



**March 2022
NEWSLETTER**

Welcome Spring





A MESSAGE FROM OUR EXECUTIVE DIRECTOR MARINA BERNHEIMER

As we welcome Spring after a challenging couple of years, here at Child Advocates, we're focusing on HOPE, aka Healthy Outcomes from Positive Experiences. Many of you are familiar with the ACEs Study, which documented the wide-ranging physical and emotional damage resulting from Adverse Childhood Experiences, or ACEs. But while the effects of ACEs can be debilitating and long-lasting, they don't have to be a foregone conclusion.

A new framework developed by a network of leaders at the Center for Community-Engaged Medicine at Tufts Medical Center is showing how the effects of ACEs can be mitigated and even healed through positive experiences. The HOPE framework seeks to broaden our focus beyond ACEs and create a new paradigm that highlights the power of positive experiences that support children's growth and development into healthy, resilient adults.

Our work at Child Advocates is closely aligned with this important paradigm. While CASA volunteers promote positive experiences for the abused and neglected youth they support, Home Visitors provide parents with the tools, resources and knowledge they need to foster healthy and happy homes for children. We are so proud to play a role in fostering hope for youth and families in Nevada County. Stay tuned, we'll be talking more about the HOPE paradigm in coming months. During these challenging times, it is thrilling to learn about new ways we can promote a healthier and happier community for all of Nevada County through the vital work we do to support vulnerable children and families.

Healthy Baby Home Visitors Supporting Families and Children

Healthy Babies offers home visits in Nevada County by trained staff to pregnant and new parents. Services provided help new parents meet challenges through education on healthy growth and development and strengthening positive parent-child relationships.

Many families are struggling due to the current stressors of COVID, job loss, housing issues, and lack of

support from key family members during and after pregnancy. These pregnant parents might also experience stress from their childhood, for many parents that stress might not have been too long ago, adding to feelings of overwhelm and an inability to problem-solve or to reach out to others for help.

Our Home Visitors focus on aiding families with resources, education, support, and ensuring baby-parent bonding. These experiences are positive childhood experiences that help babies, and parents with development, building strengths and celebrating milestones during those critical years. Parents welcome the support and the brain is still malleable throughout adulthood helping parents to move beyond the stressors impacting their lives. Positive life experiences aid parents to develop trust, receive resources, and accept referrals to auxiliary services, such as help for postpartum depression.

Our program uses a curriculum and is accredited by Healthy Families America. We will work with your family up until the baby is age 5. See us on our website for more information and to Connect with Us through our online contact form.



Donated Bikes for CASA Kids

Pictured below is Melinda Douros, CASA Program Manager accepting three beautiful new bikes donated by Noel Brownell owner of the Tour of Nevada City bike shop. CASA volunteers are thrilled to bring these wonderful new bikes to the children that they advocate for. A very bright moment for children who need to feel the freedom that zooming down the road on their own bike will bring them.

Thank you, Noel!



The Heart of a CASA Volunteer

CASA creativity brings happiness to a 5 year old boy!

Our CASA volunteers are always looking for new activities to do with their CASA child to bring them some excitement to break the monotony of their daily schedules and to connect with their child.

Enter CASA, Gary Reedy who has been visiting regularly with a 5 year old out of county. After Nevada County experienced a huge snow storm over the Christmas holidays , Gary loaded his truck bed up with as much snow as he could. He drove down the hill and surprised his little friend by shoveling the snow onto the front yard of the house. They made a snow man together and then of course followed with a snowball fight. They were the hit of the neighborhood and this little boy has a memory of the day with his CASA when nothing else mattered but the snow!

With a bit of ingenuity and taking the opportunity to create a Positive Childhood Experience with this little boy, the trauma of being separated from his parents was not the focus of the day.

Thank you Gary Reedy!



A special thank you to generous donors Andy and Kim for their ongoing support of CASA

Our Contact Information

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