

Foster Caring



Region 1 Mini Conference a Success!

More than 130 caregivers and staff attended this year's Region 1 mini conference for caregivers from all over the region. It was a full day of presentations, workshops, networking with other caregivers and a tasty food array.

The Foster Parent Association of Spokane (representing Region 1), Children's Administration, Foster Parent Association of Washington, and Families for Kids joined together to put on this six hour training. By pooling resources, securing donations, and working together, this event was pulled together with a very small budget. This was the second year of this Mini Conference with an increase of 30 people over last year.

Special thanks to the committee and presenters who made this possible. This



Attendees enjoyed a wonderful lunch spread prepared by Patty Dinges & Nancy Hefling (sisters of FP Linda Rogers).

mini conference will be back again next year based on the response. If you have suggestions, please feel free to email them to contact@fpas.org.

Region 1 Caregiver Newsletter

Fall 2010

Clothing Perk
To open soon
Watch for News at
www.fpas.org

National Adoption Day Celebrations!

Spokane:

Join in on the Adoption Day celebration in Spokane on Friday, November 19, from 12 noon to 5 p.m. in the Jury room at the Spokane Superior Court located at 1116 W. Broadway Avenue. Anyone interested in adopting, people who have adopted, etc. are invited to join the celebration that day. There will be food, cake, mints, bears, balloons, face painting, pictures, etc. Questions? Please call Raelean at 363-3351 or Sharon at 363-3460 for more information.

Clarkston:

On Thursday, November 4 at 7:00 pm Homes of Hope in Clarkston will be celebrating the adoptions that have taken place over the last year. Call Angie at 509-758-8918 for more information.

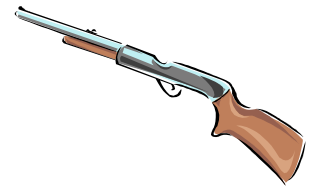
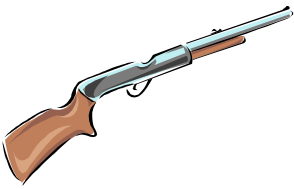
Wenatchee:

Join us for National Adoption Day on Saturday, November 20th, 2010 from Noon to 3pm. It will be held at Foothills Middle School. There will be live adoptions being finalized, lunch served, entertainment, prizes and more... Contact Rebecca Springer at (509) 667-6140.



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Weapon Safety Reminders from Licensing

Submitted by DLR

Area Administrator Connie Morlin

2010 is a year in a hurry! Summer has flown by along with what little sunshine we had and all the activities and sports that came with it. Fall officially begins in September and with it comes football as well as the “opening day” of many of the hunting seasons throughout Eastern Washington. While children playing football carries with it the risk of injury, our focus today, will be a reminder on weapon safety and preventing related accidents in foster homes.

This is a good reminder for all foster parents but especially for the hunters and target shooters. Here are the Minimum Licensing Requirements you must follow regarding weapon safety in your home, outlined in Washington Administrative Code (WAC) 388-140-0190:

- ◆ Except for foster homes, you must not permit firearms, ammunition, and other weapons on the premises of homes or facilities that provide care to children.
- ◆ If you are licensed as a foster home, firearms, ammunition, and other weapons must be kept in located container, gun cabinet, gun safe, or another storage area made of strong, unbreakable material when not in use.
- ◆ If the storage cabinet has a glass or another breakable front, the guns must be secured with a locked cable or chain placed through the trigger guards.
- ◆ Ammunition must be stored in a place that is separate from weapons or locked in a gun safe.
- ◆ Weapons and ammunition must be accessible only to authorized persons.

You may allow a child to use a firearm only if :

- ◆ The child’s social worker approves;
- ◆ Competent adults are supervising use; and
- ◆ The youth has completed an approved gun safety or hunter safety course.

The WAC gives several examples of how to store weapons safely. Another option many foster families choose is to remove weapons from their home while licensed and store with a friend or family member to entirely eliminate this risk. If you have any questions on storage of weapons and ammunitions, contact your licensor.

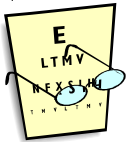
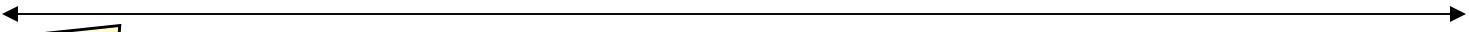
This WAC also explains what is required if a child placed in your home wants to learn to use a firearm. You must ensure the approval is obtained *before* a child has any access. Contact the child’s social worker to discuss.

Some final “quick” reminders:

- ◆ Remember to **remove** guns from car or truck after return from hunting or shooting trips
- ◆ **Never** leave a gun unattended when cleaning it
- ◆ **Ensure** keys to locks of storage containers are inaccessible
- ◆ Don’t **ever** assume a child will “*leave a gun alone*” just because you tell them to!!

Finally, we know there are rules and rules and rules, but when it comes to weapons in the home, **think SAFETY FIRST!** Have a great autumn!

“...think SAFETY FIRST!”



Basic Health

Basic Health is a state-sponsored program providing low-cost health care coverage through private health plans. At this time there is a wait list, however as a foster parent you may by pass this wait list. To apply please call 1-800-660-9840.

Only one person needs to register one time for the entire household. Please use your mailing address and not your email address to register. We will notify you when space becomes available.

You can also find out more information online at <http://www.basichealth.hca.wa.gov/>.

Payment Reminders

Gentle reminders to help you get paid the correct reimbursements and avoid overpayments: Foster care does not pay for the day the child leaves the foster home. In other words, you can only claim through the last night the child spends at your home.



Respite Mileage reminder on the new policy: The new mileage policy does not pay for respite mileage that is less than 10 miles. You can find more on this at <http://www.fpas.org/files/FPmileage.pdf>

Treehouse Educational Advocates: Helping to Remove Barriers to School Success

Submitted by Amanda Oliver

Do you have concerns about the progress a child in your care is making at school? Are you worried that a high school student in your care won't have enough credits to graduate? Has a child in your care been suspended or expelled from school? Do you have questions about special education, IEPs, or 504 plans?

Treehouse Educational Advocates (EAs) are here to help! Treehouse EAs work with schools, social workers, caregivers and students to resolve difficult issues, protect students' rights, and remove barriers to school success. This could include helping a student access education-related support services, working to prevent school changes when a home placement is disrupted, helping with school transitions, and minimizing the effects of disciplinary actions that keep students out of school. Treehouse EAs also provide training to caregivers, social workers, and students on advocating for the students' educational rights.

Treehouse EAs can provide direct advocacy, consultation, or information and referral services for children and youth

who are in out of home care (including foster, kinship/fictive, and group home placements). There are three EAs in Region 1: Lori Gessler [(509)363-3511; gel8300@dshs.wa.gov] and Amanda Oliver [(509)363-3375; oliveal@dshs.wa.gov] serve Spokane, Asotin, Garfield, Whitman, Lincoln, Pend Orielle, Stevens, and Ferry counties. Alicia Finn [(509)667-6107; fia8300@dshs.wa.gov] serves Adams, Grant, Douglas, Chelan, and Okanogan counties.

Call your area Treehouse EA with questions or contact your social worker to make a referral.



Highlights from Wenatchee



This issue we are highlighting some of the great work being done in the Wenatchee area.

The Kids Connection is the newsletter for the clothing closet for foster children in the Wenatchee Valley. This

exciting collaboration between Families for Kids and Junkyard Gypsy's second hand store is off and running strong under the name The Oasis. Read more at <http://www.thekidsconnection.org>.

They list their mission statement as:

Our mission is to improve the lives of foster children in North Central Washington by creating connections between families with plenty and those in need. Our goal is to create a clothing 'store' which offers the children a fun shopping experience with stylish clothing at no cost. As a part of Families for Kids, The Oasis is directly linked to foster families in need of support.

This past month The Oasis was able to clothe more than 30 children with winter coats and with back to school clothing.

The Oasis is located inside the Junkyard Gypsy's second hand store in Cashmere. Foster kids and their siblings can come, shop and pick out clothes and accessories that suit their personal style. The Oasis is open during Junkyard Gypsy's regular store hours Tuesday through Saturday.

They have been serving about 40 foster youth each month!

Special mention to the successful Sidewalk Sale put on by the St. Marks Lutheran Church Youth Group this summer. Despite the heat, they sorted through literally a mountain of clothes and ran the sidewalk sale. They raised approximately \$150 which we will use to buy shelves for girls and boys jeans for the shop. A big, big thank you to St. Mark's Youth Group!



Upcoming Training:

**Parenting PLUS
Spokane DCFS (5:30—8:30)**
10/6, 10/13,
10/20, 10/27, 11/3, 11/10, 11/17

Omak DCFS
10/11, 10/18,
10/25, 11/8, 11/22, 12/6, 12/13
6-9 PM

Sexually Aggressive Youth (SAY)
Friday 10/15 9-4
Spokane DCFS Office

So You Have Your 1st Placement Now What?

This new training is receiving Rave Reviews!
Wednesday, October 16 from 5:30—9:30 p.m.
Spokane DCFS Office

Engaging Families for Change
10/12—10/26
5:30—9:30 p.m.
Wenatchee DCFS

Parenting With Love & Logic
11/15-11/16; 5:30—8:30 p.m.
Moses Lake DCFS
11/23—11/30; 5:30—8:30 p.m.
Omak DCFS
12/15-12/16; 5:30—8:30
Wenatchee DCFS

Incredible Years Training Program
Foster Parents with children ages 2—7
Friday, Oct. 29; 9—4
Spokane DCFS Office

**Grief/Loss & Transitions
by Janett Mann & Sandra Powell**
11/19/10; 9:30—4 :30
Spokane DCFS

PLEASE NOTE: CLASS CANCELLED
Grief & Loss by Rick Probernow on 12/3

For 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

Back by popular demand...

Complex Trauma

by Kristin Souers, MA LMHC

Kristin presented at the mini conference and received rave reviews with requests for MORE information. She will present a 6 hour two part training for Foster Parents. **Wednesdays; 12/1 & 12/8 from 5:30 - 8:30 in the Spokane DCFS Office**

Complex
Trauma

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

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 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

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; call or email for location & time

Omak Facilitator(Support/Buddy Program)

Jacque Lott 425-478-3237

jacquelott@yahoo.com

Call for meeting day and time.

Oroville Facilitator (Support Program)

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 1st 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)

Cindy Gardner, Facilitator, 928-2040, rc.gardner@comcast.net

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) Enter on Riverside – Training

for Adults and Craft for the children

Families Raising Relatives Support Group

Contact: Michelle Cutlip 363-3392 cumi300@dshs.wa.gov

Meets 6:00 P.M. to 8 P.M. at 505 E. Wedgewood, Spokane

Call or e-mail for meeting date.

Clothing Support Available in the Spokane Area:

1. Clothing Perk to Open late Oct./early Nov.!!!

The Clothing Perk will be opened soon to clothe children age born 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.

Do we need separate “flu shots” and H1N1 immunizations?

Submitted by Dr. Don Ashley

This year, do we need separate “flu shots” and H1N1 (“swine flu”) immunizations? **No.**

This year the “swine flu” immunization has been combined with the regular influenza immunization. People nine years old and older will need just one immunization.

Your Doctor or ARNP can help you with your child who is six months old up to their ninth birthday. Some need just one immunization. Some will also need a booster. The booster needs to be spaced at least four weeks later.

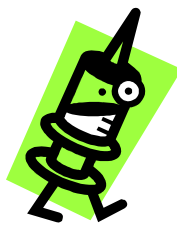
So why does the “flu shot” only prevent influenza?

Influenza is that chest cold where your body is achy. Usually you have horrible sniffles, too. Sometimes it gets much worse.

Diarrhea is a totally different virus. Babies get an immunization against Rotavirus. Rotavirus has some of the worst diarrhea. Only babies can get that immunization. There are also other viruses that cause diarrhea. We do not have immunizations for the other diarrhea viruses.

Immunization at least two weeks before exposure is important. Did anything else help last year? I have never in my life seen so many children covering their cough and washing their hands. Why we never had everyone do that before, I do not know.

We were also careful to get special people on anti-virus medication. We started the medicine as soon as possible after they got sick. Young children, individuals with asthma or diabetes or heart disease, people with lung problems, and especially pregnant women received these medicines at the first sign of sickness. Those medicines work best if started within forty-eight hours of showing illness.



If immunization is the best protection, who can get immunized? Unless they have a rare medical contraindication, everyone six months old or older should get immunized. As I write this, some of the drug stores already have Seasonal/H1N1 combination immunization available. More immunization is on the way.

Will spray immunization be available? We will again have both the spray immunization and the injected immunization. Most people ages 2 through 49 can choose the spray into their nose instead of an injection. We cannot use the spray in the nose in people with asthma or in people who are pregnant. There are a few other groups who also should not get the nasal

spray immunization.

What if I cannot do the nasal spray? There will be inactivated immunization available for everyone else except babies less than six months old. There is another option for people 65 years and older. An extra strength im-

munization will be tried out in some people age 65 and older. This age group does not get as strong of immunity tests after a standard immunization dose. Tests show that the stronger immunization gives a higher test result. We will see if the higher test result makes a difference in sickness results in the over 65 age group.

So what can I do? Get protected with an immunization. Cover the cough. Dispose of the sniffles. Wash your hands. Supervise young children using hand cleaner. Hand cleaner is just for hands. If you are sick and have asthma or diabetes or heart disease, are overweight, or are pregnant, ask your Doctor or ARNP if you need anti-virus medicine. At this moment, I cannot tell you the exact guidelines. Back when I wrote this, this year’s guidelines were not released yet.

One more thing—have a happy, healthy winter!

So what can I do? Get protected with an immunization. Cover the cough. Dispose of the sniffles. Wash your hands.

Washington State Children’s Administration and Foster Parent Quarterly Regional Consultation Forum (HB 1624) September 14, 2010; 1 - 3 p.m.; Big Bend Community College; Moses Lake, WA

Training Update – Michelle Cutlip - see page 4

Recruitment Update –Alisa Moore

Retention / Support – Dru Powers

Update on support groups – see page 5

Nominations due for Statewide HB 1624 representative by Oct. 15th—contact Dru for more information.

Additional Support Topics on the Agenda

Clothing Bank in Wenatchee—see page 3.... For information

New Clothing Perk clothing bank for children ages newborn to 12 to open in Spokane in late October!

Receiving Care—we will clarify with the business manager on how each office will handle this for our Dec. meeting

Regional HB 1624 Meetings—due to new legislation we are no longer able to pay mileage reimbursement or stipends for attending 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 Communication, Respect; and Internet communication

Next Regional Meeting – Tuesday, Dec. 14, 2010 in Spokane; 1 – 3 P.M.; DCFS Office

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

Here is an abbreviated version of the agenda from Region 1 HB 1624 Regional Consultation meeting held in ML. 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 December meeting in Spokane!



Regional News

Next HB 1624 Meeting—Tuesday, Dec. 14th

—Regional House Bill 1624 Meeting in Spokane from **1:00—3:00 PM** at DCFS Spokane Office; 1313 N. Atlantic; Ste. 2000 —**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 2010:

All foster parents are welcome & encouraged to attend

(SW Conference room; check in with reception first)

- ◆ Tuesday, Oct. 12; 12:30—2
- ◆ Tuesday, Nov. 9; 12:30—2

Coming Soon—the Clothing Perk!

The Foster Parent Association of Spokane along with Children’s Administration is happy to announce that at long last the Clothing Perk will be opening soon! It will be 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 will be available online at www.fpas.org in the very near future. Please watch the web site for information on the official opening!

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.

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 R1FPSupport@dshs.wa.gov or call (509) 363-3523.

Toll Free: 1-800-558-3040

Fax: (509) 363-4617

Submission deadline for the Winter Issue is Dec. 17, 2010

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, Oct. 9th 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

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 and we'll answer in a future issue plus post online at www.fpas.org

Who can supervise my foster children?

- ◆ *Other licensed foster parents or individuals who have been background checked and approved by your licensor or social worker.*
- ◆ *For short term care of less than 24 hours the FP may use a neighbor, friend, relative or church nursery without verifying a background.*
- ◆ *For babysitters 16-18 years old, please consult with your licensor for guidelines to follow.*

Who do I call if I have a friend interested in being a foster parent?

- ◆ *1-888-KIDS-414 (1-888-543-7414) or locally to (509) 499-2456 or (509) 389-7192*

Can I put my foster children's pictures on my Facebook page?

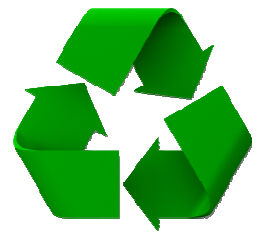
- ◆ *The most recent information is that "no" it is not ok to put your children's pictures on your Facebook page—even if you don't identify them. That is considered a violation of confidentiality. We are awaiting further information to expand on this.*

Who do I call for help with my foster child's school difficulties?

- ◆ *In Region 1, you can contact Lori Gessler at (509) 363-3511; Amanda Oliver at (509) 363-3375; or Alicia Finn at (509) 667-6107. See page 3 for more information.*

Where can I go for more training hours?

- ◆ *There is an online lending library that you can get at <http://www.dshs.wa.gov/ca/fosterparents/onGoingLendingLibrary.asp>*



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!