



Breaking the Cycle: A Journey to Healing and Hope

For more than 21 years, CASA of Placer, Yuba & Sutter has supported foster children, at-risk youth, and families in breaking the cycle of abuse and neglect. After expanding services to Yuba County in 2023, the organization launched its Parent Empowerment Group in 2025 with support from Yuba County Community Services Commission (YCCSC) Community Services Block Grant (CSBG) funding. The program helps parents build the skills and stability needed to safely reunify with their children.

One parent whose life was transformed is Avery, a 31-year-old mother who entered the program after fleeing domestic violence, substance use, and generational trauma. Isolated, without transportation, and preparing to enter residential treatment, Avery was determined to create a better future for herself and her one-year-old daughter, Hally, who was in out-of-home care.

When transportation barriers threatened Avery's ability to begin treatment, CASA of Placer, Yuba & Sutter stepped in to help. Throughout her recovery, Avery remained focused on her goals, successfully completing residential treatment, overcoming legal setbacks, and continuing her progress through the Salvation Army Depot Program. She embraced healthy routines, built strong support systems, and demonstrated resilience every step of the way.

Today, Avery has secured stable housing, developed a safety plan, and is participating in the organization's *Rise and Thrive* financial management classes. Her social worker has recommended transitioning her to Family Maintenance services, with Hally expected to return home.

Avery's success reflects the power of trauma-informed support and consistent case management. Through transportation assistance, advocacy, emotional support, and ongoing coordination, CASA of Placer, Yuba & Sutter helped remove barriers that once seemed impossible to overcome. Avery's success is a testament to what becomes possible when parents are met with compassion, reliability, and opportunities to rebuild.

For more information on services offered by Child Advocates of Placer, Yuba and Sutter Counties or becoming a CASA volunteer, please contact them at www.casaconnects.org or 530-887-1006. You can also visit them at 1634 Poole Blvd, Ste. 200, Yuba City, CA 95993.