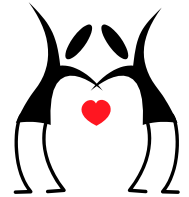
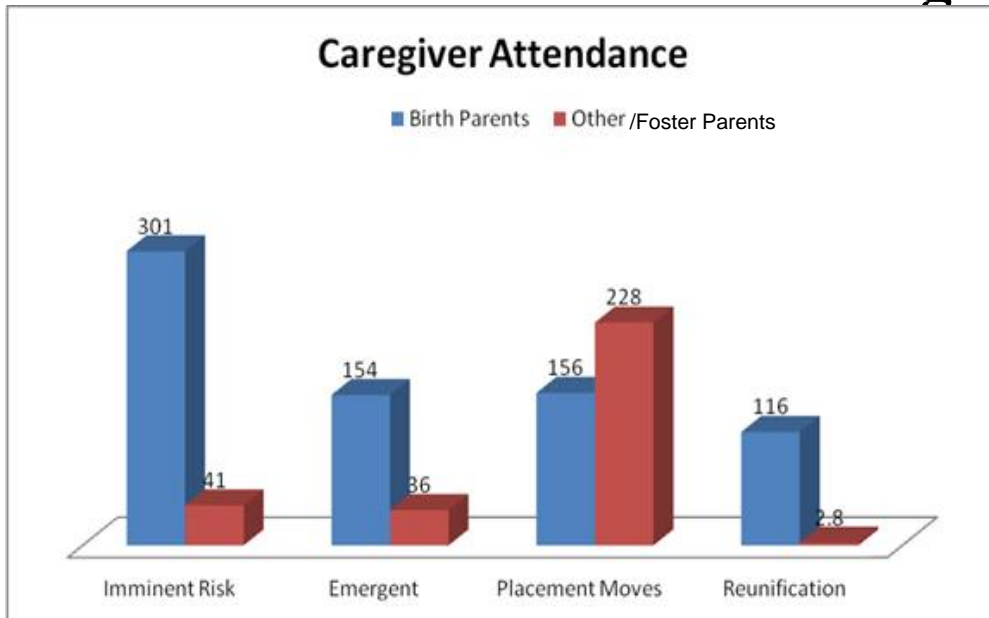




Foster Caring



Attendance at FTDM Meetings



Region 1 North
Caregiver Newsletter

Winter 2012

**FTDM
attendance and
why?
Check out pages
1 & 3 for graphs.**

Great job caregivers! Attending the Family Team Decision Meetings really makes a difference!

Permanency Roundtable Case Conferences

By David Needham, FTDM facilitator

Did you know that nationally, nearly 30,000 youth “age out” of the foster care system each year without being part of a permanent family? These youth often enter adulthood alone, are ill-prepared to hold down a job or raise a healthy and successful family of their own. Of these young adults, 12-22% become homeless from day one. Other outcomes include: less likely to be employed; poverty level incomes; lack of health insurance; more likely to have children out of marriage; PTSD rates twice that of war veterans and higher rate of becoming victims of crime or engaging in criminal activity. Over 270,000 American prisoners were once in foster care.

In an effort to improve outcomes and achieve permanency for children in and ag-

ing out of the foster care system, Casey Family Programs in collaboration with the Georgia Department of Human Services and Care Solutions Inc., initiated the Permanency Roundtable Project in the fall of 2008. Since then several other states including Washington have developed similar projects with the help of Casey Family Programs. In September of 2010, many Region 1 North staff members were trained on the Permanency Roundtable process and nearly 200 children and teens were individually staffed!

A Permanency Roundtable (PRT) is a Children’s Administration case consultation designed to pursue permanence for children and teens. PRT is a structured and in-depth process that identifies obstacles to permanence and finds solutions to overcome those

(Continued on page 2)

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barriers. A permanency roundtable brings together case workers, supervisors and experts from inside and outside the department to pore over a case and brainstorm ideas for achieving permanency. This intensive process brings fresh perspectives and possible “outside the box” solutions moving closer toward the goal of obtaining permanence. The main goal of PRT is to achieve legal permanency for children and teenagers in foster care. Legal permanency can be achieved through:

- ◇ Reunification with a birth parent or the family from which the child was removed.
- ◇ Adoption or guardianship with a relative or non-relative before the youth turns 18.

The purposes of PRT are:

1. To develop a plan for each child to achieve permanency
2. To stimulate thinking and learning about pathways to permanency for these and other children in foster care
3. To identify and address barriers to permanency through creative thinking, professional development, policy change, resource development, and the engagement of

system partners

At this time we do not have statistics as to the Region 1 North PRT staffings; however, the Casey Family Programs study evaluated the permanency of the 500 children and teens whose cases were staffed through the roundtable process in 2008. The 12-month follow-up found that:

31 percent (153 children) had achieved legal permanency. Of those:

- ◇ 44 percent achieved it through guardianship.
- ◇ 29 percent through adoption.
- ◇ 27 percent through reunification.
- ◇ 49 percent (243) had an improved permanency status – that is, progress had been made on their paths toward permanency.

You may have heard that permanency begins at day one and it does. Permanency planning for a child starts at first contact with the family and continues until legal permanence is achieved and through case closure. It is our goal that through the shared planning process, FTDM and PRT that permanence can be achieved for every child so that they are not languishing in the system.

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.



Mileage Reminders

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

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.



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

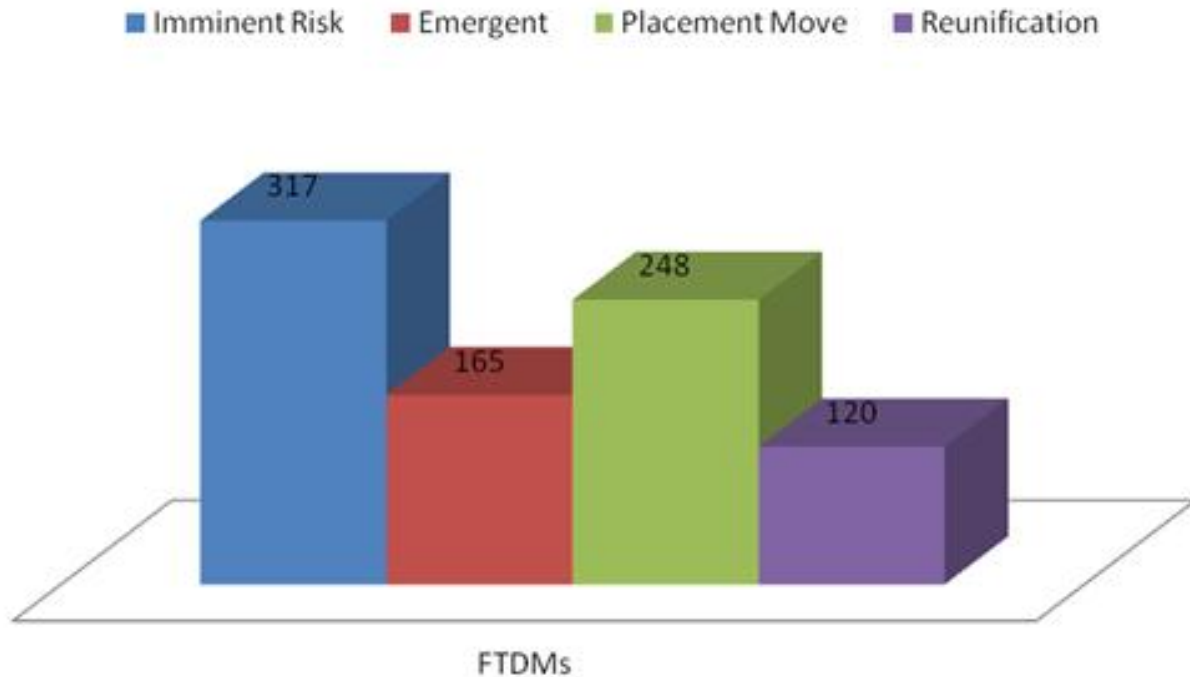
As a reminder: In order to be licensed for ages birth to 24 months, it is the expectation of licensing that the children in their home be immunized (regardless of medical, religious or philosophical reasons).



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 immunizations.

Total FTDMs for 2011



Family Team Decision Meetings held in Region 1 North in 2011.

Regarding Foster Care Rate Assessments

By *John Traylor*

As a rate assessor it is not uncommon to receive a call from a foster parent within a couple of weeks of placement of a child wanting a foster care rate assessment. There have been multiple calls that occur within a week of placement. Ordinarily I wait about 3 weeks before doing an assessment as I want the child to get through the "honeymoon" period. The WAC states that I have 31 days in order to get the assessment completed. I also want the foster parent to understand all of the issues of need involving the care of this child. If I do an assessment too early I often find that a new one has to be done soon as certain issues are now seen that were not taken into consideration originally. This also allows the Department time to get the child set up with any services or assessments that may be needed in order for us to have a better understanding of what this child may need over the next six months.

Remember that the findings of the first assessment will go back to the date of placement. Subsequent assessments, if they change the foster care level, will begin on the first of the following month. Thus it behooves you to wait and truly understand the level of care each child needs.

I do the assessments according to the date of placement. If someone requests an assessment too soon that will mean others will have to wait for them as truly they are going out of turn. I complete assessments based on the date of placement into the home

and try to stick to these dates whenever possible. When others request to have their assessment completed out of turn, this creates a delay for other foster parents who have been waiting. There are two key dates in which to turn in my findings by per month. The dates are usually around the 6th of the month and the 21st of the month. Those findings then get processed in Olympia and become your invoices. I usually have sufficient time in which to get in my findings within the proper time.

A caveat to the above is that if you have not heard from me in three weeks I would appreciate a call from you as it is possible I have not received notice of your placement. I want to recognize each of you and want to see you get reimbursed appropriately. If you have not heard from me, please contact me at 509 363-3433. If you prefer e-mail I can be contacted at TRAJ300@DSHS.WA.GOV.

Thank you for being foster parents,
John Traylor SWIII



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.

- Module 2** Wed. 2/1 5:30—9:30
Born Learning & Child/Adolescent Development
- Module 3** Wed. 2/8 5:30—9:30
Sexual Behaviors
- Module 4** Wed. 2/15—3/14 5:30—8:30
Discipline (5 Nights)
- Module 5** Wed. 3/21 5:30—9:30
Physically Aggressive Behaviors
- Module 6** Wed. 3/28 5:30—8:30
Teaming, Assertiveness & Self Care

Locations: Spokane, Moses Lake, Colville, Kennewick

For Spokane and South of Spokane classes
contact Michelle at

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

For ML, Omak, Wenatchee & Colville, contact
Nancy at (509)846-2089 or email Nancy at
LNAN300@dshs.wa.gov

So You Had Your 1st Placement Now What?

This new training is receiving Rave
Reviews!

(This training is now mandatory.)

Friday, Feb. 3rd; 9 AM—12 PM

Spokane DCFS Office

Register with Michelle listed above.



Becoming a Love and Logic Parent Training

Feb. 20 & 21; 5:30—9:30 PM; Omak

Feb. 27 & 28; 5:30—9:30 PM; Spokane DCFS

March 12 & 13; 5:30—9:30 PM; Colville

March 26 & 27; 5:30—9:30 PM; Tri-Cities

March 30 & 31; 5:30—9:30 PM; Wenatchee

May 4 & 5; 5:30—9:30 PM; Moses Lake

Register with Nancy at LNAN300@dshs.wa.gov or by
phone at (509) 846-2089

SAY Training in Spanish coming

March 23 & 24; contact Nancy for more information

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

**Parenting
Plus**

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.

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 & PRIDE dates:

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

DVD's for Training Credit Available through Netflix

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

- ◆ 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
- ◆ (The) Happiest Toddler on the Block

For a more complete list access 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

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)

Virginia (Ginny) Johnson 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

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) asheraman@lcsnw.org

Meets 4th Tuesday each month – 6:00 P.M. to 8 P.M.

Prince of Peace Church – 8441 N. Indian Trail Rd., Spokane

Day care available – 3 day notice requested

Coffee Time Support Group (Morning meeting)

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

Meets 3rd Thursday ea month – 9:30 to 11:30 A.M.

E. Central Comm. Ctr – 5th & Stone - Day care with 2 day notice

Native American Foster Family Support Group

Aimee and Roger Moses, Facilitator

509-487-1232 and Cell 218-8889 naffsg@live.com

Meets 3rd Saturday ea month 10:30 a.m. to 12:30 p.m.

At the LDS Church; 808 E. Sitka, Spokane

Training for Adults and Craft for the children

Families Raising Relatives Support Group

Contact: Dru Powers, 928-6697 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.

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

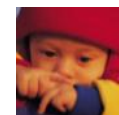
The Teen Closet, offers teen clothing for any teen connected with Children's Administration in Region 1. Visit their site at

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.



MRSA—What is it?

What is MRSA and why is it so serious?

Some germs that commonly live on the skin and in the nose are called staphylococcus or “staph” bacteria. Usually, staph bacteria don’t cause any harm.

However, sometimes they get inside the body through a break in the skin and cause an infection.

These infections are usually treated with antibiotics. When common antibiotics don’t kill the staph bacteria, it means the bacteria have become resistant to those antibiotics. This type of staph is called MRSA (Methicillin-Resistant Staphylococcus Aureus).



Anyone can get MRSA. Infections range from mild to very serious, even life threatening. MRSA is contagious and can be spread to other people through skin-to-skin contact. If one person in a family is infected with MRSA, the rest of the family may get it.

MRSA was first identified in the 1960’s and was mainly found in hospitals and nursing homes. This occurred because antibiotics were being given to people when they weren’t needed, and patients were not taking antibiotics as directed. In the late 1990’s, a new type of MRSA was identified. This type of MRSA is becoming more common among children and adults who do not have medical problems.

Children and MRSA

If you have MRSA and there are children in your life, you can still interact with them.

- ◆ Washing your hands and preventing children from coming in contact with your infections are the best ways to avoid spreading MRSA.
- ◆ Closely follow the “Personal Care Guidelines,” especially when children are present. Make sure children wash their hands, too.
- ◆ If a child in your family has MRSA, teach the child what it means to have a contagious infection. Your child is likely to be in contact with other children. If your child is in daycare, make a plan with the daycare provider to reduce the risk of spreading MRSA to other children. If your child is in school, make a plan with the school nurse.

Always wash your hands thoroughly:

- Before preparing food, eating, or drinking
- Before and after touching your eyes, nose, mouth, genitals, sores, acne, boils, or rashes
- Before and after changing bandages
- Before and after smoking
- Before and after blowing your nose
- After touching urine, feces, and body fluids—this includes items soiled with body fluids, such as bedding
- After cleaning the bathroom, changing your bedding, and doing laundry
- After going to the bathroom
- After coughing or sneezing
- After touching things other people touch, such as phones, door knobs, or shopping carts

Washington State Children’s Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624) December 6, 2011; 1—3 p.m.; Spokane

Training Update – Michelle Cutlip - see page 4

Recruitment Update –Linda Rogers

Retention / Support – Dru Powers

Update on support groups – see page 5

Additional Support Topics on the Agenda

Statewide Consultation HB 1624 Meetings—The following issues were submitted and discussed at the statewide meeting in Olympia on Jan. 23rd from 1—4 PM:

1. How to address grief and loss counseling for foster parents and caregivers statewide.
2. Methadone/psychotropic drugs—sending babies home on these meds leaving the caregivers liable

Next Regional Meeting – Tuesday, March 20; 1—3 PM; Spokane DCFS Office

Next Statewide Meeting – Monday, April 23; 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 Spokane. For a full set of minutes please contact Dru Powers at dru.powers@juno.com or call her at 928-6697. Hope to see you at our March meeting in Spokane at the DCFS office from 1—3 PM



Regional News

Next HB 1624 Meeting—Tuesday, March 20; 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, February 21; 12:30—2**

♦ **Tuesday, April 17; 12:30—2**

Save the Date—

♦ *FP Caregiver Annual Appreciation Dinner in Spokane on Saturday, April 28 for caregivers in Spokane and Lincoln counties.*

♦ *Watch for more information for recognition activities in your area!*

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. For more info, please call (509) 362-2301.

Kudos to Stacey Graffia & Linda Rogers 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, February 11 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

*Spring Issue is **March 20, 2012***

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

Return Service Requested

**Region 1 North Caregiver
Newsletter**



Save The Date!

For Spokane/Lincoln County caregivers save—
Saturday, April 28 for the Caregiver Appreciation
Dinner at Calgary Chapel in North Spokane;
the theme this year is Prom Night!

More info to follow!

For other counties, please check with your local office for appreciation activities this year!



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

We have lost our budget to mail this newsletter at least for the time being so in order to get current news, we need your email address!

Help us go GREEN!

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