



## Montana CASA/GAL Takes Action During COVID-19

The pandemic has created hurdles and challenges in all aspects of our lives, imagine the additional complications for kids in foster care. Recognizing the challenges to maintain safe operations, MT CASA took some immediate actions to support our CASA programs across the state.

The first action was support. Regular virtual meetings were established to connect with our CASA programs and learn what challenges and concerns they had. Not only did this translate to delivering needed equipment but it provided emotional and professional support to all of our CASA workers who were struggling with remote working and the worry that children were at risk during this stressful time.

MT CASA also stepped up and delivered Personal Protection Equipment for staff and volunteers to programs across the state. Masks hand sanitizer and surface disinfectant were delivered free of charge, made possible by grant funds secured by MT CASA.

Keeping personal safety at the forefront of our decisions, the annual conference and board retreat were restructured and held virtually. The value of face-to-face interactions, networking and friend making are undeniable, but will wait for another time. The events featured important updates from the Montana Supreme Court and Department of Public Health and Human Services as well as, discussions identifying important issues to address in our efforts to secure CASA advocacy for every child in foster care.

#StopTheSpread

Talking to our kids about the

# Coronavirus

Don't be afraid  
to talk about  
the coronavirus.

Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Be  
developmentally  
appropriate.

Try answering their questions instead of volunteering too much information as this might be overwhelming.

Let them talk  
about their  
worries.

Be open and invite them to discuss what they may have heard and how they feel.

Focus on what  
they can do to  
keep safe.

Help your kids feel empowered by teaching them what they can do to keep safe. Show them how to wash their hands or how to sneeze properly.

Stick to  
Routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Manage your  
own anxiety.

When you notice yourself feeling anxious, take time to calm down before trying to have a conversation or answering your child's questions.



Sources:  
[www.who.int](http://www.who.int)  
[www.cdc.gov](http://www.cdc.gov)