

Check out Jen and Dana's Spot on the Abilene People Podcast!



Watch the Abilene People podcast at BigCountryHomepage.com to see more CASA content!

Collaboration at it's BEST!



We were fortunate to be one of the many organizations and businesses to be highlighted on the trail for Carry for the Kids!

Confidential Companions!

We know that being a CASA volunteer is hard on the heart! Please know that you are more than welcome to have a Confidential Companion if you are interested! Reach out to Jen at jenniferlemke@bigcountrycasa.org for more information!

Early Childhood Enrollment!

Apply to Enroll!

Abilene ISD Early Childhood



April 14th, 15th, 16th | 8:30 AM - 2:30 PM
Abilene Convention Center
1100 N 6th St

Learn more!



ARIT ENFISD

Core Principles of TBRI Language

Trust-Based Relational Intervention (TBRI) recognizes that trauma and neurodiversity affect how children process language, regulate emotions, and build relationships.

Our words matter, and they can either trigger fear-based responses or promote felt safety and connection.

Key Language Shifts

Instead of Commands, Use Invitations

✗ "Sit down now."

✓ "Would you like to sit with me?" or "Let's sit together."

Replace "No" with Redirection

✗ "No running!"

✓ "Walking feet, please" or "Let's use walking feet inside."

Offer Choices (Builds Agency)

✗ "Put your shoes on."

✓ "Would you like to put on your shoes or would you like help?"

Name Emotions & Validate

✗ "Stop crying."

✓ "I see you're feeling upset. That's okay. I'm here with you."

Use "We" Language (Connection)

✗ "You need to clean this up."

✓ "Let's clean this up together."

Neurodiversity Considerations

Recognize Different Processing Styles:

- Give processing time—some youth need extra seconds to respond
- Use concrete, literal language (avoid idioms initially)
- Offer visual supports when possible
- Respect sensory sensitivities in tone and volume
- Neurodiversity-Affirming Phrases:
 - "Your brain works differently, and that's okay."
 - "What do you need to feel comfortable?"
 - "I notice you're [stimming/moving]. That's fine—do what helps you"

Tour de Abilene!

We are fortunate to be invited to tour West Central Texas Adult Education this month on February 17th from 10-11am. 1929 S 11th St, Abilene, TX 79602

Don't forget to like, share, and comment on our social media posts!



Info Meet Thursdays!

In Person:

February 5th, 9-10am @ Monks

February 12th, 10-11am @ Tea2Go (North)

February 19th, 2-3pm @ Teapioca Lounge

February 26th, 5:15-6:15 @ Mad Coffee & More

Volunteers are Welcome to

Attend Info Meets and Bring a Friend!

Spring New Volunteer Training

- Thurs Mar 19th @ 6pm – 7:30pm
- Mon Mar 23rd @ 5:45pm – 9:00pm
- Thurs Mar 26th @ 5:45pm – 9:00pm
- Mon Mar 30th @ 5:45pm – 9:00pm
- Thurs Apr 2nd @ 5:45pm – 9:00pm
- Mon Apr 6th @ 5:45pm – 9:00pm
- Thurs Apr 9th @ 5:45pm – 9:00pm

Please feel free to attend to refresh your CASA knowledge. Let Jennifer know so she can have dinner for you.

February CEU Opportunities:

Brody Powell "Wellness Umbrella"

Part 1 @ 12 February 3rd

Part 2 @ 12 February 11th

Lunch and Learn -February 25th 12-1pm FB2G- From Boys to Gentlemen with Chris Daughtery
Keep an eye out for other opportunities!

Tour de Abilene Dates:

February 17th @12pm @ West Central Texas Adult Education
1929 S 11th St, Abilene, TX 79602

Reminder:

You have about 11 months to get your 12 hours of CEUs for the year! Please contact Jen at jenniferlemke@bigcountrycasa.org if you have any questions.

Big Country CASA will be assisting Communities in Schools with their coffee sleeves for Mental Health Awareness Month. Please grab a couple coffee sleeves to color with you CASA Kiddos from Dana!



Hope needs a helping hand



Please reach out to staff or supervisors if you are feeling overwhelmed or in need of assistance!

Could you CASA Kiddo use this resource?



The WHIT Program has expanded their tutoring services for foster children. They now have 29 universities with volunteer tutors offering free tutoring. Contact Rebekah Beltran (512) 630-3089 for more details or visit www.whitprogram.org

Check it out!

We are highlighting our CFE tools! Learn more on our website at <https://bigcountrycasa.org/volunteer/advocate-resources/cfe-tools/> or check out our social media post this month about the Family Tree tool!

BCC will be closed February 16th in observation of Presidents Day.



Quote of the month:

"It's when people are helping one another, not because they're taxed or coerced into it, but because they want to, that concern for one's fellow man becomes part of a nation's soul"

— Ronald Reagan