

# Did You Know?

## HOPE IS GOOD FOR YOUR HEALTH

Hope is a feeling of expectation. It's a positive state of mind slanted towards optimism. Related to CASA's work, it is a predictor of future well-being.

Studies show that hope leads to better physical and mental health.



Physically, hope leads to better sleep, less unhealthy behaviors, and lower risk of chronic health problems.



Mentally, hope limits depression, anxiety, and loneliness.

Hope also leads to a stronger sense of purpose. That sense of self is vital for children who have experienced trauma. It is a building block for the relationship with their advocate, a foundation for voicing their darkest fears and brightest dreams.

“When there is no hope—when people cannot picture a desired end to their struggles—they lose the motivation to endure.”

—Everett L. Worthington Jr., Professor Emeritus at Virginia Commonwealth University

Children assigned a CASA advocate report significantly higher levels of hope. And that hope is linked to numerous positive outcomes such as academic success, overall well-being, positive social relationships, and optimism. Children with hope carry confidence that the future will be brighter than the present.

### Ana and Arielle's Story

Twins Ana and Arielle\* did not experience the stability of typical feeding, nap, and cuddle cycles. Sadly, their needs were neglected because their mother was consumed with her substance use disorder.

When CASA was appointed to their case, the girls were moved into a foster home. At the same time, their mother entered an inpatient sober living program. It was here, with support from the program staff and the girls' CASA advocate, that she began to turn her life around.

After months apart, Ana and Arielle were able to celebrate their birthday with their mother. It was a family celebration, but it was also an experience that offered hope of reunification.

Ana and Arielle's mother is exceeding her goals and looks forward to being reunited with her daughters. And CASA looks forward to congratulating them on this accomplishment.

# July 2023 - September 2023 UPDATE



## CULTIVATE HOPE!

Practice gratitude

Celebrate good news

Choose forgiveness



TAKE  
CONTROL  
Leave helplessness behind

## Henrico County Court Appointed Special Advocates, Inc.

3001 Hungary Spring Road

Suite A

Henrico, VA 23228

[www.HenricoCASA.org](http://www.HenricoCASA.org)

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