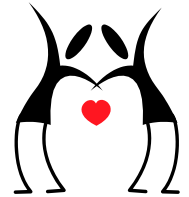




Foster Caring



A Day In May—Celebrating You!

Families for Kids, along with the Foster Parent Association of EW, and many generous community partners is proud to present the very first “A Day in May” for foster parents and relative caregivers in the greater Spokane area!



community partners in support of foster parent families

Region 1 North
Caregiver Newsletter

Spring 2012

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

Included with this newsletter is a calendar of events taking place in May including locations for discounts. You will need to show your foster parent

identification card or for relative caregivers you can get a card from Dru at (509) 928-6697.

Reminders from Licensing

As the seasons change and summer is upon us it is important to remember the following:

1. “Seasonal” above ground pools like inflatable pools are **not** considered wading pools that can be emptied daily when not in use and they are subject to all the WAC requirements about pools (i.e. fencing).
2. “Air Soft” guns are similar to BB guns and shoot plastic pellets and are subject to the weapons/firearms WAC and must be appropriately secured.



3. Pets in foster homes must be appropriately vaccinated- Rabies vaccinations should be kept current for our canine friends.
4. Respite care needs typically increase in the summer months as foster families spend time vacationing. If you are able to provide respite care, please let our placement staff know.



Questions? Check with your licensor or social worker for more information.

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(Continued from page 1)

Highlights include the Carousel Party at Riverfront Park on May 5th, YMCA swim passes all month, The Tomato Street Restaurant free kids meals on the 7th, photo shoots, support groups, open houses at the clothing rooms, free movies on the 30th at the Garland, flowers at Flower Galore Greenhouse and a great discount at the Davenport on May 25—28, Arby’s discounts, drinks for kids at Dutch Bros. Coffee and more!



Payment/Mileage Reimbursement

Mileage for caregiver trainings are only trainings specific to the needs of the children in the home and First aid and HIV/BBP training. This comes directly from the caregiver monthly mileage form. Please remember mileage is not reimbursed for any of the Pride Trainings.

1. We do not pay for the day the child leaves their care. We’re still getting overpayment notices from Famlink for the one day.
2. Mileage reimbursement is still 51 cents per mile.
3. Also, please remember “gentle” reminder to send in their mileage in as soon as they can after the month of service.

Questions? Please check with the SW assigned.



New 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.

Immunizations/Shots

As a reminder: We strongly encourage that foster parents and their children be immunized. If you have a medical or religious reason not to be immunized, please work with your licenser to address what to do in case of exposure.



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.



Teen Closet and TC-50

TC 50—To Benefit the Teen Closet!

RELAY RACE – JUNE 3th, 2012

50 Mile, 10 Leg Relay Race Through All Spokane Area High Schools

ENTRY FEE: \$300 per team up to 10 runners. \$200 for High School Teams No refunds

LATE FEE: (After May 25th) - \$350

TIME: 6:00 AM – Mt Spokane High School

Check-In: Packet pick-up and late registration will be held Race morning. Please arrive early to

insure you have time to check in. Please have one person pick up team packet.

Course: Race begins at Mt Spokane High School, will transition at every High School in the Spokane area and finish at Rogers High School. No transportation is available from finish line to start line. Please make your own arrangements. Team finishers will receive a technical running shirt plus other goodies.

More information and to sign up to volunteer at www.teencloset.org



Child Health and Education Tracking Program

Submitted by Sandra Hilzendeger

Just a quick reminder that the Department is required to conduct a Child Health and Education Tracking (CHET) evaluation on all children who are expected to remain in out of home placement for more than 30 days. There are 6 CHET screeners for region 1 north (their names and desk phone numbers are listed below).

This evaluation looks at each child's physical health, dental, development, social/emotional health, education and connections. This evaluation assists social workers and caregivers to identify the children's needs and to provide them with appropriate services. It can also serve as a tool to find the child's most appropriate placement.

The process for a CHET screen begins at initial placement with the placing SW arranging for an initial health screen within 72 hours of placement. This initial health screen identifies any immediate health needs of the child. The child must also have a well child exam within the first 30 days of placement. The well child exam satisfies both requirements if done within the time frame of the initial health screen. Ideally the child will be seen by the doctor or clinic that provided their care prior to entering foster care to assist the caregivers in knowing the child's medical history. The CHET screeners request the child's medical records and summarize them into the CHET report. The screeners also inquire about dental care and document where they have been seen and what care was provided.

For children birth to 5 a developmental screen will be completed and will look at speech, motor skills and social/emotional health. If delays are identified then a referral, to a Birth to Three early intervention program or the school district for preschool services, will be made. For school aged children a review of their school records is completed and any special services they are receiving will be documented. If unmet needs or concerns are identified, a referral to the education advocate may be made. Also for older school aged children a questionnaire is completed with the caregiver and the child to assess any behavioral and mental health concerns. If mental health concerns are identified further assessment by a mental health provider will be recom-

mended.

CHET screeners also look at a child's connections to their community, their families and their culture. We ask children and their care-

givers who the child wants to stay connected to, such as grandparents, siblings, other relatives and friends. They may also have groups or clubs in which they want to remain involved. A child may have a connection to a church or cultural group that should be identified. When possible a child should be able to continue to participate in activities or events that are important to them. In addition, siblings are important lifelong connections that when possible should be maintained.

By the time the child has been in care for 30 days the CHET screen must be completed. Once it is completed a Shared Planning Meeting is to be held by the 60th day of placement and the CHET report is shared with the social worker, foster parents or other caregivers, the CASA/GAL and the parents. During this meeting other areas that are required to be addressed are Safety, Permanence and Well Being for the child. Concerns or progress with services may also be discussed at these meetings.

Region 1 North CHET Screeners:

Joe Chacon 363-3353; Laura Ogden 363-4070;
Rose Kjack 363-4633; Tom Rasley 363-3547;
Sandra Hilzendeger 363-3403 (Stevens, Pend Oreille, Ferry)
Linda Turcotte (509)764-5684 (Moses Lake)
Supervisor: Angela Newport



Upcoming Training:

Parenting Plus!

Foundations for Behavior Management

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: Mondays 5/14—8/13 from 5:30—8:30

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

5/14 5:30—8:30 PM

5/21 5:30—9:00 PM

Module 2: Born Learning / Child & Adolescent Development

6/4 5:30—8:30 PM

6/11 5:30—7:00 PM

Module 3: Sexual Behaviors

6/18 5:30—8:30 PM

Module 4: Discipline

6/25 5:30—9:00 PM

7/9 5:30—8:30 PM

7/16 5:30—8:30 PM

7/23 5:30—8:30 PM

7/30 5:30—8:30 PM



Module 5: Physically Aggressive Youth

8/6 5:30—9:30 PM

Module 6: Teaming, Assertiveness & Self Care

8/13 5:30—8:30

Locations: Spokane, Omak, Republic, Newport, Clarkston, Pullman

This class is Mandatory. Caregivers licensed after 10/15/2011 have 2 years to complete it; caregivers licensed before 10/15/2011 have until 10/15/15 to complete classes.

For Spokane and South of Spokane classes

contact Michelle at

(509) 363-4821 or email cumi300@dshs.wa.gov

For Omak, Newport & Colville, contact Nancy at

(509)846-2089 or email Nancy at

LNAN300@dshs.wa.gov

Everything caregivers need to know about agency processes including procedures & paperwork; medical and dental care; meetings and court proceedings; mandated CPS reporting; allegations & investigations.

5/7/2012 5:30—8:30 Spokane DCFS,

More dates and locations coming soon

First Placement

Love & Logic by Nancy Leigh

| | | |
|---------------|-----------|-----------------|
| May 4 & 5, | 5:30—9:30 | Moses Lake DCFS |
| May 21 & 22, | 5:30—9:30 | Yakima DCFS |
| May 29 & 30, | 5:30—9:30 | Omak DCFS |
| June 25 & 26, | 5:30—9:30 | Wenatchee, DCFS |
| July 9 & 10, | 5:30—9:30 | Colville DCFS |
| July 30 & 31, | 5:30—9:30 | Moses Lake DCFS |
| Aug. 27 & 28 | 5:30—9:30 | Omak DCFS |
| Sept. 4 & 11 | 5:30—9:30 | Yakima DCFS |

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 DVD's for training credit. Access the complete list at www.fpas.org. To receive credit request the DVD worksheet from your licenser.

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:

Contact Michelle Cutlip (509) 363-4821

Or by email at 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

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 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 Hospital

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)

Jacque Lott 425-478-3237

jacquelott@yahoo.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. Call Dru Powers at

509-928-6697 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)

Dea White, Facilitator, 230-1483, jwhitemd@msn.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

509-487-1232 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 appointments.

2. Teen Closet

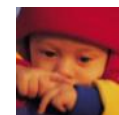
The Teen Closet, offers teen clothing for any teen connected with Children's Administration in Region 1. Visit their site at

www.teencloset.org 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.



Sun, Vitamin D, and Skin Color

Submitted by Dr. Don Ashley

The days of fun-in-the-sun are nearly here. We can have that fun without sunburns and skin damage. Protective clothing and avoiding mid-day sun keeps the skin smooth and healthy. Sunscreen on exposed areas may help, too.

Totally avoiding the sun can cause depression and vitamin deficiency. What should we do?

It is important to prevent blistering sunburns while they are a child. Even two blistering sunburns in their lifetime increases skin cancer after they grow up. If your foster child has lighter skin than you, double or triple your efforts against sunburns. What works for you will not work for them. For any age, limit sun exposure when the sun is straight overhead. Also limit sun exposure when the sunlight is bouncing off of the sand or off the water. Cool clothing and a shaded environment can also help. Control the amount of time in the sun. When you cannot control the time in the sun, sunscreen can be used for people over six months of age.

In the South and Southwest the sun is closer and the weather warmer. Children who go outside there get plenty of vitamin D from the sun. Here in the Northwest the sun is slightly further away. Here the weather is a bit cooler. Most of the year children in the Northwest are fully clothed, even when the sun is shining. Some authorities recommend pale children living in the South or Southwest get ten minutes of sun a day, and black people in the South or Southwest get twenty minutes of sun a day. Brown people who live in the South or Southwest need between ten and twenty minutes of sun a day.

Children with protected skin who live here in the Northwest will not get enough vitamin D from the sun. Children with extra dark skin can have problems getting enough vitamin D no matter where in the USA they live..



Infants who drink less than thirty-two ounces of vitamin fortified formula a day need vitamin D supplementation. Baby's and infant's recommended supplemental dose is 400 International Units a day. Researchers say this higher dose will not only strengthen the bones but also boost immunity. Children one-year-old and older who do not get adequate sun AND do not drink at least thirty-two ounces of vitamin D fortified milk a day need 600 International Units supplementation a day.

The well check is an excellent time to discuss this with their Doctor or ARNP. Grade school and older foster children are eligible for a well check every single year. That is better than most other insurances. Of course, foster infants and toddlers get a well check every few months. The well-check is the perfect time to make sure everything is going well.

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 20; 1—3 p.m.; Spokane

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 discussed at the statewide meeting in Olympia on April 23 from 1—4 PM:

- ◆ **Immunizations and general medical care** – policy/clarification on what foster parents are allowed to do
- ◆ **What can foster parents sign for?**

Next Regional Meeting – Tuesday, June 19; 1—3 PM; Chewelah City Municipal Building

Next Statewide Meeting – Monday, July 23; 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 contact Dru Powers at dru.powers@juno.com or call her at 928-6697. Hope to see you at our June meeting in Chewelah at the City Municipal Building from 1—3 PM



Regional News

Next HB 1624 Meeting—Tuesday, June 19; 1—3 p.m.

—Regional House Bill 1624 Meeting; **Stevens County;**

Chewelah City Municipal Building

—**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 2012:

All foster parents are welcome & encouraged to attend

(SW Conference room; check in with reception first)

♦ **Tuesday, May 15; 12:30—2**

♦ **Tuesday, July 17; 12:30—2**

Save the Date—

♦ *The Carousel Party in Spokane on Saturday, May 5th from 9—10:30 a.m. at Riverfront Park at the carousel—open to all foster families and relative families.*

♦ *Watch for recognition activities in your area!*

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. 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 400 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, May 12 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

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, 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

or call (509) 363-3523.

Toll Free: 1-800-558-3040

Fax: (509) 363-4617

Submission deadline for the

*Summer Issue is **June 15, 2012***

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

Return Service Requested

**Region 1 North Caregiver
Newsletter**



To you, it is just a cough. To a baby, it can be brain damage or death.

There are two ways to protect babies from whooping cough. The first is to immunize the baby as soon as they are old enough. The second way is just as important. Since a baby needs several boosters to get full protection, *everyone who goes near a baby needs to get immunized.* Foster parents, foster siblings, transportation volunteer, Social Worker. Teens and grown-ups are often spreading germs three or four weeks before they realize they have more than a cold. By then, the baby could have caught it from you.

If you have not had your Tdap (whooping cough) booster, please get it today.



FAMILY SWIM GUEST PASS
In appreciation of your efforts as a foster parent

- Valid for unlimited family swim during the month of May.
- Please call your local YMCA branch for swim times or visit ymca.net to find a Y near you.
- Government issued ID is required. No cash value.
- Expires 05/31/2012.

Financial assistance is available, to the extent possible.
Everyone is welcome!
The YMCA is a charitable, nonprofit organization.

Help us save money and go Green by receiving this letter by email.

Sign up to receive this quarterly newsletter by email instead of by mail at www.fpas.org and you'll receive up-to-date information all year long including news on last minute ticket donations!