



A VOICE FOR JUSTICE



Abbey Philips

How would you describe yourself in 3 words.

Dedicated, Community Builder, Advocate

Why did you chose to get involved with CASA?

When I was a child I experienced abuse from a family member and then later a trusted athletic coach. Part of my healing journey has been to advocate and fight for justice for other children. Service, volunteerism and justice have always been part of my core values, so when I found CASA I was excited to dedicate myself to helping children and their families.

What is your best moment, to date, as a CASA?

One year, I had the honor of watching a few of my CASA kids get adopted by the loving foster home they were in. CASA had been dismissed from the case, and in our role we do not often get to see final outcomes like that, but we had the opportunity to watch this beautiful adoption ceremony and it filled me with pride and joy.

What advice would you give a new CASA?

Use the relationship with your volunteer supervisor to help you navigate your cases. They can help you process, trouble shoot, and find solutions.

Who inspires you?

Right now I feel really inspired by Octavia Butler. In the last year I have been immersed in her writing. A lot of what she writes about is heartbreaking, but it also shows us about survival, the resilience of people, building community and that the only thing we can always count on is "change." I love this line from one of her books, "all that you touch you Change. All that you Change Changes you. The only lasting truth is Change. God Is Change." I keep that quote on my bathroom mirror.

What is your favorite way to spend your time (outside of CASA, that is!)?

I love to be outside in nature, I have a four year old, and they have the heart of an explorer. We like to go for long walks and sometimes we will just sit and enjoy something simple like a slug. I think nature helps us remember we all have a little wild in us and we should nurture it whenever we can.