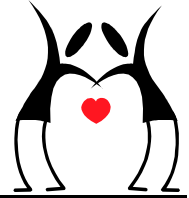


# Foster Caring



## Caregiver Appreciation Events

Throughout Region 1 North, caregivers were honored at events held especially in their honor. These include:

- ◆ **Spokane/Lincoln Counties**—on Saturday, May 14, more than 260 attended an Academy Awards night of spotlights, music and wonderful food.
- ◆ **Clarkston/Colfax offices**—more than 40 gathered to honor caregivers living in the Whitman/Asotin/Garfield counties.
- ◆ **Moses Lake office**—approximately 100 joined a fun barbecue in August honoring caregivers in Grant/Adams counties.
- ◆ **Colville office**—approximately 76 gathered in Chewelah for a fun barbecue in August to honor caregivers in Stevens county.
- ◆ **Omak office**—staff gathered to honor approximately 50 caregivers in Oka-



*Erik Larson (DCFS) and Art Harper (FP) at the FP/Caregiver Dinner in Spokane.*

- nogan county at a spaghetti dinner at the Eagles.
- ◆ **Newport office**—earlier this year, staff gathered to honor caregivers in Pend Oreille county.
- ◆ **Wenatchee office**—Plans are in the works to honor caregivers in Chelan and Douglas counties in early 2012. Watch for details.

Region 1 North  
Caregiver Newsletter

Fall 2011

Have you visited the new Clothing Perk in Spokane? Check out page 5 for contact information!

## Regional Mini Conference— Sept. 24th

More than 130 caregivers registered for the annual Regional Mini Conference in Spokane, WA. It will be held Saturday, September 24 at Prince of Peace Lutheran Church. There are many great speakers, and participants receive 8 hours of training credit.

Thank you to the Foster Parent Association (Region 1 North), Children's Administration, FPAWS and the many foster parent volunteers and staff volunteers for pulling together an outstanding 3rd Annual Mini Conference!

The Foster Parent Association—Region 1 North (FPAS) is looking for more volunteers to join our board and help with special projects. If you are looking to get more involved with the support of the foster parent community, please contact us through our website - [www.fpas.org](http://www.fpas.org) - or e-mail to [contact@fpas.org](mailto:contact@fpas.org). We have some fun and exciting things on our list of projects, and would love to have your help in accomplishing them! FPAS supports activities and programs for caregivers in Region 1 North.

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## Regional Mini Conference Sept. 24th

# Email

In order to be conscientious about costs, we are asked to email rather than use postal mail. This means we need current, valid email addresses.

*We ask that you do the following:*

1. Sign up to receive this newsletter by email at [www.fpas.org/newsletter.php](http://www.fpas.org/newsletter.php)
2. Notify your licenser with your email address for mailings/notifications from the region and state offices.



## Words of Wisdom from Accounting

In order to get paid timely for your mileage, please remember to turn in your mileage **monthly**.

More and more mileage requests going back as many as six months have been submitted. The form does mention that you have up to 90 days to submit but when problems arise, you risk potential payment problems that could result in no payment or delayed payment. It is best to send in all mileage, big or small, every month.



Mileage forms are available online at [www.fpas.org](http://www.fpas.org).

## Caregiver Mileage Reimbursement

1. Caregiver Mileage Reimbursement form is completed by the Caregiver and submitted to assigned Social Worker within 90 days of service.
2. Social Worker reviews submitted form for accuracy, completeness and appropriateness of claims and makes adjustments as necessary. SW notifies Caregiver if discrepancies are noted.
3. Social Worker signs reviewed form and submits to Business Office for payment processing.
4. Fiduciary staff reviews submitted form for accuracy, completeness and appropriateness of claims and makes adjustments as necessary.
5. Fiduciary staff notifies assigned SW if adjustments are needed before processing payment.
6. SW notifies Caregiver if discrepancies are noted.
7. Payment is processed through Famlink.

## Crib Reminders

*Beginning June 28, 2011, all cribs manufactured and sold (including resale) must comply with new and improved federal safety standards. The details are available on CPSC's website at [www.cpsc.gov/businfo/frnotices/fr11/cribfinal.pdf](http://www.cpsc.gov/businfo/frnotices/fr11/cribfinal.pdf).*

The new rules also apply to cribs currently in use at all licensed and unlicensed homes through Children's Administration as well. For more information on the exact regulations please see <http://www.cpsc.gov/onsafety/2011/03/the-new-crib-standard-questions-and-answers/>.

For new homes getting licensed, DLR would like to see homes using the new approved cribs. All homes should convert by December 28, 2012. Call your licenser for further clarification.



## Immunizations/Shots

**As a reminder:** In order to be licensed for ages birth to 24 months, it is the expectation of licensing that the children in their home be immunized (regardless of medical, religious or philosophical reasons).

WAC 388-148-0340:

(3) If you are providing care and have minor children of your own who are on the premises of a home or facility, your children must have proof of current immunizations.



# Unannounced Social Worker Visits

*Various policy changes affect caregivers. It is important we keep you informed of changes that affect you directly.*

## Social Worker Monthly Health and Safety Visits—Policy Change

**Social workers must:**

- Conduct an unannounced face to face visit in the caregiver's home when social worker receives an automated message identifying the selected caregiver. This notice will be randomly selected and generated within FamLink.
- Complete the unannounced home visit within 30 days of the notification.

Document the unannounced home visit in FamLink by selecting Unannounced HV - Child's SW category

**Additional information:**

- The random selection excludes providers who were selected in the previous two months or who have had a

successful unannounced visit within the last 24 months and the following service categories:

- HOPE
- Out of State Foster Care
- Regular Receiving Care
- Special Receiving Care

The information may be accessed by clicking on the links below:

- [4420 Social Worker Monthly Health and Safety Visits SHB 1697 Unannounced Home Visits Legislation](#)

If you want more information or have further questions after reviewing the legislation, please contact Carrie Kendig, Permanency Program Manager at [carrie.kendig@dshs.wa.gov](mailto:carrie.kendig@dshs.wa.gov) or by phone at 360.902.7568.



## NOTIFICATION ABOUT COURT

Children's Administration values the knowledge caregivers have about the children placed in their home. We encourage you to share this information, especially at the scheduled court hearings, so the judge and others involved in the case can hear information about the child from your perspective. Caregivers have a right to be heard in court about the children in their care and no one knows better what is going on with the child in your home - than you do!



The child's social worker will let you know the date of the next court hearing. A good time to talk about this is during the monthly visit with the social worker. Also, don't hesitate to ask the social worker if you need to find out when a hearing is scheduled. We want to make sure you have time to plan if you want to attend the hearing. If you have recently received an updated Individual Service & Safety Plan (ISSP), it will state the date/time of the next hearing.

Hearings are scheduled during the work day, and it may not always be possible for you to attend. If you are unable to be present at the hearing, you can still share your information about the child with the court. The Caregiver's Report to the Court (<http://asd.dshs.wa.gov/FormsMan/formDetails.aspx?ID=7188>) is the document each caregiver can use to record information about the child. Keep your report concise; judges don't have a great deal of time for each case. This report should be given to your social worker to file with the court, or you can bring it with you when you come to court. If you bring the report with you to the court hearing, come early so copies can be made of the document.

**Here are some helpful hints on how to make sure your voice is heard:**

- ◆ Be aware of court dates and locations - ask for this information at the child's monthly Health & Safety visit; check the date on the current ISSP. Don't hesitate to contact the worker to obtain this information.
- ◆ Make sure you know the court's Legal Number for the child's case; you can ask the social worker for this information. It is contained on the ISSP just after the child's name.
- ◆ Provide accurate and factual information about the child. Describe what you have observed and discuss the child's needs.
- ◆ Be organized, prepared and concise; make your most important points first.
- ◆ Be respectful, sincere and polite; avoid being judgmental - especially about other people involved in the case.
- ◆ Send a copy to the social worker, so they can make copies to bring to the court hearing
- ◆ Bring your report with you when you come to the hearing.
- ◆ Let the social worker know you are there, and let him/her know if you wish to be introduced to the court.
- ◆ Courts may schedule many hearings at the same time; the judge will decide which case to hear first, **so be prepared to wait.**
- ◆ Most judges like to hear directly from caregivers; however, it is your decision on how you would like to be heard - you do not have to speak, it is fine to simply submit your report.

## Upcoming Training:

### Sexually Aggressive Youth (SAY)

Spokane DCFS  
11/28 & 11/29 5:30—9 PM  
Colville  
11/30 & 12/1  
5:30—9

### So You Have Your 1st Placement Now What?

This new training is receiving Rave Reviews!  
Tuesday, 10/18 9 AM—12 PM  
Spokane DCFS Office

### Foster Children & Visitation

11/7, 6-9 p.m.  
Spokane DCFS

### Fetal Alcohol Spectrum Disorder

By Nancy Leigh  
10/10, 5:30 –9:30

### Born Learning

10/6, 5:30— 9  
Clarkston, WA  
10/21, 5:30—9:30  
Colville DCFS  
12/7, 5:30—9:30  
Spokane DCFS

### Love & Logic

9/23 5:30-9:30 & 9/24 10—2  
Omak  
9/26 & 9/27 5:30—9:30  
Wenatchee  
10/25 & 10/26 5:30—9:30  
Moses Lake  
11/14 & 11/15 5:30—9:30  
Colville

For Spokane and South of Spokane classes  
contact Michelle at

(509) 363-4821 or email [cumi300@dshs.wa.gov](mailto:cumi300@dshs.wa.gov)

For ML, Omak, Wenatchee & Colville, contact  
Nancy at (509)846-2089 or email Nancy at

[LNAN300@dshs.wa.gov](mailto:LNAN300@dshs.wa.gov)

### Trust Based Relational Intervention

**Pre -Adoption  
Support Group**

For families who are planning to adopt or  
have recently adopted, come learn how to  
build healthy connections with your children.  
Taught by Renee Siers and Michelle  
Cutlip. Classes will be in Spokane, Clarkston  
and Colville.

Starting in November

Email Michelle at [cumi300@dshs.wa.gov](mailto:cumi300@dshs.wa.gov) for  
more information.

### Washington State Resource Family Lending Library

The Lending Library offers books, tapes and other training  
materials for Washington State foster parents and kinship  
providers to check out. The materials will be mailed to  
you in a reusable pouch with postage pre-paid by DSHS  
for the return of materials.

The service is free to **all** Kinship Caregivers and Foster  
Parents in Washington State. You do not have to have an  
open case with the Department in order to use this library.

### Access training materials

<http://fosterparent.dshs.wa.gov>

### DVD's for Training Credit Available through Netflix

- ◆ Acting Out
- ◆ Beyond F.A.T. City
- ◆ Child Development
- ◆ Child Safety
- ◆ Frontline: Growing  
Up Online
- ◆ Frontline: (The)  
Medicated Child
- ◆ Frontline: Medicated  
Child
- ◆ Frontline: The Meth  
Epidemic
- ◆ Girlhood
- ◆ (The) Happiest Toddler  
on the Block

If you have a Netflix account you can request the fol-  
lowing DVD's for training credit. To receive credit  
request the DVD worksheet from your licensor.

For a more complete list access [www.fpas.org](http://www.fpas.org)

### Foster Care Support Network Self—Study Articles

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

Contact Michelle Cutlip (509) 363-4821

Or by email at [cumi300@dshs.wa.gov](mailto:cumi300@dshs.wa.gov)

Training is also available online at

<http://fosterparent.dshs.wa.gov>

# Families for Kids— REGION 1 SUPPORT SYSTEMS CONTACT LIST

**Regional Coordinator** Dru Powers 509-928-6697 [dru.powers@juno.com](mailto:dru.powers@juno.com)

P.O. Box 141359, Spokane Valley, WA 99214-1359

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



## **Clarkston Facilitator**

Angie Derting (Support/Buddy Program)

[angie@homesofhopeproject.org](mailto:angie@homesofhopeproject.org)

Meets 1<sup>st</sup> Thursday ea month @ 7 P.M.

Lewiston First Nazarene Church-childcare provided

## **Colfax Facilitator**(established by Colfax office)

Shelly Elkins, Colfax Office Staff

Meet 3<sup>rd</sup> Thursday ea month alternating between the

Daily Grind in Pullman and the Colfax Office

## **Colville Facilitator**

Sandee Kircher (Support/Buddy Program)

509-937-4151 [kircherbob@yahoo.com](mailto:kircherbob@yahoo.com)

Meets 2<sup>nd</sup> Tuesday at 11:30 at Pizza Factory

Call to verify date and location.

## **Deer Park Facilitator**

Lori and Jim Bilbruck, Foster/Adopt Support Group

- [bilbruckfam@hotmail.com](mailto:bilbruckfam@hotmail.com)

Meets 3<sup>rd</sup> Tuesday ea month at 10:30 A.M. at the Bilbruck

Home – Child care provided at the home

## **Ferry County Facilitator**

Arlette Porter (Support Program)

[arlette@rcabletv.com](mailto:arlette@rcabletv.com) cell: 509-680-1128

Meets 3<sup>rd</sup> Tuesday, 5:30 P.M. at Republic Medical Clinic

## **Methow Valley Facilitator**

Aimee Grant 509-997-0412

[aimeegrant@communitynet.org](mailto:aimeegrant@communitynet.org)

Call or e-mail for meeting location and time.

## **Moses Lake Facilitator**(Support/Buddy Program)

Virginia (Ginny) Johnson

509-398-3122 [ginjo73@yahoo.com](mailto:ginjo73@yahoo.com)

Meets 4<sup>th</sup> Thurs at DSHS ofc-6:30 P.M.-childcare provided

## **Omak Facilitator**(Support/Buddy Program)

Jacque Lott 425-478-3237

[jacquelott@yahoo.com](mailto:jacquelott@yahoo.com)

Call or e-mail for meeting day and time.

## **Oroville Facilitator** (Support Program)

(no facilitator at present time)

## **Pend Oreille County Facilitator** (Support Groups)

Kimberly McNaughton 509-442-2433 [kmcnaughton@lcsnw.org](mailto:kmcnaughton@lcsnw.org)

Call or e-mail for directions.

**South Pend Oreille County Support Group** – 3<sup>rd</sup> Tuesday ea month at Newport Hospital Conference Room – 9 – 11am

**North Pend Oreille County Support Group** – last Friday of each month at Kimberly's home – 5 to 7 p.m.

## **Wenatchee Facilitator**(Support/Buddy Program)

Contact Dru Powers for information.

Meets 4<sup>th</sup> Thursday ea month at Wenatchee Seventh Day Adventist Church at 6 P.M.- Child care provided.

## **Spokane Area Facilitators**

Trudie Nesbitt – Buddy Program Spokane

509-487-8270 - [OnSquidRow@aol.com](mailto:OnSquidRow@aol.com)

Spokane Valley Support Group & Life Books

Renee' Siers, Trainer and Facilitator

509-251-2936 – [siers2u@comcast.net](mailto:siers2u@comcast.net)

Meets 2<sup>nd</sup> Saturday ea month – Call or email for location

Night Life Support Group (Evening Meeting)

Amber Sherman, Facilitator

(cell-499-2456) [asheraman@lcsnw.org](mailto:asheraman@lcsnw.org)

Meets 4<sup>th</sup> 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)

Dea White, Facilitator, 230-1483, [jwhitemd@msn.com](mailto:jwhitemd@msn.com)

Meets 3<sup>rd</sup> Thursday ea month – 9:30 to 11:30 A.M.

E. Central Community Ctr – 5<sup>th</sup> & Stone

Day care available – 2 day notice requested.

Native American Foster Family Support Group

Aimee and Roger Moses, Facilitator

509-487-1232 and Cell 218-8889 [naffsg@live.com](mailto:naffsg@live.com)

Meets 3<sup>rd</sup> Saturday ea month 10 a.m. to 12 Noon

MAC (Museum of Arts and Culture)

Training for Adults and Craft for the children

Families Raising Relatives Support Group

Contact: Dru Powers, 928-6697 [dru.powers@juno.com](mailto:dru.powers@juno.com)

Meets 3<sup>rd</sup> Thursday ea month - 6:00 P.M. to 8 P.M. at

505 E. Wedgewood, Spokane (behind Lilac Plaza)

Day care provided on site with 2 day notice.

## **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](http://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 appointments.

### **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](http://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](http://www.teencloset.org) for more info.



# Habits for Living in the Northwest

By Dr. Ashley

Some things are so deceptively simple you just need to make them a habit.

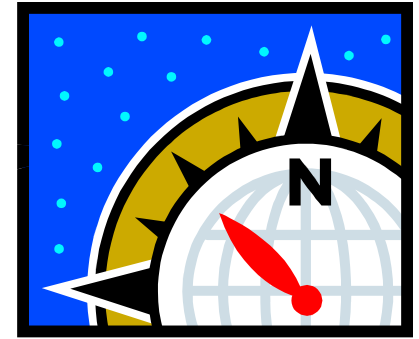
You want a child's brain to function well, the brain needs sleep, the brain needs a nutritious breakfast every morning, the brain needs active but not overactive stimulation. When you are short on sleep, your reaction time deteriorates. No breakfast, and your short term memory fails. Eat a typical kid's cereal for breakfast, and your energy level gets picked up only to drop a couple hours later. Pop-tarts or juice or sweet drinks multiply the effect of that midmorning drop. Kids are more likely to make it all the way until lunch if they eat low sugar cereal like standard Cheerios, or cooked cereal, or whole wheat toast with butter or heart healthy margarine. Reading age appropriate books to a child multiplies their vocabulary. Watching television rated for an older person—rated even a tiny bit older than they are—can disturb their equilibrium.

Wearing a properly fitted bike helmet prevents ten out of eleven concussions. Protect your credibility. If you ride a bicycle, wear the helmet. It is okay for the grown-ups to be an example to the kids. It also prevents the “but you don't wear one“ argument. Helmets are hot and mess up your hair. With all those crazy drivers out there your brain needs all the protection it can get. No helmet, no bike.

If anything, grown-ups are more susceptible to West Nile virus than kids. The months of May until November, when outdoors and it is dark or getting dark, wear mosquito repellent on exposed skin.

Even if grown-ups do not have to wear life jackets when boating, grown-ups' lungs appreciate it when the first breath we take after plunging into the water is air. Life jackets can be hot and sticky and chafe the skin. We wear life jackets because life jackets make it more likely that we will be breathing air instead of choking on water.

Covering the cough, and washing your hands before touching your face, is a habit learned by every school child in the district where I live. Practice when they are in a happy playful mood. When they have learned, notice. Keep on noticing, time after time. The words “you did it” give them that extra oomph when they would have gotten bored or tired. A hug, a smile, clapping bravo, the words “I'm proud you remembered” can all go a long ways in helping the children keep the healthy habits they need.



## Washington State Children's Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624) September 20, 2011; 6—8 p.m.; Spokane DCFS 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

- ◆ Respite
- ◆ Receiving Care
- ◆ Immunizations

**Statewide Consultation HB 1624 Meetings**—Reviewed the most recent meeting with R1's issues on social networking clarification and when kids age out. Topics were discussed for the October meeting. Ideas can be submitted through Dru (email above)

**Next Regional Meeting – Tuesday, December 6, 2011 (time to be determined); Spokane DCFS Office**

**Next Statewide Meeting – Monday, October 17; 1:00 – 4:00 p.m.; Nisqually Room, Tumwater DCFS and 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 contact Dru Powers at [dru.powers@juno.com](mailto:dru.powers@juno.com) or call her at 928-6697. Hope to see you at our December meeting in Spokane at the DCFS office (time to be determined)!



## Regional News

### Next HB 1624 Meeting—Tuesday, December 6

—Regional House Bill 1624 Meeting; **Spokane DCFS Office**  
(time to be determined)

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

**\*Please contact Dru Powers at (509) 928-6697** for information

### FP Advisory Board Meetings in Spokane for 2011:

*All foster parents are welcome & encouraged to attend*

(SW Conference room; check in with reception first)

- ◆ **Tuesday, October 18; 12:30—2**
- ◆ **Tuesday, November 15; 12:30—2**

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### The Clothing Perk is Now Open!

The Foster Parent Association of Spokane along with Children's Administration is happy to announce that the Clothing Perk has moved to a new location adjacent to the Teen Closet!

**9212 E. Montgomery, Ste. 504; Spokane Valley, WA 99206**

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](http://www.fpas.org). For more info, please call (509) 362-2301.

**Kudos to Stacey Graffia and many caregiver volunteers** for their labor of love with MANY hours on this project near and dear to them!

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### The Clothing Perk in Loon Lake is available

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.

**Kudos to Pam and Lonny Clifner and family** for their labor of love. Their concentrated effort with community support brought this great resource together in short order!

### 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 450 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 house is Saturday, October 8 from 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](http://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](http://www.fpas.org)

### Sponsored by

**Foster Parent Association/Spokane, Children's Administration and Families for Kids.**

*This newsletter is mailed to all foster parents, caregivers in Region 1*

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](mailto: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 6, 2012*

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

Return Service Requested

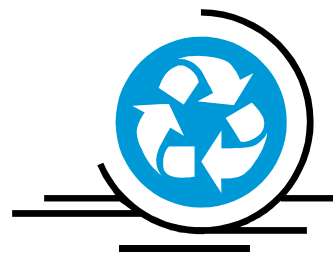
**Region 1 North Caregiver  
Newsletter**



Foster Caring

**We have *lost our budget to mail this newsletter* so in order to get current news to you on a regular basis, we need your email address!**

**Help us go GREEN!**



**Sign up to receive this quarterly newsletter by email at [www.fpas.org](http://www.fpas.org) or email your address to [contact@fpas.org](mailto:contact@fpas.org) and you'll receive up-to-date information all year long including news on last minute ticket donations!**