

MONTHLY NEWSLETTER

Dutchess County Court Appointed Special Advocates



February Trainings

Please use the link to the right to access the training registration!

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.	2.	3. New Volunteer Training 5:30 pm - 8:00 pm	4. "DBT Core Mindfulness Skills" 9:30am-1:30pm Register Here! "Permanent Supportive Housing: Kickoff Webinar" 12:00pm Register Here!	5.	6.
7.	8. "The Impact of Mental Health on Students & Youth Part 2: Virtual Signs of Serious Mental Health Problems" 12:30pm - 2:00pm Register Here!	9. C.A.S.A. Volunteer Monthly Meeting & Training 6:30pm - 8:00pm Click Here for WebEx Link	10. "Beating the Stigma of Mental Illness" 1:00pm Register Here! "Inspiring and Engaging Hispanic/Latinx Populations in Recovery by Using Motivational Interviewing Principles" 3:00pm Register Here! New Volunteer Training 5:30 pm - 8:00 pm	11.	12.	13.
14.	15.	16. "How To Talk So Kids and Teens Will Listen and Listen So Kids and Teens Will Talk" Registration Info Here!	17. "Recovery-Oriented Mental Health Services for Latinx/Hispanics" 3:00pm Register Here! New Volunteer Training 5:30 pm - 8:00 pm	18.	19.	20.
21.	22. "The Impact of Mental Health on Students & Youth Part 3: Youth, Social Distancing, and Anxiety in the time of COVID-19" 12:30pm - 2:00pm Register Here!	23. "How To Talk So Kids and Teens Will Listen and Listen So Kids and Teens Will Talk" Registration Info Here!	24. New Volunteer Training 5:30 pm - 8:00 pm	25. "DBT Emotion Regulation Skills" 9:30am - 1:30pm Register Here! "Eating Disorders Series. Part 1: Marginalized Voices - Understanding the Presentation and Prevalence of Eating Disorders" 11:00am Register Here!	26. "Trauma & Secondary Trauma: Caring for Yourself and Others" 11:00am Register Here!	27.
28.						

REMEMBER...

AVAILABLE TRAINING DATES [HERE!](#)

DOCUMENT YOUR TRAINING HOURS [HERE!](#)

**VOLUNTEER MONTHLY MEETING:
FEB. 9TH AT 6:30 PM**

INTERESTING ARTICLES...

[THE REAL STORY OF SAFETY'S RAY MCEL RATHBEY](#)

[I'VE TRIED EVERYTHING': PANDEMIC WORSENS CHILD MENTAL HEALTH CRISIS](#)

THIS MONTHS PODCAST!

APPLE USERS: [SCHOOL COLORS](#)

GOOGLE USERS: [SCHOOL COLORS](#)

FEATURED ON NPR'S CODE SWITCH FOR BLACK HISTORY MONTH.
NAMED ONE OF THE BEST PODCASTS OF THE YEAR BY THE ATLANTIC.
RECOMMENDED BY VULTURE/HOT POD AND THE NEW YORK TIMES.

Reflection on Black History



Recap and Looking Forward...

During January we were able to kick the year off by continuing to foster the bonds with our kids through visits as well as court appearances. We also are welcoming the first round of trainings for the new year as we began February with an orientation session for a group of new volunteers and are looking forward to continued training sessions throughout the month! Although we are at capacity for the current training, we always welcome referrals, and they can reach out to Volunteer Supervisor Anne Jacobsen via email at ajacobsen@mhadutchess.org.

We also held our first of many monthly meetings and training sessions via Webex. For the time being, we have moved to this platform to ensure everyone remains safe but we hope that in the future we can all come together again! During January's meeting, we were able to discuss educational material such as the importance of cultural humility as well as offer support to one another about current cases. The educational material discussed counts towards your needed annual requirement of twelve hours of training so make sure to join this month!

This month we will be holding the meeting on **February 9th at 6:30 pm** where we will be discussing strengthening families and kinship care. You will receive an email with the link but you can always find it on the training calendar hyperlinked above in the "Remember" column.

As we enter Black History month we are asking all of our C.A.S.A. family to reflect on how we can positively contribute to racial equity and work to diminish the injustices in our community. As a volunteer appointed by the court, we carry the responsibility of ensuring the wellbeing of the children we serve and it is our duty to educate ourselves on the disparities that affect them.

We thank you for all that you do for the children and commend you for your dedication to the program.



THANK YOU!

If you have any comments, questions, or concerns please feel free to reach out to Courtney Fallon via phone (413)537-1925 or email at cfallon@mhadutchess.org.