trend of "Smoking" Alcohol**

As seen on the recent Today Show Investigative Report by Jeff Rossen and Josh Davis, youth have found a dangerous new way to consume alcohol.

Cut and paste this address into your browser to see the Today Show Report:

<http://www.today.com/news/dangerous-viral-trend-threatens-teens-smoking-alcohol-6C10435401>

Along with the many myths surrounding this troubling new trend there are serious health risks.

Cut and paste this address into your browser to listen to Dr. Walter Gaymen explain the effects of "smoking" alcohol:

<http://www.youtube.com/watch?v=rCMajLBbgkM&feature=youtu.be>

MATFORCE encourages parents and guardians to talk to their children about this new trend.

- Explain the health risks to consuming alcohol in this way
- Let them know that it is illegal for anyone under 21 to consume alcohol in any way
- Set clear rules for your household regarding drugs and alcohol
- Practice with your children ways they can refuse drugs and alcohol when offered

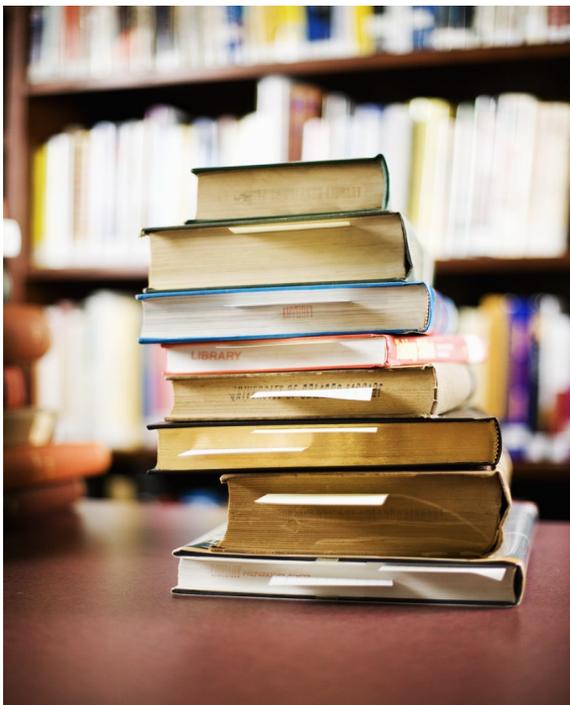
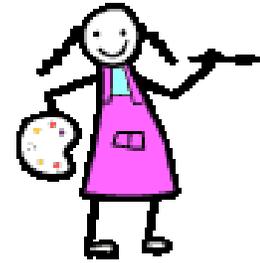
Visit [matforce.org](http://matforce.org) for more talking tips.

# Coordinator's Corner

## DID YOU KNOW?

Whenever you send in your Activity or Contact Logs, OR a court report, someone from the office should get back to you acknowledging receipt of the document(s). If you do not receive a response email, then we probably did not receive whatever you sent over. Please look for our response after emailing us and if you don't get a response within a reasonable amount of time, please try to resend the document. If you still don't get a reply, give us a call and we'll try to figure out what is happening.

The folks from the mediation department are still looking for artwork to decorate the meeting / mediation room here at the JJC. please bring any frames or kids' artwork to the CASA office, that you would like to donate.



Book donations for the waiting area are still being accepted! Please bring your new or very gently used books to the CASA office or drop them off at the Probation window for Scott Mabery. Remember, please do not put any books directly into the bookshelf as Scott would like to review them first.

# Coordinator's Corner

## Comedy for a Cause

ALL PROCEEDS BENEFIT ARIZONA'S CHILDREN ASSOCIATION

### 'Tis Art Center & Gallery

105 S. Cortez Street, Prescott, AZ 86303

2 SHOWS: Saturday, July 13th

6:30PM & 9PM

JOIN US FOR THE  
PRE-PARTY!

1 HOUR BEFORE  
EACH SHOW AT THE  
BIRD CAGE SALOON  
(CASH BAR)

BIRD CAGE SALOON 



Follow us for  
more details!  
[facebook.com/arizonaschildren](https://facebook.com/arizonaschildren)



### FEATURING:

Mike  
James

Emcee  
Kevin Rose

Amy  
Blackwell



Purchase tickets at [www.arizonaschildren.org/Prescott](http://www.arizonaschildren.org/Prescott) or at our local  
AzCA office (440 N. Washington Avenue). Contact 928.443.1991 x 2010 for more information.

Non-alcoholic  
refreshments will be  
available for purchase  
at the event.

 ARIZONA'S  
CHILDREN  
ASSOCIATION

\$20 COVER  
CHARGE  
LIMITED SEATING

# Coordinator's Corner



## HAVE YOU RECEIVED A NEW INSURANCE CARD LATELY?

If so, we need a copy! Our office has to maintain current information on all of our volunteers and updated insurance cards are necessary since you may be transporting children. When you receive a new or updated insurance card, please mail or email us a copy—or stop by the office and we can make a copy. Thanks to those of you who have recently dropped one off or sent one in.

## Join a Support Group

### Support Groups:

Joining a support group helps you to be successful on your case. The support groups provide lively and informative discussion by all. The attendees include a mix of veteran and new CASAs. The Support groups meet various times throughout each month, providing an opportunity for you to participate.

- The group lead by Janet Lincoln meets the 3rd Wednesday of each month at the JJC, , 11:00 a.m. to 12:30 p.m.
- The group lead by Jane Shaw meets the 2<sup>nd</sup> Thursday of each month at the JJC, 11:00 a.m. to 12:30 p.m.
- Best for Babies support group meets the first Thursday of each month at the JJC, 10:00 a.m. to 11:30 a.m.
- Best for Babies Court Teams meeting is held the second Friday (this schedule is flexible, please check the calendar) of each month at Prevent Child Abuse AZ headquarters, 3298 Bob Drive, Prescott Valley at 10:00 a.m. (next to CPS)
- Time 4 Teens monthly meeting is held the 3rd Thursday of each month at the JJC at 9:30 a.m. to 11:30 a.m.

### July Birthdays

- 7/6 Donna Orman
- 7/10 Lena Sanchez
- 7/20 Dale Lake
- 7/27 Dolores Marcheschi
- 7/29 Howard Kerstine
- 7/30 Susan Bailey—Smith

### August Birthdays

- 8/6 Maryellen Chavez
- 8/8 Janet Sandoval
- 8/9 Jeff Robertson
- 8/11 Bridgett Ryan
- 8/13 David Martin
- 8/16 Mike Wade + Jackie Kimsey

- 8/20 Lynda O'Dell
- 8/23 Richard Brody
- 8/24 Jane Shaw + Melissa Montgomery
- 8/25 Barbara Perriman
- 8/28 Broni Bruce



# The ACE Study

“The solution of all adult problems tomorrow depends in large measure upon the way our children grow up today.”

- Margaret Mead



Tuesday, July 9th (at JJC) &  
Thursday, July 29 (at Camp Verde Courthouse)

12:00 PM—1:30 PM (feel free to bring your lunch)

The ACE study links stressful childhood experiences (ACEs) to the risk of developing our nation’s leading health and social problems in adulthood.

The presentation will cover the history of the study, the data, explanations of the findings, and what people, communities, and organizations can do to build resilience and prevent ACEs from occurring. Active discussion will be welcomed throughout.

Presented by Claire Louge, Community Outreach Coordinator with First Things First

# Children's Mental Health

## New Report

The term *childhood mental disorder* means all mental disorders that can be diagnosed and begin in childhood (for example, attention-deficit/hyperactivity disorder (ADHD), Tourette syndrome, behavior disorders, mood and anxiety disorders, autism spectrum disorders, substance use disorders, etc.). Mental disorders among children are described as serious changes in the ways children typically learn, behave, or handle their emotions. Symptoms usually start in early childhood, although some of the disorders may develop throughout the teenage years. The diagnosis is often made in the school years and sometimes earlier. However, some children with a mental disorder may not be recognized or diagnosed as having one.



Childhood mental disorders can be treated and managed. There are many evidence-based treatment options, so parents and doctors should work closely with everyone involved in the child's treatment — teachers, coaches, therapists, and other family members. Taking advantage of all the resources available will help parents, health professionals and educators guide the child towards success. Early diagnosis and appropriate services for children and their families can make a difference in the lives of children with mental disorders.

### An Important Public Health Issue

Mental health is important to overall health. Mental disorders are chronic health conditions that can continue through the lifespan. Without early diagnosis and treatment, children with mental disorders can have problems at home, in school, and in forming friendships. This can also interfere with their healthy development, and these problems can continue into adulthood.

Children's mental disorders affect many children and families. Boys and girls of all ages, ethnic/racial backgrounds, and regions of the United States experience mental disorders. Based on the National Research Council and Institute of Medicine report (Preventing mental, emotional, and behavioral disorders among young people: progress and possibilities, 2009) that gathered findings from previous studies, it is estimated that 13 –20 percent of children living in the United States (up to 1 out of 5 children) experience a mental disorder in a given year and an estimated \$247 billion is spent each year on childhood mental disorders. Because of the impact on children, families, and communities, children's mental disorders are an important public health issue in the United States.

Public health surveillance – which is the collection and monitoring of information about health among the public over time – is a first step to better understand childhood mental disorders and promote children's mental health. Ongoing and systematic monitoring of mental health and mental disorders will help: increase understanding of the mental health needs of children; inform research on factors that increase risk and promote prevention; find out which programs are effective at preventing mental disorders and promoting children's mental health; and monitor if treatment and prevention efforts are effective.

### CDC issues first comprehensive report on children's mental health in the United States

A new report from the Centers for Disease Control and Prevention (CDC), *Mental Health Surveillance Among Children – United States, 2005–2011*, describes federal efforts on monitoring mental disorders, and presents estimates of the number of children with specific mental disorders. The report was developed in collaboration with key federal partners, the Substance Abuse and Mental Health Services Administration (SAMHSA), National Institute of Mental Health (NIMH), and Health Resources and Services Administration (HRSA). It is an important step towards better understanding these disorders and the impact they have on children.

This is the first report to describe the number of U.S. children aged 3–17 years who have specific mental disorders, compiling information from different data sources covering the period 2005–2011. It provides information on childhood mental disorders where there is recent or ongoing monitoring. These include ADHD, disruptive behavioral disorders such as oppositional defiant disorder and conduct disorder, autism spectrum disorders, mood and anxiety disorders including depression, substance use disorders, and Tourette syndrome. The report also includes information on a few indicators of mental health, specifically, mentally unhealthy days and suicide.

National Center on Birth Defects and Developmental Disabilities  
Division of Human Development and Disability



See next page

### Who is Affected?

The following are key findings from this report about mental disorders among children aged 3–17 years:

- Millions of American children live with depression, anxiety, ADHD, autism spectrum disorders, Tourette syndrome or a host of other mental health issues.
- ADHD was the most prevalent current diagnosis among children aged 3–17 years.
- The number of children with a mental disorder increased with age, with the exception of autism spectrum disorders, which was highest among 6 to 11 year old children.
- Boys were more likely than girls to have ADHD, behavioral or conduct problems, autism spectrum disorders, anxiety, Tourette syndrome, and cigarette dependence.
- Adolescent boys aged 12–17 years were more likely than girls to die by suicide.
- Adolescent girls were more likely than boys to have depression or an alcohol use disorder.

Data collected from a variety of data sources between the years 2005-2011 show:

Children aged 3-17 years currently had:

- ADHD (6.8%)
- Behavioral or conduct problems (3.5%)
- Anxiety (3.0%)
- Depression (2.1%)
- Autism spectrum disorders (1.1%)
- Tourette syndrome (0.2%) (among children aged 6–17 years)

Adolescents aged 12–17 years had:

- Illicit drug use disorder in the past year (4.7%)
- Alcohol use disorder in the past year (4.2%)
- Cigarette dependence in the past month (2.8%)

The estimates for current diagnosis were lower than estimates for “ever” diagnosis, meaning whether a child had ever received a diagnosis in his or her lifetime. Suicide, which can result from the interaction of mental disorders and other factors, was the second leading cause of death among adolescents aged 12–17 years in 2010.

### Looking to the Future

Public health includes mental health. CDC worked with several agencies to summarize and report this information. The goal is now to build on the strengths of these partnering agencies to develop better ways to document how many children have mental disorders, better understand the impacts of mental disorders, inform needs for treatment and intervention strategies, and promote the mental health of children. This report is an important step on the road to recognizing the impact of childhood mental disorders and developing a public health approach to address children's mental health.

### What You Can Do

**Parents:** You know your child best. Talk to your child's health care professional if you have concerns about the way your child behaves at home, in school, or with friends.

**Youth:** It is just as important to take care of your mental health as it is your physical health. If you are angry, worried or sad, don't be afraid to talk about your feelings and reach out to a trusted friend or adult.

**Health care professionals:** Early diagnosis and appropriate treatment based on updated guidelines is very important. There are resources available to help diagnose and treat children's mental disorders.

**Teachers/School Administrators:** Early identification is important, so that children can get the help they need. Work with families and health care professionals if you have concerns about the mental health of a child in your school.

**Centers for Disease Control and Prevention. Mental health surveillance among children — United States 2005–2011.**

**MMWR 2013;62(Suppl; May 16, 2013):1-35.** The report is available at

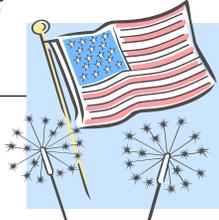
[http://www.cdc.gov/mmwr/preview/mmwrhtml/su6202a1.htm?s\\_cid=su6202a1\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/su6202a1.htm?s_cid=su6202a1_w)

**Additional Information:** [www.cdc.gov/childdevelopment](http://www.cdc.gov/childdevelopment)

**800-CDC-INFO, TTY: 888-232-6348; [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)**

# Verde Valley CASA News

## July 2013

Mon	Tue	Wed	Thu	Fri
1 Hearings @ 1:30	2	3	4 ~ <i>Holiday</i> <i>Office Closed</i> <i>Happy 4th of July!</i>	5
8 Mediations	9	10	11	12
15 Verde CASA Support Meeting from 12:00 to 1:30 Hearings @ 1:30	16	17 <i>Verde CASA office closed for Training in Prescott</i>	18	19
22 Mediations	23	24	25	26 
29 ACE's Study@ CV Court- house 12:00—1:30	30	31		

## August 2013

Mon	Tue	Wed	Thu	Fri
			1	2
5 Hearings @ 1:30	6	7	8	9
12 Mediations	13	14	15	16
19 Hearings @ 1:30	20	21	22	23
26 Mediations	27	28	29	30

## MEET THE (Verde) CASAS, by Barbara Perriman

Continuing a tradition begun in the newsletter formerly published from the Verde office, occasionally you will be offered a get-acquainted article. Introducing Jeff Robertson!

Jeff Robertson is one of the Verde's newest CASAs, just getting started with his first case. Jeff was looking for volunteer opportunities after his move to Sedona, his wife was aware of the CASA program, and suggested it to him. He checked the web site, chatted with Mike and decided it sounded like a good fit.

Jeff tries to do some volunteering each day, and he does – working at the Sedona Food Bank, at the Sedona Police Department, and delivering Meals on Wheels.

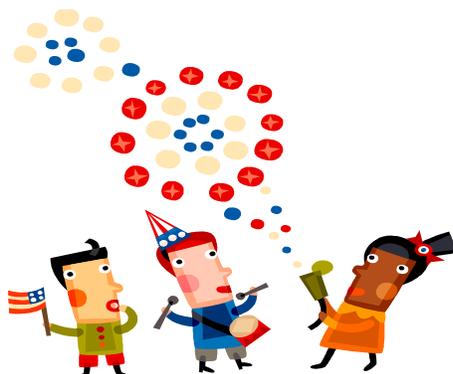
Mike and Judy had been coming to Sedona for fifteen years, using a time-share. Now in retirement, they are here full time, having moved from Temecula, California. He had been in law enforcement – first with the LA County Sheriff's Department and after getting a law degree, with the San Diego County Sheriff's Department. Initially he was a deputy officer and then a sergeant. He says police work is addictive, so returned to law enforcement after trying out legal work. He says that in San Diego he served as legal support for the Homicide Unit as a crime intelligence analyst. He loved his job and the interesting cases. However, he commented that law enforcement is a young man's job and he was no longer a young man!

Jeff is from a small North Texas town, but met Judy, a California girl, while working in L.A. Judy retired from Pacific Telephone as well as from Scripps Research Laboratories.

Between them, they have three daughters, one of whom is a Santa Barbara school administrator. The other two are in the Temecula area, all with connections to law enforcement. The couple has eight grandchildren ranging from first grade to two young men serving in the Air Force.

When Jeff isn't volunteering, he likes to hike with the Westerners as well as serving as an officer in the Elk's. He and Judy have two shelter dogs to round out their local family.

Welcome to the CASA organization, Jeff!



# Contact Information

## *CASA OF YAVAPAI COUNTY*

WE'RE ON THE WEB:

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



If you cannot attend an FCRB, you may e-mail the Board at:

[rpfcrb@courts.az.gov](mailto:rpfcrb@courts.az.gov)

## **Yavapai CASA for Kids, Inc.**

**Serving our Court Protected Children and the CASA Program  
Court Appointed Special Advocates  
...a child's voice in court**

Yavapai CASA for Kids generously donates gift cards (various denominations and designs available) for CASAs to celebrate birthdays, special events, and/or big (or yes, even little) accomplishments with their CASA children. Every foster child can use a little "celebration". In addition, the board provides \$10 gas cards for CASAs that travel long distances to visit their children. Please contact the CASA office for details at 771-3165

### CASA of Yavapai County

Phone: 928-771-3165

Fax: 928-771-3387

#### Prescott:

Tracy Sauer, Program Manager (928) 777-7901

Email: [tsauer@courts.az.gov](mailto:tsauer@courts.az.gov)

Myla Smith, CASA Coordinator (928) 777-7900

Email: [msmith2@courts.az.gov](mailto:msmith2@courts.az.gov)

Quinci Castleberry, CASA Support Staff

Email: [gcastleberry@courts.az.gov](mailto:gcastleberry@courts.az.gov)

Lynda Ransom, CASA Support Staff

Email: [lransom@courts.az.gov](mailto:lransom@courts.az.gov)

Kristen Newman, Family Drug Court Coordinator (928) 771-3398

Email: [knewman@courts.az.gov](mailto:knewman@courts.az.gov)

#### Camp Verde:

Mike Wade.....CASA Coordinator  
(928) 554-8903

Brianne Maijala.....Support Staff  
(928) 554-8900

### Yavapai CASA for Kids, Inc.

P.O. Box 12457, Prescott, AZ 86304

(928) 445-0800

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

#### Board Members

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