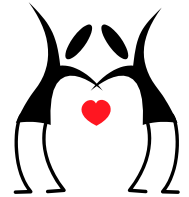




Foster Caring



Have you been Immunized?

Children’s Administration (CA) has issued a notice for foster parents and relative caregivers about the Pertussis “Whooping Cough” epidemic. Caregivers must still immediately notify the child’s social worker if a foster or relative child is diagnosed with whooping cough. Also, foster parents are to contact their licensor to issue a Stop Placement, if anyone in their home is diagnosed with whooping cough.

Because of the seriousness of this epidemic, CA is announcing a new requirement to safeguard the health of infant children. CA will not make new placements of infants under two (2) years of age in a licensed foster home unless all family members in the home have received the appropriate whooping cough vaccine or booster for their age. There will be no exceptions for new placements of children.

◆ If all family members are fully vaccinated for Whooping Cough, including a booster shot as appropriate for whooping cough, you may accept placement of an infant 0 – 2 years old.

◆ ***If all family members are not fully vaccinated, including a booster shot as appropriate for whooping cough:***

◆ **Do Not accept placement of an infant 0 – 2 years old.**

◆ Contact your regional office if you are contacted for a placement of a child 0 – 2 years old and all family members are not fully immunized for whooping cough.

Kids under seven should get a series of five DTaP vaccines. Kids aged 7 to 10 years who aren’t fully vaccinated against whooping cough and everyone aged 11 and older should get a whooping cough booster, called Tdap.

For more information on these vaccines visit: <http://www.doh.wa.gov/YouandYourFamily/Immunization/Vaccines/>

[DTaPDiphtheriaTetanusacellularPertussis.aspx](http://www.doh.wa.gov/YouandYourFamily/Immunization/Vaccines/DTaPDiphtheriaTetanusacellularPertussis.aspx)



Get your whooping cough vaccine from your healthcare provider; most pharmacies; clinics; or your local health department.

If you need information on health insurance or help finding a healthcare provider, call the Family Health Hotline at 1-800-322-2588 or visit <http://www.parenthelp123.org/>; Most Health care programs and Medicaid provide coverage for the whooping cough vaccine. Foster families licensed for infants 0-2 years who demonstrate a financial hardship in obtaining the immunization should contact their child’s social worker or DLR licensor. If you have any questions about your whooping cough immunization status, consult your family medical provider.

Centers for Disease Control and Prevention state:

Tdap contains protection against Pertussis (whooping cough). Adolescents 11-18 years of age (preferably at age 11-12 years) and adults 19 through 64 years of age should receive a single dose of Tdap. For adults 65 and older who have close contact with an infant and have not previously received Tdap, one dose should be received. Tdap should also be given to 7-10 year olds who are not fully immunized against pertussis.

Region 1 North
Caregiver Newsletter

Summer 2012

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

Inside this issue:

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How would you feel?

I received a call from a former foster daughter...she is now older, married and a Mom. She recently went to a local pub to play pool with her husband...

She over heard a Foster Mom, name unknown....telling a few people in the "pub" all about the foster child she has who had been molested, abused, and had so many mental issues etc.

I am passing this on as perhaps we all need a reminder about keeping things confidential.

As a past foster child herself, she was really upset and angry... She was so sad about this for the sake of the child.

We all need to keep these children's history, abuses etc. confidential....also, imagine if a parent of a child in care had heard this....

Thank you for your time and concern. I hope you can pass this on "to whom it may concern".

*Sincerely,
A FOSTER MOM*

Congratulations Graduates!



51 Homeless and Foster Youth from Eastern WA and Northern Idaho graduated from high school or completed a GED this spring thanks to our partners at Volunteers of America and special thanks to our Foster Parents also! And 32 are headed to college! Way to go!

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 as soon as they can after the month of service.
- Questions? Please check with the SW assigned.

Remember you signed a confidential agreement that states:

RCW 74.04.060

1. The department and its employees are prohibited from disclosing the contents of any records, files, papers, and communication, except for purposes directly connected with the administration of the programs. **Foster parents are subject to the same rules of confidentiality as paid department staff.**

WAC 388-148-0130

1. I understand that information about a child or the child's family is confidential and must only be shared with people directly involved in the case plan for the child.
2. I agree to consult with my licensor or the child's social worker for guidance about sharing information with others involved in the child's case plan.

CA Operations Manual 43022

I will confirm with the social worker if there are any safety reasons why unidentified photos of children placed in my home may not be posted on my social networking site (no names, identification of child as a foster child or case specific information about the child or the child's family).

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.

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 50 Mile Relay!



The 2nd Annual TC-50 was a great success!
Approximately 20 teams participated at this great event on June 3, 2012, raising \$20,000 to support the region's Teen Closet!

The course ran from Mt Spokane High School, with transitions at every High School in the Spokane area, finishing at Rogers High School.

Special thanks to all the great sponsors, volunteers and teams!



Ben & Jerry's provided delicious ice cream for all teams and volunteers!

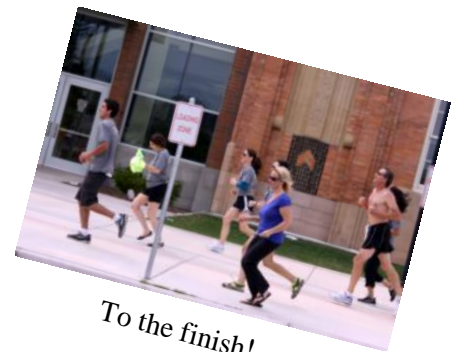
TEEN CLOSET



Papa Murphy's provided pizza for all teams and volunteers!



From one team member to another at a transition station!



To the finish!



One of the teams at the Finish!



Children's Administration entered two teams to support the Teen Closet



Rick Michelotti and Lyn Andrews were from one CA team!



Tim Nelson and Kaaryn Swanger were from the other CA team!

Upcoming Training:

Parenting Plus! Foundations for Behavior Management

** This is a mandatory training.*

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 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, Colville

These classes will be offered again September 14 - December 14 on Friday's from 9:30 - 1:30 in Spokane, Stevens/Pend Oreille and Whitman/Asotin Counties

*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.

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.

First Placement

8/8/2012 9:30—12:00 Spokane DCFS

Love & Logic by Nancy Leigh

June 25 & 26,	5:30—9:30	Wenatchee, DCFS
July 9 & 10,	5:30—9:30	Colville DCFS
July 26 & 27,	5:30—9:30	Moses Lake DCFS
August 15 & 22	5:30—9:30	Spokane DCFS
Aug. 27 & 28	5:30—9:30	Omak DCFS
Sept. 4 & 11	5:30—9:30	Yakima DCFS

DVD's for Training Credit Available through Netflix

If you have a Netflix account you can request the following DVD's for training credit:

- ◇ Aging Out (2 hr) Child Safety (1 hr)
- ◇ Beyond F.A.T. City by Dr. Richard Lavoie (2 hr)
- ◇ Frontline: (The) Medicated Child (1 hr)
- ◇ Frontline: The Meth Epidemic (1 hr) Girlhood (2hr)
- ◇ (The) Happiest Toddler on the Block (1 hr)
- ◇ I Have Roots and Branches: Personal Reflections on Adoption (1 hr)
- ◇ It's So Much Work to Be Your Friend: Helping the Learning Disabled Child Find Social Success (2 hr)
- ◇ Misunderstood Minds: Searching for Success at School (2 hr)
- ◇ Secret of the Wild Child (1 hr)
- ◇ World's Most Dangerous Drug (1 hr)

To receive credit request the DVD worksheet from your licensor.

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.



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)

Sherry Colomb, Facilitator Cell-509-322-2552

Email—may181996@hotmail.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

509-483-7336 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

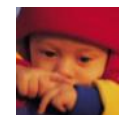
The Teen Closet, offers teen clothing for any teen connected with Children's Administration in Region 1. Visit their site at

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.



Riding in Cars...and Trucks...and Vans

Submitted by Dr. Don Ashley

Are you under thirty? You probably do not remember bouncing around the car. No car seats! Horribly distracting to the driver! My Mom must have had incredible reflexes. I remember her sticking out her arm to block me as I flew forward. Luckily we were only going about ten or fifteen miles an hour when she had to slam on the brakes. Her arm block slowed me down a lot. Still, it hurt when my head crashed into the dashboard. I did not feel good the rest of the day. My brothers were luckier. They slammed into the back of my mother's seat and had a bit better cushion. The "good ole' days" were not good days to be in vehicles.

Why did some European countries have better kid crash survival rates than us? They kept the children in rear-facing protection longer. A rear-facing car seat does a much better job of protecting the shoulders and spine and head. Some of the newer convertible car seats are tested to protect a child rear-facing until at least two years of age or older. Read the sticker to see the weight and height limits for that brand. Forward facing may be permitted at one year and twenty pounds. Rear facing is safer.

Bigger kids need to be safe, too. Without a booster seat, the lap belt can go over the fragile body parts inside the tummy. Correctly positioned with a booster seat, the lap belt holds onto the bones of the upper legs and pelvis. Correctly positioned, the shoulder belt stays in front to protect. Correctly positioned, the shoulder belt stays away from the neck where it could strangle. Washington State allows children over 8 or at least 4' 9" to use a seat belt. The seat belt must never be under the arm or behind the back.

The sticker on the car seat will have the phone number to call to make sure there has not been a recall. No sticker on the car seat? The car seat may have exceeded its expiration date. The shock absorbing materials are not made to last forever. If there is no sticker, label, or stamp on the car seat, do not trust something as important as a life to that car seat.

Not just age wears out a car seat. During a collision, the material partially disintegrates. You may not be able to see the internal damage. It was likely damaged if

- ◆ *any vehicle involved in the crash could not be driven away*
- ◆ *the door nearest the car seat was damaged*
- ◆ *an occupant of any of the vehicles involved was injured*
- ◆ *an air bag in any of the vehicles went off*
- ◆ *if you can see damage to the car seat*

Check www.nhtsa.gov/Safety/CPS for the exact information. Part of the blue box on the right side of the page is a place to click to find a Child Seat Inspection Locator. Once a car seat is installed, you should not be able to move the car seat more than an inch side to side or an inch toward the front. An inch is about the width of my thumb. That is not much. Most of the inspection stations on the htsa.gov page are free. It is well worth getting help making the car restraint as safe as possible.



A properly installed car seat drops the chance a pre-school child will die in a car wreck by half. For children under one, the chance the child will die goes down by three-fourths when the child is properly restrained. That improvement in survival is *not* in a front seat with an air bag. Front seat airbags can cause brain damage or kill a baby in a rear facing car seat. Air bags are for grown-ups. (See your vehicle owner's manual for the exact age and weight and height for someone to use an air bag.)

If you are into apps, Phoenix Children's Hospital released a free app to help with car seats. The name of the app is Car Seat Helper. I got mine for free at the App Store. If you prefer, you can find Phoenix Children's Hospital's iPhone or Android app at <http://www.phoenixchildrens.com/community/injury-prevention-center/child-passenger-safety/>.

If your vehicle was made since September 2002, it will have the LATCH system. Usually car seats can use either the seat belt or the LATCH system. With LATCH your car has anchor loops for below. If car seat is forward facing, there will be a tether hook for the top. These can be a lot easier to use than setting the seat belt. Check the car seat owner's manual and the vehicle owner's manual. The height and weight limits may be different for the car seat or for the anchors. With certain sizes of children, either the LATCH or seat belt may not be a safe choice. Down on the right side of the www.nhtsa.gov/Safety/CPS page is the dark yellow sticker you can click to learn more about LATCH.

Sometimes it is easier to use the seatbelt with the car seat instead of using the LATCH system. Check both the vehicle manual and the car restraint owner's manual. See whether you need to use the belt clip, a lock built into the restraint, a special order clip, or no clip at all.

Washington State Children's Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624)

June 21, 2012; 1—3 p.m.; Chewelah City Municipal Bldg.

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 will be discussed at the statewide meeting in Olympia on July 23 from 1—4 PM:

- ◆ **Summer Activities**—policies and procedures for approvals, exceptions, etc.
- ◆ **Tips for Foster Parents**—*share our resource sheet*

Next Regional Meeting – Tuesday, Sept. 18; 1—3 PM; Spokane DCFS

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 Chewelah. 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 September meeting in Spokane at DCFS from 1—3 PM



Regional News

Next HB 1624 Meeting—Tuesday, September 18; 1—3 p.m.

—Regional House Bill 1624 Meeting; **Spokane DCFS Office**

—**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, Aug. 21; 12:30—2**

♦ **Tuesday, Oct. 16; 12:30—2**

♦ **Tuesday, Nov. 20; 12:30—2**

Save the Dates— watch for recognition activities in your area!

♦ *ML Appreciation Event—Aug. 2, 2012; 5 p.m.*

♦ *Omak Appreciation Event—barbecue coming soon!*

♦ *Newport Event—July 21, 2012; 11 a.m.; Newport City Park*

♦ *Clarkston Appreciation Event—to be announced*

♦ *Colfax Appreciation Event—to be announced*

♦ *Colville Event—Sept. 8, 2012; 11 a.m.; Chewelah City Park*

♦ *FP Mini Conference—Saturday, Sept. 22, 2012; all day*

♦ *Fundraiser for the Teen Closet/Clothing Perk—Sept. 26, 2012*

Watch for more information from your local office or online!

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. Or on Facebook under Clothing Perk of Spokane. 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, July 14 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 Fall Issue is Sept. 14, 2012

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

Return Service Requested

**Region 1 North Caregiver
Newsletter**




Foster Caring

***Join Us for the Spokane Area
Foster Parent/Caregiver Picnic***
Saturday, July 28 at Audubon Park; 12—2
(off of NW Blvd. between Milton St & Audubon St)
***Join us for the barbecue, a Jumping Castle,
Surprise Activities, Games & more!***

It's a great time with other families.

12—1 Barbecue—RSVP to Ruby at 325-4159 * RSVP by July 18th

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

Check with your local office for activities in your area. Newport's event is July 21st; Moses Lake's is August 2nd; Stevens/Ferry County's is September 8th; others to be announced locally or online at www.fpas.org!

***Save Saturday, Sept. 22 for the Regional Annual FP/Caregiver Mini Conference in
Spokane! You will earn 8 hours of training!***



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

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