



Foster Caring



National Adoption Day Brings Smiles

There were 28 children adopted in Region 1 on National Adoption Day in November!

In Spokane there were 15 children who joined their forever homes! In Omak, Wenatchee, Moses Lake, Colfax and Clarkston, there were a total of 13 children adopted in November.



Zeke LeBlanc

National Adoption Day was celebrated in many communities in the region with fun family gatherings including a great event at the Spokane Courthouse. This was near the end of an exciting year for children finding their forever families. There were 235 adoptions finalized in Region 1 during 2010!



Cindi & Abigail Roderick

Region 1 Caregiver
Newsletter

Winter 2011

Have you visited a support group lately? Check out page 5 for an updated list of support groups.

Clothing Perk is Now Open!

The Clothing Perk is now open and has clothes for newborns to 12-year-old children. For caregivers to access this great new resource, they must contact their social worker for a referral.

The Clothing Perk is located in a room in Spokane Junior Gymnastics Academy at 233 East Lyons Avenue, just east of North Division in Spokane. Owner and foster parent Amy Barry has donated this space and will as-



sist with staffing.

Each child referred will receive new or like new outfits, new undergarments and coats or shoes as needed. The Foster Parent Association of Spokane, which covers Region 1 homes, oversees this resource which received initial funding from Children's Administration.

For questions, call (509) 389-7192.

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Holiday Project Delivers to 1,300!

During this year's Holiday Project, gifts were delivered to 1,300 children throughout Region 1. This included gifts to children at home and in out of home care in foster families, relative families and tribal placements.

The success of this program stems from the ability for so many individual donors to sponsor individual children. We had donors sponsor approximately 1,000 of our children. The rest were covered by volunteer shoppers with money raised by special events.

Special thanks to employees from Advantage IQ, Lowe's, Pitney Bowes, John L Scott, JRA, Children's, NAI Black, Valley Hospital, Latah Creek Winery and Toastmasters. Plus thanks to Washington Federation of State Employees, Foster Kids First, Tree of Sharing, Christ's Church of Deer Park,



Volunteer Amanda Kincaid helps organize the donated gifts.

Scafo, Evergreen Ward, Dr. Janine Johnson, Dr. Paul Wert, and to all who helped with our fund raisers and with gift delivery.

Federal Adoption Tax Credit

Did you know?

According to the North American Council on Adoptable Children, families who adopt a child with special needs from foster care can claim a federal adoption tax credit without needing to incur or document expenses. For non-special needs adoptions (except step-parent adoptions, which do not qualify for the credit), parents can claim the credit with the same rules as below, except that they have to document qualified adoption expenses. **The per child tax credit is \$13,170 for adoptions finalized in 2010.**

To claim the credit you need to complete IRS Form 8839 in addition to filing IRS Form 1040. You can find

Form 8839 at

www.irs.gov/pub/irs-pdf/f8839.pdf or by requesting it from 800-829-1040.

Families who finalize the adoption of a foster child with special needs in 2010 should carefully read any instructions that are issued by the IRS to determine how the refundable tax credit will actually work in their situation.



As always, refer to your tax advisor for tax advice.

www.naca.org

When to Call for a New Rate Assessment

By John Traylor

I have received more calls this month than usual requesting a foster care rate increase, and some foster parents have actually stated that it is due to the fact that there has been a decrease in their mileage amounts. They have been told by other foster parents that "all you have to do is call John Traylor and request a foster care rate increase." I know that a reduction in your mileage is significant amount to absorb in your budget. However it may not be reabsorbed by the foster care rate. Policy is very clear in that the time driving a child to OT/PT or to Counseling appointments may be counted appropriately for up to 4 hours a week in the medical category and if that does make a difference it will be included in the rate assessment. Other driving issues, and

"...every call will not automatically result in an increase in the foster care rate."

times spent will not be considered.

A foster rate increase may take place when there has been a significant change in health or behaviors of the foster child. These are circumstances that are likely to last more than a few months and are going to cause more than a few extra tasks of the foster parent. Depending upon the change, they may or may not result in a foster care rate increase. A foster care rate is for a wide spectrum of behaviors or health issues and is not just for narrow confines. Therefore, any little change may not change the rate. It is always wise to call and find out as I am always willing to listen. Your child may not be just a level 1 but he/she may actually be leaning more towards the next level so go ahead and call. However, every call will not automatically result in an increase in the foster care rate.

Teen Closet Race

“TC 50” (The Teen Closet 50)

Sunday, June 5th 2011

Starts 6 a.m. @ Mt. Spokane H.S.

Finishes at Rogers H.S.

What is it? It's a first of its kind relay race!

What makes it special? “TC 50” is a 50 mile course consisting of 10 legs. All Spokane high schools will be used as start/finish, water stop or transition. We're focusing on the local high schools, because these are the kids Teen Closet serves.

Who can run? Teams of 5 to 10 (all age or athletic abilities are welcome)

What will teams need? \$300 per team. Each team must provide at least 2 volunteers.



What will teams get? Besides a great experience, each runner will receive a “TC 50” technical running shirt, highlighting event sponsors.

How can you register? Register on our website www.teencloset.org, through our Face Book page or pick up a registration form at Runner's Soul at River Park Square.

Who will benefit? Kids.. right here in our community. Teen Closet clothes Eastern Washington and North Idaho kids (ages 12 and up) who are in foster care or who are referred to us through school HEART programs.. for FREE!

Preserving Placements for Our Children

Submitted by David Needham

You, as the caregiver, play such an important role in the life of a child. Whether you are caring for a child a short amount of time or will be the child's long term placement, the impact you make for that child will create a long lasting impression and could potentially change their lives forever. Thank you for giving of yourself and serving the children in your care.

When a child comes into “foster care” for whatever reason, they have likely been through a great deal of trauma in their young lives. Often times the trauma that they have endured manifests as negative behaviors that can be trying, difficult to manage and put strain on your family. When behavior issues or other life circumstances impact your family to the point where you begin to think this child may be better off in another home or you begin to feel that you may not have the skill needed to address a child's needs -- talk with your social worker and ask if a Family Team Decision Meeting (FTDM) could be scheduled. You do not have to face these challenges alone.

FTDMs are held when a placement decision needs to be made for a child. Ideally, the purpose of the meeting is to create a plan that will maintain the child in your home and avoid disruption. Children entering care have already been through so much and when another placement move occurs it only compounds the trauma. If placement preservation is not possible, then an alternative plan is explored and created for the child. During the FTDM, the team will work together to address safety concerns, identify family needs and create a network of support for the child and caregiver. To maximize the benefit of FTDMs, it is

critical that you communicate openly with your social worker at the first sign of problems in your home.

FTDMs are available in every Children's Administration office across Washington and are effective in decreasing moves for children.



For example, David B. Marshall, Headquarters Data Specialist, extracted information from the FTDM database and found that in Spokane (July 2008 through September 2008) that 70 children who had an FTDM did not have to move from their current placement. Thirty-seven children who had an FTDM were moved; however, the team members were able to create transition plans that ensured safety and met the needs of the children. Unfortunately, 119 children were moved with out the benefit of an FTDM during this time frame.

If an FTDM is needed, here are just a few ideas to help you prepare for the meeting. Be open to ideas, suggestions and be willing to try new things to support you and the child. Come to the FTDM prepared to share the strengths of the child and what is going well, as well as, concerns, needs, ideas and questions. It is also beneficial to have information on any medical diagnosis, treatment plans or specific behaviors you are witnessing from the child. Finally, know that through participation of all those involved and by gathering as much information possible, our goals of preventing unnecessary moves, ensuring safety and reducing trauma to the child increases dramatically! Your role in the FTDM process and in the life of the child is so very important – thank you.

Upcoming Training:

P.A.V.E. Basic IEP Training
2/16 5:30 – 8:30
Spokane DCFS Office

Sexually Aggressive Youth (SAY)
2/15 & 2/16 5:30 – 9
Moses DCFS Office
4/2 9-4 P.M.
Colville
5/9 & 5/10
5:30—9 PM
Wenatchee DCFS

So You Have Your 1st Placement Now What?

This new training is receiving Rave Reviews!
Wednesday, January 26 from 5:30—9:30 p.m.
Spokane DCFS Office
Thursday, 4/7 6-9:30
Clarkston, WA

Engaging Families for Change
March 5, 2011
9-4 p.m.
Colville DCFS

Parenting PLUS
Spokane DCFS Friday 9:30—2:30
3/25, 4/1, 4/15, 4/29, 5/6, & 5/13

Parenting With Love & Logic
2/11 & 2/12; 5:30—9
9-1:30 (Saturday)
Colville DCFS
3/7 & 3/8 5:30—9:30
Omak
4/4 & 4/5 5:30—9:30
Wenatchee DCFS
4/25 & 4/26 5:30—9:30

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

**W.R.A.P.
Training**

Wellness Recovery Action Plan
Presented by Renee Siers. This training will help caregivers get and stay emotionally healthy. Identify potential stress triggers and how to manage them, and improve or establish self care behaviors.

Saturday 2/19 9-4
Spokane DCFS Office

Washington State Resource Family Lending Library

The Lending Library offers books, tapes and other training materials for Washington state foster parents and kinship providers to check out. The materials will be mailed to you in a reusable pouch with postage pre-paid by DSHS for the return of materials.

The service is free to **all** Kinship Caregivers and Foster Parents in Washington State. You do not have to have an open case with the Department in order to use this library.

Access training materials

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

DVD's for Training Credit Available through Netflix

If you have a Netflix account you can request the 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
- ◆ Girlhood
- ◆ (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:

- ◆ Foster Children and Education
- ◆ Anti-Bullying Strategies

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 (established by Colfax office)

Shelly Elkins, Colfax Office Staff 509.397.5043

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

Colville Facilitator

Sandee Kircher (Support/Buddy Program)

509-937-4151 kircherbob@yahoo.com

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@hotmail.com

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

Bilbruck home - day care provided at the home

Ferry County Facilitator

Arlette Porter (Support Program)

arlette@rcabletv.com cell: 509-680-1128

Meets 3rd Tuesday, 5:30 P.M. at Republic Hospital

Looney Lakers Facilitator

Pam Clifner (Support/Buddy Program)

509-937-2067 ok9corralbed@yahoo.com

Meets 2nd Tuesday at 6 P.M. at Clifner home

Call or email for location.

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.

Oroville Facilitator (Support Program)

(no facilitator at present 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 each month at Newport Hosp. Conf. Room: 5—7 p.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)

Paula Vanderpool cell 425-327-9544 paulav@ncesd.org

Call or email for meeting day and time.

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

Ginger Schutt, foster/adoptive parent..

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

E. Central Community Ctr – 5th & Stone - Day care available.

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 a.m. to 12 Noon

MAC (Museum of Arts and Culture)

Training for Adults and Craft for the children

Families Raising Relatives Support Group

Contact: Dru Powers, 928-6697 dru.powers@juno.com

Meets 3rd Thursday each month; 6:00 P.M. to 8 P.M. at

505 E. Wedgewood, Spokane (behind Lilac Plaza);

Day care provided on site with 2 day notice.

Clothing Support Available in the Spokane Area:



1. Clothing Perk is now Open.!!!

The Clothing Perk is opened to clothe children ages newborn to 12 like the Teen Closet does. Please check the FPAS website at www.fpas.org or Facebook for updates and more information.

2. Teen Closet

The Teen Closet, a joint effort of the Foster Parent Association of Spokane and Robyn Nance of KXLY offers teen clothing for any teen connected with Children's Administration in Region 1. Visit their website at www.teencloset.org or call (509) 534-1151 to arrange an appt. Donations of new or gently used clothing are accepted.

Located in the Spokane Valley off Argonne at 9212 E. Montgomery #302. Families are welcome from throughout the region by appointment. Open 2nd Saturday of each month from 9—1. Referrals by SW must be submitted first. Call 534-1151 for more information!

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, shoes, jewelry, purses and wraps. Call (509) 939-6324 to set up an appointment or make a donation.

The Coughs and Colds Have Started

Submitted by Dr. Don Ashley

Last year we learned that covering the cough and washing the hands can make a big difference. Even older toddlers can learn this. Each time they cover their cough, tell them “That’s right!” or “You remembered!” They will be proud. People around them will be safer. Without this training, these cute little ones can be big spreaders of disease.

Be sure to supervise the hand washing. Waterless cleaner is not safe if overdone. It must not be eaten. Non-stop hand washing makes chapped hands and a general mess. Covering the cough with your elbow or inside your shirt means you don’t have to wash your hands as much.

Slightly older children may appreciate earning stars toward a simple reward for covering their cough. Any age appreciates being told that you appreciate what they are doing. Keep it simple but sweet. Not too much, not too little.

The influenza immunization this year covers more. The immunization prevents certain Influenza A and certain Influenza B strains. This year there is coverage for H1N1, too. You may remember H1N1 as the swine flu.

Children 6 months of age and older can be immunized. Most years, the immunization is 66% effective or better in young children. That is why they need a booster a month after the first dose. The immunization effectiveness is better in older children. Children age 9 years and older need just one dose.

The only way to immunize a newborn is to immunize the mother before the baby is born. If you are pregnant, get immunized. You will be protected from some serious problems. Your baby will get some protection from you, too.

People with asthma or diabetes can have more severe prob-



lems when they catch influenza. Last year’s influenza strain seemed to be worse to American Indians and to Native Alaskans. Also, last year people of any ethnicity with a Body Mass Index of 40 or more had more complications. All of these people should get the influenza immunization.

Even if you cannot immunize the newborn or little infant, you can partially protect them. Cover everyone else’s coughs. Wash your hands with soap and water or with waterless cleaner. Get everyone ages 6 months of age or older immunized. If your Doctor or ARNP prescribes an antiviral medicine, take it as directed. The antiviral medicine helps you get better faster. It also makes you less contagious.

And, what if despite all this you catch a cold or one of the influenzas? Please be kind and stay away. An illness is not something to share with others.

What about the other kind of cold—cold weather?

“When you must be out, cover the skin and protect it from the wind and cold.”

I have already seen a minor case of frostbite in clinic. They were only out sledding for twenty or twenty-five minutes. It was an unusually cold day. The skin which was covered did fine. The exposed cheekbone area was miserable but luckily improving. Mom was not happy that Dad took those few extra minutes to acknowledge the pleas “I’m cold.” If it is too cold, stay indoors. When you must be out, cover the skin and protect it from the wind and cold. Adjust layers so you are warm but not sweaty. If you have a hat on, you lose less heat from your head. It seems odd, but wearing a hat helps your feet stay warmer. There is more heat for your body to spread around.

Check out <http://www.cdc.gov/Features/WinterWeather/> for some ideas on keeping you, your home, and your car safer in cold weather.

Washington State Children’s Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624) December 14, 2010; 1 - 3 p.m.; Spokane DCFS Office

Training Update – Michelle Cutlip - see page 4

Recruitment Update –Alisa Moore and Susan Brooks

Retention / Support – Dru Powers

Update on support groups – see page 5

New Statewide HB 1624 representative announced—Cindy Gardner with Kristen Otoupalik serving her 2nd year

Additional Support Topics on the Agenda

New Clothing Perk clothing bank for children ages newborn to 12 is open and available to all caregivers (see page 1)

Regional HB 1624 Meetings— Contact Dru for assistance with car pooling—we do want to hear from you!

Statewide Consultation Meetings – discussion of items forwarded from Region 1 including Events for foster families on both sides of the state; and sharing what is working in Region 1

Next Regional Meeting – Tuesday, March 8 from 1—3 p.m. in Pullman, WA (place to be announced)

Next Statewide Meeting – April (date and time to be announced)

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 Pullman!



Regional News

Next HB 1624 Meeting—Tuesday, March 8th

—Regional House Bill 1624 Meeting in Pullman from **1:00—3:00 PM** (place to be determined)

—**all foster parents & caregivers are encouraged** and welcome to attend; please call (509) 928-6697 or for more information.

***Please contact Dru Powers at (509) 928-6697** for information

FP Advisory Board Meetings in Spokane for 2011:

All foster parents are welcome & encouraged to attend

(SW Conference room; check in with reception first)

♦ **Tuesday, Feb. 8;** 12:30—2

♦ **Tuesday, April 12;** 12:30—2

Save the Date—

Saturday, April 30; Annual Carousel Party; Riverfront Park

Saturday, May 14; Spokane Appreciation Event! More to follow!

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 appointment for caregivers with children ages newborn to 12. In order to visit the Clothing Perk you will need a SW referral which is available online at www.fpas.org. For more information, please call (509) 389-7192.

Check out the Foster Parent Association Website for training materials, event information, contact numbers and more for **all caregivers in Region 1**. Check it out at www.fpas.org
Sponsored by Foster Parent Association of Spokane, Children's Administration and Families for Kids.

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 360 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, Feb. 12 from 9—2

SW referral must be submitted prior to that

For more information, please call 509-534-1151 or see the website at www.teencloset.org

Foster Caring Information

F.I.R.S.T.

Foster Intervention/Retention Support Team

Provides non-judgmental support to foster families experiencing allegations of abuse or neglect.

1-253-219-6782

Foster Parent & Caregiver Support Line

4:30 PM—8 AM Monday—Friday

24 hours a day on weekends and state holidays

1-800-301-1868

Do you have any openings in your home?

Please contact your local office placement desk

This newsletter is mailed to all foster parents, caregivers and interested persons 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 18, 2011

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

Return Service Requested

**Region 1 Caregiver
Newsletter**



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

Who do I contact about questions on my mileage reimbursement?

- ◆ You may view mileage reimbursement guidelines online at <http://www.fpas.org/resources.php> and look under payments.
- ◆ If you have questions on why anything was not reimbursed, contact the child's SW.

When do I call for a new rate assessment?

- ◆ A foster rate increase may take place when there has been a significant change in health or behaviors of the foster child. See page 2 for more

How do I refer a friend to be my respite provider in my home?

- ◆ In Spokane, contact Jennifer Aley at 363-3421. In other offices please contact your licenser who can assist you.



**Natl. Adoption Day in
Spokane** (more on page 1)

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!