

WINTER 2025



From the Desk of Executive Director

### **Jackie Horton**

February is Teen Dating Violence Awareness Month. **Is your child or grandchild's dating relationship healthy?** Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors.

The 2025 Teen Dating Violence Awareness Month theme is **Respect That**, a powerful concept that can transform relationships. Respecting someone isn't just a vague idea; it's an action and a mindset.

Open and honest communication is key to a **healthy relationship**, ensuring neither partner has authority over the other. This fosters mutual Respect and prevents misunderstandings or conflicts from escalating. Healthy, loving relationships thrive when Respect is a cornerstone, as it builds trust and emotional safety. Respect is not just a nice-to-have; it's essential in preventing dating abuse.

#### **Respect Boundaries**

You have the right to build and establish healthy boundaries. Depending on the nature of the relationship, that may be easier said than done. Boundaries help define what you are comfortable with and how you want to be treated by others. They allow you to honor your needs, goals, feelings, and values. Boundaries can be emotional, physical, and even digital.

#### **Healthy Boundaries**

- ✓ Follow on social media, but no password sharing.
- ✓ Comfortable kissing and holding hands, but not in public.
- ✓ Occasional texting, but not constant.
- ✓ Comfortable with some touching but not ready for sex.

#### **Unhealthy Boundaries**

- ✗ Always know your location.
- ✗ No time with others.
- ✗ No talking to others.
- ✗ I need to fix you.

Love is Respect,

A handwritten signature in blue ink that reads "Jackie Horton".

WINTER 2025

## CASA Helps 86 abused or neglected children in 2024

Every child deserves a sense of safety, connection, stability, and the promise of a permanent home. The trauma these children often confront has a lasting impact on their health and well-being. Research shows that children with a CASA volunteer experience significantly more support services than those without. Our 44 volunteers, staff, and Board of Directors are deeply committed to helping children in need. We are ready to expand our efforts in 2025 with your continued support.

### 2024 Program Highlights



#### Honored

CASA received the act Excellence Award from the South Dakota Hall of Fame.



#### Trained & Empowered

To ensure that our volunteers are well-prepared for their case, we conducted monthly continuing education classes for both volunteers and community members. 48 volunteers attended 595 hours of training. Three pre-service trainings were held, and **9 NEW volunteers said YES** to Helping Children!



#### Strengthened CASA

Our National CASA self-assessment Confirmed that we are a high-performing program meeting the rigorous nationwide standards assessment.

## 2024 CELEBRATIONS

Adoptions and New Volunteers are reasons to CELEBRATE!



WINTER 2025

Join us for our

*Community Breakfast*

Purchase your tickets at [mitchellcasa.org](http://mitchellcasa.org) or by calling 996-1212

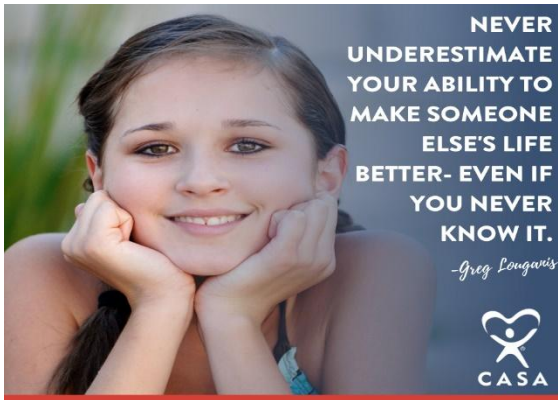


Scan me

**SATURDAY, APRIL 5, 2025**  
**8:30am | RiverTree Church**  
 601 N Sanborn Blvd, Mitchell, SD | Tickets: \$10 or Tables of 8: \$100



Tickets can be purchased online at [mitchellcasa.org](http://mitchellcasa.org) or by calling 996-1212



**BECOME A CASA IN 2025**

Are you driven to transform the lives of vulnerable children? Now is your chance! Our upcoming CASA volunteer training sessions are set for May 1 and July 17, each lasting 6 weeks. Classes will be conducted every Thursday from 5:30 – 8:30 p.m. via Zoom, with required online pre-work between sessions. No prior experience is needed, but pre-registration is essential at least two weeks before the class starts. Register now at [mitchellcasa.org](http://mitchellcasa.org) or call 996-1212



2024

**18 FEB PRESENT DANGER PLAN**

**18 MAR BENEFITS OF PLAY THERAPY**

**APR VOLUNTEER ROUNDTABLE**

**MAY SD KIDS BELONG**

**CONTINUING Education**

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## Help CASA Recruit volunteers.

There are countless ways to support CASA and make a difference in the lives of children:

<b>Volunteer:</b>	<b>Nominate:</b>
With just a few hours a month, you can make a difference in the life of a child in foster care!	If you know someone has what it takes to be a CASA advocate, let them know!
<b>Donate/Support:</b>	
Financially support our mission of finding advocates for EVERY child in foster care! AND like and share our social media content!	

- **Introduce CASA:** Bring CASA to the attention of your company, organization, or church. Invite a CASA representative to speak about volunteering at your next employee lunch and learn, organization meeting, or special event.
- **Spread the Word:** To raise awareness, display a CASA poster in your company break room or on local community bulletin boards.
- **Share on Social Media:** Show your love for CASA on Facebook or Instagram. Connect with us and share our posts to help us reach potential new volunteers and supporters.

Together, we can create a brighter future for vulnerable children. Every action, no matter how small, helps make a difference!

First Circuit CASA's goal is to ensure safety and permanency for children whose lives are in turmoil. Our ultimate goal would be that we are able to advocate on behalf of 100% of the abused and neglected children in our jurisdiction.

### CASA, 115 E. 11th Ave., Mitchell, SD 57301

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to donate to CASA \$ \_\_\_\_\_

I am enclosing my payment in the form of a check (made payable to CASA)

(Contributions to First Circuit CASA are tax deductible)

\_\_\_\_ Contact me; I am interested in volunteering as a CASA advocate.

\_\_\_\_ I want information about CASA speaking at my business, service club, or church group.

\_\_\_\_ I want to purchase a ticket for the Community Breakfast for \$10

\_\_\_\_ I want to purchase a table for the Community Breakfast for \$100