



## Happy New Year!

### Welcome Jessica!

We are excited to announce our new Executive Assistant, Jessica Yost! Originally from Wisconsin, Jessica has a background in International Studies, Political Science, and Anthropology. Jessica previously worked for a permanent home for orphaned and vulnerable children in South Africa and a public health organization in Zambia. Welcome Jessica!

### Welcome Leticia!

We are happy to share that we have hired a new Case Supervisor, Leticia Palacios. A San Francisco native, Leticia has a background in Sociology and Feminist Studies. Her previous experience focused on Child Development and Early Education services for children 0-5 years old. She is eager to support our CASAs and foster youth, while continuing to learn about the impacts of trauma on a child's development. Welcome Leticia!

### Message from the CASA Community Network Committee

Join us on Thursday, January 16th from 6-7pm for a Goal Setting & Action Plan for Youth event and Happy Hour. Foster youth face many challenges getting started with goal-setting and planning to achieve these goals. CASAs are one of the only resources available to Foster youth to help them make these plans. In this session CASAs will hear from Allison Roeser, MHS, PCC, a Leadership and Life Coach. Allison will introduce a format for goal-setting and give examples on how to create goals that have meaning and relevance for youth. She will also demonstrate how to break the goals down into clear small next steps in order to enable success and create momentum. After Allison's brief presentation, you will have the opportunity to connect with other CASAs around goal-setting and receive suggestions from your peers. The event will take place at the Main Floor Lounge at the Alchemist Bar & Lounge located at 679 3rd St, San Francisco, CA 94107. If you plan to join us [RSVP](#) by Friday, January 10th. Participants will receive 1 hour of CE credit for at least one hour of participation. **SFCASA will not pay for the drinks consumed during this event.**

This event has been organized by the CASA Community Network Committee, created by CASAs for CASAs. The CASA Community Network Committee's mission is to plan and organize CASA volunteer-led events designed to promote social connections within the CASA community, provide peer support for CASA volunteers, increase CE opportunities, and boost CASA retention and recruitment efforts. If you are interested in learning more about the committee, please contact Jackie Moncada at [Jackie@sfcasa.org](mailto:Jackie@sfcasa.org).

### Last Call! Youth Holiday Gift Pick-up by 1/17/20!

If you have yet to pick up the youth holiday gift you requested, please make arrangements with your Case Supervisor to do so no later than **Friday, January 17th**. After this date all unclaimed gifts will be restocked for general youth needs. Please do not forego this opportunity to spark some joy for the youth you serve—you did the work to request the gift, so now is the time to give it on behalf of SFCASA!

### KQED Drive

We are looking for volunteers to help answer phones for the KQED drive. This is a huge advertisement opportunity for SFCASA and an amazing way to spread the word about the program! SFCASA will receive four on-air thank you mentions during the shift if we have a minimum of 5 volunteers participate. Volunteers need to feel comfortable speaking on the phone and using a computer in order to enter donations on their laptop systems.

The drive takes place at KQED's temporary location at 50 Beale St., San Francisco.

We are looking for volunteers to help us on **Thursday, 1/23 or 1/30** from 3:30pm-6:30pm and/or **Friday, 1/24 or 1/31** from 3:30-6:30pm.

If you are interested in participating email Jackie Moncada at [jackie@sfcasa.org](mailto:jackie@sfcasa.org). Please include the shift(s) that you are available in the email. Only the most popular date will be selected.

### Outward Bound Insight Day

SFCASA has planned an Insight Day in partnership with Outward Bound on Saturday, March 17, 2020, time TBA. You are invited to attend with your youth (ages 12 & up) for a fun, teambuilding event that will target various social-emotional learning outcomes, such as leadership and problem solving. This event will take place in one of San Francisco's beautiful parks and more details are to come! If you are interested in learning more or attending, please email our Program Assistant, Christina Lee, at [christina@sfcasa.org](mailto:christina@sfcasa.org).

### 2020 Fostering Change Gala: Futures in Bloom Tickets now on sale!

Get your tickets early for the event of the season! Join us on April 24th for an inspiring evening to support our youth. Advocates get a 50% discount on up to two tickets with the code CASAGALA2020. Get tickets today at [www.sfcasa.org/gala](http://www.sfcasa.org/gala).

### SFCASA is looking for Engagement Opportunities

If you are a member of a religious or other organization, and/or work for a company that might be open to hosting a presentation on SFCASA, please let us know. If you have an opportunity in mind, please contact Jackie Moncada, our Community Engagement Specialist, at [jackie@sfcasa.org](mailto:jackie@sfcasa.org).

### Upcoming CE Training and Webinar Opportunities

#### Working with Youth in Residential Treatment Placement (2 CE credits)

Join Dr. Natalia Estassi as she takes a strengths-based approach to supporting and advocating for foster youth in residential treatment placements. Dr. Estassi will address the challenges CASA volunteers may face in building relationships with youth in these placements who may have significant needs, and issues that can inhibit the successful development of advocacy relationships. Many have experienced separation and loss in their lives, making it difficult for them to form positive relationships with an adult. This important training will support you in building and maintaining positive relationships with your youth.

**Wednesday, January 29, 2020 from 6:00-8:00 pm at the CCSF-Mission Campus, 1125**

Valencia Street, Room TBA

Please register for **Residential Treatment Placement** by emailing our Training Specialist, Diane Posner, at [training@sfcasa.org](mailto:training@sfcasa.org)!

### Personal Development: Discovering Your Values and Internal Motivators as a CASA (2 CE credits)

Do you ever wonder about the specific strengths you bring to working with your CASA youth and how you could be demonstrating them more consistently? Or, maybe sometimes you wonder about what it is that really motivates you in doing this work. If so, come join Allison Roeser, Life and Leadership Coach and SFCASA Volunteer for a unique Continuing Education session focused on supporting our volunteers in empowering youth while bringing more ease to the volunteer experience. We will uncover YOUR strengths and values as a CASA as well as identifying what is most important to you about being a volunteer. You will leave this Personal Development 101 session with practical tools for advocating and navigating challenging situations with your youth that come from your best resource... you!

**Tuesday, February 11, 2020 from 6:00 - 8:00 pm at the SFCASA Volunteer Annex Training Space, 2533 Mission Street.**

Please register for **Personal Development** by emailing our Training Specialist, Diane Posner at [training@sfcasa.org](mailto:training@sfcasa.org)!

### CSEC Awareness (3 CE credits)

Come learn the signs to look for in youth who are vulnerable to sexual exploitation with Carly Devlin of Huckleberry Youth Programs. Since young people experiencing the foster care system are particularly at-risk of being targeted, it's important for CASA volunteers to understand the signs and best practices for preventing and responding to sexual exploitation of youths. If you are matched with a youth aged 10 or older, please plan to participate in this important training.

**Wednesday, February 26, 2020 from 6:00-9:00 pm at the SFCASA Volunteer Annex Training Space, 2533 Mission Street**

Please register for **CSEC Awareness** by emailing our Training Specialist, Diane Posner at [training@sfcasa.org](mailto:training@sfcasa.org)!

### SFCASA Psychotropic Medication Advocacy Webinars

To learn about how CASAs should be involved in psychotropic medication advocacy work for San Francisco foster youth, please watch the webinars below. *1 CE credit each.*

[Psychotropic Medication for Foster Youth: An Overview of the Legal Process](#)

[Psychotropic Medication for Foster Youth: How and Why CASAs Should Advocate](#)

Webinar Handouts:

- [Psychotropic Medication Roadmap for CASAs](#)
- [Psychotropic Medication Forms De-Coded](#)
- [Psychotropic Medication Flowchart](#)
- [JV-217 Guide to Psychotropic Medication Forms](#)
- [Effective Communication with Stakeholders](#)
- [Questions to Ask Team Members as a CASA](#)
- [Court Report Checklist](#)

To receive Continuing Education credit, please view the webinar and email your responses to the following four questions to Diane Posner, our [Training Specialist](#):

1. Which training did you view?
2. What are the three most important things you learned from this training?
3. How will you apply the knowledge from this training to your CASA case?
4. Do you have any further questions around this topic after viewing this training?

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