

APRIL 2019

Caregiver Connection

A monthly resource for family caregivers and foster and adoptive families in Washington state

National Child Abuse Prevention Month: Focusing on Neglect

Many people still equate child abuse to physical or sexual abuse. But statistics reveal that neglect is the most prevalent form of child abuse/child maltreatment in children not having their needs met.

“Neglect is another form of abuse,” said Scott Hanauer, family engagement director at Thurston-County-based Family Education and Support Services.

He said about two-thirds of cases looked into by Child Protective Services are for neglect, not physical or sexual abuse.

Figures from Partners for Our Children, which researches child welfare issues, show a similar ratio.

Part of Washington’s law defining abuse and neglect describes neglect as “negligent treatment or maltreatment of a child by any person under circumstances that indicate that the child’s health, welfare and safety is harmed.”

The most simplistic way to define neglect in child welfare is a parent’s inability to meet their child’s needs. “Determining whether or not neglect is occurring is very complex and involves assessing multiple risk factors,” said Kelly Boyle, intake and safety program manager for the Department of Children, Youth, and Families.

“All people have things they struggle with and must manage in their day-to-day lives,” explained Boyle. “These factors or struggles are considered risk factors.” One risk factor that weighs strongly when determining whether or not neglect is occurring is the child’s vulnerability which includes their age and any special needs of the child.

DCYF’s goal when assessing risk factors is to determine how they impact child safety and to provide services and connections to support families to safely care for their children.

Over the last decade we have gained a better understanding of the adverse effects of neglect including developmental gaps in multiple domains of a child’s life— psychological, emotional, behavioral, educational and physical.

“Neglect is long-term because it is traumatizing,” said Penny Michel, who trains on trauma with the Alliance for Child Welfare Excellence.



April is National Child Abuse Prevention Month.



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WASHINGTON STATE DEPARTMENT OF
Children, Youth, and Families

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Above left: Scott Hanauer, Family Engagement Director, Family Education and Support Services; Above right: Penny Michel, Trainer, Alliance for Child Welfare Excellence

Hanauer said the effects of neglect begin at birth. Studies have shown that babies who are fed, clothed, have their diapers changed and are held will attach within five days of birth to the people caring for them. But if the baby is neglected, he or she will psychologically give up on getting their needs met. “When parents are dismissive, when they see the child as an irritant, they don’t provide safety and protection,” he said. “That leads to emotional withdrawal, and trust issues arise. Some of the toughest kids I ever worked with had experienced the highest levels of neglect.”

Hanauer said one of the problems with neglect is its tendency to be chronic. “You can’t be abusive 100 percent of the time but you can be neglectful 100 percent of the time. The toxic stress of being chronically neglected – the human body is not built for that. It creates stress mechanisms in kids for a lifetime.”

Michel uses a video in her classes to illustrate neglect. The video centers on an experiment in which a mother rat who licked her newborns and took care of them produced calm adult rats. They are compared to those who were not licked and nurtured. The video also illustrates growing research around “epigenetics.”

“We all have DNA, but experiences affect DNA like with [the rat experiment]” said Michel.

Michel said some foster parents come to the task with the idea that they have raised their own children successfully so they can raise children in foster care with no problems. “Caregivers see neglect but they don’t understand the behaviors they are seeing are the result of neglect.”

Ultimately, it is incumbent on society to address the issue of neglect.

A former DCYF employee put it this way: “You have to be willing to get involved. We need to identify the causes and put in resources to have long-term, ongoing support for these families.”



Young Nat Patzer plants pinwheels on the Capital Campus in 2017 to mark Child Abuse Prevention Month

Alliance Offers Training On Childhood Trauma

Many children in foster or kinship care have a history of exposure to trauma.

“Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents” provides 12 hours of focused training to help caregivers with trauma-informed care. The workshop includes nine case studies of representative foster children from the ages of eight months to 15 years, as well as cases of secondary traumatic stress in parents.

Understanding how trauma affects children can help you understand your child’s sometimes baffling behaviors, feelings and attitudes.

Once you understand why your child behaves the way he or she does, you’ll be better prepared to help the child cope with the effects of trauma.

Caregivers will improve their ability to communicate with their child, learn skills and techniques to influence their child’s behavior and attitudes and learn ways to reduce the stress of parenting a traumatized child.

The workshop’s goal is to help caregivers become effective resource parents, as well as to enable more of the positive experiences that make being a resource parent so worthwhile.

Other resources

To learn more about abuse and neglect, go to www.atg.wa.gov/child-abuse-neglect

To learn more about neglect and related issues around the science of epigenetics, go to learn.genetics.utah.edu/content/epigenetics/rats/



Siblings: Better Together

Celebrate National Sibling Day April 10



When Claudia Evart lost both her siblings at an early age, she decided to honor their memory by advocating for a Sibling Day on April 10, the birthday of her late sister.

Sibling House of Lake Stevens, www.siblinghouse.org, and Camp To Belong Washington, www.camptobelongwa.org, support sibling connections.

Sibling House is based in Lake Stevens and supports a network of 375 homes with the goal of keeping siblings together. The organization describes its model as “a network of homes where children can stay together as a family while in foster care.”

Founded more than 20 years ago, it offers and supports programs in mentoring academic advocacy, outdoor experiences and enrichment programs.

“For children entering foster care, being with siblings can enhance their sense of safety and well-being and provide natural, mutual support,” its website states. “This benefit is in contrast to traumatic consequences of separation, which may include additional loss, grief and anxiety over their siblings’ well-being. Siblings have a shared history, and maintaining their bonds provides continuity of identity and belonging.”

The perspective of those brothers and sisters separated by out-home care are familiar to children and volunteers at Camp To Belong Washington (CTBW).

“If I had the choice to spend a year in Hawaii or 45 seconds with my brother, I would choose my brother,” one young camper told fellow campers at a CTBW campfire.

In addition to usual summer camp programming, the camp has specific activities designed to re-establish and strengthen connections between siblings separated by out-of-home care.

For instance, campers write messages on pillows and quilts that accompany their siblings home, providing comfort and a reminder that they loved when they’re feeling lonely.

One sibling wrote this to her brother in 2018: “If you ever feel alone, here is something to hug and think of me. I want you to know you are never alone.”

The camp is free to separated siblings ages 8 through 18 and will be hosted at Miracle Ranch in Port Orchard. Camp dates this year are June 24-30.



Photo by Dazzle Jam from Pexels

Applications are still being accepted for the 100 camper spots. Volunteers and camp counselors also are needed. To apply or learn more, go to www.camptobelongwa.org.

UPCOMING EVENTS

Saying It Out Loud Conference – April 29

Learn more about serving and supporting LGBTQ+ individuals and their families at the 18th annual Saying It Out Loud Conference April 29.

The conference, held at the Greater Tacoma Convention Center, focuses on sharing information and making connections to improve behavioral health services and decrease disparities faced by lesbian, gay, bisexual, transgender, and questioning (LGBTQ+) individuals.

About 400 people attended the 2018 conference.

The conference is sponsored by the State Health Care Authority, Division of Behavioral Health and Recovery.

For more information, go to www.theathenaforum.org/sites/default/files/public/documents/siol_tacoma_save-the-date_2019_final_0.pdf

Pacific Northwest Caregivers Conference – May 3-5

You can now register for the annual Pacific Northwest Caregivers Conference and Shining Stars Awards evening on May 3-5. Hosted by the Foster Parents Association of Washington, the conference will be at Great Wolf Lodge south of Olympia. It features trainings and the opportunity to earn licensing training hours, resource information and a Saturday evening banquet and program to honor outstanding social work in the state. While you learn and network, kids have a joyous time at Kids Camp and in the pool.

Sign up for the conference at www.fpaws.org

We Are Family Day – May 19

Are you ready for some baseball? The Seattle Mariners and the Department of Children, Youth, and Families (DCYF) are! The 11th annual We Are Family Day will take place on Sunday, May 19, at Seattle's T-Mobile Park (formerly Safeco Field).

We Are Family Day celebrates foster, kinship and adoptive families and the people who support them. Let's rock the stadium when the Mariners take on the Minnesota Twins at 1:10 p.m.

The Mariners make deep discounts on tickets for this event – and they sell quickly. Discounted tickets are available for foster parents, relative and kinship caregivers, tribal caregivers, DCYF staff, Child Placing Agency staff, group care staff, community partners and stakeholders, as well as friends and families.

Tickets are now available for purchase at www.Mariners.com/WeAreFamily

Click on the green “buy now” button on the webpage. You must enter promo code: **WEAREFAMILY** to purchase tickets to the event. While supplies last, you will receive a We Are Family giveaway when you purchase through this special offer.



WE ARE FAMILY DAY

SUNDAY, MAY 19 • 1:10 PM



EVENT DETAILS AND PRICING

- We Are Family Day celebrates foster, kinship and adoptive families and the folks that support them with a pregame event.
- Arrive early to join us in the Outside Corner near section 330 for our pregame event.
- Receive a We Are Family giveaway when you purchase through this special offer (while supplies last).

- \$14 View Level Tickets
- \$31 Main Level Tickets

Deadline to purchase tickets:
Friday, May 17 – 5:00 p.m.



To buy tickets or for more info call or visit:

206-346-4519 ✦ Mariners.com/WeAreFamily



WASHINGTON STATE
Department of
Children, Youth, and Families

Kinship Korner



Relative Caregivers Encouraged to Become Licensed Foster Parents

Kinship caregivers caring for children with state child welfare cases are highly encouraged to become licensed foster parents.

The monthly foster care reimbursement is the largest source of ongoing financial support available for kinship caregivers. This reimbursement is a minimum of \$562 per month per child. The amount is far greater than the Child-Only Temporary Assistance for Needy Families (TANF) grant available to unlicensed caregivers.

Help is available with the process! Call 1-888-543-7414 to get started. You will receive a response within 48 hours.

For assistance with the licensing process, you also can contact one of our recruitment and retention partners who serve kinship and foster parents. They will gladly assist you.

In Eastern Washington, contact:

Eastern Washington University's Fostering Washington Recruitment Coordinator Amber Sherman, 509-359-0874, asherman4@ewu.edu – or –

Recruitment Coordinator Hayley Stoebner, 509-322-1191, hstoebner@ewu.edu.

In Western Washington, contact:

Olive Crest's Fostering Together Program Director Shala Crow, supervisor of Regions 3 and 4, 360-220-3785, shala-crow@olivecrest.org – or –

Leeann Marshel, Regions 5 and 6 supervisor, 360-909-0421, leeann-marshel@olivecrest.org

Summer Safety

Summer is coming soon, but don't let warm weather and sunny days take you by surprise. When the weather warms up, kids are naturally drawn to water. Water play should always be fun, but without good supervision, it can result in tragedy.

Jake Grater, executive director of the South Sound YMCA in Olympia, offers these tips from his many years of teaching kids to be safe around water. "The best way to stay safe around the water is to get educated in the water. Give them good, high-quality swimming instruction in the water. Learn how to swim."

Other tips Jake suggested include:

- Wearing a life jacket.
- Not getting into water above your waist if you don't know how to swim.

- Staying away from running water, such as rivers.
- For children, never getting into the water without adult supervision.
- Here is the state policy on water safety, as written into Washington's Administrative Code:
- You must ensure children in your care are safe around bodies of water.
- You must keep all swimming pools and other bodies of water fenced with a locking gate or other Licensing Division-approved safety devices.
- Lock hot tubs when not in use.
- Make all potential water hazards, including wading pools, inaccessible to children when not in use.

Car Safety

Never leave your child alone in a car, especially during summer months when the interior of the vehicle can reach high temperatures, capable of killing a child within minutes. In Washington state, it is illegal to leave a child under the age of sixteen unattended in a running vehicle (RCW 46.61.685).

You can learn more about this important issue and tips to avoid accidentally leaving your child in the car through this link to Seattle Children's Hospital: www.seattlechildrens.org/safety-wellness/dangers-childalone-car/



Unsung Parent Heroes Recognized

Every February, Seattle's Child, an online publication, teams with the Strengthening Families Program of the Department of Children, Youth, and Families (DCYF) to salute great parenting in our state.

One nomination is chosen for each day of the month from nominated parents all over the state.

Among those recognized are several parents who are part of the child welfare community. DCYF Secretary Ross Hunter joined in festivities to honor these families during a ceremony in Tumwater.

Read on to learn more about these amazing families!

Crystal and Roddy Bauer, *foster parents, Vancouver* • "I have worked with Crystal and Roddy for nearly a year, and I have seen the transformation that has taken place with the children that they have in their home, and with the parents that they are guiding to become the best parents they can be, and it's a phenomenal experience to observe."

Aimee and Paul Budrow, *foster parents, Omak* • "Aimee and Paul Budrow have repeatedly proved to be a model foster parent home. Putting a family over-capacity is usually a great stressor for a foster family, but Aimee and Paul used to do this without missing a stride. Aimee has been invaluable in her assistance to other foster families and, by her example, helping others to believe they can be foster families also."

Alesia Cannady, *kinship caregiver, Seattle* • "Alesia has a deep understanding of the needs of kinship caregivers like herself, and it motivates her daily to bring folks together in her community to inspire them, to support one another, to hope and have the courage to gather and create positive and meaningful change in their worlds."

Chris Corry, *foster/adoptive parent, state legislator, Yakima* • "Chris Corry has been an active, engaged and supportive parent for his children, who include foster children and adoptive children who are preschool age and elementary-school age."

Diana Hardwick-Smith, *foster parent, Seattle* • "Diana has been a foster parent for 26 years, and throughout this time she has fostered nearly 40 children, and has cared for many more. Diana is the hub-home provider for one of our office's Mockingbird constellations. She has supported foster parents in the constellation by being a mentor and respite provider, helping families get through difficult times and see the positives in the challenges."

Kim and Brandon Haynes, *kinship/adoptive parents, Port Orchard* • "...they have graciously, kindly, lovingly and unselfishly adopted four of their grandchildren and are currently on their fifth adoption. Kim has opened her arms to all of these children without complaining, without asking for anything."

Stacie Gonzales, *foster/adoptive mom, DuPont* • "She continues to instill in all of her children the values she holds dear: Love others as yourself, forgive often and be kind and helpful to all those in need. She homeschools her two eldest children and continues to keep them involved in sports events in order to provide the growth and friendships they need outside their home."

April Hoffman, *social worker, mom, Federal Way* • "She is the most selfless, giving person – not only to her family but to all of those lucky enough to be in her life. I have had the joy of working with her for the last three years. We are both social workers, and the stress of our job can weigh heavy on us. She never lets anything get her down and gives her all to her job while keeping up beautiful relationships with her friends and family."

Tricia and William Hughes, *foster parents, Spokane* • "(A child with medical issues) has developed such a strong bond with Tricia already and is instantly soothed at just the sound of her voice. Tricia has met every one of his extensive medical needs, including giving up a full month of her time with her family to stay in his hospital room in Seattle after he underwent a very serious heart procedure. They never expect anything in return and do so much for the babies in their care. I know that without them this baby would not be anywhere near what he is today."

Tanya and Crystal Palmer, *foster parents, Spokane Valley* • "They never expect anything in return and do so much for the babies in their care. What started as fostering turned into legally adopting five beautiful children, four of whom are biological siblings that they just couldn't bear to separate. Tanya and Crystal have had their share of stress and heartache along this journey while fighting for these children, but their unrelenting love and perseverance didn't waiver. Because of this, these children are now in a devoted, stable home."

Leticia Moreno, *kinship caregiver, Rochester* • "This grandmother informed herself on how to get custody of her grandchildren, found out what she needed to do, then did it despite all the challenges she has in her life. She is a strong woman who does not give up."

Unsung Parent Heroes Recognized continued

Carlos and Novela Mejia Rodriguez, *parents and parent mentors, Olympia* • “They are patient, compassionate and playful while maintaining core family values, consistent expectations and a safe place to learn. Both show unconditional love, hope and understanding. I also see these characteristics in them as they work directly with families and communities across our state. With a clear mission to promote health and well-being in children, families and communities, they make a daily difference for many. Both work for nonprofit organizations, Carlos working for Molina Health Care and Novella working for Conseco Counseling & Referral Services.”

Karen Smith, *foster parent, Shoreline* • She has provided a home for over 50 children, and has cared for many more. Karen is the hub home provider for one of our office’s second Mockingbird constellation. She supports families who are going through challenges by being a mentor and confidante, and provides respite care for children in the constellation.”

Brenda Taylor, *foster/adoptive mom, Grayland* • “Brenda ... remains involved with family and community. She is dedicated to her family, which includes any and all children that have been through their doors. She knows children/youth in care need/will need someone they can count on, at some point.”

Erika Thompson, *foster parent, Puyallup* • “Erika and her husband provide not only amazing care to children as foster parents (serving over 125 kids in the past 10 years), but they also run the Wishing Well in Pierce County, which offers clothing and other child-related items to families, including biological parents when children are reunified.

Erika also provides support to other out-of-home providers (relatives, suitable others, foster parents) through Olive Crest, an organization helping abused and neglected children.”

Reshell and Freddie Wilson, *kinship caregivers, King County* • “Recently, Reshell shared their incredible story about the struggles of keeping their two grandchildren safe and stable. The children have been in and out of their home several times, but this last year Reshell made sure that was put to an end. Without a lawyer, Reshell was able to maneuver through the system and gain permanent custody of their grandchildren.”

For more information about all the parents honored, click on www.seattleschild.com/News/



ONE-DAY CLOSURE THIS MONTH
Coordinated Care will be closed Friday,
April 19, for spring holiday.

Primary Care Physician visits

Caregivers should make sure the children in their care see a primary care physician (PCP) at least once a year. PCPs are the doctors a child should see for routine well-visits and also if the child is sick, has a rash or other issues. Regular contact with a PCP can prevent problems. Health conditions are found earlier and treatments can begin. For teens, these visits offer time for them to privately ask the doctor questions about physical, mental and sexual health and safety.

Apple Health Core Connections staff can help you find a provider. We often can tell you who the child’s PCP was before they came to your home. Call us for help at 1-844-354-9876.

Coordinated Care’s trainings and events

Apple Health Core Connections has free trainings focused on parenting children who have endured trauma. These include the “Hope for Healing” series, “Trauma Informed Care” and “Resilience.”

If you are interested in hosting or setting up a training, email communityeducation@coordinatedcarehealth.com.

Apple Health Core Connections members

Our 24/7 Nurse Advice Line is available for health-related questions and concerns. 1-844-354-9876 (TTY/TDD: 711)

Need help with health care coordination? Questions about healthcare, including behavioral health?
Call Apple Health Core Connections at 1-844-354-9876. We are here to help!

Does a Little Weaving Loom in your Future?

By Deanna Partlow

Many years ago when I was student teaching, Pendleton Woolen Mills donated several large boxes of brightly colored wool yarn to my classroom. The natural thing to do with wool seemed to be to weave it, so my supervising teacher and I found a simple way to make a loom and our students created their first woven projects. Most of them enjoyed it, and for those who didn't, plenty of yarn was left to use in other ways.

I remembered this project when I was walking through the yarn section of a craft store not long ago, and I thought our Just for Kids families might enjoy trying their hand at weaving, too. Weaving is a good activity for tweens and teenagers, especially. If your younger children can concentrate for longer periods, give it a try. For the youngest, simpler weaving projects such as weaving paper strips can provide fun alternative activities.

To make a woven wall hanging, the supply list is small (yes!!): yarn and a stick or dowel.

Of course, you can expand the list, since all sorts of things can be woven into your wall hanging: feathers, shoelaces, cording, cloth strips, vines, twigs – basically anything that is supple enough to interlace with the warp threads. (I've even seen weavings made with strips of old tee-shirts.) I stuck with yarn for this project.

If you're on a tight budget, check at thrift shops. Choose yarn of various thicknesses and colors, which will help create texture and visual interest. And keep in mind that the thinner and finer the yarn, the more rows it will take your young weaver to finish his masterpiece.



Looms don't need to be complicated or costly, either. I used corrugated cardboard. A slightly more permanent loom can be constructed from quarter-inch-thick plywood, using a row of push pins at each end. If your child really enjoys weaving, then consider a more sophisticated and expensive loom later.

For now, send the kids to the garage for a cardboard box, and grab the kitchen shears or a box cutter.

Making a loom and shuttles

Cut a rectangle from corrugated cardboard about nine or 10 inches wide by about 14 inches long. I used the flap from a box of fireplace logs, which was super-sturdy.

With a pencil, mark the short sides of the rectangle every half-inch.

At each mark, cut a half-inch slot. When you're done, the cardboard will look like it has a row of teeth on each side.

Cut a 1-inch strip of cardboard as wide as the rectangle's narrow side and glue it about an inch or so below the slots at one end. The strip provides an edge for the weaving and also helps hold up the threads slightly, making it easier to weave.

If you're using thinner yarns, cut cardboard shuttle pieces, one for each color of yarn. I made mine about 2 by 3 inches. The shuttles will hold the yarn used to weave, making it easier to keep yarn untangled.



Threading the loom

The threads that run vertically on the loom are called "warp" threads. You can use some of the yarn or some string. (I used embroidery floss as an experiment.) From the yarn, make a loop about an inch long and knot it.

Place the loop over the top left “tooth,” then pull the yarn down to the loom’s other end and through the corresponding “tooth” slot at bottom left. Swing the thread around the back of the tooth and out its right-hand slot. Don’t pull hard or the cardboard tooth will bend.

Pull the thread back to the top and through the next tooth slot, and repeat until each slot is used. All your strung thread except the small piece in back of each tooth should be on the right side of the cardboard.

Finish at the bottom right slot by knotting another loop and placing it over the “tooth.”

Weaving with the “weft” yarn

The yarn being used for weaving over and under the warp threads is called the “weft” yarn. Before you begin weaving, wrap some yarn around and around a shuttle lengthwise. There’s no right amount of yarn to use, just don’t wrap so much that the shuttle will be hard to pass through the warp threads.

If the shuttle empties before you’re done with the color, fill another shuttle with yarn and tie the two yarn together, leaving about a 2-inch tail. Similarly, if you want to switch colors or use a new yarn, follow this process. The tails are worked into the back side of the weaving when it’s done.

Once the shuttles are wound, you’re ready to begin. Beginning at the left side, feed the shuttle over and under the warp threads, lifting every second string, until the shuttle reaches the other side. Pull the yarn straight, leaving about a 2-inch tail hanging out the side on this first pass-through. (It will be woven into the back at the end.) Then gently push the row up with your fingers until it is against the cardboard strip glued to the loom.

Now your shuttle is at the right side of the loom and you weave the other way across, this time lifting every first string. Pull the yarn through again, but don’t pull too tightly. Push the new row up against the first row with your fingers to avoid leaving gaps in the weaving.

Continue to alternate rows until the weaving is done or you want to switch a color or yarn.

Tip: Resist the urge to pull each row of yarn tightly when you reach the row’s end. Doing so will pull the finished weaving toward the center, resulting in a wall hanging that resembles an hour-glass figure rather than a rectangle.

Finishing your weaving

Leave three or more inches of warp thread unwoven at the bottom of the loom. You’re ready now to remove the finished weaving from the loom. This may be the point where an adult’s help is needed.

Use a stick or dowel a couple inches wider than the weaving as its hanger. It will be inserted above the cardboard strip. To do so, carefully loosen and slide the first loop of warp thread from between the “tooth” and onto the stick. Proceed, one loop at a time, until all the top warp threads are on the stick. Your weaving is now free at the top.

If you are concerned about the weaving slipping off, put a dot of glue on the backs of the first and last loop to adhere them to the stick.

At the loom’s base, carefully remove the loop from the first tooth, snip it in two with scissors and tie the two ends together in a slip knot. Proceed, carefully, one loop at a time, to clip and tie the ends together until the weaving is free from the loom.

At this point, you can gently push or pull all the yarn tails that are in front to the weaving’s back side. To avoid creating a hole in your weaving as you do this, use a crochet hook or the end of a dowel to help you. This step could also be done before removing the weaving from the base.

Finish your wall hanging by tying a length of yarn to each end of the stick to form the rest of the hanger.



Caregiver Training from the Alliance

Explore our wide variety of caregiver training options designed to increase understanding and strengthen skills. These upcoming in-person classroom sessions provide in-depth information on relevant topics for the caregiver community at convenient locations across the state.

APRIL TRAININGS IN REGION 1: EASTERN WASHINGTON, NORTH OF KITTITAS AND BENTON/FRANKLIN COUNTIES AND EAST OF COLUMBIA COUNTY

- Behavior Management Tools for Foster Parents and Caregivers
- Caring for Children Who Have Experienced Trauma: A Workshop for Resource Families from the National Child Traumatic Stress Network
- Caregiving for Children with Physically Aggressive Behavior Concerns
- ILABS Module 7: Development of Attachment
- ILABS Module 8: Attachment in Practice
- ILABS Module 15: Early Music Experience
- ILABS Module 19: Early STEM Learning
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- Paper Trail
- Parenting the Positive Discipline Way
- Post-Traumatic Stress Disorder
- Talking with Children About Race
- So You Have a New Placement...Now What? (Webinar)
- Caregivers Report to the Court (Coaching Session)
- Caregiver Teaming for Visitation (Coaching Session)
- Kinship 101: Information for Relatives and Suitable Others (Coaching Session)

APRIL TRAININGS IN REGION 2: SOUTH/CENTRAL EASTERN WASHINGTON

- Behavior Management Tools for Foster Parents and Caregivers
- Eating Disorders and Beyond
- ILABS Module 10: From Listening to Speaking
- ILABS Module 11: Bilingual Language Development
- ILABS Module 12: Temperament in Early Childhood
- ILABS Module 15: Early Music Experience
- ILABS Module 17: Development of Literacy
- ILABS Module 19: Early STEM Learning
- Introduction to Adoption from Foster Care
- Kinship 101 (Webinar)
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What? (Webinar)
- Caregivers Report to the Court (Coaching Session)
- Caregiver Teaming for Visitation (Coaching Session)
- Kinship 101: Information for Relatives and Suitable Others (Coaching Session)

Caregiver Training from the Alliance continued

APRIL TRAININGS IN REGION 3: I-5 CORRIDOR SNOHOMISH COUNTY TO WHATCOM COUNTY + ISLAND

- As They Grow: The Drug Impacted Child
- As They Grow: The Drug Impacted Infant and Toddler
- ILABS Module 4: The Power of Learning Through Imitation
- ILABS Module 6: Language Development: Learning the Sounds of Language
- Kinship 101 (Webinar)
- Parenting the Positive Discipline Way
- Partners Make Better Decisions: Caregivers and Social Workers Working Together
- So You Have a New Placement...Now What? (Webinar)
- Caregivers Report to the Court (Coaching Session)
- Caregiver Teaming for Visitation (Coaching Session)
- Kinship 101: Information for Relatives and Suitable Others (Coaching Session)

APRIL TRAININGS IN REGION 4: KING COUNTY

- African American Hair and Skin Care
- As They Grow: The Drug Impacted Infant and Toddler
- Identifying and Supporting Commercially Sexually Exploited Children (CSEC) for Caregivers
- ILABS Module 2: Why The First 2,000 Days Matter: A Look Inside The Brain
- ILABS Module 3: The Importance of Early Interactions
- ILABS Module 4: The Power of Learning Through Imitation
- Introduction to Adoption from Foster Care
- Invitation to Aggression Replacement Training
- Kinship 101 (Webinar)
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What? (Webinar)
- Understanding and Managing Caregiver's Own Emotions and Self Care
- Caregivers Report to the Court (Coaching Session)
- Caregiver Teaming for Visitation (Coaching Session)
- Kinship 101: Information for Relatives and Suitable Others (Coaching Session)

Caregiver Training from the Alliance continued

APRIL TRAININGS IN REGION 5: PIERCE AND KITSAP COUNTIES

- Behavior Management Tools for Foster Parents and Caregivers
- Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents from the National Child Traumatic Stress Network
- ILABS Module 10: Language Development: From Listening to Speaking
- ILABS Module 11: Bilingual Language Development
- Kinship 101 (Webinar)
- Paper Trail: Documentation Training for Caregivers
- Partners Make Better Decisions: Caregivers and Social Workers Working Together
- So You Have a New Placement...Now What?
- So You Have a New Placement...Now What? (Webinar)
- Verbal De-escalation
- Caregivers Report to the Court (Coaching Session)
- Caregiver Teaming for Visitation (Coaching Session)
- Kinship 101: Information for Relatives and Suitable Others (Coaching Session)

APRIL TRAININGS IN REGION 6: I-5 CORRIDOR SOUTH OF PIERCE COUNTY TO CLARK COUNTY + OLYMPIA PENINSULA

- Attention Deficit Hyperactivity Disorder (ADHD)
- Invitation to Aggression Replacement Training
- ILABS Module 7: Development of Attachment
- ILABS Module 8: Attachment in Practice
- ILABS Module 10: Language Development: From Listening to Speaking
- ILABS Module 11: Bilingual Language Development
- Kinship 101 (Webinar)
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What?
- So You Have a New Placement...Now What? (Webinar)
- Caregivers Report to the Court (Coaching Session)
- Caregiver Teaming for Visitation (Coaching Session)
- Kinship 101: Information for Relatives and Suitable Others (Coaching Session)

Caregiver Education and Training Administrator

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Your Child Welfare Training Team for Regions 1 and 2

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Sherry Colomb 509-322-2552 scolomb1@uw.edu

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Your Child Welfare Training Team for Regions 5 and 6

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Stephanie Rodrigues 206-321-1721 steph75@uw.edu

Shelby Russell-Hays 253-222-2371 shha@uw.edu

Linda Soltero 425-830-1172 lfrago@uw.edu

Your Registration Help Desk

Registration Help 866-577-1915 help@acwe.on.spiceworks.com

**Join us on Social Media for inspiration, tips, trainings,
the latest events and to be part of a caregiver community**



Meet Our Recruitment Partners Who Support You



Fostering Together supports the west side of the state (Regions 3, 4, 5, and 6) through foster care Liaisons.

Department of Children, Youth and Families (DCYF) works in partnership with two separate agencies to provide foster parent recruitment and retention / support services to prospective foster parents, current foster parents and relative caregivers in all areas of Washington. Our goals are to:

- Increase the numbers of safe, quality foster families to meet the diverse needs of children and youth placed in out-of-home care in Washington State, and
- Offer support to foster parents and relative caregivers

Prospective foster parents are welcome to license through either DCYF's, Children, Youth and Families – Licensing Division (DCYF-LD), or any private child placing agency licensed in Washington. Our recruitment partners serve all families, regardless of where they choose to become licensed. Prospective foster parents are welcome to license through either DCYF's, DCYF-LD, or any private child placing agency licensed in Washington. Our recruitment partners serve all families, regardless of where they choose to become licensed.

The Liaisons or Resource Peer Mentors (RPMs) provide information, help and guidance for you from your first inquiry, through training, and throughout the licensing process to become foster parents. Liaisons and RPMs both answer questions and share helpful information during your foster care journey. They offer:

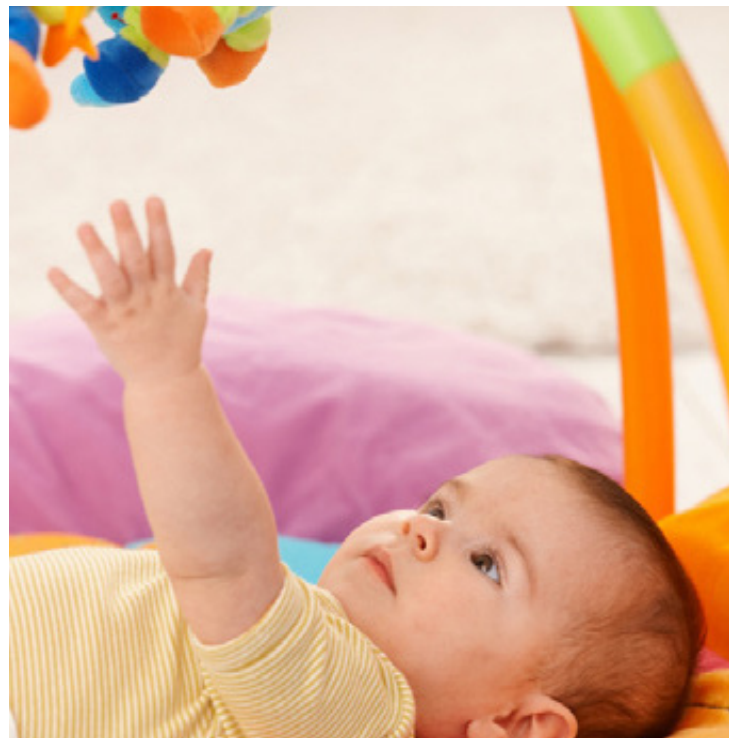
- Support at your first placement,
- Support groups , (some with training hours available and some provide a meal and / or child care)
- Mentoring,
- Training, and
- On-line Facebook groups



Fostering Washington supports (Region 1 and 2) the east side of the state through Resource Peer Mentors (RPMs).

All supports are designed with our caregivers in mind.

We want to help you connect with other caregivers, obtain additional training, and find answers to questions. Both Fostering Together and Fostering WA offer information and referral services to foster parents and relative caregivers. The regional liaisons or peer mentors also help resolve issues foster parents may experience in their local area. Contact the liaison or RPM listed for your area with any questions you might have.



Fostering Washington



Position/ Area Covered	Name	E-mail	Phone
Director All Counties	Kim Fordham	kfordham@ewu.edu	(208)-659-7401
Recruitment Coordinator Asotin, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens, Whitman Counties	Amber Sherman	asherman4@ewu.edu	(509) 359-0874
Recruitment Coordinator Benton, Columbia, Franklin, Kittitas, Klickitat, Yakima, Walla Walla, Counties	Tyann Whitworth	twhitworth@ewu.edu	(509) 731-2060
Recruitment Coordinator Adams, Chelan, Douglas, Grant, Okanogan Counties	Hayley Stoebner	hstoebner@ewu.edu	(509) 322-1191
FIRST Program Manager All Counties	Dru Powers	Dpowers8@ewu.edu	(509) 928-6697

Fostering Washington's website www.fosteringwa.org can help you locate your local foster parent

Resource Peer Mentor (RPM) from the county map on their website.

Click on: → [Find your mentor](#)

Fostering Together:
1-866-958-KIDS (5437)



Name	Region	E-mail	Phone
Shala Crow	3 and 4	shala-crow@olivecrest.org	(360) 220-3785
Leeann Marshal	5 and 6	leeann-marshel@olivecrest.org	(360) 909-0421

Fostering Together's website fosteringtogether.org can help you locate your local foster parent liaison.

Click on: → [About Us](#) → [Find Your Liaison](#)