



# Foster Caring



## Foster Children Graduation Rate at 75% in Region 1

Region 1 Foster Parent  
Caregiver Newsletter

Spring 2010

Treehouse and WA State Institute for Public Policy just announced the following Graduation Rates for Kids in Foster Care during 2009. The average rate for Washington State is 60%. However in Region 1 we exceeded that with a 75% graduation rate! In fact, Region 1 rated the highest of any region. The remaining regions had rates from 27% up to 67%.

The initiative aimed to reach the approximately 3,000 foster youth over the age of 13 in Washington State.



Foster Care to College partners implemented an educational campaign (including a website, direct mail, and local seminars) to encourage youth to attend college and provide information

Much of this success is due to the three-year, foundation-funded effort, called the **Foster Care to College Partnership (FCTCP)**, started in 2006. It is designed to improve high school graduation and college enrollment rates among foster youth in Washington State in 2004.

*...these programs hold promise in improving the educational outcomes for youth in foster care.*

This partnership was funded by Casey Family Programs, the Stuart Foundation, the Bill and Melinda Gates Foundation, the Northwest Children's Fund, and the Norcliffe Foundation.

The Foster Care to College Partnership (FCTCP) was led by six different state and community agencies including Washington State Department of Social and Health Services, Children's Administration; College Success Foundation (formerly Washington Education Foundation); Washington State Higher Education Coordinating Board; Washington State Office of Superintendent of Public Instruction; Casey Family Programs; and Treehouse.

and resources to foster students and their families. In addition, FCTCP agencies established a statewide volunteer mentor program and summer college assistance workshop for foster youth.

As part of the FCTCP initiative, the Institute was asked to evaluate the effectiveness of these activities. They found that compared to similar youth in foster care, foster students who participated in FCTCP programs were significantly more likely to graduate from high school and attend the first year of college. While high school completion and college enrollment rates are still low, this research shows that these programs hold promise in improving the educational outcomes for youth in foster care.

To refer your foster youth, please contact your social worker. You can also access a smorgasbord of information at <http://www.independence.wa.gov/>.

Check out the calendar on page 7 and trainings on page 4!

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# 72-Hour Initial Health Screen (IHS)



Children entering foster care will now have an Initial Health Screen within 72-hours of placement. The health screen is different from the Early and Periodic Screening Diagnoses and Treatment

(EPSDT) or, Well-Child Exam that is required within 30-days of placement. The purpose of the initial health screen is to understand the emergent health needs of children as they enter out-of-home care.

When making appointments, it will be important to differentiate between your request for the 72-Hour IHS and the EPSDT appointment. Please use the appropriate Foster Care Initial Health Exam form (DSHS 13-843) to be completed by the medical provider. You may request a copy of this form from the social worker or by downloading it from the R1, Foster Parent Website ([www.fpas.org](http://www.fpas.org)).

The placing or assigned social workers should be notified prior to and following the scheduled IHS appoint-

ment, and a copy of the Foster Care Initial Health Exam form should be sent to them following the medical appointment.

The following groups of children are **NOT** required to have a 72-Hour IHS:

***Children entering foster care will now have an Initial Health Screen within 72-hours of placement.***

Children placed as result of medical issues and under medical care.

Children who require immediate medical care due to illness or injury and are seen in a clinic, emergency room, or urgent care clinic at the time of placement.

Children placed directly from the hospital (including NICU).

Children placed directly from an emergency room.

Children who have received, or are scheduled to receive an evaluation for child sexual abuse.

**To request a group presentation, or for more information call: Valerie Marshall, Fostering Well-Being Program Consultant @ (509) 363-3320.**

## Reminders from Licensing

### SUMMER FUN IN FOSTER HOMES

Please remember that all pools, water features and trampolines must be reported to your foster home licensor.



Dangerous activities like scuba diving and hunting must be pre-approved by the child's social worker. If in doubt, please call.

Enjoy a safe summer from your friends at Foster Care Licensing!

## Tidbits from Placement Desks

Reminder—

Please do your best to ensure that you have necessary equipment and supplies ready to go for whatever ages you agree to foster. There may be some new delays in getting the clothing voucher right away so it would be very important for you to at least have a few changes of clothes on hand for various sizes and ages.

Many foster parents find great deals on gently used clothing in their communities. Any clothes purchased with clothing vouchers do follow the child so having an assortment of your own is important.

# Families for Kids Launches Volunteer Recruitment Team

*Submitted by Alisa Moore, FFK Director*

Families for Kids collaborated with DCFS this winter to develop a new recruitment and family support contract which places more emphasis on reducing racial disproportionality in Region 1. Ethnic minority children enter foster care at much higher rates than Caucasian children, and they tend to stay in foster care much longer, too. Our goal is to lower the number of ethnic minority children entering foster care, and to recruit more families in “neighborhoods of focus” so that children can remain in their own communities when they *are* placed in foster care.

FFK, DLR and DCFS worked together to develop a new foster family volunteer recruitment team in and around Spokane. We are excited about the expertise, experience, and passion that our new volunteers are

*...to recruit more families in “neighborhoods of focus” so children may remain in their own...*

bringing to their work. In just one week, one of our volunteers already recruited a new family! We’re also very proud of our family support volunteers who facilitate 15+ support groups across the region.



*We’re the best!* Whenever I attend meetings in Region 1, I constantly hear families and staff saying, “We’re the best!” In fact, Region 1 is a model for the entire state with many of its

programs, the way regional staff relate with families, and how families work together. Having worked in regions across the state, and being a contractor who works closely with region 1 foster families and DCFS, Family to Family and DLR staff, I strongly agree that Region 1 is “tops”!

## Do’s For Foster Parents at Family Team Decision Meetings (FTDMs)

*Submitted by David Needham*

Foster parents play an incredibly important role in all aspects of a child’s life and care. Your knowledge of the child is incredibly beneficial to agency staff, the families that we work with and other persons involved with the family. Sharing your knowledge at different staffings and meetings helps all involved gain greater insight as to the child and their needs, and leads to better outcomes for the families we serve.

Family Team Decision Meetings are held whenever a placement decision for a child needs to be made. The purpose of holding an FTDM is to encourage and increase family involvement in placement decisions that affect their children and to involve a broad representation of individuals to share in the decision making process. Teams work together to address the safety concerns and to create a network of support for the child and the adults who care for the child. The goal is to develop a plan that will provide the safest and most appropriate placement for children while preventing unnecessary moves and encouraging continued family involvement.

Here are 10 tips for you on preparing for and participating in FTDMs:

1. Try to attend FTDMs as these are held in a safe, supervised setting. Attending the FTDM allows for you to meet the persons involved with the family and is a wonderful opportunity to learn valuable information.
2. Inform social workers ahead of time if you are uncomfortable with the biological parents and why. This will also allow for the social worker to inform the facilitator of your concerns.

3. When the confidentiality statement/sign in sheet is sent around the table you do not have to sign your full name or provide your address and telephone number.



4. Ensure that the information learned at an FTDM remains confidential.
5. In preparation for the FTDM, write down your thoughts, ideas, and questions so that you may share them at the meeting.
6. As a caregiver of the child, you have first hand knowledge about the child and their needs, so be prepared to share the positives about them and any concerns that you may have. (Family members love to hear positives comments about the child in your care).
7. Come to the FTDM prepared to share any medical diagnosis, treatment plans or specific behaviors you are witnessing from the child.
8. Decisions are being made about the family and child during the FTDM so be open to ideas and suggestions that may come up.
9. Know that the goal of the FTDM is to make the least restrictive and safest possible placement decision for the child with maximum participation and information available. Should concerns arise in your home regarding a child, please inform your social worker immediately. Perhaps an FTDM is needed to create a plan to address concerns and, hopefully, preserve the child’s placement.

## Upcoming Training:

Parenting PLUS  
Wenatchee DCFS  
March 8, 22, April 5, 19  
5:30—8:30 p.m.  
Moses Lake DCFS  
6/15, 6/29, 7/13, 7/20,  
8/3, 8/17, 8/21, 9/14, 9/28, 10/5

Understanding Complex Trauma— Working with  
Children Impacted by Drugs & Violence  
Trainer—Kristin Souers, MA, LMHC  
Spokane DCFS  
Friday 5/21 9 AM -4 PM

Parenting with Love & Logic—  
Moses Lake DCFS  
4/12 & 4/13, 5:30—8:30  
Omak DCFS  
6/8 & 6/9 6:00-9:00 PM

Trauma and Its Effect on Children  
Trainer—Gary Benton  
Friday 4/16, 9 AM—4 PM  
Spokane DCFS

Register at [cumi300@dshs.wa.gov](mailto:cumi300@dshs.wa.gov) or call 363-4821

Indian Child Welfare Information—Spokane  
Trainer—Kateri Bishop  
Wednesday, 5/5/10 6 PM—9 PM

Grief & Loss with Rick Pribbernow  
Spokane DCFS  
Friday 5/7 9 AM— 4 PM

Verbal De-Escalation with Rick Pribbernow  
Wenatchee DCFS  
Saturday 5/8, 10 AM—4 PM

The Explosive Child with Allison Lorton  
Spokane DCFS  
Saturday 6/19, 9 AM—12 PM

Sexually Aggressive Youth (SAY)  
Wednesday 6/2 & 6/9 from 5:30—9  
Spokane DCFS Office

Physically Aggressive Youth (PAY)  
Wednesday, 6/23 & 6/30 from 5:30—9  
Spokane DCFS Office

For Spokane classes contact Michelle at  
(509) 363-4821 or email [cumi300@dshs.wa.gov](mailto:cumi300@dshs.wa.gov) For  
ML & Colville, contact Nancy at (509)846-2089 or  
email Nancy at [LNAN300@dshs.wa.gov](mailto:LNAN300@dshs.wa.gov)

## Region 1 Foster Parent DVD Lending Library

Due to limited resources the Region 1 DVD Lending Library will be reserved for Support Group Use. For individual use please access the **Washington State Resource Family Lending Library** Listed below.

## 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

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

- ◆ 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

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 pamphlet completed. Examples of available articles include:

- ◆ Foster Children and Education
- ◆ Anti-Bullying Strategies

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)

**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) 509-751-8719  
Meets 1<sup>st</sup> Thursday each month @ 7 P.M.  
Lewiston First Nazarene Church-childcare provided  
Hope Room – Clothes etc.

**Colfax Facilitator** (established by Colfax office)  
Shelly Elkins, Colfax Office Staff 509.397.5043

### 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 location.

### 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 Hospital

### Looney Lakers

Pam Clifner (Support/Buddy Program)  
509-937-2067 [ok9corralbed@yahoo.com](mailto:ok9corralbed@yahoo.com)  
Meets 2<sup>nd</sup> Tuesday at 6 P.M. at  
Call or email for location.

### Methow Valley Facilitator

Aimee Grant 509-997-0412  
[aimeegrant@communitynet.org](mailto:aimeegrant@communitynet.org)  
Call or email for meeting location and time.

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

Virginia (Ginny) Johnson [ginjo73@yahoo.com](mailto:ginjo73@yahoo.com)  
(509) 398-3122; call or email for location & time

### Omak Facilitator(Support/Buddy Program)

Jacque Lott 425-478-3237  
[jacquelott@yahoo.com](mailto:jacquelott@yahoo.com)  
Call for meeting day and time.

### Oroville Facilitator (Support Program)

Beth Sutton 509-476-2817 – [godschild9878@msn.com](mailto:godschild9878@msn.com)  
Call or email for meeting day and time.

### Pend Oreille Facilitators (Support Program)

Kimberly McNaughton 509-442-2433  
[Bkmc2@iomet.com](mailto:Bkmc2@iomet.com); call or email for location/time

### Wenatchee Facilitator (Support/Buddy Program)

Paula Vanderpool cell 425-327-9544 [paulav@ncesd.org](mailto:paulav@ncesd.org)  
Call or email for meeting day and time.

### **Lori and Jim Bilbruck (Deer Park Support Group)**

509-276-4744 - [bilbruckfam@hotmail.com](mailto:bilbruckfam@hotmail.com)  
Meets 3<sup>rd</sup> Tuesday ea month at 10:30 A.M. at the Bilbruck home – day care provided at the home

### Spokane Facilitators

Trudie Nesbitt – Buddy Program Spokane  
509-487-8270 - [OnSquidRow@aol.com](mailto:OnSquidRow@aol.com)

### **Night Life Support Group (Spokane)**

Amber Sherman, Facilitator (509) 467-2964  
(cell-499-2456) [asherman@lcsnw.org](mailto:asherman@lcsnw.org)  
Meets 4<sup>th</sup> Tuesday each month – 6:00 to 8 P.M.  
Prince of Peace Church; 8441 N. Indian Trails R., Spokane  
Day care provided with 3 days notice.

### **Life Book Support Group** – Renee’ Siers

509-251-2936 – [siers2u@comcast.net](mailto:siers2u@comcast.net)  
Meets 1<sup>st</sup> Saturday ea month – Call or email for location

### **Coffee Time Support Group** (Morning meeting)

Cindy Gardner, facilitator; 928-2040; [rc.gardner@comcast.net](mailto:rc.gardner@comcast.net)  
Ginger Schutt, foster /adoptive parent  
Meets 3<sup>rd</sup> Thursday ea month – 9:30 to 11:30 A.M.  
E. Central Comm. Center – 5<sup>th</sup> and Stone; day care available.

### **Aimee and Roger Moses (Native Am FF Support)**

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) Enter on Riverside - Training and Craft for the children

### **Families Raising Relatives Support Group**

Contact: Michelle Cutlip 363-3392 [cumi300@dshs.wa.gov](mailto:cumi300@dshs.wa.gov)  
Meets last Thursday ea month – 6:00 P.M. to 8 P.M.  
505 E. Wedgewood, Spokane

### **Clothing Support Available in the Spokane Area:**

#### **1. Donation Station**

The Donation Station is closed until further notice for reorganization. Please check the FPAS website at [www.fpas.org](http://www.fpas.org) or Facebook for updates and more information.



#### **2. Teen Closet**

The Teen Closet, a joint effort of the Foster Parent Association of Spokane and Robyn Nance of KXLY offers teen clothing for any teen connected with Children’s Administration in Region 1. Visit their website at [www.teencloset.org](http://www.teencloset.org) or call (509) 534-1151 to arrange an appt. Donations of new or gently used clothing are accepted. Located in the Spokane Valley off Argonne at 9212 E. Montgomery #302. Families are welcome from throughout the region by appointment. Open 2nd Saturday of each month from 9—1. Referrals by SW must be submitted first. Call 534-1151 for more information!

#### **3. Julianne’s Prom Closet**

Julianne’s Prom Closet is open by appointment only and is at 218 N. Bernard St., in the basement of the Fruci Building in Spokane. The Prom Closet accepts donations of quality new and gently used formal wear, as well as shoes, jewelry, purses and wraps. Call (509) 939-6324 to set up an appointment or make a donation.

# News from the Doc

*Submitted by Dr. Don Ashley*

If your foster child has extra dark skin, you can skip *only* the next two paragraphs. The recent recommendation changes are important for everyone. The recommendation changes may be even more important for children with extra dark skin

The days of sunburns and skin damage are nearly here. Protective clothing with sunscreen on the exposed areas keeps the skin smooth and healthy.

In the southern parts of our country, there is so much sunshine and warm weather that children get plenty of vitamin D. Even with the face and neck protected children in the South and Southwest can get plenty of sun touching their skin.

Children with protected skin that live further north may not get enough vitamin D from the sun. Children with extra dark skin can also have problems with not enough vitamin D.

Infants who drink less than seven ounces of formula

a day need vitamin D supplementation. The recommended supplemental dose recently went up to 400 International Units a day. Researchers say this higher dose will not only strengthen



*The days of sunburns and skin damage are nearly here.*

the bones but also boost immunity. Children who do not get adequate sun AND do not drink at least sixteen ounces of vitamin D fortified milk a day may also need supplementation. Ask their Doctor or ARNP at their well check. Grade school and older foster children are eligible for a well check every single year, unlike most other insurances.

Do not overdo vitamin D supplementation. Overdosing vitamin D can cause major problems. Kidney stones, confusion, and heart problems are just a few of the problems an overdose can cause. It is like a lot of life. Just right is better than not enough. Too much is too much.

## Washington State Children's Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624) March 9, 2010; 1 - 3 p.m.; Emmanuel Baptist Church; Pullman, WA

**Training Update – Michelle Cutlip** - see page 4

**Recruitment Update –Alisa Moore** - see page 3

**Retention / Support – Dru Powers**

Update on support groups – see page 5

### Additional Support Topics on the Agenda

Sibling placement and the definition of relative placement.

What information may I share about a child or a child's family, including posting info on the Internet. WAC 388-148-0130.

And what information may a foster child share on the internet?

Drivers licenses for teens. Expectations for youth in care

Retroactive Caregiver Transportation Reimbursement Criteria – please see <http://www.fpas.org/resources.php>

Review our ongoing Tracking Log (see attachment)

Here is an abbreviated version of the agenda from Region 1 HB 1624 Regional Consultation meeting held in Pullman. 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 June meeting in Stevens County!

**Statewide Consultation Meetings** – discussion of items forwarded from Region 1 which include Communication and Respect; and Internet communication

**Child and Family Services Review** – Tim Nelson led a discussion with feedback

**Next Regional Meeting** – Tuesday, June 8, 2010 in Stevens County; 1 – 3 P.M. (place TBD)

**Next Statewide Meeting** – Wed., April 14, 2010; 1-4 PM; Nisqually Room, Tumwater DCFS



## Regional News

### Next HB 1624 Meeting—Tuesday, June 8th

—Regional House Bill 1624 Meeting in Chewelah from **1:00—3:00 PM** at a location to be determined

—**this is a consultation forum for caregivers to have their voices heard.** As part of the bill that was passed in 2007, we are required to have quarterly meetings between Children’s Administration (CA), foster parents/caregivers and members of the Foster Parent Association of WA. The purpose is to receive information and comment regarding how CA is performing the duties and meeting the obligations regarding recruitment, retention, effective training as well as having a coordinated and comprehensive plan that strengthens services for the protection of children.

—**all foster parents & caregivers are encouraged** and welcome to attend; please call (509) 928-6697 or for more information.

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

### FP Advisory Board Meetings in Spokane for 2010:

*All foster parents are welcome & encouraged to attend*

(SW Conference room; check in with reception first)

- ♦ Tuesday, April 13; 12:30—2
- ♦ Tuesday, May 11; 12:30—2

.....  
Check out the Foster Parent Association Website for training materials, event information, contact numbers and more for **all caregivers in Region 1.**

Check it out at **www.fpas.org**

*Sponsored by Foster Parent Association of Spokane,  
Children’s Administration and Families for Kids*

### 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 nearly 300 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 April 10 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**

*This newsletter is mailed to all foster parents, caregivers and interested persons 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 [R1FPSupport@dshs.wa.gov](mailto:R1FPSupport@dshs.wa.gov) or call (509) 363-3523.

Toll Free: 1-800-558-3040

Fax: (509) 363-4617

*Submission deadline for the Summer Issue is June 11, 2010*

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

Return Service Requested

**Region 1 Foster Parent  
Caregiver Newsletter**



Foster Caring

## **Inside this Issue:**

- Great News on page 1
- Support Group information
- Updates from our "Doc"
- 72 hour Initial Health Screens
- Training Information
- Family Team Meetings
- Recruitment Team updates
- FP Advisory Boards
- Quarterly HB 1624
- And much more!

## **Help us go GREEN!**

**Sign up to receive this quarterly newsletter by email instead of by mail at [www.fpas.org](http://www.fpas.org) and you'll receive up-to-date information all year long.**

**Plus sign up during this Spring and be eligible to win a prize!**

**Prizes awarded to the following so far:**

**The Kirchers  
The Baldridges  
The Ekholms  
The Bullers**