

MARCH 2018

Caregiver Connection

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

Honoring Social Workers

Among those who cherish children, and put that passion for them to work are social workers, who we honor in March during National Social Work Month.

In this month's Caregiver Connection, we profile a social worker who also became a licensed foster parent to care for and adopt a relative's child.

We present a piece of writing about the difficult job of social work.

And we give you a chance to honor the best work of Washington's social workers by nominating them for an award to be presented at the annual Caregiver's Conference in May.

Most of all, we say thank you to those who take on the sometimes thankless

task of caring for, caring about, working on behalf of and cherishing our most vulnerable children.

Both Sides of Caring for Kids

At the annual Pacific Northwest Caregiver's Conference this past year, four of the six social workers honored by foster parents for outstanding work were also licensed foster parents themselves.

Among them was Marcinna Heine-Rath of Selah, an 11-year employee of Children's Administration. She has a self-described "heart for kids" and a deeply embedded passion to talk to foster parents and other caregivers so

CONTINUES ON NEXT PAGE



Marcinna says her older kids adore their little sister.

Marcinna Heine-Rath and her husband John with their kids
Left to right: Darin, Wesley, Payton and Amber



"Cherishing children is the mark of a civilized society."

Joan Ganz Coney, Co-founder of the Children's Television Network

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Transforming lives

Inside this issue

Honoring Social Workers	1
What it Means to be a Social Worker	3
Social Workers to be Honored at Annual Caregiver's Conference	3
Kinship Korner	4
Reducing Racial Disproportionality in Child Welfare	6
Voices of Children Contest	6
WISe Help Available For Youth With Challenging Behavior	7
Better Together: Camp to Belong Washington Celebrates 10 Years ..	8
We Are Family Day	9
"Saying It Out Loud" Conference Scholarship	10
Coordinated Care	12
Annual Flu Shot Reminder ..	13
Caregiver Training from the Alliance	16
Meet Our Recruitment Partners Who Support You	20

Note to State Employees:

All state employees can donate their leave time, as shared leave, to other state employees who are foster parents or preparing to accept a child into their home. If you are a Washington state employee who is a licensed foster parent and you are preparing to accept a child into your home, you may request leave from the Foster Parent Shared Leave Pool. If you are a Washington State employee, consider donating your leave for this program. Currently the Shared Leave Pool has no hours in its bank. Your donations would be greatly appreciated.

You can learn more about how to make a donation of time, or to request leave time as a foster parent at this link:
www.dshs.wa.gov/ca/foster-parenting/foster-parent-shared-leave-pool

HONORING SOCIAL WORKERS CONTINUED

they have as much information as possible about children in their care.

"The way I want to be treated is how I want to treat everybody else" in the life a child who touches the child welfare system, said Marcinna, a social worker who now handles adoptions.

Given her heart and passion, she did not necessarily need to be reminded of how important it is to treat people who are working in the best interest of a child.

But then the phone rang, and with it came a request she had personally made many times herself.

Marcinna's cousin in another state had given birth to a child and the state was looking for a relative able to give her a home.

Washington has a mandate to place with relatives first when a child is removed from his or her home. In various jobs as a social worker, Marcinna had made similar calls urging relatives to take a child who needed a home as quickly as possible.

She was now on the other end, having to make a life-changing decision about adding another child to the three she and her husband John already had.

With the shoe now on the other foot, she remembered thinking, "I have to think about this. We were almost empty nesters. It was a big decision for our family."

They finally decided Marcinna, and John would get licensed as foster parents and work toward adopting the baby. Marcinna said they became licensed because "I had hoped to continue to help kids. With the placement of Payton who is a lot younger than our youngest son, I considered more placements so that we could have another child closer to her age.

They were licensed through a private agency since DSHS employees cannot get licensed through the state because of possible conflict-of-interest issues.

"It was complicated" trying to work out all the logistics, especially with two states involved, Marcinna said. "Being a social worker – that helped" with the process, she said.

Asked if being on the other side of the phone call, working for a child from the perspective of a caregiver, affected her work as a social worker.

"I really think it did," she said.

Marcinna is all about sharing as much information as she can with families she works with.

But she found the social worker in the other state "was not really that forthcoming" about information as the case proceeded. And the social worker would tell Marcinna what a federal policy was when Marcinna knew it wasn't correct. She says the experience of being a relative licensed to adopt a relative child reinforced her belief about the importance of communicating.

"I take more time now just to educate our families – to tell them 'this is why we do this,'" she said. "Everything we do as social workers is so emergent that you can forget that you need to keep in touch. It's so important to take time to make time for (a) family."

Not only does it save time in the future if social workers keep in touch and answer questions up front, it lets foster parents feel like they really are an important voice in the child's life, making them less likely to stop being foster parents, she said.

"I'm very direct, sometimes too direct," she said of her communication style. "But (families) like honesty."

She described getting licensed and being a foster parent as "a good experience." In the case of the child from the other state, now 5 ½, she was adopted by Marcinna and John and is adored by her older siblings.

Marcinna and John gave up the foster care license when she found the workload of being a supervisor made it difficult to consider taking in more children. And John was not sure about taking in more kids. However, they set an example: Their oldest daughter Amber is now a relative caregiver. And Marcinna said her love of kids remains unabated, whether at work or at home.

"I have such a heart for kids that I would have a houseful," she said.

What it Means to be a Social Worker



The following passage has been reposted many times on social media. Despite quite a bit of detective work, the author remains unknown. It could have been written by anyone who has ever done the job we honor this month, since the selfless work they undertake on behalf of children is universal to the profession. We salute social workers and all that they do, not only during this month, but year in and year out.

"I suspect it is hard to love a social worker. They get up early and don't have time to drink coffee while reading the newspaper. They come home late and are too tired to cook. They work extra because they know there are families who need them.

They don't get too excited over a minor crisis because they deal with massive crises all day. They have seen far worse.

They don't want to talk when they come home. They have talked all day.

They don't want to move when they come home. They have moved all day.

It may seem that they have left all their caring, their heart and their love at work,

then come home to you empty. They probably have.

But they don't tell you that many times at work they are scared ...

Scared they are missing something.

Scared they will let their families down or leave children unsafe.

Scared to go into homes of unknown people and scared what they might find. They have to deal with angry families and all the while do their best to help them.

They don't tell you how the trauma they see affects them, or how stressed they are for the pain their families are going through.

I suspect it is hard to love a social worker but know this:

Your social worker needs your love.

Needs your understanding.

Needs to know that you 'get it.'

Needs to be taken care of.

Needs you to do the hardest work you may ever do, which is to love a social worker. I would like to thank those of you out there who love us and let us do this work, this calling, this life: Social work."

Social Workers to be Honored at Annual Caregiver's Conference

**Social workers will be honored at the 9th annual Pacific Northwest Caregiver's Conference
May 4-6 at Great Wolf Lodge, a few miles south of Olympia.**

Each year the Foster Parents Association of Washington State (FPAWS), which runs the conference, presents the Night of Shining Stars when a "luminary" – an outstanding child welfare worker from each of the six regions of Children's Administration. – is recognized at a Saturday night dinner and ceremony.

Those honored are chosen from nominations. If you'd like to nominate someone, complete the nomination form at this link: www.fpaws.org/content/2018-night-shining-stars-nomination-form-0

The ceremony also recognizes outstanding work in the kinship care community by elected officials and by an organization or group that is doing exceptional work.

The conference offers a variety of training sessions for caregivers that provide training hours to meet foster parent's re-licensing requirements. Organizations serving foster parents also will have tables with information.

And don't forget family fun! Great Wolf's water park and kid-friendly environment leave everyone smiling! Limited childcare will be available for the event, but you must sign up for it in advance of the conference for planning purposes.

FPAWS Executive Director Mike Canfield said about half the rooms allotted for conference-goers have already been reserved and urges those who want to attend to register as soon as they can.



Caregiver Connection Launches “Kinship Korner”

Kinship caregivers in the formal child welfare system have unique needs.

Washington caregivers in the “formal system” means relatives who are caring for a child or children who are still in the legal custody of the state. If a child is living with a relative, is under the care and custody of the state, and has an assigned state social worker, that child is in the formal system. In recognition of the unique needs of these caregivers and out of a desire to support our kinship caregivers, the Caregiver Connection will now have a regular feature called “Kinship Korner” with information specific to the experience of the kinship caregiver in Washington’s formal child welfare system. A special thank you to Shelly Arneson, kinship program manager for Children’s Administration, who provides the information.



Did you know?

Children’s Administration, (CA) defines a kinship caregiver as either a relative or suitable other, meaning a person with an established relationship with the child. “Fictive Kin” is another name sometimes used for “suitable other,” and refers to a caregiver who is biologically unrelated but has a strong personal relationship with the child.

Currently, 46 percent of children in out-of-home care with CA are in living in a formal kinship care home.

Kinship caregivers have a great opportunity to learn about issues specifically relevant to them. Kinship 101 is a class specifically for kinship caregivers. It covers financial support options, other resources and system-navigation tools.

The class is available in both classroom and webinar format. You can sign up online at www.allianceforchildwelfare.org. If you need help with registration, call 1-866-577-1915 or e-mail help@acwe.on.spiceworks.com

CA has had a Kinship Care Program manager at its headquarters in Olympia since November 2016. She is Shelley Arneson at shelley.arneson@dshs.wa.gov. Her job is to support CA staff in helping our kinship caregivers, develop kinship supports within CA and work with others in the kinship care community.

You can contact her if you have specific questions you can’t get answered anywhere else, or have issues related to children in your care.

Spotlight on ... Relative Guardianship Assistance Program (R-GAP)

When the State, after a shared planning process with caregivers, determines that neither reunification nor adoption is in the best interest of a child, guardianship can be considered.

Guardianships are one of the possible permanent plans for children who do not return home to their parents.

When a guardianship happens, parental rights are not terminated.

The establishment of a legal Guardianships does not guarantee the child and his or her legal guardian are eligible for financial assistance. Two programs in Washington offer financial support to eligible legal guardians:

1. Temporary Assistance For Needy Families (TANF) program. TANF programs are operated through local Community Service Offices (CSOs). This program considers only the child’s need and does not consider the guardian’s income.
 2. The Relative Guardianship Assistance Program (R-GAP) operated by Children’s Administration.
- R-GAP can offer financial and medical support on an ongoing basis under these circumstances: The relative meets the legal definition of a relative in [RCW 74.15.020\(2\)](#), or as defined by tribal code or custom for Indian children.

- The child is eligible for assistance under the federal Social Security Title IV-E Program, as determined by a state Title IV-E specialist.
- The relative is licensed for foster care.
- The child has lived in the relative’s home for at least six months after the relative obtains his/her foster care license.
- The regional administrator for Children’s Administration, or their designee, agrees to the guardianship.

Not all kinship caregivers qualify for R-GAP. Talk to your social worker, who will make the referral if it’s appropriate. Regional contacts for R-GAP in your area can also explain program requirements. They are:

- Region 1: Lorenzo Lopez, Lorenzo.Lopez@dshs.wa.gov
- Region 2: Ricard Tupling, Ricard.Tupling@dshs.wa.gov
- Region 3: Deanna Morrison, Deanna.Morrison@dshs.wa.gov

You can also contact the statewide Adoption and Guardianship Program Manager Debbie Marker, Debbie.Marker@dshs.wa.gov.



15th Annual Voices of Children Contest

Tell us... what living with a grandparent, aunt, uncle or other relative has meant to you...

What is the contest?

Voices of Children Raised by Grandparents and Other Relatives is a contest for children in Washington State who are being raised, now or in the past, by a relative *other than their parents*. The contest honors both the children, and the more than 45,000 grandparents and other relatives in Washington State who are raising them.

How do you enter the contest?

- Write a poem or short essay, or draw a picture that describes how living with a relative (such as a grandparent, aunt, or uncle) has made a positive difference in your life.
- Mail entries to: Voices of Children Contest, 1202 Black Lake Blvd. #B, Olympia, WA, 98502.
- All entries must be submitted or postmarked by April 1, 2018.

What are the rules?

- All participating children must live in **Washington State** and be **5-19 years old**.
- Entries will be judged in three age categories: ages **5-7**, ages **8-12**, and ages **13-19**.
- Poems should be **21 lines or less**.
- Essays should be **200 words or less**.
- Make your art as **big and bold** as possible and add a statement that explains your drawing.
- **Artwork must be submitted on the enclosed entry form**.
- Do not include any names within artwork.
- Artwork must be flat and within the box on the entry form.
- Entry must be original, in English, and **unpublished**.
- Winners will be notified in early May and all decisions of the judges are final.
- Award ceremony for winners will be held at the Governor's Mansion in Olympia.
- We reserve the right of first publication and use of writings and drawings.
- All entries may be published in a 2018 book called *Voices of Children-Raised by Grandparents and Other Relatives*.

What are the prizes?

The top two entries in each age category will receive:

- **\$100 from TwinStar Credit Union**
- **A free night at Great Wolf Lodge, Grand Mound, WA for a family of four!**



Questions?

If you have questions, please call Family Education and Support Services at 360-754-7629, or Toll Free 1-877-813-2828, or e-mail Lynn@Familyess.org.



Reducing Racial Disproportionality in Child Welfare

Racial disproportionality occurs when more children of color are represented in a system such as Washington's child welfare program, (placed in kinship care or foster care), as compared to the percentage of people of color in the general population.

To change that situation in our state, the 2007 Washington Legislature created a plan to address racial disproportionality within the state's child welfare system. The bill led to formation of an advisory committee to work on the issue.

The committee's ultimate goal is eliminating racial disproportionality in the state.

On the committee are people with backgrounds in social work, law, child welfare and psychology. Members also include people from the tribes, foster-parent community, current or former foster care youth, foster parents, biological parents, community-based organizations and those working in the juvenile justice system.

What is racial disproportionality?

As stated earlier, racial disproportionality occurs when more children of color are represented in a system such as foster care as compared to the percentage of people of color in the general population. For example, if 10 percent of the general population is people of color, but 30 percent of the children and youth in the child welfare

system are children of color, the system has racial disproportionality.

It is important to note that abuse and neglect **do not** occur at higher rates for children of color, according to current national data.

However, national data shows children of color:

- Are more likely to be referred for public child welfare services than their white counterparts.
- Enter the child welfare systems at higher rates.
- Remain in care for longer periods of time.
- Are less likely to be placed in adoptive homes.
- Experience less positive life outcomes than white children.

What is Children's Administration (CA) doing to reduce the racial imbalance?

CA has adopted three main approaches to resolve the issue: Staff training, continued consultation with the advisory committee and strengthening and using the role of regional disproportionality "leads." Leads are CA employees across the state who have regional leadership roles on the issue.

All CA employees are required to attend specific training, which is provided by Cultures Connecting, a

private non-profit agency. The training includes understanding cultural competency and disproportionality, ethnic identity development and cross-cultural communication skills.

The advisory committee, the regional disproportionality leads and the statewide disproportionality program manager are using annual data to better understand and develop strategies to address the issue.

One key approach includes focusing on specific decision points where disproportionality may increase.

Among those decision points:

- Reducing the number of children entering care.
- Increasing the number of safe relative placements.
- Increasing placement stability.
- Exploring the effects of shared planning meetings.
- Determining the factors that affect length of stay in the child welfare system.

Regional CA leads are using data and field experiences to create a plan aimed at reduction of statewide disproportionality.

The collective goal is to not only eliminate racial disproportionality, but also to balance out the amount, quality, resources and supports for all families and children in care.

Kinship Care Contest Celebrates 15th Year

For 15 years, children across the state living with grandparents, aunts, uncles, siblings and other relatives have been eligible to enter a contest called "Voices of Children Living With Grandparents or Other Relatives", a nationally honored contest.

The contest is for kids who were informally placed with their kinship caregiver, or who are living with relatives and have been placed through the child welfare system. See the accompanying flier for details. The deadline for entering is April 1, 2018.

In past years, kids entering have been honored at a ceremony at the Washington Governor's Mansion, along with other prizes!

Winner's entries are published in the yearly "Voices of Children" booklet, and highlighted in the Caregiver Connection.

WISe Can Help Children and Youth with Challenging Behaviors

Do you have a child or youth in your care who has some particularly challenging behavioral or mental issues? Looking for help? A program called “Wraparound with Intensive Services” (WISe) may be able to help.

The program was set up after settlement of a lawsuit that alleged the State was not providing adequate mental health services for young people. It is designed for youth eligible for Medicaid, which includes kids in foster care, and those living with relatives, and adopted children who participate in the adoption support program.

“The program provides 24-7 crisis intervention, a high level of care coordination and intensive mental health services in the community or home in which (the child) lives,” said Taku Mineshita, Children’s Administration program manager for WISe.

Anyone can refer a young person to the program, he said. The information provided below by Coordinated Care, which helps deliver the services, describes the types of factors that should alert adults to consider referring a young person to the program.

The program began in 2014 and will be available in all counties by June of this year. For fiscal year 2016, the last year for which data is available, almost 1,700 young people were served by the program, Taku said. WISe is currently overseen by the DSHS and the State’s Health Care Authority.

The reason it is called “wraparound” is because mental health professionals, child welfare experts and all the adults important in a young person’s life come together as a team, wrapping their various backgrounds, experience and specialties around the youth, Taku said.

They develop what is called a “cross-system care plan” so that a young person can get help from whichever part of the care system he or she needs.

“It’s a team approach to helping a young person,” Taku said. WISe teams are similar to Family Team Decision Meetings (FTDMs), built around children entering the foster care system or moving from one home to another.

In WISe, one person is designated as the care coordinator. He or she assembles people to help and keeps everyone on track to ensure the young person gets the needed services.

While the average time a youth receive services is nine to 12 months, there is no time limit. The program has established an ongoing “needs and strengths” assessment system, and the results have shown the program is helping the young people it serves, Taku said.

For more information about WISe, go to www.dshs.wa.gov/sites/default/files/SESA/publications/documents/22-1594.pdf to read DSHS’s information.

For information about referring a youth to the program, go to www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/wraparound-intensive-services-wise-implementation

If you think a child should be screened for WISe, talk with your caseworker or call Apple Health Core Connections (AHCC) at 1-844-354-9876.

Wraparound with Intensive Services (WISe)

Information provided by Coordinated Care

WISe is a program for Medicaid-eligible youth who have complex behavioral health needs.

The goal is to keep children and youth with these issues safe in their own home and community. WISe uses a strengths-based team model. The team includes natural supports like family and friends and experts your family works with, such as counselors and school teachers. Together, they create a plan of support and services to help meet the needs of the youth and his/her family, including service timing and locations.

Consider referring a child or youth to WISe, who:

- ➔ Uses the crisis line or an emergency room often due to mental health concerns.
- ➔ Runs away or is arrested due to mental health issues.
- ➔ Is challenging to caregivers and isn’t being helped by regular counseling.
- ➔ Shows a high risk of harm to themselves or others.
- ➔ Needs a more flexible and engaging approach.
- ➔ Is involved in many systems (mental health, CPS, juvenile justice, developmental disabilities services and/or substance-use disorder treatment)—and the system(s) struggle to support the child.
- ➔ Is in special education and/or has a 504 Plan.
- ➔ Has several school suspensions for mental health and/or behavioral issues.

Better Together!

With this year's theme, "Better Together," Camp To Belong Washington will celebrate its 10th year of reuniting brothers and sisters separated because they are living in different foster, relative or adoptive homes.

Almost 900 campers have been reunited since 2009, and they've been able to enjoy each other's company for the week while participating in usual and not-so-usual summer camp activities. Some of those latter activities? An all-camp birthday party, a Formal Night dress-up party

Camp to Belong Celebrates 10 Years of Reuniting Siblings

and dinner, creation of memory books, a carnival and rodeo and sharing life stories around the campfire with those who have had similar experiences. The camp experiences are designed to help knit siblings together who are separated by distance or other reasons and may not see each for months at a time.

"The sibling connection is usually the longest lasting in our lives," said Bob Partlow, who helped found Washington's camp. "Parents die before us; children live

on after we are gone. We travel life's path together with our siblings."

As one camper described the strength of the bond at one campfire: "If I had the choice of spending a year in Hawaii or 45 seconds with my brother, I would choose my brother."

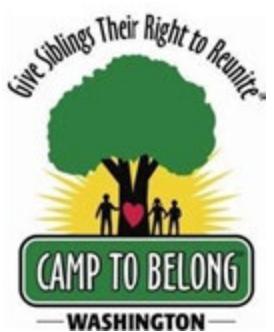
For more information, see Camp To Belong's website, www.camptobelongwa.org, or contact camp directors April VanGesen april@camptobelongwa.org or Deb Kennedy at deb@camptobelongwa.org

Apply For Camp To Belong 2018 – "Better Together"

Applications for the Camp To Belong's 2018 sibling reunification camp are underway. Go to www.camptobelongwa.org to apply.

The camp, from June 25-30, is for separated siblings ages 8-18 who have been separated due to a placement in the child welfare system. Camp is held at Miracle Ranch on Horseshoe Lake, Port Orchard. Counselors also are being recruited. To volunteer, click on "volunteer" on the web link above.

NAME AND ADDRESS, PLEASE?



New Opportunities For Sibling Get-Togethers Are Coming!

Camp To Belong Washington is growing, which is good news for brothers and sisters separated because they live in different foster, relative or adoptive homes.

Separated siblings have been reunited at Miracle Ranch in Port Orchard for 10 magical years, enjoying time to bond and build happy memories together.

But what about the rest of the year? Sometimes it's many months, or even a year, until brothers and sisters get to spend time together.

Now, camp Directors Deb Kennedy and April VanGesen are working to enlarge the opportunities for brothers and sisters to connect at other events that will occur throughout the year and all across Washington.

"We're expanding our program," Kennedy says. "We want siblings to be able to enroll in a year-round program. We want to get as many kids as possible so we can bring events to wherever they are living."

As the first step in the process, they are building a camp database so they can determine where to offer events.

You can help! To be notified of free sibling activities happening near you – register you and your sibling here: www.camptobelongwa.org.

The information you give will be able to be updated if circumstances change.

Kennedy and VanGesen are designing events that will last for a half-day of full

day. They hope to include such activities as field trips, pizza parties at a skating rink or information days for older youth to learn about career and school opportunities, or perhaps learn about the latest technology.

Their hope is that, as the program grows, more siblings will have opportunities throughout the year to reunite, have fun together and strengthen sibling bonds.

So sign up now!
www.camptobelongwa.org

We will keep you informed as we begin to put together events around the state.

We Are Family Day Is May 20 – Help Us Celebrate Its 10th Year

We may be family every day, but on May 20, caregivers, others in the child welfare community, community partners, and our stakeholders, along with our family and friends will gather at Seattle's Safeco Field to celebrate We Are Family, which is marking its 10th anniversary in recognizing National Foster Care Month and Kinship Caregiver Day.

Before watching the Seattle Mariners face off against the Detroit Tigers, a fun family pre-game event with tabletop carnival midway games will get underway at 11:30 a.m. The game itself starts at 1:10 p.m.

Don't delay your ticket purchase to this popular event. More than 3,100 people attended the 2017 game, and hundreds already have been sold for the 2018 event. See the flier for details.



VS



SUNDAY, MAY 20
1:10 PM GAME

PREGAME EVENT 11:30 AM - 1:00 PM



EVENT DETAILS AND PRICING

- Join us for our 10th Anniversary as we say "Thank You" to foster, kinship, and adoptive families and the agencies, social workers and community members that support them.
- Receive a We Are Family Day beanie when you purchase through this special offer.
- Arrive early to join us in the Outside Corner near section 330 for our pregame event.
- \$13 View Level
- \$31 Main Level

Buy tickets at: Mariners.com/WeAreFamily

Deadline to purchase tickets:
Friday, May 18 – 5:00 p.m.



To buy tickets or for more info call or visit: 206-346-4519 | Mariners.com/WeAreFamily



Washington State Saying It Out Loud Conference

Scholarship Deadline is Approaching for the Saying It Out Loud Conference

Scholarships are available to attend the Saying It Out Loud Conference, April 23 at the Greater Tacoma Convention and Trade Center. The conference addresses issues relevant to LGBQ+ individuals.

Here is the criteria to be eligible for a scholarship:

- Applicants identify as a person who supports and wants to improve the health, safety and well-being of (LGBTQ+) individuals. LGBTQ+ reflects lesbian, gay, bisexual, transgender, queer and questioning individuals. The “+” respectfully represents other identities not listed, such as two-spirit, pansexual, intersex, asexual, gender nonconforming. Whether you are a part of the LGBTQ+ community or communities, or an advocate/ally, we can all better support one another. Applicant must also live in the state of Washington at the time of application and conference date. No out-of-state applicants will be considered.
- Applicants, prior to requesting a scholarship, are encouraged to ask one or more sources such as the Behavioral Health Organization (BHO), Managed Care Organization (MCO) or other agency for financial assistance related to the costs associated with attending the conference (lodging, travel, food, etc.).
- Applicants receiving the scholarship are encouraged to share information gained while attending the conference with colleagues, community members and others who may benefit from this knowledge.

Additional information:

- Any applicant is eligible to receive a registration scholarship. In order to be eligible to receive a lodging, travel and meal stipend, the applicant must live a distance of 50 miles or more one-way from the conference venue. The applicant will receive a reimbursement after the conference in the amount of \$50 for travel, and \$30 for food. Please keep in mind: The applicant will need to cover initial costs of travel and food for the night prior to the conference. The attendee also will be responsible for the cost of parking
- All applications must be completely and correctly filled out and submitted to Amanda Lewis, Division of Behavioral Health and Recovery, P.O. Box 45330, Olympia WA 98504. They also can be faxed to 360-725-2280 or emailed to lewisae@dshs.wa.gov no later than 5 p.m., Friday March 9. After submitting the application, if additional forms need to be completed, they will be sent via email. Applicants will be notified via email by Monday, March 12, regarding your scholarship status.
- All applications must include all attachments, completed in full, or the scholarship materials will be returned.
- Cancellations/no shows-must submit notice immediately if the awardee is unable to attend, once the scholarship has been awarded, or he/she will risk disqualification for future scholarship opportunities. Please send a notice to UNR/COB no later than April 6 to dbhrssupport@unr.edu with “Cancellation” in the email’s subject line.
- Applications submitted late or incomplete will NOT be considered.
- For assistance in completing the application, please contact Amanda, 360-725-3808; lewisae@dshs.wa.gov; FAX 360-725-2280.

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 like 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
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The following information is provided by Coordinated Care, which helps manage health care issues for youth in foster care. Coordinated Care provides information monthly in the Caregiver Connection.

Lead screening for children

Lead is a natural element found in the air, soil, water and around our homes. While it is natural, high levels of exposure to it can affect almost every system in the body. And children's bodies have a higher risk of absorbing lead than those of adults. And kids may be exposed to lead but not show any symptoms.

All children with Apple Health coverage under the age of 2 should have a blood lead screening. Even low levels of lead can affect IQ scores and the ability to focus. The most important step parents and caregivers can take is to prevent lead exposure before it occurs. Be sure to have the children in your care screened for lead exposure. Call Apple Health at the number below for information on how to get a screening or related questions.

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 Resiliency.

If you are interested in hosting or setting up a training, contact the Community Education Team at CommunityEducation@CoordinatedCareHealth.com.

Do you have questions or concerns about whole person health? Please send your questions to fostercaremgmt@coordinatedcarehealth.com.

We will use your questions to build future trainings and a question and answer list.

Coordinated Care will be closed Friday, March 30. Our 24/7 Nurse Advice Line is available for health-related questions and concerns for Apple Health Core Connections members.

Call 1-844-354-9876 (TTY/TDD 711)

Chronic medical conditions and depression

Are you caring for a child with a chronic medical condition? Some children and teens with chronic health conditions can become depressed or overly anxious.

It is normal for a child to feel sad when they can't be as active or spend time with friends. Dealing with a serious illness certainly causes worry. But sadness and worry can cross into depression.

Take action if the child's depression or anxiety causes them to withdraw from daily life. Warning signs include:

- No longer seeing friends.
- Leaving a sports team or other activity.
- Falling grades.
- Depression and anxiety can be treated. Therapy to learn coping skills, or to replace negative thought patterns with positive ones, is often an option. Medication might also be a choice.

If you have concerns about a child you are caring for:

- Call the child's doctor.
- Discuss your concerns with the caseworker.

Call Apple Health Core Connections at 1-844-354-9876 and ask for a screening and/or health care coordination.

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!

Annual Flu Shot Reminder

Provided by the State Division of Licensed Resources

"The flu season continues to get worse and worse yearly.

Fortunately, we have gotten better at protecting our most vulnerable children, those ages 0-2, by getting the annual flu vaccine.

This is a reminder that foster parents licensed to care for children ages 0-2 are required by state law to have flu shots, as are all other household members over the age of six months.

The Division of Licensed Resources (DLR) is now following up with foster parents to verify that all household members have gotten the current flu vaccination for the 2017/2018 flu season. Foster parents are requested to provide their licensors this verification by email, mail or just dropping it off at their local office. DLR licensors will be contacting you if this verification has not been received.

Once this season is complete, licensors will check records in September and October for the 2018-19 flu season and again will follow up with foster parents.

All children and youth placed in your home by the department are required to be immunized, according to Centers for Disease Control, unless you have been directed differently by your child's assigned social worker. If you have any questions, please contact your child's social worker.

Foster parents and household members of children in foster care older than 2 are not required by state law to have the flu shots, but are strongly encouraged to get them for both their own health and safety and for that of those in your household, and community."

CDC Immunization Schedules

Birth to 6 years old

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

7 to 18 years old

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

Teach Kids to Cook and They Will Eat Better all Their Lives, Part 1

by Deanna Partlow

If you do a lot of cooking, you may think your child is picking up some of those skills by osmosis. But I was watching my grandson using a knife to cut vegetables for a stir-fry the other day and realized that isn't necessarily the case! He flattened tomatoes, hacked at the zucchini and was mystified by cleaning a bell pepper. He's spent plenty of time hanging around the kitchen the last 12 years, but its mysteries were still that.

Thus, his mom demonstrated the gentle saw motion to cut a tomato, the cleaver method for the zucchini, and so on – and we eventually had dinner.

Added to hands-on practice are "recipe" words, words like "dice," "simmer" and "fold" that are common in cooking but not in the average kid's

vocabulary. We learn all this cooking know-how best, not by watching u-tube, but by actual help from someone with experience. The best part of cooking lessons is, it's fun – and if you teach a child enough skills, you can take a break from KP now and then! (And also know your child won't starve to death in her first apartment.)

Since children leave our own nest at some point, it's also a wonderful idea to get a simple binder or notebook to hold copies of basic recipes, as well as their favorites. It'll not only be useful as they get older, but also a reminder of good times together in your kitchen.

So ... teach away! Based on your child's age, start with really basic skills – for example, boiling water! Place a saucepan full of water on the



stove and let them see what water looks like when it reaches a "rolling boil," and again, when you turn the heat down and it's "simmering." At the same time, talk about stove safety, like turning pan handles inward so they won't catch on the cook's pajamas, and using a pot-holder for uninsulated pan handles.)

Eggs are a good place to start cooking lessons – they're quick, simple and an inexpensive form of protein. While these recipes may seem too simple to longtime cooks, when you're just starting to cook, it's good to directions written down somewhere.

Hard-boiled eggs

Place raw eggs in a saucepan and cover them with cool water. Turn the burner onto medium-high and slowly bring the water to a rolling boil. Cover the pan and turn the burner to its lowest setting. Set the timer for 12-13 minutes and let the eggs finish cooking. (For soft-boiled eggs, boil 5-7 minutes). When the timer rings, use a large, slotted spoon to move the eggs from the pan to a colander. Run cool tap water over the eggs to stop them from cooking, then place in a bowl.

They're now ready to serve. Or they can be chopped into salads, used to make dishes like deviled eggs and egg salad sandwich filling, stored in the refrigerator for school lunches – or used for Easter-egg dying, since it's that time of year!





Simple egg salad sandwich filling

- 8 boiled eggs, peeled and chopped fine
- $\frac{1}{2}$ cup mayonnaise – more or less
- 1 or 2 teaspoons yellow or Dijon mustard
- Salt and pepper to taste

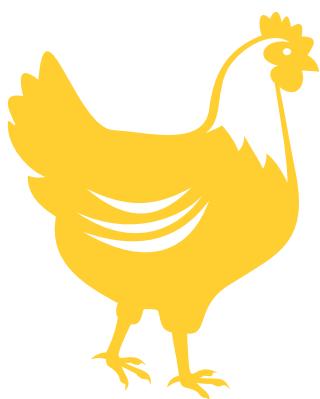
Mix the ingredients in a bowl and chill in the refrigerator. Serve on bread or crackers. Depending on your child's tastes, they can make a more interesting salad by adding diced celery and/or onion or bell peppers, diced pickles, bacon or ham. This is a good opportunity to teach them dicing.

Basic scrambled eggs

- 4 eggs
- 2-4 tablespoons milk
- Salt and pepper to taste
- 1 tablespoon butter

Break the eggs into a deep bowl, and add everything except the butter. Whisk it until everything is well mixed. Put the butter in a 10- or 12-inch skillet and place it on the stove. Turn the burner to medium-high, and when the butter bubbles, pour in the egg mixture. Turn the burner down to medium-low, and with a rubber spatula or spoon, gently fold the eggs over onto themselves when large lumps begin to appear. Don't keep stirring and stirring or the scrambled eggs will be broken into tiny pieces. Continue to fold them over until the eggs are cooked – no more runny egg and the wet look goes away. Place them on plates or in a small serving bowl.

As with the egg salad, other ingredients can be added to scrambled eggs. Since eggs cook so quickly, anything added should be in small pieces so it has a chance to warm during the cooking process. All the chopping and prep work for these additions needs to be done before cooking the eggs, for the same reason. Probably the most favorite additions for kids are ham, bacon or cheese, but if your kids are more adventurous, they can stir in diced onion, spinach leaves, bell peppers or other ingredients.



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.

Trainings offered in Region 1: Eastern Washington

March [LEARN MORE](#)

- African American Hair and Skin Care
- As They Grow: The Drug Impacted Infant and Toddler
- Bullying Prevention and Intervention
- Caregiving for Children with Sexual Behavior Concerns (Formerly Sexually Aggressive Youth)
- Compassionate Parenting
- Introduction to the Indian Child Welfare Act (ICWA) for Caregivers

- Kinship 101: Information for Relatives and Suitable Others
- Knowledge and Skills to Help Children Heal
- Parenting the Positive Discipline Way
- Resilience Trumps Adverse Childhood Experiences (ACES)
- So You Have a New Placement...Now What?
- Verbal De-Escalation: Parenting Behaviorally Challenged Children

April [LEARN MORE](#)

- Caring for Children Who Have Experienced Trauma
- Fostering Children and Youth Through Transition, Grief, and Loss: Helping Children With Their Feelings
- Introduction to Adoption from Foster Care

- Minimizing the Risks of Allegations
- Talking With Children About Race
- So You Have a New Placement...Now What?
- Verbal De-Escalation

Caregiver Training from the Alliance continued

Trainings offered in Region 2: I-5 corridor north of Seattle to Whatcom County

March LEARN MORE

- Attention Deficit Hyperactivity Disorder (ADHD)
- As They Grow: The Drug Impacted Infant and Toddler
- Behavior Management Tools for Foster Parents and Caregivers
- Emotion Coaching
- Identifying and Supporting Commercially Sexually Exploited Children (CSEC) for Caregivers
- Indian Child Welfare for Caregivers
- Introduction to Adoption from Foster Care
- Introduction to the Indian Child Welfare Act (ICWA) for Caregivers

- Introduction to Positive Discipline
- Kinship 101: Information for Relatives and Suitable Others
- Parenting the Positive Discipline Way
- Partners Make Better Decisions: Caregivers and Social Workers Working Together
- So You Have a New Placement...Now What?
- Talking with Children About Race
- Understanding and Managing Caregiver's Emotions and Self Care
- Why Children Lie

April LEARN MORE

- Bullying: Prevention and Intervention
- Caregiving for Children with Sexual Behavior Concerns (formerly Sexually Aggressive Youth)
- Caring for Children Who Have Experienced Trauma
- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Emotion Coaching
- Enhancing Resiliency and Safety for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Youth

- Introduction to Adoption from Foster Care
- Introduction to the Indian Child Welfare Act (ICWA), for Caregivers
- Invitation to Aggression Replacement Training
- Kinship 101: Information for Relatives and Suitable Others
- So You Have a New Placement...Now What?
- Verbal De-Escalation

Caregiver Training from the Alliance continued

**Trainings in Region 3: Olympic Peninsula and
I-5 corridor south of Seattle, (including Tacoma)**

March  [LEARN MORE](#)

- African American Hair and Skin Care
- As They Grow: The Drug Impacted Infant and Toddler
- Attention Deficit Hyperactivity Disorder (ADHD)
- Bullying: Prevention and Intervention
- Eating Disorders and Beyond
- Emotion Coaching

- Kinship 101: Information for Relatives and Suitable Others
- Knowledge and Skills to Help Children Heal
- Infant Safety and Care (for Caregivers)
- Introduction to Adoption from Foster Care
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What?

April  [LEARN MORE](#)

- As They Grow: The Drug Impacted Child
- Caregiving for Children with Physically Aggressive Behavior Concerns (Formerly Physically Aggressive Youth)
- Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
- Emotion Coaching
- Introduction to Adoption from Foster Care

- Knowledge and Skills to Help Children Heal
- Parenting the Positive Discipline Way
- Resilience Trumps Adverse Childhood Experiences (ACES)
- So You Have a New Placement...Now What?
- Verbal De-Escalation

Your Child Welfare Training Team for Region 1

Eastern Washington

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Ryan Krueger..... 509-660-0350 krry300@uw.edu

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

King County and North to Whatcom County and Island County

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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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Penny Michel. 360-725-6788 mpen300@uw.edu

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 fosteringtoether.org can help you locate your local foster parent liaison.

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