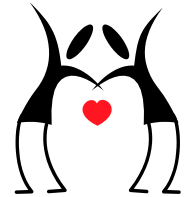




Foster Caring



Regional Caregiver Conference

Region 1 North
Caregiver Newsletter

Fall 2012



Check out the dates and times for Parenting Plus classes on page 4!

One hundred and thirty plus caregivers gathered on September 22nd for this year's annual caregiver mini conference at Redeemer Lutheran Church in the Spokane Valley. Special thanks to the Foster Parent Association of Eastern WA, Children's Administration, Families for Kids and FPAWS for sponsoring this year's conference.

enjoyed great food and went home with renewed energy.

Feedback included the following: loved the training staff; learned new behavioral techniques; very insightful; we'll be back; Mike Sedler was great; I learned a lot; don't take it personal; very engaging; thank you for child care; location and child care were ex-

Caregivers travelled from the south part of the region, from the west side of the state and from every office area in Region 1 North. They each earned eight hours of training credit, learned many new skills, networked with other caregivers,



cellent; and the conference was helpful and fun. So much more feedback! We hope to reach closer to 200 next year!

(*more pictures on page 3)

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How do rate assessments work?

Submitted by John Traylor, Region 1 North Rate Assessor

Throughout the day I commonly hear the term utilized “a level 4 child,” and I cringe. I want to be perfectly clear, there is no such thing as a level 4 child or a level 2 foster child. No child is ever assigned any level in foster care.

A foster *care* rate is assigned to a home, temporarily, for a child in that home and that rate is supposed to be reviewed every 6 months or as needed. This is why it is called a foster care rate and not a foster child rate. When a child is placed in a new foster home his/her foster care rate returns back to a level one and I wait at least 3 weeks before doing a new assessment. I want the child to acclimatize to the new home and the foster parents to understand the services needed to take care of the child. I will then do a new rate assessment and it is based upon the amount of time the foster parent spends assisting the child in overcoming his/her difficulties. Perhaps the child was a level 3 in a former home but may not be in the current home.

When someone says a child is a level 3 or a 4 you are saying that the child’s behaviors or medical needs are such that they deserve a certain payment regardless of the care of the foster parent. Later, when I call to do a foster care rate assessment the foster parent will inevitably say to me, “the SW promised me a level 4.” The foster care level is based NOT upon the difficulty of the child but upon the TIME spent by the foster parent to correct the difficulties of the child.

Foster care rates often change from one home to another often based upon “fit.” An example may help. One child I dealt with was quite difficult to manage in one home as he was quite oppositional and did poorly in school and hanging out with the wrong crowd. He had poor hygiene as did the other children in the home and was breaking things in the foster home and ran away with another child. The next placement was a family where the father loved to work on cars and the mother who was a teacher. She instructed him and he learned quickly and understood academics well and did not need much urging to become a good student. The father and he spent time beneath cars and he loved it. The “special needs” he had melted away and he became a typical teen and blended into this home and



was eventually adopted. He was seen as a level 1 in this home as his aggressions and oppositions and running away ceased. His hygiene improved as did his communication etc.

There are some children who move from one home to another whose needs do not change. Their medical needs preclude any possibility of change. Other children have repeatedly evidenced behaviors which do not change with changes in circumstances. However the WAC states clearly that with every change in homes a new assessment is necessary. If you do not hear from me within 3 weeks to a month do not hesitate to call me and let’s do the new rate assessment. You need to be reimbursed properly for the services that you provide to the children you service.

John Traylor
509 363-3433
1 800 557-9671 ext 3433
7-5:30 M. Tu. Th. F.

Mileage Form

Effective immediately caregivers must use the new mileage form saved at the following addresses:

<http://www.fpas.org/files/Mileage%202012%20word.doc>

Or a pdf version at <http://www.fpas.org/files/2012%20Mileage%20form.pdf>

The most important changes to note are:

- ◆ Caregivers who use child care need to provide both their home address and their work address.
- ◆ Caregivers who transport for sibling visits are eligible for reimbursement up to \$7.03 twice a month for activities, snacks, etc. Receipts are required.

Please remember:

Transportation reimbursement is limited to the following:

1. Transportation is necessary to meet the child’s unique needs identified in case planning with the child’s social worker.
2. Transportation is not available from any other source.
3. Reimbursement is not payable from any other source.

***If you need a Provider
One Number for a child
in placement please
call:***



**Valerie T. Marshall, MSW
Regional Foster Care Health & Education
Program Consultant
1313 N. Atlantic, Suite 2000 / Spokane, WA 99201
Phone: (509) 363-3320
valerie.marshall@dshs.wa.gov**

Foster Parent/Caregiver Mini Conference Region 1 North



Mike Canfield's training



Dru Powers and Linda Rogers share about community resources



Licensing Supervisor Penny Oliver was recognized for her years serving foster families— she retired on 9/30/2012!



Book Fair!



Foster Parents Jay and Angie Derting share about marriage and foster care.

Approximately 130 gathered to learn, share, take a break and enjoy delicious food! **Thank you** to Children's Administration, Foster Parent Association of Eastern WA, Families for Kids and FPAWS for sponsoring this great event!



Lunch break and networking!

Upcoming Training:

Parenting Plus!

Foundations for Behavior Management

 *This is a mandatory training.*

This is a comprehensive and fun 36 hour training course designed specifically for foster parents, adoptive parents and kinship providers.

Please commit to completing the entire module, even if you can't complete the entire class at this time.

Dates: Fridays 10/5-11/30 & 1/3/13—1/17/13

Module 1: Introductions, Self-Concept, Cultural Competence & Loss

10/5/12 9:30 AM - 4:00 PM

Module 2: Born Learning / Child Development, Adolescent Development

1/17/13 9:30 AM—12:30 PM

Module 3: Sexual Behaviors

10/19/12 9:30 AM - 12:30 PM

Module 4: Discipline

10/26 9:30 AM - 1:00 PM

11/2 9:30 AM - 12:30 PM

11/9 9:30 AM - 12:30 PM

11/16 9:30 AM - 12:30 PM

11/30 9:30 AM - 12:30 PM

Module 5: Physically Aggressive Children

1/3/13 9:30 AM - 1:00 PM

Module 6: Teaming Assertiveness & Self Care

1/10/13 9:30 AM—12:30 PM

Location: Spokane

*This class is Mandatory. Caregivers licensed after 10/15/2011 have two years to complete it, and caregivers licensed before 10/15/2011 have until 10/15/15 to complete this class.

For Spokane and South of Spokane classes
contact Renee' at
(509) 363-4821 or email SiersRY@dshs.wa.gov

For Omak, Newport & Colville, contact Nancy at
(509)846-2089 or email Nancy at
LNAN300@dshs.wa.gov

For families who are planning to adopt or have recently adopted, come learn how to build healthy connections with your children through TBRI®. The TBRI® approach is based on a solid foundation of neuropsychological theory and research, tempered by humanitarian principles. It is a family-based intervention that is designed for children who have experienced relationship-based traumas such as institutionalization, multiple foster placements, maltreatment, and/or neglect.

**Wednesdays (Bi-Monthly) beginning 10/24
11:30—1:30; Spokane (place to be determined)**
Register with Renee' at siersry@dshs.wa.gov or call 363-4821

*Presented by the Resource Family Training Institute:
Training for Foster Parents, Adoptive Parents
and Kinship Care Providers*

Love & Logic

by Nancy Leigh

Oct. 12-13 Friday 5:30—9:30; Sat. 10—2
Omak DCFS

DVD's for Training Credit Available through Netflix

If you have a Netflix account you can request the following DVD's for training credit:

- ◇ Aging Out (2 hr) Child Safety (1 hr)
- ◇ Beyond F.A.T. City by Dr. Richard Lavoie (2 hr)
- ◇ Frontline: (The) Medicated Child (1 hr)
- ◇ Frontline: The Meth Epidemic (1 hr) Girlhood (2hr)
- ◇ (The) Happiest Toddler on the Block (1 hr)
- ◇ I Have Roots and Branches: Personal Reflections on Adoption (1 hr)
- ◇ It's So Much Work to Be Your Friend: Helping the Learning Disabled Child Find Social Success (2 hr)
- ◇ Misunderstood Minds: Searching for Success at School (2 hr)
- ◇ Secret of the Wild Child (1 hr)
- ◇ World's Most Dangerous Drug (1 hr)

To receive credit request the DVD worksheet from your licensor.

Foster Care Support Network Self—Study Articles

Pamphlets provided by Foster Care Support Network. One hour of training credit is given for each pamphlet completed.



Contact Renee' Siers (509) 363-4821
Or by email at SiersRY@dshs.wa.gov

Training is also available online at
<http://fosterparent.dshs.wa.gov>

Fostering Together— REGION 1 SUPPORT SYSTEMS CONTACT LIST



NOTICE: Support group dates and locations may change. Call facilitator to confirm.

Clarkston Facilitator

Angie Derting (Support/Buddy Program)
angie@homesofhopeproject.org 509-751-8719
Meets 1st Thursday each month @ 7 P.M.
Lewiston First Nazarene Church-childcare provided
Hope Room – Clothes etc.

Colfax Facilitator

There currently is no support group.

Colville Facilitator

Sandee Kircher (Support/Buddy Program)
509-937-4151 kircherbob@yahoo.com
Meets 2nd Tuesday at 11:30 at Pizza Factory
Call to verify date and location.

Deer Park Facilitator

Lori and Jim Bilbruck, Foster/Adopt Support Group
509-276-4744 - bilbruckfam@gmail.com
Meets 2nd Tuesday ea month at 10:30 A.M. at the
Bilbruck home - day care provided at the home

Ferry County Facilitator

No facilitator at this time.
Meets 3rd Tuesday, 9—11 a.m. at Republic Med. Ctr.

Methow Valley Facilitator

Aimee Grant 509-997-0412
aimeegrant@communitynet.org
Call or email for meeting location and time.

Moses Lake Facilitator(Support/Buddy Program)

Susanna Greiner 509-765-1088 or 509-760-5561
E-Mail – sgreiner@scml.us
Meets 3rd Thursday ea month at 6:30 P.M at
Immanuel Lutheran Church - childcare provided

Omak Facilitator(Support/Buddy Program)

Sherry Colomb, Facilitator Cell-509-322-2552
Email—may181996@hotmail.com
Call for meeting day and time.

Pend Oreille Facilitator (Support Program)

Kimberly McNaughton 509-442-2433
kmcnaughton@lcsnw.org; call or email for location/time
South Pend Oreille County Support Group—3rd Tuesday
of ea month at Newport Hosp. Conf. Room: 9—11 a.m.
North Pend Oreille County Support Group—last Friday
of each month at Kimberly's home—5 –7 p.m.

Wenatchee Facilitator (Support/Buddy Program)

Meets 4th Thursday each month at 6 P.M. at Wenatchee
Seventh Day Adventist Church *once a facilitator has been
identified*. Call Nora at 509.665.5349 for more information.
Clothing Closet

Spokane Facilitators

Trudie Nesbitt – **Buddy Program Spokane**
509-487-8270 - OnSquidRow@aol.com

Spokane Valley Support Group & Life Books

Renee' Siers, Trainer and Facilitator
509-251-2936 – siers2u@comcast.net
Meets 2nd Saturday ea month – Call or email for location

Night Life Support Group (Evening Meeting)

Amber Sherman, Facilitator 509-467-2964
(cell-499-2456) asherman@lcsnw.org
Meets 4th Tuesday each month – 6:00 P.M. to 8 P.M.
Prince of Peace Church – 8441 N. Indian Trail Rd., Spokane
Day care available – 3 day notice requested

Coffee Time Support Group (Morning meeting)

Sandy Porter, Facilitator, (509) 990-0980, sdporter7@hotmail.com
Meets 3rd Thursday ea month – 9:30 to 11:30 A.M.
E. Central Comm. Ctr – 5th & Stone - Day care with 2 day notice

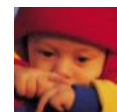
Native American Foster Family Support Group

Aimee and Roger Moses, Facilitator
509-483-7336 and Cell 218-8889 naffsg@live.com
Meets 3rd Saturday ea month 10:30 a.m. to 12:30 p.m.
At the LDS Church, 808 E. Sitka, Spokane
Training for Adults and Craft for the children

West Plains Support Group

Cindi Roderick, Facilitator; 509-499-1100; cindi@execs.com
Meets 3rd Thursday of each month; 6—8 p.m.; child care provided
Call or email for location.

Clothing Support Available in the Spokane Area:



1. Clothing Perk is now Open!!!

The Clothing Perk is open to clothe children ages newborn to 12.
Please check the FPAS website at www.fpas.org or Facebook for
updates. Call 509-362-2301 for an appt.

***Stevens/Ferry/Pend Oreille County Clothing Perk** is open!
Call Pam (509) 937-2067 for more info on referrals and appoint-
ments.

2. Teen Closet

The Teen Closet, offers teen clothing for any teen connected with
Children's Administration in Region 1. Visit their site at
www.teencloset.org or call (509) 534-1151 to arrange an appt.
Located in the Spokane Valley off Argonne at 9212 E. Montgomery
#302. Teens are welcome from the region by appointment. Open
2nd Saturday of each month from 9—1. Referrals to be submitted
prior to making an appointment. See www.teencloset.org for more
info.

3. Julianne's Prom Closet

Julianne's Prom Closet is open by appointment at 218 N. Bernard
St., basement of the Fruci Building; Spokane. They accept quality
new and gently used formal wear, and accessories. Call (509) 939-
6324 to set up an appointment or make a donation.

The more sugar people drink, the more unhealthy weight they get

By Dr. Don Ashley

Sugar sweetened drinks seem to energize you. All that energy, without making you feel like you ate anything! Sugary drinks do not really satisfy your thirst. The flavor is nice. You can drink a lot and not feel full. It leaves you still somewhat thirsty. You can get trapped into drinking more, and more, and more. It is not just sugary drinks. Juice can also cause an unhealthy weight.



Recently one of the major medical journals printed three studies. The studies were about weight and what you drink.

The Dutch study took 600 children who already drank sugary drinks. The children were under the age of twelve. At their morning school break, they got a flavored drink. Some were given an artificially sweetened drink. Some got a sugary drink. Flavored drinks were sent home for the weekend and holidays.

Americans would consider these tiny cans. The cans were only eight ounces. The standard American pop or juice can is twelve ounces. Instead of the 140 calories in an American can of Lemon-Lime Soda, there were 104 calories. And, the sweetened drinks were not soda-pop. They were just a sweetened drink. One small can a day. One can every day for one-and-a-half years.

The children who were switched to an artificially sweetened drink gained two pounds less weight. Before you think of doing that with your child, talk with their Doctor or ARNP. For most school age children and older, water is healthier than an artificial drink. Many people take a bit of time to get used to water. You also need to make sure everyone in the home will also quit drinking sugar. It is totally unfair to have one person live healthy while everyone else splurges.

The second study looked at people who have been

tested for certain genes. These are the thirty-two genes we think cause overweight. Different people inherit different numbers of those genes. 6,900 women were studied. The women were much more likely to go from normal weight to overweight the more often they drank something sweet. The sweet drink could be juice or something sugary. Drinking something sweet once a month, you sometimes went overweight. Drinking something sweet every day was much more likely to go overweight. The more genes you had, the more you gained with the more sugar you drank. They found the same thing in another group of 21,000 women who had genetic testing. It did not matter whether the drink was juice or sugar. Juice or sugary drinks caused weight gain.

There was a third study. This study looked at 224 overweight American teens. For one year, one-hundred-ten of the children were encouraged to avoid sugar sweetened drinks. They gained less weight! They gained four pounds less in just one year!

The next year, they returned to their old habits. For most of the children, things went back to where they were. With no change in habits, there was no improvement.

Watching people we have learned something. Most people are more pleasant if they walk and skip and bike and just move. Active people are less likely to get depressed. Burning calories feels good for hours afterward. Eating calories also feels good, but for a shorter time. To really feel alive, you have to burn calories and eat enough calories to be active. It needs both.

And habits do not break just because someone tells you to. It takes recognition when things go right. It takes encouragement when things do not go right. Nagging does not help. It requires continued consistency and sup-

Welcome to our new Statewide Recruitment Retention Contractor Olive Crest—Fostering Together

On October 1, 2012, Olive Crest took over as the statewide contractor for recruitment and retention of state foster homes. They will oversee recruitment and retention staff throughout the state under the name Fostering Together.

In Eastern WA, current Program Director Suzie Toews will oversee all aspects of this contract. Her counterpart in Bellevue will oversee Western WA. In Region 1 North and South, Linda Rogers has been hired as the Regional Coordinator. She will oversee liaisons throughout the region as well as community outreach staff.

During the next three months, the support groups in Region 1 North will stay as is. See page 6 for the current list. This contract also includes the FIRST program which is a service provided to give input and support to caregivers going through allegations. One other component is the Critical Support piece which will provide some limited in-home support for children as risk of needing to change homes.

Watch for more information as Fostering Together is off and running! For more information, please contact Suzie Toews at Suzanna-Toews@olivecrest.org.





Regional News

Next HB 1624 Meeting—Tuesday, December 4; 1—3 p.m.

—Regional House Bill 1624 Meeting; **Spokane DCFS Office**

—**all foster parents & caregivers are encouraged** and welcome

***Please contact Laurie at (509) 363-3523 for information**

FP Advisory Board Meetings in Spokane for 2012:

All foster parents are welcome & encouraged to attend

(SW Conference room; check in with reception first)

- ♦ Usually the 3rd Tuesday of each month when there is no HB 1624 meeting however until our new contract is up and running we have cancelled the October and November meeting.
- ♦ **Tuesday, January 15, 2013; 12:30—2**

Save the Dates— watch for recognition activities in your area!

Watch for more information from your local office or online!

The Clothing Perk Serving Spokane & Beyond!

The Clothing Perk is open and sponsored by The Foster Parent Association of Spokane along with Children's Administration. It is available by appt. for caregivers with kids newborn to 12. To visit the Clothing Perk you will need a SW referral—find more info online at www.fpas.org. Or on Facebook under Clothing Perk of Spokane. For more info, call Stacey at (509) 362-2301.

The Clothing Perk in Loon Lake

CP of Loon Lake serves children newborn to 18+ from Stevens, Ferry and Pend Oreille counties. Please contact your SW for a referral and then call Pam at (509) 937-2067 for an appointment.

Teen Closet Brings Fashion to Teens

The Teen Closet in Spokane is almost two years old and is proud to say that they have provided clothes for more than 500 teens since their doors opened.

Teens are referred by their social worker up to two times a year. Once the referral is received then the teen is invited to come shop and pick out new clothes.

The Teen Closet is always looking for donations of new or gently used fashionable clothing for teens as well as toiletries and outerwear.

Volunteers are also needed each month on their open house day.

Next open houses are:

Saturday, October 13 9—2; Saturday, November 10—9—2

SW referral must be submitted prior to that

For more information, please call 509-534-1151 or see the website at www.teencloset.org

Foster Caring Information

F.I.R.S.T.

Foster Intervention/Retention Support Team

Provides non-judgmental support to foster families experiencing allegations of abuse or neglect.

1-253-219-6782

Foster Parent & Caregiver

Support Line

4:30 PM—8 AM Monday—Friday

24 hours a day on weekends and state holidays

1-800-301-1868

Do you have any openings in your home? Please contact your local office placement desk.

Check out the Foster Parent Assoc. site for **all caregivers in Region 1.**

www.fpas.org

Sponsored by Foster Parent Association/Spokane/Eastern WA and Children's Administration.

This newsletter is mailed or emailed to all foster parents, caregivers in Region 1 North

To submit articles for future issues, or to sign up for email alerts contact:

Foster Caring; c/o Laurie Palmquist
1313 N. Atlantic, Ste. 2000

Spokane, WA 99201

Or email

Laurie.Palmquist@dshs.wa.gov

or call (509) 363-3523.

Toll Free: 1-800-558-3040

Fax: (509) 363-4617

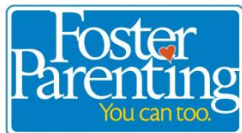
Submission deadline for the

*Winter Issue is **January 7, 2013***

Div of Children & Family Services
1313 N. Atlantic St., Ste 2000
Spokane, WA 99201-2318

Return Service Requested

**Region 1 North Caregiver
Newsletter**



Washington State Children’s Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624)

September 18, 2012; 1—3 p.m.; Spokane CA Office

Training Update – Michelle Cutlip - see page 4

Recruitment Update –Linda Rogers

Retention / Support – Dru Powers

Update on support groups – see page 5

Additional Support Topics on the Agenda

Statewide Consultation HB 1624 Meetings—The following issues were submitted and will be discussed at the statewide meeting in Olympia on October 22 from 1—4 PM:

- ◆ **Clarifying Process for exceptions, policies and procedures for Summer Activities for kids in care.**
- ◆ ***Tips for Foster Parents—share our resource sheet***
- ◆ ***FAQ on the Travel Information sent to out to FPs. Clarification on what’s required.***

Next Regional Meeting – Tuesday, December 4; 1—3 PM; Spokane DCFS

Next Statewide Meeting – Monday, October 22; 1:00 – 4:00 p.m.; by video conferencing
(in Region 1 that is available at the DSHS office at 8517 E. Trent)

Here is an abbreviated version of the agenda from Region 1 HB 1624 Regional Consultation meeting held in Spokane. For a full set of minutes please email Laurie at pall300@dshs.wa.gov. Hope to see you at our December 4th meeting in Spokane at DCFS from 1—3 PM