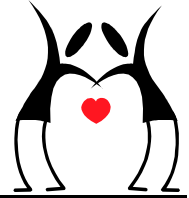


# Foster Caring



## FP/Caregiver Appreciation Dinner

### *A night fit for the stars!*

On May 14, approximately 240 caregivers, volunteers and staff gathered at Calvary Chapel for the annual caregiver appreciation event for Spokane and Lincoln County homes. Following the Academy Awards theme, guests were greeted with a walk down the red carpet, pictures, a spotlight, an excellent program and outstanding food.

As funds have tightened, the planning committee for this event have gotten more and more creative with fund raising and donations. This year's event was pulled off with the smallest budget in more than 10 years. Kudos to the planning committee made up of volunteers, staff and caregivers. Those who attended agreed it was a night fit for the stars.



Erik Larson, DCFS awards an Oscar to foster parent Art Harper

Special thanks to Children's Administration, Division of Developmental Disabilities, Calvary Chapel, Families for Kids, Service Alternatives, Olive Crest and the Foster Parent Association of Region 1 for their support of this important annual event!

Region 1 North  
Caregiver Newsletter

Summer 2011

Have you visited a support group lately?

Check out page 5 for an updated list of support groups.

## Regional Mini Conference Coming Sept. 24th

Mark your calendars for our Caregivers Fall Conference, taking place Saturday, September 24 at Prince of Peace Lutheran Church. We are lining up some great speakers, and have added an extra hour of training to our schedule. Limited childcare will be provided. Watch for the registrations to come out over the summer. We hope you can make it!

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.

### Inside this issue:

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## Regional Mini Conference Sept. 24th

# Join Us for the Foster Parent/Caregiver Picnic

This year's caregiver picnic is Saturday, July 23 at Audubon Park; 12—2

(off of Northwest Blvd. between Milton St and Audubon St)

Join us for the barbecue, a Jumping Castle, Surprise Activities, Door Prizes & more! It's a great time to connect with other families.

12—1 Barbecue—RSVP to Ruby at 325-4159

Please RSVP by no later than July 15th

Seating is limited so you may want to bring a blanket and/or chairs.



## Teen Closet 50!

The First Annual Teen Closet 50 (TC-50) was a huge success on Sunday, June 5, as 101 runners made their way from high school to high school in



The 1st Place High School Team—LC!

the greater Spokane area raising funds and awareness for the Teen Closet. Approximately \$7,000 was raised to support the regional Teen Closet for teens in out of home care. There were 10 teams of 10 and one amazing runner who completed the entire 50 miles solo!

Special thanks to all donors, runners and volunteers. Watch for the 2nd annual on June 3, 2012!

## Get Paid On Time!

Courtesy of our fiduciary specialists—some tips to help you get paid timely!



- ♦ **How do you count days in care?** You count starting with the first day but not the day they leave. If you claim the last day then it is an overpayment.
- ♦ **How do you turn in mileage forms?** Please turn mileage in monthly with each month on a separate sheet of paper if you are claiming more than one month. Please don't turn in half months; wait for the complete month before submitting.

## 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

# New Medically Fragile Child & Caregiver Support Policy

*Submitted by Valerie Marshall*

CA has implemented a Medically Fragile Support (Policy #45171) to better meet the needs of caregivers for this especially vulnerable population of children. The new Medically Fragile Support Policy, which went into effect May 31, 2011, will improve child safety by emphasizing practice expectations and assisting social workers in providing appropriate support to caregivers.

This policy requires social workers to identify children in out-of-home care who meet the definition of medically fragile as early as possible using the definition below:

*Medically Fragile Children are those who have medical conditions that require the availability of 24-hour skilled care from a health care professional or specially trained family or foster family member. These conditions may be present all the time or frequently occurring. (If the technology, support, and services provided to a medically fragile child are interrupted or denied, the child may, without immediate health care intervention, experience death).*

Social workers, along with caregivers will develop a written **Caregiver Support Plan** (DSHS Form 10-428) to: 1) address the day-to-day needs of the medically fragile child; and 2) identify the training and support needs of the caregiver (e.g. planned respite).

Children in out-of-home placement, who have been defined as medically fragile, will also be referred to the Fostering Well-Being Care Coordination Unit by the social worker. The Fostering Well-Being Care Coordination Unit will monitor medically fragile children and serve as an information and support system to social workers and caregivers. If you have a medically fragile child in your care, please expect a call from your social worker to begin developing the Caregiver Support Plan.

For more information:  
**Valerie Marshall**  
**(509) 363-3320**



## Take time for yourself too...

### Respite Reminders—Please Use This As a Guideline

Hope everyone is looking forward to a fun summer. We know most of the activities you have planned include all of the children in your home but sometimes you just need a “break.” Here are a few reminders about utilizing respite as you are making summer plans.

1. You earn 2 days of respite per month and can only “bank” up to 14. You can no longer accrue days after 14 unless you begin “spending” them down. We need you to keep well rested and healthy!
2. Please remember that you must have a child in placement at least 20 days to begin earning 2 days of respite per month. However, the respite days are connected to the foster family not the children and if you place 2 children in respite for a weekend, it still counts as 2 days of respite.
3. If you know you are planning a lengthy trip this summer and wouldn’t be able to take a new child placed with you, please let the placement coordinator know. It would not be in the child’s best interests to have to go to

respite early in a new placement. The placement coordinator will need to make other arrangements.

4. Please notify your social worker each time you are requesting respite. They must always know the location of the children on their caseloads.

Finally, a great way to ensure you have respite when you need it is to develop your own respite resources among your family and friends. They can request a packet from your licenser and become an approved Respite Provider for care **in your home only**. Otherwise, the foster children can **only stay in a home that is licensed or in other out-of-home respite approved by their social worker**.

Have a great summer and if you have any additional questions---please feel free to contact Lisa Johnson at 363-3342 or via email at [trli300@dshs.wa.gov](mailto:trli300@dshs.wa.gov).



# Upcoming Training:

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

This new training is receiving Rave Reviews!

Monday, July 18 from 5:30—9:00 p.m.

Spokane DCFS Office

Wednesday, 4/6 6-9:30

Wenatchee, WAW

Thursday, 4/7 6-9:30

Clarkston, WA

## Parenting Plus! (18 hours of Training)

Monday & Wednesday

8/1, 8/3, 8/8, 8/10, 8/15 & 8/17

5:30—8:30

Spokane, Moses Lake, Colville, Newport & Clarkston

This classes will be held at local medical centers.

Please Register for exact location information.

## W.R.A.P.

Renee' Siers will provide information to help  
caregivers get and stay emotionally healthy

Wednesday 6/29 11:00 AM—5:30 PM

Omak DCFS

Thursday 7/14 & 7/21 6—9:00

Spokane DCFS

## Parenting With Love & Logic

6/27 & 6/28 5:30—9:30

Wenatchee DCFS

8/2 & 8/9 5:30—9:30

Moses Lake, WA

8/16 & 8/30 5:30 —9:30

Colville, WA

## Born Learning

Brain Development and Early Learning

7/21 5:30—9:30

Wenatchee, WA

8/19 5:30—9:30

Omak, WA

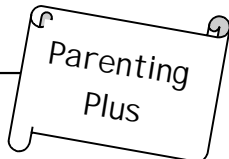
For Spokane and South of Spokane classes  
contact Michelle at

(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)



This is a comprehensive and fun 18-  
hour training course designed spe-  
cifically for foster parents, adoptive parents  
and kinship providers.

This class will become mandatory in the near  
future and will be 36 hours long. Here is a  
great opportunity to get 18 of 36 hours taken  
care of.

## 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 fol-  
lowing DVD's for training credit. To receive credit  
request the DVD worksheet from your licensior.

- ◆ 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:

- ◆ The Difficult Teen Years
- ◆ Fetal Alcohol Syndrome

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) 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

3rd Thurs. each month; alternate between Pullman/Colfax

## **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

509-276-4744 - [bilbruckfam@hotmail.com](mailto:bilbruckfam@hotmail.com)

Meets 3rd Tuesday ea month at 10:30 A.M. at the

Bilbruck home - day 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 Hospital

## **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; 4th Thurs. at DSHS office

Day care provided

## **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)

(no facilitator at present time)

## **Pend Oreille Facilitator** (Support Program)

Kimberly McNaughton 509-442-2433

[kmcnaughton@lcsnw.org](mailto: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 ea month at 6 P.M. at the DCFS office.

Call Dru Powers at 509-928-6697 for more information.

## **Spokane 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 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](mailto:asherman@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 Comm. Ctr – 5<sup>th</sup> & 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](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 3rd Thursday each 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.

### **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 Food Pyramid is Gone

*Submitted by Dr. Don Ashley*

The confusing multi-river food pyramid is gone.

Now we have a reminder of the healthiest way to eat. We can start training as soon as the child starts eating solids.

The child is positioned facing the food. The child is offered colorful food. The food is chosen to be healthy. Unhealthy food is not there.

When the child is old enough to switch off formula, fruits and vegetables fill about half of the plate. The picture of the grains is mostly brown, not white. At least half of the grain should be whole grain. Dairy products for children two years old and older should be low fat. Examples are low fat milk or low fat yogurt or cottage cheese. There is no place for sugary drinks. There is more info at [www.choosemyplate.gov](http://www.choosemyplate.gov). On the web page, you can click on the different sections of the plate and click on the cup or dish. Clicking pops up links that explain each food group.

It is very important to have the correct size plate! Most people will eat everything on their plate. If the plate is too big and too full, the person overeats.



Toddlers who run around drinking from a bottle do not grow as well as children who sit down and eat from the plate. Frequent sipping from the bottle grows fat around the tummy and grows cavities in the mouth. Eating a balanced selection of food is much healthier.

**Washington State Children's Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624)  
June 14, 2011; 1 - 3 p.m.; Chewelah Municipal Center**

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

**Recruitment Update –Linda Rogers**

Teen Closet 50—(a fund raiser) was a success! Pg. 2

**Retention / Support – Dru Powers**

Update on support groups – see page 5

**Additional Support Topics on the Agenda**

**Respite Guidelines Review** including reimbursements

**RA Marty Butkovich** reviewed the progress on the consolidation of Regions 1 & 2 to one region with the old R1 now referred to as Region 1 North and the old R2 as Region 1 South.

**Statewide Consultation HB 1624 Meetings**—Cindy reviewed the most recent meeting with R1's issues on social networking clarification and when kids age out. No new topics were discussed for the July meeting. Ideas can be submitted through Dru (email above)

**Next Regional Meeting – Tuesday, September 20 (time to be determined); Spokane DCFS Office**

**Next Statewide Meeting – Monday, July 18; 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 Chewelah. 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 Sept. meeting in Spokane at the DCFS office (time to be determined)!



## Regional News

### Next HB 1624 Meeting—Tuesday, September 20th

—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

*Save the Date—*

**Saturday, July 23:** Spokane Caregiver Picnic; Audubon Park; 12—2;  
call Ruby at 325-4159 to RSVP

**Saturday, Sept. 24;** Regional Mini Conference; open to all caregivers  
in Region 1 North; Prince of Peace Church in Spokane; 8—5 p.m.;  
watch [www.fpas.org](http://www.fpas.org) for updated information

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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 at long last the Clothing Perk is open! 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 Amy Barry and Stacey Graffia** for their labor of love with MANY hours on this project near and dear to them!

---

### The Clothing Perk in Loon Lake is now open also!

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! *Bravo to all!*

### 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, July 9 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 Fall Issue is Sept. 16, 2011*

**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

***Coming Soon!***  
***Mark your***  
***Calendars!***



**Saturday, July 23rd—FP/Caregiver Summer Picnic at  
Spokane's Audubon Park; see page 2 for RSVP info!**

**Saturday, September 24—3rd Annual  
Foster Parent/Caregiver Mini Conference**  
to be held in Spokane at Prince of Peace  
Church; open to all caregivers in Region 1.  
See page 1 for more information.

For more information, call 1-800-557-9671 ext. 3523.



**What Do You Want  
to Know How To Do?**

Let us know; we'll answer in a  
future issue plus post online  
at [www.fpas.org](http://www.fpas.org)

**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 infor-  
mation all year long  
including news on last  
minute ticket donations!