



# Foster Caring

## Bringing News & Support to Caregivers in Region 1

### *Leadership Changes In Region 1: Children Remain Our Focus*

**Connie Lambert-Eckel –  
Regional Administrator  
for Region 1**

Greetings Region I caregivers! I am excited and energized to support Region 1 as the Regional Administrator. It is an honor to work with and support you in the service to children in need. I do

want to take this opportunity to thank you for the often hard but most wonderful work you do for us in caring for and caring about ‘our’ children. By opening your homes, and perhaps more importantly your hearts, you play a vital and needed role in helping children and their families overcome the impacts of child abuse and neglect.

Your commitment leaves an indelible mark on this and generations yet to come. You are helping us end cycles of neglect and abuse and are helping children realize futures they may not have otherwise achieved, including graduating from high school and even college. Children leave your homes knowing there are paths to success in life and that caring adults can help them get there.

I know that you often do not get enough thanks or recognition for all your efforts, but please know that my staff and I do appreciate you and know that we cannot do this incredibly challenging work without you as our partners. Thank you for sharing your families and homes; for being caring, encouraging and hopeful for our children and families in need. *Connie.*



**Marty Butkovich**—A fond farewell to former Regional Administrator Marty Butkovich. Marty has accepted the position of Regional Administrator for Juvenile Rehabilitation. Marty was an avid supporter of caregivers and will be missed.

**Jeff Kincaid –  
Area Administrator for  
Division of Licensed**

#### **Resources Region 1 North**

I am excited and honored to be selected as the new Area Administrator for DLR in Region 1 North. I, and the entire DLR staff, look forward to the continued teaming with our foster parents and community partners in providing for the children we have taken into our care. My parents were licensed foster parents and added to our family through multiple adoptions throughout my entire childhood. I am also an adoptive parent myself. I know the incredibly difficult role you play in these young lives. I also know and share with you in the rewards of seeing these kids grow and succeed. Thank you so much for the work you do. *Jeff.*

#### **Maria Tovar – Area Administrator for Division of Licensed Resources Region 1 South**

I would like to take this opportunity to thank our caregivers for opening their hearts and homes to our children in need. I’m excited for the opportunity to continue supporting our caregivers in Region 1 South as the DLR Area Administrator. I look forward to continuing to work in collaboration with DCFS to help improve services to our caregivers, who are charged with one of the toughest, yet most rewarding jobs of providing safe and nurturing homes for our foster children. *Maria*

**Region 1  
Caregiver  
Newsletter**

**Summer 2013**

**Caregiver Tip  
Sheets—See  
pages 3-4**

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# Supporting Children Across the Gender Spectrum

Hello! Please allow us to introduce ourselves. I am Marybeth Markham, a licensed mental health counselor with a private practice in Spokane, working closely with many transgender clients. I am Danielle, the mother of a seven-year-old transgender child.

We are pleased to announce the formation of a playgroup open to all gender nonconforming and transgender children up to the age of 13. It will provide children with a supportive and positive space where they can socialize with other children expressing comparable ranges of gender fluidity.

more than pink & blue

## Children Group

The playgroup is open to all gender nonconforming and transgender children up to the age of 13. It provides children with a supportive and positive space where they can socialize and with other children expressing comparable ranges of gender fluidity.

## Parents Group

Running concurrently with the play group this professionally facilitated support group conveniently allows parents to meet while their children are having supervised fun in the same building. Parents of older children may also attend this group.

*In order to keep our children safe and protect our families' anonymity we do require a screening interview to establish eligibility for the groups.*

To arrange an interview or for more information please contact Marybeth Markham at [transgencare@live.com](mailto:transgencare@live.com) or 509-795-6437. There is **no charge** for either group.

**You can also find more info at**  
[www.MarybethMarkham.com](http://www.MarybethMarkham.com)

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## Free Camping for Foster and Relative Caregiver Families

Washington resident foster parents and registered relative foster caregivers who camp with the children in their care are entitled to free campsites in Washington state parks. Participants in the program may camp at first-come, first-served parks or make a telephone reservation to camp in a reservation park (call 1-888-CAMPOUT or 1-888-226-7688). Eligible participants making reservations do not pay for camping but are charged the reservation fee to hold sites in the reservation system. To get free camping when making a reservation, tell the operator you are a foster care provider. Then, when you arrive at the park to register, show a Washington State Driver's License, along with a Foster Care ID card or your Foster Home License. Walk-in campers need to show these same documents at the park to receive a free campsite. Foster parents and registered relative caregivers also may use State Parks boat launches and pumpouts for free when they camp. Unlicensed Relative Caregivers can contact Laurie Palmquist at (509) 363-3523 or email to [pall300@dshs.wa.gov](mailto:pall300@dshs.wa.gov) to receive needed documentation.



**Please note:** The foster child must arrive and camp with the caregiver the entire length of stay.

<http://www.parks.wa.gov/passes/>

## Overnight Camp/Summer Activities

**Overnight Camps and High Risk Summer Activities** (day camps, overnight camps, horseback riding, whitewater rafting, hiking, bike riding, etc.):

Regional Administration has clarified that it is an exception to cost and policy on a case by case basis. Caregivers should start by requesting through the child's social worker as soon as possible. You need a minimum of 2 weeks to request and then have your request go up the chain of command.



## Vacation/Travel information

If you plan to take your foster child with you on a family trip, whether it's a day trip or overnight, please notify your child's social worker a minimum of two weeks in advance to allow time for approval/documentation. The child's worker can work with you on any adjustments to visit schedules.

## TIP Sheet—Important Reminders...

### Tips and Ways to Protect Yourself as a Caregiver

*Caregivers need to be safe and feel safe*

#### Home Safety:

- ◆ Keep two separate diaper bags – one for visits and one for personal use.
- ◆ Use your own car seat rather than a car seat provided by a parent as theirs may be easily identifiable.
- ◆ Have a visible tag on the baby's car seat or stroller that states "please do not touch me unless you have washed your hands," especially for those little ones who are medically fragile.
- ◆ Talk with your social worker about safety concerns regarding the parents prior to attempting to form a relationship with them.
- ◆ After hours support line **1-800-301-1868**

#### Mail:

- ◆ Consider getting a post office box or a mail box exchange like at Mailbox Center.

#### Phone:

- ◆ Consider getting a caller ID block and a long distance block.
- ◆ Consider using your cell phone over a land line.
- ◆ Consider keeping your phone number unlisted.
- ◆ Voicemail greeting should *not* contain any personal information.
- ◆ Use a phone number that can be changed if compromised.



#### Medical:

- ◆ Call ahead to your medical provider to request that they *not* read your personal information out loud when you bring a child in for an appointment.
- ◆ Ask medical provider and other providers to delete all of your personal information for that child when he/she is no longer in your home, because biological parents can request medical records which could contain your information.
- ◆ Ask pharmacist to keep your personal information off of the pill bottle labels.
- ◆ Request that the hospital or medical provider put your contact information on back page rather than the front page. The front page should just contain CPS office address and social worker contact information.
- ◆ Keep a log of all medical, therapy and dental appointments and inform social worker of all appointment

dates and times.

- ◆ If child gets injured and has to go to the doctor make sure that intake (509-363-3333) and social worker are notified immediately. If no medical intervention is needed notify the social worker only.
- ◆ You can request that the child's personal information be listed as confidential for medical appointments and at their school.
- ◆ If there is a medical emergency call intake at 509-363-3333 or Central Intake at 1-800-562-5624.

#### Community Safety:

##### 1. Facebook:

- ◆ "By default, your privacy settings allow everyone to find you with search and friend finder using your contact information, such as your e-mail address and phone number. But when people click on your name in a search result, they won't be able to see all of the information in your profile (timeline). They'll always be able to view your name, gender, profile picture, username, user id (account number) and networks. Your privacy settings determine whether people can view additional information when they click on your name in a search result."
  - ◆ "If you'd like to modify who can look you up using your email address or phone number: Click the account menu at the top right of any Facebook page and choose Privacy Settings; Next to the How You Connect heading, click Edit Settings; Select your preference from the dropdown menu next to Who can look you up using the e-mail address or phone number you provided?"
  - ◆ "This setting doesn't control who can message you on Facebook. To do that: Click the account menu at the top right of any Facebook Page and choose Privacy Settings; Next to the How You Connect heading, click Edit Settings; Select your preference from the dropdown menu next to Who can send you Facebook messages?"
  - ◆ For more information go to: <http://www.facebook.com/settings/?tab=privacy>
2. **Schools** may keep caregiver contact information on file. You can request that the school flag your information to maintain privacy.
  3. **WIC** will ask for your personal contact information and you must let them know to keep the information private.
  4. **Foster parent information** has been compromised at Shared Planning Meetings (SPM), Family Team Decision Meetings (FTDM) and Child Health and



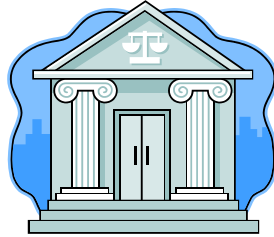
(Tip Sheet continued from page 3)

Education Tracking staffings (CHET). Foster parents are to put down first name and role only – no other information.

5. **Foster Parents** have the option to participate in SPM, FTDM and CHET staffings by phone.
6. **Sign in at the CPS reception desk** with your first name only.
7. **It is better for the child** to be transported by their caregiver; however, if you are concerned over safety you are not required to transport. If safety is a concern notify social worker that transportation is needed.

### Court:

- ◆ You don't have to sign in at Juvenile Court. You can just go to the desk and tell them you are there as a foster parent.
- ◆ Photos are your best defense when working with parents. Consider bringing pictures to court to show the Commissioner or Judge and to give to parent(s).
- ◆ Ask social worker to have your name left out of the ISSP and request **not** to be referenced by last name in court.
- ◆ It is a good idea to let the social worker know you are planning to attend a specific child's hearing. Dependency proceedings are open to the public.
- ◆ Consider attending a court hearing on a day that is not related to a child in your care. This can give you an idea of how court works without the pressure of a hearing about one of your foster children.
- ◆ Consider becoming familiar with how the Court in your county works. Each court has different processes. The Spokane Court has a unique structure called the Spokane Team Approach. Each Juvenile Court Commissioner is the leader of their specific team; a unit of CFWS workers; two or more parent's attorneys; a GAL; and an AAG. These teams operate very differently from each other but they are all very familiar with each other. The teams meet on at least a weekly basis outside of court hearings.
- ◆ **A quick recitation of court hearings are:**
  1. Pick up orders connected to dependency petitions.
  2. Dependency petitions without pick up orders.
  3. Shelter care hearings
  4. Fact finding hearings
  5. Review hearings
  6. Motion hearings occurring as requested by a party.
  7. Termination process occurs separately while the dependency process continues.
- 8. **A termination process is:**



- Request of termination petition
- Filing of termination petition
- Service of parents
- Assignment of Judge (in Superior Court not Juvenile Court)
- The parties meet with assigned Judge to set trial date.
- Motion hearings as requested by a party.
- Trial.

***\*It should be noted that if the State requests a motion hearing the State almost always waits the required twenty days before going into court. If one of the parent's attorneys requests a motion it is almost always on shortened time or usually within a week.***

- ◆ Be aware of what you might say if you attend a court hearing for one of your foster children. Be prepared to make a statement about how the child is doing, how you believe visits are going, about whether you might be a permanent placement. Discuss with SW ahead of time what might happen in court.
- ◆ Be aware that if you are introduced to a parent's attorney (public defender) they may call you. Be aware of what your boundaries are, what you are willing to do and not willing to do. Be aware that a professional and non-emotional response is best.
- ◆ In Spokane, and some of the outlying offices, there are social workers assigned to the Office of Public Defense. These social workers are **not** Children's Administration (CPS) social workers. They are advocates for the parents. It is a good idea to ask for identification of social workers who approach you or contact you.

### Other Tips:

- ◆ Have social worker call you back to decrease long distance telephone costs.
- ◆ Use return envelopes for safety and savings.
- ◆ Social workers have a side file or drop in folder for email to maintain foster parent confidentiality but remember that this information is discoverable.
- ◆ Email social worker weekly on updates on upcoming appointments and other things that are going on with each child.
- ◆ Log issues in a journal as they arise.
- ◆ Request that social workers **not** forward their e-mails to attorneys.

### Caregivers—Partners in Reunification:

- ◆ Although as a general rule it is best to practice general safety precautions, with critical training caregivers can be partners in preserving children's connections to birth families and coaching birth parents toward reunification.



## 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.

### Parenting Plus for Spokane:

Module 1—Tues. 7/9; 9 a.m. — 4:00 p.m.

Introductions, Self-Concept; Cultural Competence & Loss

Module 2—Thurs. 7/11; 9:00 a.m. — 2:00 p.m.

Born Learning/Child Development; Adolescent Development

Module 3—Tues. 7/23; 9:00 a.m.—12:00 p.m.

Sexual Behaviors

Module 4— Discipline

Thurs. 7/25; 9:00 a.m.—4:00 pm

Tues. 7/30; 9:00 a.m.—4:00 pm

Thurs. 8/1; 9:00 a.m.—12:00 pm

Module 5—Thurs. 8/1; 12:30—4:30 pm

Physically Aggressive Behaviors

Module 6—Mon. 8/5; 9 a.m.—12:30- pm

Teaming, Assertiveness & Self Care

### Parenting Plus - Clarkston:

Module 1—Mon.—6/24; 5:30—9 pm; 6/25, 5:30—9 pm

Introductions, Self-Concept; Cultural competence & Loss

Module 2—Wed. 6/26 & 6/27; 5:30—9 pm

Born Learning & Child/Adolescent Development

### Parenting Plus for Wenatchee

June 24, July 1, 8, 15, 22; August 5, 12, 19, 26;  
Sept. 9, 16 & 23; all 5:30—8:30 p.m.

### Following the Paper Trail in Colville

(how to create GREAT documentation)

Tuesday, Aug. 13; 5:30—9:30 p.m.

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

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

Parenting Plus

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

Tues., 7/9; 5:30—8:30;

Colville

Thurs, 7/11; 5:30—8:30

pm; Tri-Cities

Tues, 7/16; 5:30—8:30 pm;

Ellensburg

Tues, 7/23; 5:30—8:30 pm;

Goldendale

Tues., 8/6; 5:30—8:30;

Moses Lake

Tues., 8/20; 5:30—8:30; Wenatchee

Tues., 8/27; 5:30—8:30; Omak



### Parenting with Love & Logic in Moses Lake

June 18 & 25; 5:30—9:30 p.m.

### Parenting with Love & Logic -Colville

July 2 & 16; 5:30—9:30 p.m.

### Parenting with Love & Logic in Wenatchee

July 10 & 17; 5:30—9:30 p.m.

### Parenting with Love & Logic in Omak

July 23 & 31; 5:30—9:30 p.m.

*(Training continued)*

## Region 1 Trainers

For Spokane and South of Spokane classes contact Renee' Siers at [siersr@uw.edu](mailto:siersr@uw.edu) or call (509) 363-4821

For ML, Omak, Wenatchee & Colville, contact Nancy at (509)846-2089 or email Nancy at [leighn2@uw.edu](mailto:leighn2@uw.edu)

For Tri-Cities, Yakima & Walla Walla, contact Ryan Krueger at 509.737.2879 or email Ryan at [krry300@uw.edu](mailto:krry300@uw.edu)

## 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 your trainer for self study materials/articles.*

# NETFLIX

## 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.

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

The list and worksheets are available at [http://www.fpas.org/files/Netflix%20list%201209%20w%20worksheets\\_new.pdf](http://www.fpas.org/files/Netflix%20list%201209%20w%20worksheets_new.pdf)

- ♦ Acting Out
- ♦ Beyond F.A.T. City
- ♦ Child Development
- ♦ Child Safety
- ♦ Frontline: Growing Up Online
- ♦ Frontline: (The) Medicated Child



Pre-Service (PRIDE) Class Schedules are listed online at:



[www.dshs.wa.gov/ca/fosterparents/preservice.asp](http://www.dshs.wa.gov/ca/fosterparents/preservice.asp)



Access training materials as well as training online at



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



# REGION 1 North SUPPORT SYSTEMS CONTACT LIST June 2013

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



## Clarkston Facilitator

Angie Derting (Support/Buddy Program)  
758-8918; [angie@homesofhopeproject.org](mailto:angie@homesofhopeproject.org)  
Meets 1<sup>st</sup> Thursday ea month @ 7 P.M.  
Lewiston First Nazarene Church-childcare provided  
**Hope Room – Clothes etc.**

## Colville Facilitator

Sandee Kircher (Support Group)  
509-937-4151 [kircherbob@yahoo.com](mailto:kircherbob@yahoo.com)  
Meets 2<sup>nd</sup> Tuesday at 11:00; Call to verify date and location.

Ferry County Facilitator No facilitator at this time.

## Methow Valley Facilitator

Aimee Grant 509-997-0412; [aimeegrant@communitynet.org](mailto:aimeegrant@communitynet.org)  
No meetings at this time.

## Moses Lake Facilitator(Support/Buddy Program)

Susanna Greiner 509-760-5561  
E-Mail – [susannagreiner@gmail.com](mailto:susannagreiner@gmail.com)  
Meets 3<sup>rd</sup> Thursday ea month at 6:30 P.M at  
Immanuel Lutheran Church - childcare provided

## Omak Facilitator(Support Program)

Sherry Colomb, Facilitator Cell-509-322-2552  
E-Mail - [may181996@hotmail.com](mailto:may181996@hotmail.com)  
Call or e-mail for meeting time and location

## Pend Oreille County Facilitator (Support Groups)

Kimberly McNaughton 509-442-2433  
[kimberly-mcnaughton@olivecrest.org](mailto:kimberly-mcnaughton@olivecrest.org)  
Call or e-mail for date & location.

## Deer Park Support Group

Kerry & Nancy Bryant, Facilitators  
509-262-0728 [nmb0455@aol.com](mailto:nmb0455@aol.com)  
Meets 2<sup>nd</sup> Monday ea month from 10:30 AM – 12 PM  
Call or e-mail for location

## Wenatchee Support Group

Meets 3<sup>rd</sup> Monday each month; 6:30—8:30 PM  
Cornerstone Christian Church, Wenatchee  
Contact Wendy White at (425) 422-6557 or email [wendy-white@olivecrest.org](mailto:wendy-white@olivecrest.org) for more information.

## Chelan Support Group

Meets 2<sup>nd</sup> Wednesday of the month  
United Methodist Church in Chelan from 6—8 PM  
Working on child care  
Contact Wendy White at (425) 422-6557 or email [wendy-white@olivecrest.org](mailto:wendy-white@olivecrest.org) for more information.

## Spokane Area Facilitators

**Buddy Program - Spokane**  
Trudie Nesbitt – 509-487-8270 or 509-768-0710  
[OnSquidRow@aol.com](mailto:OnSquidRow@aol.com)

## Spokane Valley Support Group & Life Books

Renee' Siers, Trainer & Facilitator  
509-251-2936 – [siers2u@comcast.net](mailto:siers2u@comcast.net)  
Meets 2<sup>nd</sup> Saturday ea. Month – Call for location

## The Younger Years Spokane Support Group

Melike Bludau, Facilitator  
714-7728 - [melikeb@southsidespokane.org](mailto:melikeb@southsidespokane.org)  
9:30 AM - 11:30 am - call or e-mail for the date  
Southside Christian; 2934 E 27th Ave, Spokane  
Day care available - 3 day notice requested

## Night Life Support Group (Evening Meeting)

Amber Sherman, Facilitator  
499-2456 [amber-sherman@olivecrest.org](mailto:amber-sherman@olivecrest.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)

Sandy Porter, Facilitator  
509-990-0980 [sdpforkids@yahoo.com](mailto:sdpforkids@yahoo.com)  
Meets 3<sup>rd</sup> Thursday ea month – 9:30 to 11:30 A.M.  
Southside Christian; 2934 E. 27th Avenue Spokane,  
Day care available – 3 day notice requested.

## Native American Foster Family Support Group

Aimee and Roger Moses, Facilitator  
509-483-7336 and Cell 218-8889 [naffsg@live.com](mailto:naffsg@live.com)  
Meets 3<sup>rd</sup> 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  
\*\*\*\*\*

## Relative Raising Relatives

Children's Home Society; 2323 N. Discovery Place; Spokane Valley  
(next to Valley YMCA); 747-4174 for info or to RSVP  
\*2nd Tuesday each month 6:30—8:30; child care avail; RSVP  
\*or 3rd Tuesday each month 12 noon to 1 PM; lunch provided; no child care; please RSVP.

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

### **1. The Clothing Perk**

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. Request a referral from your child's social worker. For more information, email to [clothingperk@hotmail.com](mailto:clothingperk@hotmail.com) or call 363-3473.

### **\*Stevens/Ferry/Pend Oreille County Clothing Perk**

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 2<sup>nd</sup> 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.

# REGION 1 SOUTH SUPPORT SYSTEMS CONTACT LIST

June 2013



## Yakima Area Kinship Support Groups

♦ Mary Pleger runs the **kinship navigator program & kinship support group** through Catholic Family and Child Services

- ♦ 5301 Tieton Drive; Yakima, WA
- ♦ 509-965-7100
- ♦ 6:00 – 8:30pm; 2<sup>nd</sup> Wed. of the month in the childcare center

*Must RSVP so she can plan accordingly as they provide childcare & dinner!*

♦ Andrea Plagens (relative caregiver herself)

- ♦ 2<sup>nd</sup> & 4<sup>th</sup> Monday of each month
- ♦ 12 – 1:30pm
- ♦ Casey Family Programs
- ♦ 404 N. 3<sup>rd</sup> Street; Yakima, WA
- ♦ 509-952-5162

## Tri-Cities Area Support Group

- ♦ Meets the first Thursday of the month from 6-8 PM
- ♦ South Hills Counseling Center/Olive Crest office; 3616 W 27<sup>th</sup>, Kennewick.
- ♦ Join us for an hour of training credit and a potluck meal together
- ♦ For more info, Jennie at (509) 737-7850.
- ♦ Childcare provided with *advance* notice.

## Other Region 1 South Support:

Contact Jennie Owens (509) 737-7850 or Katie Fear (509) 737-7850 for support in other areas of Region 1 South. Katie covers Kittitas/Yakima counties while Jennie covers Benton, Franklin and Walla Walla counties.

## Ellensburg Area Support:

Contact Angie Wilson for information on support groups in the **Ellensburg area** at (253) 223-9507; [fostering.hope@yahoo.com](mailto:fostering.hope@yahoo.com)

## Walla Walla Support:

Watch for more information...

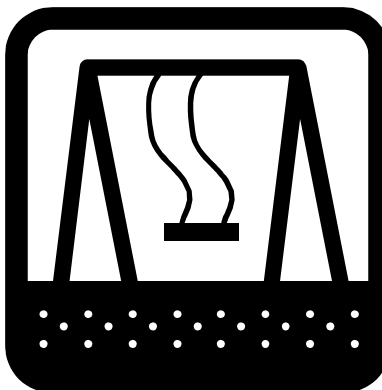
## Kennewick Clothing Room

Contact Susan Kellie at [Susan-Kellie@olivecrest.org](mailto:Susan-Kellie@olivecrest.org) or (509) 948-8332; or your local social worker for assistance. Volunteers staff it Monday's 9:30-11:30 am and Thursdays 4:30-6:30 pm. They have toys, school supplies, hygiene items, clothing and some baby equipment.



## Foster Families in the Park—Yakima

Yakima has a new “foster families in the park” group that plans to meet throughout the summer. The next date/time/location will be announced soon with the next time likely the 2nd week of July. Please contact Katie Fear at (509) 737-7850 for more information.



## Benton County—Tri-Cities

On August 16th families can enjoy free Kiwanis train rides in Columbia Park from 5-7 pm. There will be refreshments.



# From around the Region



**Richland Caregiver Appreciation Dinner**— Approximately 250 people attended with just about

everyone leaving with something; basket, blanket, bikes, t-shirts, extra food and cake!

**Special Awards that night:**

\***Breakthrough** received an award from Division of Developmental Disabilities (DDA) for their work with children and adolescents with disabilities and their partnering with DDA to provide care  
 \***Benton County Orphan Train Award** – Kellie and Felix Diaz. They are licensed by Catholic Family Services



**Teen Closet 50**—this was the 3rd year for this fund raiser for the regional clothing room for teens in Region 1 North. Approximately 24 teams competed raising more than \$7,000 to support the closet and to create awareness.



**Whitman County caregivers** received activity magazines in appreciation of the care of children in their care thanks to Fostering Together in May for FP Appreciation Month!

**Region 1 South conference**—on May 15-16 more than 93 caregivers attended an outstanding conference in Yakima. Caregivers received training hour credits and left with a wealth of new learning.

**Garfield and Asotin caregivers** received garden stakes and welcome hangings in appreciation of the care of children in their care thanks to Fostering Together in May for FP Appreciation Month!



**Spokane Area Caregiver Appreciation Dinner**—more than 200 attended the annual appreciation dinner in Spokane at Calvary Chapel on April

27th. It was a 50's theme complete with old cars on site, a photo booth, 50's music and dancing and great food.



**Wenatchee FP/Caregiver Appreciation Event**— Wenatchee held a foster parent appreciation party at the Wenatchee Community Center on May 10. Foster parents and staff feasted on a family style dinner of fried chicken, root beer floats and sundaes for dessert while the children enjoyed a carnival and pizza. Foster parents enjoyed some live entertainment, a rousing game of Bingo and had costume and hula hooping contests while the children had a great time with activities and food of their own!



**Annual Carousel Party**—Latah Creek sponsored the annual carousel party at Riverfront Park in Spokane for the 18th year! More than 120 attended on May 4th and enjoyed a fun breakfast and free carousel rides!



2013



Pizza before the swim!

**Spokane Support Groups held their annual YMCA Swim Party** in Spokane in May—more than 80 joined in on the fun of dinner together and swimming!





Fostering Together, a program of Olive Crest, partners with Children’s Administration on the recruitment and retention of foster homes as well as managing the FIRST and Critical Support Program. You may contact any of the Fostering Together staff directly.

<b>Region 1 Staff</b>			
Dru Powers	Foster Support Specialist/FIRST Rep for Region 1	(509) 928-6697	<a href="mailto:Dru-Powers@olivecrest.org">Dru-Powers@olivecrest.org</a>
Chris Pope	Region 1 Coordinator	(509) 468-0700 x 106	<a href="mailto:Chris-Pope@olivecrest.org">Chris-Pope@olivecrest.org</a>
Derek Cutlip	North Community Involvement	(509) 290-0406	<a href="mailto:Derek-Cutlip@olivecrest.org">Derek-Cutlip@olivecrest.org</a>
Susan Kellie	South Community Involvement	(509) 948-8332	<a href="mailto:Susan-Kellie@olivecrest.org">Susan-Kellie@olivecrest.org</a>
Amber Sherman	Spokane Liaison	(509) 499-2456	<a href="mailto:Amber-Sherman@olivecrest.org">Amber-Sherman@olivecrest.org</a>
Kim McNaughton	Northeast Liaison	(509) 675-0341	<a href="mailto:Kimberly-McNaughton@olivecrest.org">Kimberly-McNaughton@olivecrest.org</a>
Wendy White	Wenatchee Area Liaison	(425) 422-6557	<a href="mailto:Wendy-White@olivecrest.org">Wendy-White@olivecrest.org</a>
Katie Fear	Yakima Liaison	(509) 424-0858	<a href="mailto:Katie-Fear@olivecrest.org">Katie-Fear@olivecrest.org</a>
Jennie Owens	Benton, Franklin and Walla Walla Liaison	(509) 737-7850	<a href="mailto:Jennie-Owens@olivecrest.org">Jennie-Owens@olivecrest.org</a>
<b>Statewide Staff</b>			
Marilyn Hatfield	R&R Program Director	(425) 876-7528	<a href="mailto:Marilyn-Hatfield@olivecrest.org">Marilyn-Hatfield@olivecrest.org</a>

***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 including news on last minute ticket donations!**

**Plus check out the great resources online —information, forms, staff lists, trainings and more!**

# When the damage is done, can anything be done?

*Submitted by Dr. Ashley*

The short answer—*yes*, especially if you are young, but possible even if you are in your 60's or 70's.

The longer answer is that most of us are living proof that even after significant damage, success is possible. First, some background.

Like me, I am sure you had some well-meaning relative tell you just forget about it, and move on. Some things are less severe, and you can reach safety and forgiveness and “move on.” Other events are so toxic to our brain and body that without help, the body does not forget. Whether the brain was too young to put things into words, or was able to put together the words, it tries to put up walls, barriers, maybe even denial. Despite all the mental energy that requires, the body still remembers. Twenty or thirty years later, the body is diverting energy to be ready to react in case the dangerous situation repeats. When all that energy is sent that way, the possible responses are *fight, flight* (escape), or *fright/freeze* (shut down). What is difficult is that it may be a smell, a sound, the weather, or almost anything that somehow reminds that person's body of the horrible experience from the past. If the brain gets such a trigger, the stress hormones start up all over again.

In physiology class we learned that those stress hormones speed up the heart, raise the blood pressure, alter the vision, perhaps make you jittery, and leave you noticeably amped up. Someone whose body remembers multiple adverse experiences from the past may have multiple episodes like that triggered every day.

Non-resilient kids who were neglected in infancy, or sexually abused around nine or ten years old, have stress hormones messing up their social clues time after time. They may have extra challenges with language or with math. Non-resilient kids who saw domestic violence at some age, or were sexually abused at fifteen or sixteen years old, have their vision and memory and judgment challenged multiple times a day. Non-resilient kids who were maltreated before the age of three, or sexually abused between the ages of three and five, will have challenges with their emotions or verbal memory or spatial memory. All of us have some challenges in life. These kids have



more. Unless they become resilient, life will be a bigger challenge than it has to be.

If the child experiences trauma in more than two areas of life, and if no one helps them become resilient, some days their body

is slammed with those stress hormones time-after-time throughout the day. As you can guess, the body suffers when it has that strong of a response multiple times a day. Heart disease as an adult is a third more likely. Cancer is similarly more likely. Relationships suffer. Despite excellent intentions, productivity at work is interrupted time after time. The degree of anxiety will be about half again the amount than is normal for others.

The most important way out of such a mess is to have a reliable and safe person in your life, the earlier the better. With social and emotional support, feeling that after all you are a fortunate person, and with hope for the future, success is much more likely.

While in a safe environment, the body can gradually learn that the smell or sound or size that happened when they were getting damaged does not mean the damage will happen all over again. A little decision here, or a little decision there, can prove to their body that success is possible. The life that was so interrupted can start to be put together again.

Part of being the safe and reliable person in the child's life may mean dramatically altered body language on your part. The slightest bit too long of eye contact, facing a tiny bit too head on, may throw them into panic. However, even when their body signals stay away, you need to be available and responsive. Instead of considering routine boring, use the safety of routines to help their body learn the world is not as dangerous of a place as where they used to be. Their body is very successful at surviving in a dangerous environment. Their body needs to learn how to thrive in a safe environment.

*(continued on page 12)*



## New Foster Parent Association Forming

*Submitted by FP Enola Brown*

A brand new Foster Parent Association is forming in Stevens County! It will be open to caregivers from the Tri-County area—Stevens, Ferry and Pend Oreille.

They plan to meet the first Tuesday of the month starting in August.

The first one is scheduled for **Tuesday, August 6; 6pm-7pm**

Childcare will be provided

**LifeLine Ministries** (*next to Stephanie's Restaurant*)

**157 N. Oak St.; Colville**

For information contact Enola Brown at [scfpa@aol.com](mailto:scfpa@aol.com)

Or call 509-690-1246



## Regional News

The Region 1 HB 1624 Regional Consultation meetings are held in Spokane for Region 1 North and alternating between Yakima and Richland in Region 1 South. For a full set of minutes please contact Dru Powers at [dru.powers@juno.com](mailto:dru.powers@juno.com) or call her at (509) 928-6697 for Region 1 North or to Maria Tovar in Region 1 South at [demz300@dshs.wa.gov](mailto:demz300@dshs.wa.gov) or (509) 225.6539.

*(When the Damage is Done....continued from page 11)*

*These are some links that others have found helpful.*

- ◆ <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf> (a handout for families caring for a child who has been traumatized—concise yet incredibly informative)
- ◆ [http://www.fosteringresilience.com/stress\\_management\\_plan.php](http://www.fosteringresilience.com/stress_management_plan.php) (underlines, no spaces, then click on the blue check-mark inside the green box to the right) (Stress management plan for teens. This was originally developed for stressed teens; it was later picked up by military family support groups. It explains to adolescents both how their body reacts, as well as how to safely redirect that energy.)
- ◆ [www.acestudy.org/files/ACE\\_Score\\_Calculator.pdf](http://www.acestudy.org/files/ACE_Score_Calculator.pdf) (an abbreviated questionnaire--I do not know who this organization is! The web-page refers back to the CDC web page with the gigantic non-copyrighted questionnaires [www.cdc.gov/ace/questionnaires.htm](http://www.cdc.gov/ace/questionnaires.htm) . This shorter questionnaire is much easier to use! As you can see, just being near these things can damage someone)
- ◆ <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/Guide.pdf> (the *Helping Foster and Adoptive Families Cope With Trauma* guide for Doctors and ARNPs. Skip the technical parts and go to the pages that explain what diseases look just like someone coping with stress, or the pages that tell what specific therapies or interventions the Doctor or ARNP should order)
- ◆ <http://www.fpc.wa.gov/publications/CJC%20all.web.pdf> (Washington Family Policy Council PowerPoint from the Children's Justice Conference, May 9, 2011. Page three has the physical changes in the brain that can happen with abuse at various ages. Getting resilience is really important! Page thirty-two has the health impact attributed to ACEs. The various graphics tell how ACE categories build up the risk to health and employment, as well as the protection of a high capacity community)

## Foster Caring Information

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 of  
Eastern WA and Children's  
Administration.**

←—————→  
*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 September 5, 2013**



# Who to Call?

A quick reference for caregivers

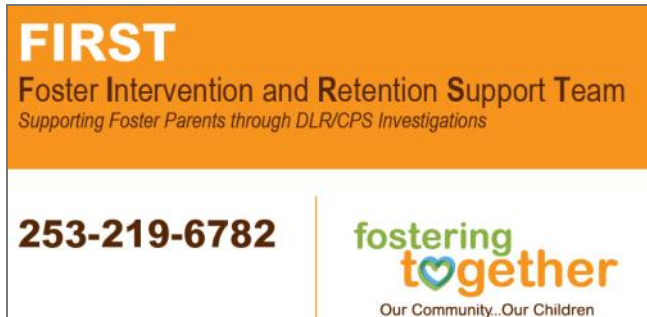
## Region 1 North and South Main Office Phone Numbers

Clarkston DCFS Office - North; (509) 751-4686  
Colfax DCFS Office - North; 1-800-557-9671  
Colville DCFS Office - North; 1-800-544-0543  
Ellensburg DCFS Office - South; (509) 925-0440  
Goldendale DCFS Office - South; 1-888-606-9639  
Moses Lake DCFS Office - North; 1-800-749-5965  
Newport DCFS Office - North; 1-800-473-6022  
Omak DCFS Office - North; 1-800-869-4018  
Richland DCFS Office - South; (509) 585-3000  
Spokane DCFS Office - North; 1-800-557-9671  
Sunnyside DCFS Office - South; 1-800-544-8215  
Toppenish DCFS Office - South; (800) 526-8713  
Walla Walla DCFS Office - South; (509) 524-4900  
Wenatchee DCFS Office - North; 1-800-243-8881  
White Salmon DCFS Office - South; 1-888-606-9639  
Yakima DCFS Office - South; (509) 225-6500  
Yakima Reg. Hub; 1 (888) 443-6796

## Fostering Together Liaisons

—a great source for support:

Spokane—Amber Sherman (509) 499-2456  
Northeast—Kimberly McNaughton (509) 675-0341  
Wenatchee—Wendy White (425) 422-6557  
Yakima—Katie Fear (509) 424-0858  
Tri-Cities/Walla Walla—Jennie Owens (509) 737-7850



This program is accessed by direct referral from a foster parent or can be referred through a social worker. Calls to the number above will receive consultation and if appropriate then referred to Dru Powers for Region 1.

## Statewide After Hours Intake Line

# 1-800-562-5624

## Division of Licensed Resources

**Region 1 North Regional Office—1-800-557-9671  
or (509) 363-3550**

**Region 1 South Regional Office—1 (866) 451-  
5160 or (509) 737-2800**

## 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**

### Call your placement desk with the following:

- ◆ status updates about openings
- ◆ new placements
- ◆ placement changes
- ◆ non-emergent needs and questions

### Homefinders/Placement contact information:

- ◆ Spokane HOME FINDERS: (509) 363-3554
- ◆ Clarkston—Carol Mogliolo (509)751-4665
- ◆ Colfax—Shelly Elkins (509) 397-5043
- ◆ Colville—Lenny Benson (509) 685-5665
- ◆ Moses Lake—Michael Wentworth (509)764-5778
- ◆ Newport—Kathy Bennett (509) 447-6237 or Rory Axel (509) 447-6221
- ◆ Omak—Krisana Shrable (509) 846-2081
- ◆ Wenatchee—Teresa Ryan (509) 665-5338
- ◆ White Salmon—Gail Froehlich (509) 773-7477
- ◆ Yakima—Kathlyn (K.T.) Treat (509) 225-6586
- ◆ Richland—Erma Willoughby (509) 737-2898
- ◆ Walla Walla—Glenda Sanchez (509) 524-4925
- ◆ Ellensburg—Lynn Ostenberg (509) 925-0448
- ◆ Goldendale—Gail Froehlich (509) 773-7477
- ◆ Sunnyside—Maria Frausto (509) 836-5755
- ◆ Toppenish—Tonya Newell-Tierney (509) 865-1450

# Calendar of Events for Region 1

## Region 1 North



**FP/Caregiver Picnic—Sat., July 27; Audubon Park in Spokane.**

Join caregivers for the annual picnic/event in Spokane. There will be a bouncy castle, barbecue lunch and the splash pad at the park!

**RSVP to Ruby Harper at 325-4159 please.**



### FP Advisory Board Meetings in Spokane for 2013:

Foster parents are welcome & encouraged to attend; please check in with reception first.

- ♦ **Tuesday, August 20; 1—2:30**
- ♦ **Tuesday, October 15; 1—2:30**

### Regional HB 1624 Meetings— all caregivers welcome!

- ♦ **Tuesday, September 17; 1—3 p.m.; Children's Administration in Spokane;** contact your reps for more information; **Kerry Bryant** at (509) 262-0728 or **Shelby Carrell** at (509) 473-9150

**Regional Mini Conference—Saturday, Sept. 28;** place to be announced in Spokane area; this is an annual event with 8 hours of training credit provided along with great networking and camaraderie! Caregivers from throughout the region are invited. The day starts with a light breakfast, training workshops and general sessions, lunch, followed by more training. Caregivers have given this conference great reviews. For more information, please check [www.fpas.org](http://www.fpas.org) or email to [Laurie.Palmquist@dshs.wa.gov](mailto:Laurie.Palmquist@dshs.wa.gov).



**Watch for news of appreciation events near your office during 2013!**

## Region 1 South



**June 26th —Ellensburg** will be hosting a Caregiver Appreciation event on June 26 at a local park. Contact Angie Wilson for more details (253) 223-9507.

**August 13th—Yakima** will have a back to school/school supply give away at Franklin Park. This is open to all caregivers in the Kittitas/Yakima Co. area. We will have pool passes so kids can swim and will have an ice cream social period. Invites will go out in late July.

**September 26th—Richland** will have another caregiver appreciation event at Columbia Park at the Pavilion near the Playground of Dreams. Collaboration plans to provide Hot dogs/Hamburgers and water, asking that caregivers bring a side to share pot luck style. Other details to come, invites going out in late August.



### Regional HB 1624 Meetings—

- ♦ **Thursday, September 26; 10—12; Richland DCFS Office;** contact your representatives for more information; **Angie Wilson** at (253) 223-9507 or **Gina Coats** at (509) 453-3849

*—all foster parents & caregivers are welcome*

