



## 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/updates)
- [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 \(Kids book – multiple languages\)](#)