Advocacy Activities for CASAs in the Time of COVID-19

1. **Check-in with your supervisor:** CASA staff are working remotely and are still available to CASAs by phone and email. Let us know how you are doing and how we can support you.

2. **Check-in with your child/youth:** Phone calls are a great way to stay consistent. You can also send letters or postcards to your child/youth. If your youth has access to more technology, Skype, Facetime or Zoom are great ways to bridge social distancing!
   - How is the child/youth coping with the changes in their routine?
   - Do they understand what is going on?
   - Is there anything they need?
   - For older youth, do they need assistance with groceries or housing?

3. **Check-in with your child/youth’s caregiver:**
   - What is the child/youth’s current education plan? Does the caregiver need support accessing technology or home-school resources?
   - Is the youth still receiving all their needed mental health services and medications? (some mental health services may be accessed through the phone)
   - Have any other services for the child/youth changed or been discontinued (Regional center, extracurricular activities, medical appointments. etc.)?
   - Is the child/youth having continued contact with their family via phone?
   - Does the caregiver have the support they need?

4. **Continue to share any updates with the CSW and attorney.** You can participate in team meetings (like IEPs and CFTs) via phone.
5. **Work on your court report!**: Check-in with your supervisor to confirm your next court hearing, especially if you have a hearing coming up. Review the court report handbook and get a head start on the court report writing process.

6. **Update ETO!**

7. **Re-read the child/youth’s files on ETO**: If it’s been awhile since you read the child/youth’s court file, it may be helpful to review the child/youth’s history in care.

8. **Keep up on your continuing education**: Watch a webinar, listen to a podcast or read a book relevant to your CASA work.

9. **Join the CASA Resource Forum** and interact online with other CASAs! Make sure you create your username with the format firstinitial lastname, e.g., jsmith or you won’t be granted access.

10. **Practice self-care**: Know your limits and what you can do during this time. Give yourself permission to take a step back when you feel overwhelmed or stressed. Always do what will keep you healthy and safe.
COVID-19 Resources for Children/Youth in Care

General COVID-19 Resources:

- Alliance for Children’s Rights Community Resources
- Together We Rise (assistance for displaced college foster youth)
- Chronicle for Social Change (General child welfare news/uploads)
- Statement from DCFS on Coronavirus
- OneDegree Community Resources
- CLC Community Resources
- Department of Mental Health Resources
- Los Angeles County Office of Education Resources
- LAUSD Resources
- California Youth Connection Resources
- Information for Children and Adults with Disabilities

Talking to Kids/Youth:

- Talking to Children about COVID-19
- PBS: How to Talk to Your Kids about Coronavirus
- Talking to Teens and Tweens about Coronavirus
- 5 Ways to Help Teens Manage Anxiety About the Coronavirus
- Hello My Name is Coronavirus (Kids book – multiple languages)