

2019 New Year's Resolutions for CASA Advocates

It is a brand new year and a great time to set goals for the next twelve months. We often make resolutions to save money, exercise more, eat right, read our Bible every day, spend more time with family, etc. Those are wonderful resolutions, but we would like to challenge all of you to make some CASA Specific Resolutions. 2019 gives us a fresh and clean slate to start our advocacy plans for our CASA children. Setting goals can be very motivating and leave you feeling more confident, not to mention helping us be much more effective in all that we do.

Below are some suggested CASA Volunteer New Year's Resolutions:

- Call your child's caretaker by the 3rd of every month to schedule your visit. Write this task in your calendar or set a reminder on your phone. This will help you avoid trying to schedule at the last minute and will allow for more quality visits.
- Visit your child within the first two weeks of the month. This will give you a little cushion of time if scheduling conflicts arise and you will be able to get your Optima Logs in on time.
- Contact your supervisor for supervision; don't wait for your supervisor to contact you. This will not only satisfy the National CASA Supervision standards of having meaningful contact with your supervisor, it allows you to talk to your supervisor at a time that works best for you.
- Make a list of all parties that you need to speak with and jot down your questions. School officials, counselors, DCFS, and other service providers can provide valuable information. Writing down the questions that you have for them will help you make the best use of your time and their time.
- Enter Optima Logs timely; facts are lost when you do the entries only because your supervisor reminds you to do them.
- Log your in-service information timely and seek out multiple sources for in-service hours.
- Take care of yourself. Being a CASA Volunteer is a big responsibility and your work is often stressful. Schedule time to do the things you enjoy and make sure that you communicate with your supervisor when being a volunteer becomes overwhelming.
- Be proud of the work that you do! You are volunteering your time to make a difference in a child's life. That is amazing!

We hope that 2019 is an awesome year for you and for your CASA children. Please feel free to let your supervisor know of any "Resolutions" that you think other volunteers could use to feel empowered! We'd love to share those with our CASA Family.