

AUGUST 2018

Caregiver Connection

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



Erika Thomson stands among the many articles of clothing available at The Wishing Well



“I like it when I can tell people I am helping youth in care.”

—Erika Thomson

THE WISHING WELL

A one-stop shop supporting Pierce County caregivers

From prom dresses and khaki shorts to diapers and school supplies, foster and kinship caregivers living in Pierce County or who have kids placed in their home from Pierce County can usually find what they need free-of-charge at The Wishing Well in Parkland, just south of Tacoma.

The store is housed in a 5,500-square-foot space above a granite shop at 2716 Pacific Avenue S. It is the brainchild of foster and adoptive mom Erika Thompson, who laughingly describes herself as having Obsessive Compulsive Disorder (OCD) as she focuses intensely on meeting as many of the wide-ranging needs of kids in care as she can.

The non-profit foundation that supports The Wishing Well was formed in 2011 when Erika outgrew the small operation she had started in her garage to distribute much-needed items to caregivers. After a stay at a rental property, she found the current location and moved in May 2016.

As a foster parent liaison for Fostering Together, Erika is in regular contact with caregivers. Even before becoming a liaison, she was aware that many foster parents and kinship caregivers sometimes need a helping hand with the many costs involved in raising children.

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Transforming lives

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Wishing Well continued

“No one else was doing this for foster children,” said, Erika, 44, who lives in Puyallup with her husband Brent. They have been foster parents since 2008. Over the years, they have become adoptive parents and now are also relative-caregivers.

She said she gets immense satisfaction from providing items she knows first-hand are needed by caregivers for young people in their care.

“I like it when I can tell people I am helping youth in care,” she said.

The Wishing Well is a multi-faceted operation, serving the varied needs of children from birth to the time they leave care. Last year, 1,233 children were helped by the non-profit.

Items are donated, but Erika works tirelessly to acquire grants and other funding so she can add to the items and pay expenses associated with operating the non-profit.

She is paid a small salary, but would rather not take it, she says. She was persuaded to accept it only by the fact if she had to quit for some reason, the person who took her place would probably want or need to be paid. She wants to guarantee the service will continue when she is no longer in the picture.

“I just want it to run,” she said.

Erika employs the mantra, “It takes a village,” connecting to many people and

organizations to collect items, funds, volunteers and services. She weaves them all together to meet kids’ needs.

Hundreds of prom dresses – and racks of sparkly dancing shoes and other accessories – greet customers as they enter the shop.

“Everybody has one in their closet,” she notes. The collection is coordinated through Ali’s Prom Project, founded by Alison Joseph, a Gig Harbor foster mom.

To operate the store, Erika is helped by a core group of about 10 people, who help run the store, plus 100 to 150 more volunteers during the year. They help assemble the age- and gender-specific “comfort bags,” which contain toiletries and other items often needed by kids coming into care. Each child also gets his or her own blanket.

Other volunteers wash and sort used clothing donated to the store. It’s well known in the foster parent community that kids often come with few items of their own and many of them are in less-than-ideal condition. That’s why Erika wants all items in the store to be in the best condition possible.

The Wishing Well goes far beyond being a clothing bank. On a wall near the prom dresses are bicycles. A man whose passion is taking bikes and making them useable donates his shiny finished products to The Wishing Well

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Prom dresses galore are available at the Wishing Well



Hundreds of prom dresses – and racks of sparkly dancing shoes and other accessories – greet customers as they enter the shop.

Meri Waterhouse: 42 Years of Supporting Children and Caregivers

“We have to treat caregivers like gold.”

Countless thousands of children in care and their caregivers have benefitted from the lifelong work of Meri Waterhouse, who will retire in September after working 42 years in child welfare.

“I’m a big fan of Meri,” said Shala Crow, program director for Olive Crest’s Fostering Together program, which has a state contract to recruit and support foster parents in western Washington. “Foster parents often feel

underappreciated, and she did such a great job of making us feel a part of the team. She has been a great partner.”

Meri is the current program manager for recruitment and retention of foster parents for the Department of Children, Youth and Families (DCYF). She manages the contracts for Fostering Together and Eastern Washington University’s Fostering Washington program, which serves Eastern Washington. She also manages



Meri Waterhouse at “We Are Family Day” 2018 at Safeco Field

the contract with Northwest Resource Associates who provides the State Recruitment Information Center (SRIC) data system that tracks Washington’s prospective foster parents.

This final chapter of her professional career took up most of the last dozen years, the final stop in a journey of service that began in Idaho in the early 1970s.

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Wishing Well continued

through the non-profit group Bikes For Kids (www.bikesforkids.us). Another corner has baby equipment. Bins full of winter boots await their season, and shelves stacked with pillowcases and receiving blankets are ready for new owners, as are gently used toys – each child gets to choose one as they leave.

The Wishing Well is sometimes able to help with other “wishes,” such as fees for summer camp, sports activities and other experiences. It also does special events throughout the year, including one during the winter holidays and one this month for back-to-school.

A list of what The Wishing Well does and what they have in the store could go on and on – but here’s who is eligible and how it works.

1. Foster parents or kinship caregivers who live in Pierce County with a child placed under the care and custody of the state are eligible.
2. Any child under the care and custody of the state and who was placed from the Pierce County offices are eligible.

When families want to use The Wishing Well, they pay a one-time yearly charge of \$25 to help defray expenses. This allows

them three visits a year for each eligible child in their care.

Each child in care receives a set number of clothing items chosen by the caregiver from the large variety available. New underwear, accessories and little extras go home with kids, too.

Erika carefully tracks the number of youth by gender, ethnicity and social worker. It enables her to be totally transparent and accountable and to have the necessary information for applying for grants from donors with specific targets for their giving, such as tribal children or youth in extended foster care.

What she has done shows the power of one individual to create something so meaningful and useful. While other clothing bank operations for caregivers exist in the state (the biggest is operated by Treehouse in King County) most have started and stopped over the years.

While Erika would love to expand to other counties, the logistics are too difficult and the time too scarce. However, she welcomes inquiries from others interested in establishing similar operations elsewhere.

“I’d love to see this happen everywhere” Erika said.

One of Erika’s supporters is Hannah Hawkins, who allowed us to share this post on Facebook from 2016 summing up the effect Erika has had.

“I am so proud of you guys! You have helped so many people and have shown so many how to give back. It doesn’t always need to be life-changing but sometimes that pack of underwear does change lives.”

More Information:

If you would like more information, contact Erika at (206) 406-2398; thewishingwellwa@hotmail.com

Information about The Wishing Well is available on Facebook and at its website, thewishingwellwa.org

Information about clothing banks or similar resources can be found by contacting Fostering Together or Fostering Washington staff members for your area, which are listed near the end of the newsletter.

Meri Waterhouse continued

Born and raised in Olympia, Meri, the daughter of a Greyhound bus driver and a state employee, headed to college at Northwest Nazarene University (NNU) in Nampa, Idaho, with the desire to become a high school counselor. Back then, she needed an education degree and an area where she would teach, so she started working on a music degree. “Then I met music theory,” she laughed. “I was no good at music theory, so that put an end to my music career.”

Music’s loss was social work’s gain. She found her goals were a good fit with the college’s new social work program.

After graduation, she held a number of social work jobs around Southern Idaho, near Boise. She worked in adult services, foster care and child care licensing, served in two public assistance programs, worked in child protective services, juvenile rehabilitation and provided information and referral services which allowed her to help when resources and support were needed.

She had married her husband Herb, who she met in college. They had two boys, Mark and Dan.

Eventually her career path led to the world of adoptions in 1987. “From then on, adoptions became my focus,” she said.

She worked closely with Wednesday’s Child, a television program that featured children looking for permanent homes. In particular, she remembers one child with major physical and developmental issues. She connected with him in a way none of the staff at his residential living center thought was possible. And when he was featured on Wednesday’s Child, eight families stepped up, offering to adopt him.

“A Methodist minister and his family said, ‘We want him to be part of our family,’” she remembers. “The community and the TV station that anchored Wednesday’s Child all wanted to help.”

The experience strongly affected Meri.

**“It let me see there is a family out there for every kid,” she said.
“He changed my outlook on my practice.”**

She eventually headed the public adoption and adoption assistance programs for the State of Idaho.

Meri lost her first husband to cancer and later married Jim Waterhouse who also worked in social services and child welfare. Both of their family’s roots were grounded more in Washington than Idaho, so they moved to Washington in 2004.

Meri began work in the Kelso office and also worked in Tacoma, for what was then Children’ Administration. She eventually joined headquarters in a unit where a key piece of work was recruiting and supporting foster parents.

In that job, she helped grow several programs that have flourished under her leadership.

She oversaw the expansion of recruitment and foster parent support systems through the recruitment and retention contracts and the regional Recruitment, Development and Support (RDS) teams. Her work emphasized data utilization, provided contract guidance, supported communication, visibility and awareness.

Her work supported the organizations as their growing number of liaisons in turn worked to recruit prospective foster parents, build support groups for care providers, increased their social media presence and added trainings.

“She didn’t just set expectations,” for the contracts, Shala said. “She worked with us to help meet them. She has been a great partner.”

Meri also built the annual “We Are Family Day” event at the Mariner’s Safeco Field into the largest Foster Care Month/Kinship Care Day celebration in the country.

About 15 years ago, the Legislature gave foster parents the ability to use free State Park passes. Meri added the Seattle

Aquarium, and the Pacific Science Center, and has worked with the YMCA on the same goal of free or reduced cost.

Among her other accomplishments:

- She helped shepherd the Children’s Administration Foster Parent Consultation (1624) Team through its early years, working with foster parents to give it structure to help it succeed in addressing foster parent issues. The team celebrated its tenth anniversary in foster parent consultation last October.
- She was an integral part of taking the Caregiver Connection from a one-page, two-sided mailer in 2005 to the strong electronic publication it is today – “a real resource for foster and kinship caregivers,” Shala said.
- She has served as the contract manager of Camp To Belong Washington, working with the camp organization to help ensure brothers and sisters separated due to foster, adoptive or relative care did not lose connections.
- She carried forward the foster parent branding and messaging campaign “Foster Parenting - You can, too” which remains in use today as Children’s Administration has transitioned into the Department of Children, Youth and Families.
- She manages the Treehouse contract for the Holiday Magic Program to help provide holiday gifts for more children in care statewide.

With all she has helped accomplish, Meri said the human connection remains the most important in helping caregivers and children placed in their homes.

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Kinship Caregivers and Licensing

The Department of Children, Youth and Families (DCYF) seeks to place children with kinship caregivers, relatives and those who know them well, or “suitable other,” whenever possible. The department knows that kinship caregivers, like foster families, can provide stable, committed homes for children in crisis. Federal and state law, as well as policy, require DCYF to make kinship placement a priority.

While licensing is not required for kinship care, it provides the largest source of on-going financial support available to caregivers in the child welfare system. It is also required for the permanency option of Guardianship with the Relative Guardianship Assistance Program (RGAP) in place. This program provides financial support on a monthly basis to support the guardianship. While there are other requirements for RGAP, a key piece is that qualifying relatives must be licensed for six months prior to finalizing the guardianship. Given these benefits, it is important that kinship caregivers receive this information and make an informed choice about whether or not to become licensed.

Shelley Arneson, the Kinship and Child Care Program Manager for DCYF, explained that providing this information early and often to our kinship caregivers is key. Caregivers report that financial struggles along with understanding complex system requirements are common concerns for them. Help is available with licensing paperwork and processes. Fostering Washington and Fostering Together partner with DCYF to provide support and assistance to both licensed and unlicensed caregivers in the child welfare system. Fostering Washington serves the Eastern side of the state, while Fostering Together covers

Western Washington. Specific contacts for these providers are listed at the end of this newsletter. Both groups have Facebook pages where kinship caregivers can connect and share experiences. The two organizations also establish support groups, including a new kinship support group that just started in Pierce County.

Licensing is not the right choice for every family. Unlicensed caregivers are eligible for Temporary Assistance for Needy Families Child Only Grants (TANF) for each child. Recently, income requirements for caregivers have been removed, making this option more accessible. Application is possible on-line or at your local community services office, or CSO. While the rate is significantly less than licensed foster care reimbursement, it is an on-going source of financial support.

All caregivers, licensed and unlicensed, share many requirements. All must have a home study and all children and adults over 16 living in the household must complete the background check process. A shorter background check and walk through happens before the child’s emergency placement is authorized in your home; more is completed after emergent placement and includes your official home study. DCYF licensors complete these home studies with families; they involve additional paperwork and home visits. When a placement is not an emergency, this process is completed before the placement is made. When court and dependency is involved, all caregivers work with DCYF for an extended amount of time, and all receive regular health and safety visits from an assigned caseworker for as long as the child is in care.

Meri Waterhouse continued

“All the resources, support groups, fun events like We Are Family, free passes and supports for caregivers are important and they help both the caregiver and the children, but they can’t replace the importance of a strong working relationship between a caregiver and the child’s social worker; that is the key to retention,” she said.

Shala said it was Meri’s passion for creating that relationship – for getting out of the office to see and help those on the frontlines who are supporting kids and caregivers - that made her so valued and respected.

“The kind of person she is comes because she has such a passion for foster parents and kids in care,” Shala said. “She does (her job) with such grace. She worked for the department, but I always felt like she worked for us. I will really miss her.” Meri said leaving will be bittersweet. “It’s going to be hard to let it go when you have become so ingrained in working with caregivers and kids. The spigot that runs in me won’t turn off anytime soon.”

Nor will her preaching of the message of community, collaboration and caring.

“We have to treat them (caregivers) like gold, because they are,” she said. “We could not do this work without them. We need to care for them. We need to nurture and support them so they can stay.”



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Kinship Caregivers and Licensing continued

With these requirements in place for all, the additional requirements to complete licensing do not increase the length of time a caregiver is involved with DCYF. While becoming a licensed foster parent requires training through the Alliance for Child Welfare Excellence, more and more trainings are available online, so caregivers don't have to travel long distances or arrange for child care. Besides the support available through

Fostering Washington and Fostering Together, caregivers can receive assistance from licensors and assigned caseworkers as well.

Shelley Arneson, Kinship and Child Care Program Manager, also explained that kinship caregivers sometimes worry they will be required to take other non-relative children if they become licensed. That is inaccurate.

"You can always say we only want to be licensed for our kinship child," she said.

The foster care license is good for three years. This can be helpful if the child returns to care for any reason.

Here are some facts, benefits, and frequently asked questions about becoming licensed, as provided by licensing.

Reimbursement rates:

Foster care reimbursement is a higher rate than child only grants available through Temporary Assistance to Needy Families (TANF).

The basic foster care rates are:

- Child ages 0 – 5: \$562
- Child ages 6 – 11: \$683
- Child ages 12 – 21: \$705

Rates may be higher depending on the level of care the child needs.

Paying for damages

The Foster Parent Reimbursement Program assists with paying for damages or injuries caused by a child placed with you that are not covered by private insurance.

Extended foster care

To assist with the transition to adulthood, Extended Foster Care (18-21 years) allows foster care reimbursement to foster parents providing care to youth older than 18 who continue in foster care. Each applicant will have a foster care licensor who provides support through resource referral, training opportunities and individual consultation.

What is required to get licensed?

- Any adult living in a potential foster home must:
- Complete a Washington State Patrol background check.
- Complete FBI fingerprinting.
- Submit a tuberculosis test dated within the last year.
- Get the influenza vaccine and Tdap and/or DTap for all household members if taking placements of children 2 years of age or younger.
- Obtain a completed Washington State Patrol check for all youth ages 16 to 18 in the household.

What Kind of Home Can Be Licensed as a Foster Home?

Foster families may rent or own their homes. Any home can be a foster home if:

- It is reasonably clean, safe, in good repair and has adequate space.
- Poisons and cleaning solutions are kept out of reach of children.
- Pools have a fence designed to discourage climbing and have a locking gate.
- Hot tub and spa areas are locked when not in use.
- Medications, including vitamins and herbal remedies, are in their original containers and in locked storage.
- All firearms, ammunition and other weapons are kept in locked containers.
- Smoke detectors are installed.
- An approved 2A10BC-rated or larger all-purpose (ABC) fire extinguisher is on hand.
- It is smoke-free. Smoking is not allowed in the living space of any foster home or facility caring for children or in any motor vehicles transporting children. Adults may smoke outdoors away from children.



Frequently Asked Questions

about Foster Parenting as a Relative or Kinship Caregiver

Q: Can a single person be a foster parent?

A: Yes.

Q: Is there an age minimum?

A: Foster parents must be at least 21 years of age. The age requirement may be waived for relative caregivers.

Q: How long does it take to become licensed?

A: While it largely depends on how quickly you submit the required information and the fingerprint processing time, the goal is to complete the licensing process within 90 days of receiving your application.

Q: How long would my relative stay in my home as a foster child?

A: It depends on the particular child and the parents' situation. A child may stay in care a few days or several months. The goal is for the child to safely return home or have a permanent home if a safe return home is not possible.

Q: What contact does a relative foster child have with his/her biological parents?

A: Most foster children have court-ordered visits with their biological parents. Children and parents need to have regular contact for children to safely return home. The child's social worker will work with you and the child's parents to decide on a location and time of visits. The court decides whether the visits will be supervised.

Q: Can a relative foster child share a room with my child?

A: Yes. All children must have a separate bed. Your licensor will work with you and the child's social worker to make sure that sharing bedrooms is safe for all of the children. Also, children of the opposite sex can only share a room if they both are under six years of age, unless a relative waiver is obtained.

Q: Can I spank the relative foster child?

A: No. Foster parents and relative caregivers are prohibited from using any form of physical discipline. Positive discipline, combined with warmth and caring, should be used to teach the child.

Q: Can we take the relative foster child with us on vacation?

A: Yes. No prior approval is needed for trips up to 72 hours. Anything over 72 hours requires prior approval from the child's DCYF worker.

Q: Can we leave the foster child with a babysitter?

A: Yes. You may use a friend or relative to babysit without a background check if it is on an occasional basis and less than 72 hours. Please consult with your licensor and the child's social worker. Respite care might also be available to you.

Q: Is there a problem with our having pets?

A: Generally not. We would be concerned if there were issues of safety or cleanliness, or in the case of health factors, such as a child's allergies.

Q: What training is required (to become licensed)?

- A:**
- First Aid/CPR.
 - Blood-borne pathogens training.
 - Licensing orientation.
 - Caregiver core training.
 - Caregiver continuing education training.



Who do I contact for more information?

Click on the link below for your regional licensing contact as well as a DCYF regional map. With the transition from CA to DCYF on 7/1/18, we have moved to a six-region structure.

www.dcyf.wa.gov/services/foster-parenting/become-a-foster-parent

DCYF does not discriminate and provides equal access to its programs and services for all persons without regard to race, color, gender, religion, creed, marital status, national origin, sexual orientation, age, veteran's status or the presence of any physical, sensory or mental disability.

Treehouse Promotes Graduation Success

Youth in care who succeed in school can often point to at least one caring adult who helped support them and keep them on the path to success.

Treehouse, a King County-based non-profit organization, has created Graduation Success, a program to provide that support.

Through the program, youth in care can be connected with education specialists such as Edward Brown, a former teacher who now works with young people to keep them on track with their education.

“I think a big part of the job is to plant the seeds around what they want to do,” he said. If a young person wants to do something creative, Brown can help create a list to give them guideposts to make that happen.

He and the other specialists do a lot of person-to-person contact, establishing a relationship of trust that these young people have often lacked in their lives.

“The heart of that work is weekly meetings with the students,” he said. He can monitor both the student’s grades and attendance to help ensure the student is working on the goals they have created.

Specialists are working with 20 to 25 students at any given time and try to stick with a student for at least two years. The second year is easier than the first because the bond has been created and the student realizes the specialist is one adult who is not going to leave.

Details about Graduation Success, provided by Treehouse

Treehouse’s youth-centered academic program, Graduation Success, helps youth in foster care engage and invest in their education and future. Treehouse education specialists work one-on-one with Graduation Success students to:

- Create their own plan for high school graduation and beyond.
- Build problem-solving and self-advocacy skills.
- Connect to resources like tutoring, credit retrieval and college and career prep.
- Recognize and develop available support systems around them, from caregivers, to social workers, to school teachers and counselors.
- Resolve education barriers like school transitions, special education needs, disciplinary actions and credit retrieval.

The Graduation Success Program currently serves middle and high school students in foster care in King County and high school students in foster care in school districts in Pierce, Spokane and Snohomish counties.

“It shows you are really reliable and trustworthy,” he said. “It opens up a lot of doors if you have that trust.”

Specialists will often keep in touch with them even after they leave school and move on in their education.

Through the program, specialists work closely with school counselors. Sometimes people in schools are initially wary of someone like an educational specialist – until they realize the specialist is there to complement what they do.

Brown, 30, said his eight years of experience as a teacher helps him do this job.

The program’s success rate is impressive. When specialists started working with youth in care five years ago, the graduation rate for those youth was about 41 percent. That rate has now more than doubled to 89 percent.

The program serves youth in foster care and youth living with relatives who have an open case with the state, meaning they have a social worker. Depending on where the student lives, help can start as early as 6th grade.

Specialists working with other agencies like the Mockingbird Society, build a support network around the student’s education.

“We’re all working together,” Brown said.

Treehouse hopes to take the program statewide by 2022.

Five-year goal: By 2022, youth in foster care across Washington will graduate high school at the same rate as their peers, with support and a plan to launch successfully into adulthood.

Current eligibility requirements: Youth in foster care in King County or one of the other districts we serve are eligible for Graduation Success. Youth must be in 6th through 12th grade in King County or 9th through 12th grade in any of the other districts we serve in Washington state.

Districts served:

King County: Auburn, Bellevue, Enumclaw, Federal Way, Highline, Issaquah, Kent, Lake Washington, Northshore, Renton, Riverview, Seattle, Shoreline, Snoqualmie Valley, Tahoma, Tukwila.

Pierce County: Bethel, Franklin Pierce, Tacoma.

Spokane County: Central Valley, East Valley, Mead, Spokane, West Valley.

Snohomish County: Everett, Marysville.

Flu Shot Reminder

Information provided by the Division of Licensed Resources

The flu season will soon be upon us and we are better protecting our most vulnerable children, those ages 0-2 years, by getting the annual flu vaccine.

This is a reminder that foster parents licensed to care for children ages 0-2 are required by Washington Administrative Code (WAC) to have flu shots for the current flu season, as are all other household members over the age of six months.

The Division of Licensed Resources (DLR) will begin following up with foster parents in October 2018 to verify that all household members have gotten the current flu vaccination for the 2018/2019 season, but it is being requested that foster parents provide their licensors this verification as soon as it is obtained.

DLR licensors will be contacting you if this verification has not been received. Licensors will check this annually for all of their licensed foster homes during the month of October.

All children and youth placed in your home by the department are required to be immunized according to the Advisory Committee on Immunization Practices of the Centers for Disease Control (ACIP/CDC) as established in the Recommended Immunization Schedule for Persons Aged 0-18 years, unless you have been directed differently by your child's assigned social worker.

If you have any questions about this, please contact your child's social worker.

Foster parents and household members of children in foster care older than two are not required by WAC (state code) to have the flu shots, but are strongly encouraged to get them for both their own health and safety and those in their household and community.

Additional Flu Shot Information

CDC Immunization Schedule for children birth-6 years old

www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf

CDC Immunization Schedule for children 7-18 years old

www.cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf

Show Up



"To stay on top of my game, I show up at practice every day, ready to work! As a professional soccer player, it's my job to learn all I can about the game, practice my skills, and stay sharp to be competitive. If you are a student, it's **your** job to show up every day to learn - so you can reach your goals and get to the top of **your** game!"

~ Henry Wingo, age 21, Seattle Sounders FC player and graduate of Shorecrest High School



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Tips for Keeping Kids in School

SEPTEMBER IS ATTENDANCE AWARENESS MONTH

With a new school year about to start, education specialists want to emphasize the importance of youth going to school and staying in school.

Why are we focusing on attendance?

Every absence, excused or unexcused, is a learning opportunity lost and can have significant impacts on a student's success in school and in life. A student who misses 18 or more days (10 percent) for any reason is considered chronically absent and are less likely to graduate high school.

We all share responsibility for helping youth develop good attendance habits and in reducing absenteeism. Share your concerns about attendance with the student, caseworker, school. Make arrangements and appointments that do not affect school attendance when at all possible.

➔ For more information go to www.k12.wa.us/attendance/

The information at right was provided by the Department of Children, Youth and Families to remind caregivers and youth in their care of the importance of showing up each day and staying in school.

DCYF works with the Office of the Superintendent of Public Instruction to promote school attendance.



Immunizations, check-ups and sports physicals

Did you know that because of childhood immunizations, diseases like polio are almost gone in the United States? And now is a great time to make sure kids have the immunizations they need, before heading back to school.

All youth in the Apple Health Core Connections Program are covered for no-cost, well-child check-ups annually, or more often if needed. Well-child check-ups can also take the place of a sports physical for kids playing school sports. Simply ask the doctor to do a well-child/EPSTD.

EPSTD stands for Early and Periodic Screening, Diagnostic and Treatment (EPSTD). These visits provide preventive healthcare services for children under age 21 enrolled in

Medicaid. EPSTD is key to insuring that children and youths receive proper preventive, dental, mental health and developmental and specialty services.*

**Source Medicaid.gov*

Need immunization records for children in your care?

Need help finding a primary care provider?

We can help! Call 1-844-354-9876.

Human Trafficking Information Website Launched

By Dae Shoegren, program manager – Department of Children, Youth and Families

Sex trafficking happens.

Most folks still keep the truth at arm's length, thinking it only happens in other countries, across national borders or somewhere else – anywhere else. And while those scenarios are true, the other truth is that it happens right here, wherever you are sitting reading this.

Two of the most common traits of commercially sexually trafficked survivors is their history of sexual abuse and their family's involvement with the child welfare system. This speaks to a misdeveloped sense of ownership of their bodies due to abuse in combination with a detached or missing sense of belonging. This situation creates an incredibly vulnerable child who is easily manipulated by a trafficker.

Advocates, community providers, survivor leaders, child welfare, juvenile justice, court systems, law enforcement, and private citizens continue to work tirelessly to identify, support and provide services to victims on limited budgets and resources. One significant resource for all of those involved has just been released.

It's a website found at www.watrafickinghelp.org, which provides a one-stop shop for both victims and advocates to find available resources statewide including services, downloadable resources and a calendar of anti-trafficking events.

This website may not stop trafficking, but it is one step closer to ending it.

“To break the cycle of trafficking, survivors need to be able to find the help and support they need,” said State Attorney General Bob Ferguson, whose office launched the website. “It can be overwhelming for trafficking survivors to find those resources. This site makes them accessible in one place.”

To read Ferguson's press release, click on www.atg.wa.gov/news/news-releases/ag-ferguson-launches-website-human-trafficking-victims

Governors' Scholars Honored

Each year, the College Success Foundation honors high school graduates with the Governors' Scholarship For Foster Youth, established in 2001 by former Washington Gov. Gary Locke.

We congratulate the 2018 recipients, honored at a ceremony in June!

Tesfabru Adhanom, Stanwood
Madison Anderson, Yakima
Jason Arsenau, Graham
Rene Balbuena, Auburn
Dylan Barnett, Bothell
Jonathan Beach, Spokane Valley
Haylee Beckham, Seattle
Brionna Christiansen, Bremerton
Valerie Cooper, Deming
Kara Elshaug, Marysville
Hadassah Fisch, Colton
Jacqueline Garcia-Chavez, Prosser
Mara Johnson, Shelton
Emily Koenig, Manson
Alexando Lopez Perez, Seattle

Jasmine Martin, Asotin
Azael Martinez Mendoza, Seattle
Coleman McHenry, Seattle
Ali Najm, Federal Way
Miguel Ortega Morales, Auburn
Kelsey Pittsford, Puyallup
Leona Plantillas, Yakima
Kayla Pruitt, Tacoma
Luis Rodriguez Socon, Olympia
Lindsey Sweet, Carnation
Lakeesha Upton, Vancouver
Kiara Wiedmann, Port Orchard
Onix Moreno Camargo, Edmonds
Wilber Hernandez, Bothell

New Foster Parent Recruitment/ Support Agencies Chosen

Through a competitive bidding process, Fostering Together and Fostering Washington have been chosen to provide foster parent recruitment and support services under contracts with the new Department of Children, Youth and Families.

Fostering Together will serve western Washington; Fostering Washington will serve eastern Washington. Fostering Together is a branch of Olive Crest, a private non-profit agency. Fostering Washington is part of Eastern Washington University.

Both organizations served as were the contractors for these services before July 1, when the new contracts began.

The names of the staff members are listed near the end of this newsletter.

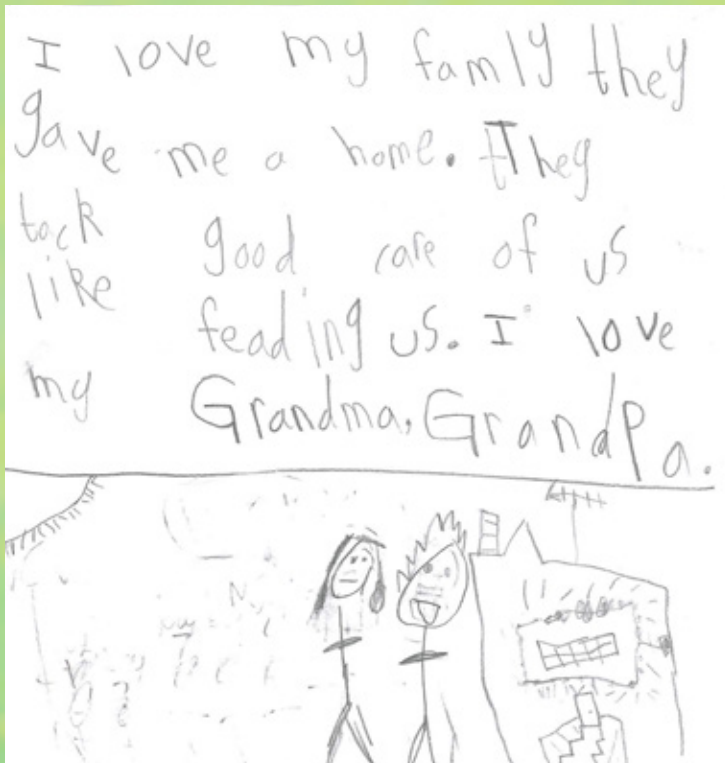


Photo by Keith Luke on Unsplash

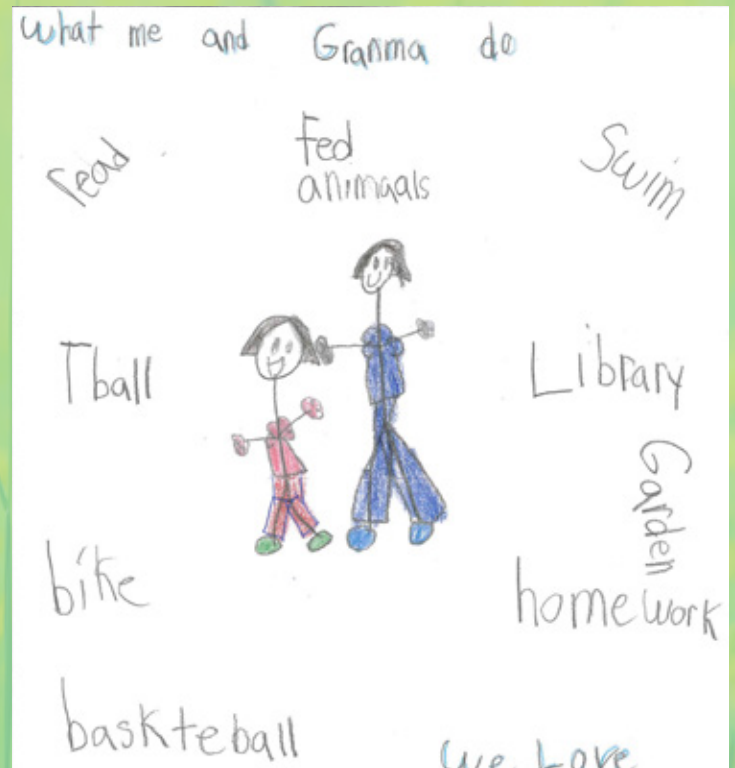
Voices of Children Contest Winners Displayed

In this issue of Caregiver Connection, we are displaying the art and words of the final two winners of the statewide contest "Voices of Children Being Raised By Grandparents and Other Relatives."

The contest, now in its 15th year, is sponsored by Family Education and Support Services, based in Olympia. Each winner received \$100 from Twin Star Credit Union, a free night for their family at Great Wolf Lodge and were honored at a July 24 ceremony at the Governor's Mansion.



Izzy, 7, Yakima



Kinsley, 6, Cusick

Hot Diggety Dog – Let’s Cook!

Woof! Here we are at the dog days of summer. School’s coming, vacations are ending and the young and the restless are picking fights with each other.

Why not turn the dog days into hot dog days, just for fun? Turn the kids loose in the kitchen with these crazy-fun recipes.

Several years ago, my 4-H cooking group of 5th-graders conquered most of these recipes with ease. You’ll need to supervise and lend a hand to the younger and inexperienced chefs in your family. But after a couple tries, older kids can whip up some of these recipes on their own and will have a good time making or contributing to lunch or dinner.



Hush Puppy-dogs

You’ll need:

- 1 package 15 or 16-ounce cornbread mix, mixed as directed.
- 8 hot dogs, halved lengthwise, then roughly cut into ½-inch pieces.
- 1 cup grated cheddar cheese
- A 12-cup muffin tin

Directions:

Preheat the oven to 400 degrees. Grease a 12-cup muffin cup.

Mix the cornbread following package directions, then fold in the cheese and hot dog pieces with a spatula.

Carefully spoon the mixture into the muffin pans, filling each cup about 2/3 full.

Bake about 14 minutes. Test for doneness by inserting a toothpick and pulling it out. If it comes out clean, muffins are done. If not, add a couple more minutes cooking time and test them again.

Serve with the usual hot dog condiments.

Octodoggies

Quick, easy and super-silly, Octodoggies float in a sea of chili – or mac ‘n cheese – or ramen noodles! This is a favorite among many families with young kids. At Halloween, Octodoggies transform into a great party food, Spiderdogs. Just sprinkle some shreds of stringy mozzarella on top of the chili, let it melt slightly, then gently pull strands with a fork toward the “spider” to make a pretend web.

You’ll need:

1 package hot dogs

Chili, canned or homemade. For kids who don’t like chili, you can use macaroni and cheese, pork and beans or ramen noodles.

Black olives, mustard, ketchup or other food to make each Octodoggy’s face.

Directions:

Chop a couple black olives into small pieces to use as eyes. Alternatively, dots of mustard or ketchup can be used to make Octodoggy faces.

Begin heating the chili or whichever other food you plan to fill a bowl with.

In another saucepan, start water to boil.

Cut each hot dog in half lengthwise up to about 1 ½ inches from the top (this will be the Octodoggy’s head). Then carefully cut each side of each half in fourths, forming the Octodoggy’s eight legs.

Cook in boiling water for roughly a minute, until the meat is heated through and the Octodoggy’s arms curl.

Pour chili into soup bowls and place an Octodoggy on top of the chili. Carefully add eyes – and a mustard smile.



continued on next page

Pizza Dogs

Two favorite foods in one bun.
These bake in the oven.

You'll need:

- 1 package hot dogs
- 1 package buns
- Small jar of pizza sauce
- Favorite pizza toppings (olives, mushrooms, pineapple, pepperoni ...)
- Shredded mozzarella and/or other cheeses

Directions:

Preheat the oven to 350 degrees. Line a 9 x 13 baking dish with aluminum foil, then spray for easy clean-up. Alternately, grease the baking dish. (If you're making more than four, you'll need to prepare a larger pan or use two pans.)

Place opened hot dog buns in the baking dish, cut side up, and spread with pizza sauce. You can sprinkle a little extra dried basil or oregano on the sauce if you like.

Heat the hot dogs, either by boiling or microwaving, as directed on the package. Then place a hot dog on each bun.

Top with lots of cheese, then layer any other toppings on the cheese.

Make an aluminum foil tent and loosely place over the dish. Don't cover it tightly or the buns will steam and get soggy.

Bake for about 12-15 minutes until the cheese melts, then remove the foil tent and bake another five minutes uncovered.



PBJ Banana Dog Image courtesy of
Kitchen Life of a Navy Wife
www.navywifecook.com/2012/02/pbj-banana-dog.html

Banana Dogs

An alternative recipe for your hot dog hater!

You'll need:

- Hot dog buns
- Peanut butter
- Small bananas
- Jam (optional)

Directions:

Open a bun and spread both sides with peanut butter. A layer of jam on the peanut butter is optional.

Peel a small banana – or cut a large banana in half – then place the banana on the peanut butter.

Fold ala hot dog style to create banana dogs.

Bring Your Issues to Consultation Team Members

Since 2007, statewide meetings have brought together top-level managers of Children’s Administration and foster parents who are members of the Children’s Administration Foster Parent Consultation Team, informally known as the 1624 team – a number that reflect the legislative bill number that created the committee. Foster parents serving on the team were selected at the end of 2017 by their peers in each region.

If you, as a foster parent, have questions or concerns you would to have discussed at the meeting, contact a team member from the list at the back of the issue.

The committee discusses issues of statewide concern to foster parents. The regional members also help set dates for regional consultation meetings so local issues can be discussed.

Anyone interested in filling the vacancies in Region 1 South, which is the southern portion of Eastern Washington, should contact:

Meri Waterhouse
meri.waterhouse@dshs.wa.gov
 360-902-8035.

CA Foster Parent Consultation Team (1624) Foster Parent Regional Representatives 2018

Name	E-mail	Phone
Victoria O’Banion, Reg. 1 North	vnkobanion@gmail.com	308-991-5663
Alla Mishin, Reg. 1 North	allamishin@gmail.com	509-847-4210
<i>Reg. 1 South no. 1 rep., vacant</i>		
<i>Reg. 1 South no. 2 rep., vacant</i>		
Lisa Page, Reg. 2 North	lisa.page@gmail.com	206-351-2699
Ray Deck III, Reg. 2 North	Raydeck3@gmail.com	518-290-0729
Shanna Alvarez, Reg. 2 South	Shanna.alvarez@gmail.com	206-852-5425
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Beth Canfield, FPAWS	bethcanfield@comcast.net	360-990-1011 (c) 360-377-1011 (h)
Mike Canfield, FPAWS	mkbeth@comcast.net	360-990-1255 (c) 360-377-1011 (h)

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.

AUGUST 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
- ILABS Module 7: Development of Attachment
- ILABS Module 10: Language Development: From Listening to Speaking
- Introduction to Positive Discipline
- Kinship 101: Information for Relatives and Suitable Others
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- Paper Trail: Documentation Training for Caregivers
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What? (Webinar)

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

- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Healthy Engagement with Children of Trauma
- ILABS Module 6: Language Development: Learning the Sounds of Language
- ILABS Module 10: Language Development: From Listening to Sleeping
- Introduction to Adoption from Foster Care
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- So You Have a New Placement...Now What? (Webinar)
- Why Children Lie

AUGUST TRAININGS IN REGION 2: SOUTH/CENTRAL EASTERN WASHINGTON

- As They Grow: The Drug Impacted Infant and Toddler
- Caregiving for Children with Physically Aggressive Behavior Concerns
- ILABS Module 6: Learning the Sound of Language
- ILABS Module 8: Attachment in Practice
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- Knowledge and Skills to Help Children Heal
- So You Have a New Placement...Now What? (Webinar)
- So You Have a New Placement...Now What?

Caregiver Training from the Alliance continued

SEPTEMBER TRAININGS IN REGION 2: SOUTH/CENTRAL EASTERN WASHINGTON

- Behavior Management Tools for Foster Parents and Caregivers
- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Identifying and Supporting Commercially Sexually Exploited Children (CSEC) for Caregivers
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- Paper Trail: Documentation Training for Caregivers
- So You Have a New Placement...Now What? (Webinar)

AUGUST TRAININGS IN REGION 3: I-5 CORRIDOR SNOHOMISH COUNTY TO WHATCOM COUNTY + ISLANDS

- Caregiving for Children with Sexual Behavior Concerns
- Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents From the National Child Traumatic Stress Network
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- Knowledge and Skills to Help Children Heal
- So You Have a New Placement...Now What? (Webinar)
- Why Children Lie

SEPTEMBER TRAININGS IN REGION 3: I-5 CORRIDOR SNOHOMISH COUNTY TO WHATCOM COUNTY + ISLANDS

- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Healthy Engagement with Children of Trauma
- Introduction to Adoption from Foster Care
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- So You Have a New Placement...Now What?
- So You Have a New Placement...Now What? (Webinar)
- Verbal De-Escalation

AUGUST TRAININGS IN REGION 4: KING COUNTY

- Emotion Coaching
- Introduction to Adoption from Foster Care
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- So You Have a New Placement...Now What?
- So You Have a New Placement...Now What? (Webinar)

Caregiver Training from the Alliance continued

SEPTEMBER TRAININGS IN REGION 4: KING COUNTY

- Caregiving for Children with Sexually Aggressive Behavior Concerns (Formerly Sexually Aggressive Youth)
- As They Grow: The Drug Impacted Infant and Toddler
- Attention Deficit Hyperactivity Disorder (ADHD)
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- So You Have a New Placement...Now What? (Webinar)
- So You Have a New Placement...Now What?

AUGUST TRAININGS IN REGION 5: PIERCE AND KITSAP COUNTIES

- As They Grow: The Drug Impacted Infant and Toddler
- Caregiving for Children with Physically Aggressive Behavior Concerns
- Caregiving for Children with Sexual Behavior Concerns
- ILABS Module 3: The Importance of Early Interaction
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- So You Have a New Placement...Now What? (Webinar)

SEPTEMBER TRAININGS IN REGION 5: PIERCE AND KITSAP COUNTIES

- Attention Deficit Hyperactivity Disorder (ADHD)
- Emotion Coaching
- Identifying and Supporting Commercially Sexually Exploited Children (CSEC) for Caregivers
- ILABS Module 4: The Power of Learning Through Imitation
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- Knowledge and Skills to Help Children Heal
- So You Have a New Placement...Now What? (Webinar)

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

- Emotion Coaching
- Healthy Engagement With Children of Trauma
- Introduction to Adoption From Foster Care
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- So You Have a New Placement...Now What? (Webinar)

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

- As They Grow: The Drug Impacted Infant and Toddler
- Behavior Management Tools for Foster Parents and Caregivers
- Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents
- Emotion Coaching
- Infant Safety and Care for Caregivers
- Kinship 101: Information for Relatives and Suitable Others (Webinar)
- So You Have a New Placement...Now What? (Webinar)
- Verbal De-Escalation
- Why Children Lie

Your Child Welfare Training Team for Region 1

Eastern Washington

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

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



Your Child Welfare Training Team for Region 2

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El-Freda Stephenson 206-923-4922 elfreda@uw.edu

Your Child Welfare Training Team for Region 3

Pierce County & South to Clark County plus the Olympic Peninsula & Coast

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

Robert Judd. 360-344-3003 juddre@uw.edu

Gracia Hahn 253-983-6362 hahng@uw.edu

Your Registration Help Desk

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

Meet Our Recruitment Partners Who Support You



Olive Crest's Fostering Together program supports the west side of the state (Regions 2 and 3) through foster care Liaisons.

Eastern Washington University's Fostering Washington program supports (Region 1) the east side of the state through Resource Peer Mentors (RPMs),

Children's Administration (CA) 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 CA's Division of Licensed Resources (DLR), 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 CA's Division of Licensed Resources (DLR), 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 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

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 Olive Crest and Eastern Washington University 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.



Eastern Washington University Fostering Washington



Position/ Area Covered	Name	E-mail	Phone
Director All Counties	Kim Fordham	kfordham@ewu.edu	(208)-659-7401
Associate Director All Counties	Mon Ra' Muse	mmuse@ewu.edu	(509) 359-0791
Recruitment Coordinator Ferry, Pend Oreille, Spokane, Stevens Counties	Amber Sherman	asherman4@ewu.edu	(509) 359-0874
Recruitment Coordinator Benton, Franklin, Yakima Kittitas, Klickitat, Counties	Tyann Whitworth	twhitworth@ewu.edu	(509) 731-2060
Recruitment Coordinator Asotin, Columbia, Garfield, Walla Walla, Whitman Counties	Katie Stinson	mstinson2@ewu.edu	(208) 699-8419
Recruitment Coordinator Adams, Chelan, Grant, Douglas, Okanogan	Hayley Stoebner	hstoebner@ewu.edu	(509) 322-1191
FIRST Program Mngr. All Counties	Dru Powers	Dpowers8@ewu.edu	(509) 928-6697

Fostering Washington's website www.ewu.edu/css/fostering-washington can help you locate your local foster parent Resource Peer Mentor (RPM) from the county map on their website.

Click on: → *County where you live*

Olive Crest's Fostering Together: 1-866-958-KIDS (5437)



Position	Name	E-mail	Phone
Shala Crow	Program Director	(360) 220-3785	Shala-Crow@olivecrest.org
Leeann Marshel	Critical Support	(855) 395-7990	Leeann-Marshel@olivecrest.org
Patrice Vansligtenhorst	Program Coordinator	(425) 462-1612 x 1308	Patrice-Vansligtenhorst@olivecrest.org
Megan Harp	FIRST Coordinator	(425) 350-3839	Megan-Harp@olivecrest.org

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

Click on: → *Region where you live* → *Find Your Liaison*