

MAY 2018

Caregiver Connection

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

Celebrating Foster Care Month and Kinship Caregiver Day

In addition to honoring foster parents and relative caregivers, Governor Jay Inslee's proclamation for Foster Care Month offers a shout-out to the Seattle Mariners, who are celebrating 10 years of partnership with Children's Administration in offering *We Are Family Day*, an opportunity for families to enjoy baseball and time together, being celebrated May 20 this year.

Here are the proclamations:

Foster Care Month

Whereas, the children and youth of Washington are our state's most precious resource and hope for the future; and

Whereas, there are nearly 9,200 children of all ages in Washington's foster care system who rely on foster and kinship families to open their hearts and homes to them in a time of crisis; and

Whereas, there is no greater task than to ensure all children and youth in foster care find a safe harbor in the homes of nurturing families who provide a meaningful and supportive presence in their lives; and

Whereas, we applaud all social workers who work tirelessly to ensure the safety of our children and who support the positive contributions made by foster and kinship caregivers; and

Whereas, there is a great need for more foster families in communities all across Washington; and

Washington Gov. Jay Inslee has proclaimed May as Foster Care Month and May 16 as Kinship Caregiver Day in our state.



National Foster Care Month 2018

"It's All Relative: Supporting Kinship Connections"

www.childwelfare.gov/fostercaremonth



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Transforming lives

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Whereas, the State of Washington joins individuals, communities and public/private partnerships who work to recruit more foster families to meet the needs of children in foster care; and

Whereas, we recognize the Seattle Mariners' 10 years of partnership through the We Are Family Day event, which supports recruitment of foster, adoptive and kinship caregivers;

Now Therefore, I, Jay Inslee, Governor of the State of Washington, do hereby proclaim May 2018 as Foster Care Month in Washington, and I encourage all people in our state to join me in an effort to raise public awareness of the need for additional qualified foster families and to offer support for our existing caregivers.

Kinship Caregiver Day

Whereas, families are central to the well-being of our communities, state and nation, and children are the future of society; and

Whereas, traditionally, the care, nurturing and protection of children have been the responsibility of biological parents, with support from other family members and the community; and WHEREAS, grandparents, siblings, aunts, uncles, cousins and other kin are stepping forward in ever-increasing numbers to assume full-time parental responsibility for children whose parents are unable or unwilling to nurture, protect and appropriately parent their children; and

Whereas, while these relative-headed families face enormous personal day-to-day living challenges as they focus on ensuring that the children in their care experience structure,

accountability, encouragement, affection, safety and age-appropriate expectations; and

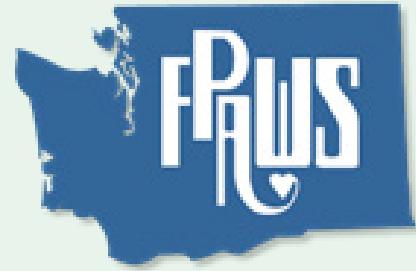
Whereas, as a result of this commitment, the home provided for many of these children becomes their "forever" home and their relatives become moms and dads in the truest sense; and

Whereas, the significant care and nurturing of these children by their relatives deserves to be recognized;

Now Therefore, I, Jay Inslee, Governor of the State of Washington, do hereby proclaim May 16, 2018, as Kinship Caregiver Day.



Night of Shining Stars Honors Great Child Welfare Work



What better way to celebrate Foster Care Month and Kinship Caregiver Day than by honoring those who work to support children in care and their caregivers.

The Foster Parents Association of Washington State did just that during its ninth annual Night of Shining Stars dinner and awards ceremony, part of the Pacific Northwest Caregiver's Conference earlier this month.

Nominations were accepted for awards recognizing regional Children's Administration staff, those who work to support relative caregivers, an award to an elected official and another to an organization deemed to exhibit "best practice" in supporting youth in care

and their caregivers. FPAWS received numerous nominations this year, said Executive Director Mike Canfield.

FPAWS members voted on who to honor.

Starting next year, the award for an elected official will bear the name of longtime child welfare advocate Ruth Kagi, who is retiring from the Washington Legislature after 20 years. She is a previous recipient of the award.

During the awards ceremony, each of those honored was given a certificate with a star in the galaxy named after them.

One of those honored is Audrey Moore, a 22-year Children's Administration employee who works out of Tacoma

but does foster care rate assessments all across the state. She was nominated by people from Region 2 South, King County.

"I've received some accolades over the years, but this is the one that feels the best because it comes from foster parents," Moore said. "I'm excited and honored because it came from them."

"They are really important to me," she added. "They are so incredible because they give so much and help so many kids. We just could not do this work without them."

Congratulations and thank you to Audrey Moore and to all those who were honored:

REGIONAL AWARDS

- Erik Larson, supervisor, Spokane
- Andrea Goberville, supervisor, Yakima
- Daniel Althoff, social services specialist, Monroe
- Audrey Moore, social services specialist, Tacoma
- Nav Signh, social service specialist, Bremerton
- Nancy Kucklick, social and health program consultant, Lakewood

KINSHIP AWARDS

- Edith Owen Wallace Award – Joyce Mallinger, Family Education and Support Services
- Galaxy Award – HopeSparks, Rosalyn Alber

ELECTED OFFICIAL AWARD

- Rep. Michelle Caldier, R-Port Orchard

BEST PRACTICES AWARD

- Treehouse



Two of those being honored at Night of Shining Stars Ceremony

Rosalyn Alber, HopeSparks (*left*)

Audrey Moore, Children's Administration (*right*)

Janet and Ruby: Help in Getting Started in Foster Care



Janet and Jim Lefier

When the first child walks in your door as a foster parent, the experience can be overwhelming, even after the orientation and 32 hours of training you've received prior to getting your license.

That's why help is available from the Alliance for Child Welfare Excellence through its webinar and classroom training, "So You Have a New Placement...Now What?"

But in St. John and Endicott, two tiny dots on a map and some 13 miles apart in rural eastern Washington, that kind of "first placement" help has been borne out in real-life.

Janet Leifer, 57, of St. John, has more than 20 years of foster parenting experience. She also works to recruit and support foster parents through her job as a resource peer mentor with Fostering Washington, which contracts with Washington state for those services.

Because her home is located in such a small area, "we know everybody," she says.

In mid-2017, one of those people she came to know through a social worker was Ruby Griswold, 31, of nearby Endicott. Ruby was considering becoming a foster parent. A school photographer, Janet knew Ruby's son.

"I reached out to her," Leifer said. They met at a park, talking while Griswold's son played.

"She was not exactly sure what her role would be and had tons and tons of questions, but I could tell her heart was in it," Leifer remembers. Janet later met Ruby's husband, Ryan, at a Keep the Beat First Aid and CPR training and felt they would make great foster parents.

In fall of last year, Ruby and Ryan were licensed.

Their first placement was a little girl, and Ruby said she realized that the training before licensing, while helpful, "was just not enough" to prepare her for the reality, she said.

"Kids don't come with manuals, when you have your own kids you go to your own parents. They are your wisdom and knowledge."

—Ruby

In the case of foster parenting, you need a different kind of experience.

"That's how it's been with Janet," Ruby said. "She's been through it. She was really helpful. She became a part of our support network."

In ways large and small, Janet was able to provide advice. They communicated constantly through private messages on social media, which both said was immensely helpful in keeping them connected.

"I can share with people real-life experiences I have seen with my own eyes," Janet said. "Blessings, for certain, and some of the heartache."

Sometimes, foster youth make allegations against foster parents – as happened with Ruby. It was investigated and labeled unfounded, but it was not easy to go through.

Having someone like Janet to keep her going helped her decide to continue on her journey.

And listening to Janet tell stories of some of the many kids in her care and the successes those kids have had makes one realize the importance of Ruby's words.

"There are going to be bad foster homes, but you can go out and show people that there are many good foster homes as well," Ruby said.

Janet has led by example and believes she has received more than she has given.

Her two daughters have both chosen helping professions, and her journey has been steeped in the faith that the work of caring for children has many rewards.

"God has blessed our family through foster care," she said.

When Your First Foster Child Comes Through Your Door ...

The training “So You Have a New Placement...Now What?” focuses on understanding and planning for new placements. The course addresses both the emotional elements to new placements and the practical details of requirements, paperwork, forms and expectations.

Participants should leave with an understanding of what is expected

during the first 30 days of a new placement, including mileage, reimbursements, visitation, court reports, documentation, medical care, accessing services and how to get your questions answered as new issues arise.

This training is offered as a monthly webinar that you can access from the comfort of your own home as well as in the classroom.

To register for the webinar click here: www.alliancecatalog.org/node/23582/course-signup.

To register for the classroom training click here: www.alliancecatalog.org/node/715/course-signup

Legislature Acts on Bills Related to Foster and Kinship Care

The 2018 session of the Washington Legislature passed several bills related to caregivers. Here is a summary.

House Bill 2785 requires the new Department of Children, Youth, and Families to provide foster parents with a list of foster parent rights and responsibilities at orientation, when they become licensed and at license renewal.

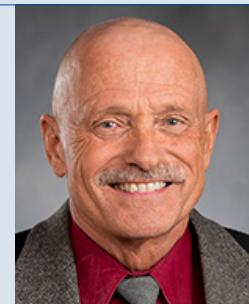
“I was a foster parent for many years and some of the things we found already in law would have been helpful to me and many other foster parents,” said Rep. Tom Dent, R-Moses Lake, co-chair of the informal legislative Kids Caucus.

“Our foster care system doesn’t have enough parents, and the system has had some challenges. Anything we can do to support or encourage new prospects

and those who are still foster parenting is extremely important,” said Dent. “The foster care Bill of Rights will assist new foster parents and help those who are already foster parents become more knowledgeable about their rights and responsibilities.”

Dent proposed the bill after speaking to numerous foster parents, including Shannon Love of Fostering Change, a central Washington-based organization.

“As foster parents, we get into it to help kids,” Love said. “Sometimes it doesn’t feel like it’s about kids. I think we can make it better.” Mike Canfield, executive director of FPAWS, was more dubious about the effects of the bill.



“I don’t think you can write a law that says ‘treat people right,’ ” Canfield

said. “What will make a real difference is if the new department seriously works on improving a culture where social workers and foster parents become mutually respectful partners on behalf of the best interest of children in care.”

Rep. Michelle Caldier, R- Port Orchard, worked to pass another bill requiring Children’s Administration to work with both school districts when a child moves from one district to another to make the transition smoother. A former

CONTINUES ON NEXT PAGE

Alliance for Child Welfare Excellence

LEGISLATURE ACTS CONTINUED

foster youth, Caldier said she was fortunate to remain in her same junior and high schools “where all my friends and support were.” Many youth in care don’t have that experience. When they have to move schools, the transition can be traumatic.

The Mockingbird Society successfully promoted a bill to expand the Extended Foster Care Program to more youth. It also allows children age 19 and older who sign into foster care to leave and come back more than once.

Much like young people who leave their biological home after graduation, “they need systems of support, something to fall back on,” said Liz Trautman, director of public policy and advocacy outreach at the Mockingbird Society.

Also successfully passed was another Mockingbird-supported bill that will increase access to the Passport to College Scholarship Program.

Overall, Caldier said “it was a tough session” for issues related to child welfare.

When Democrats took over the majority in both legislative houses for 2018, the backlog of bills stymied by a previously split Legislature overtook other bills. The bipartisan Kids Caucus will continue to meet and hopes to more aggressively push its ideas in 2019, Caldier said.

Two other bills of note:

- SB6453 allows the Department of Social and Health Services to provide legal assistance for kinship caregivers seeking third-party custody to help them navigate the system.
- House Bill 1539 requires the state to establish age-appropriate sexual abuse prevention curriculum in schools.

Follow-up:

Since passage of a bill in 2017, more than 200 youth in care have taken advantage of the new Driver’s Assistance Program to earn their driver’ license. The program is being run by the Seattle-based Treehouse organization. The program provides money to defray the costs of the driver’s license process and increased insurance costs.

If you have questions about the program, contact:

Patrick Nickell, Treehouse licensing coordinator, Resource Services, 206-267-5161.

Sandy Duron, education program consultant, 253-328-2696.

Peggy Lewis, Independent Living Program manager, 360-902-8063.



Ruth Kagi: Leaving a Legacy of Improvements for Kids and Caregivers

When Rep. Ruth Kagi, D-Lake Forest Park, retires from the Legislature in January, she will leave a 20-year legacy of tireless work to improve the lives of kids in care and their caregivers.

"There have been remarkable changes," said Rep. Michelle Caldier R-Port Orchard, co-chair of the informal legislative Kids Caucus and a former foster youth. "She has been tremendous. She has really worked to improve the outcomes for the children."

"Ruth is just amazing," said Annie Blackledge, executive director of the Mockingbird Society, which advocates for and supports children in care, their caregivers and homeless youth. "Ruth doesn't play politics when it comes to kids."

Kagi served as an informal mentor and guide as Annie, also a former foster youth, worked in various jobs to improve the child welfare system.

"I have so much respect and appreciation for her," said Mike Canfield, executive director of the Foster Parents Association of Washington State (FPAWS).

Kagi, 73, joined the Legislature in 1999 after working for the federal Department of Labor and then for an organization that focused on child abuse and neglect.

"That really taught me that we need to change our child welfare system," Kagi said. "I wanted to reform the things I saw that were wrong with child welfare."

In 2017, she was the prime mover behind House Bill 1661, which broke out Children's Administration from the larger Department of Social and Health Services, creating a separate Department of Children, Youth, and Families as part of the governor's cabinet.

"I think 1661 will really be her legacy," Canfield said.

Kagi said that for many years, she opposed creating a new, separate department.

"I really didn't want to disrupt child welfare," in the significant way a new department would, she said.

Because a more piecemeal approach wasn't making the major changes she sought, she said, "I concluded it had to be disrupted."

She counts as other major accomplishments the 2007 House Bill 1624, which gave kids 12 and older the right to petition to be reunited with their parents and set up a requirement that Children's Administration management would be required to meet regularly with foster parent representatives.

Canfield said that Kagi's priority for many years had been on children moreso than on caregivers. He made the case to her that providing good support for caregivers was one of the best ways to support children.

Kagi said of the talk, "I really realized the importance of supporting foster parents."

Among the other legacies she is leaving may well be the Kids' Caucus itself, a group of legislators

composed in part of former or current foster parents and foster children. It has provided a greater voice to children's issues. Often in past years, Kagi struggled to bring attention to the issue as the lone voice among many legislators who had other priorities.

Caldier said Kagi has been an able to mentor because she listens respectfully and works with members of both political parties, recognizing that the work of improving the lives of children is a bipartisan issue.

"I will really miss her," Caldier said.

Kagi does not intend to leave the work behind. She will be a member of the committee that oversees the work of the new department. One of the most important roles for the department will be to improve relationships between foster parents and state staff members. She believes new DCYF Secretary Ross Hunter will make that a priority.

"He knows it's all based on relationships," Kagi said.

She views the future of child welfare with optimism:

"I believe the pieces are all in place and that we can do what I came in to do."



Rep. Ruth Kagi,
D-Lake Forest Park



Background checks For kinship caregivers

Kinship caregivers are required to have background checks completed by an assigned caseworker from Children's Administration before they can have placement or unsupervised access to children in state care.

Here are the steps to complete the background check process:

- Obtain and complete a Background Authorization Form from the assigned caseworker for every individual in the home who is age 16 or older, then return forms to the assigned caseworker.
- Complete fingerprint background checks for all household members over age 18.

When children enter kinship care due to an emergency circumstance, such as placement by law enforcement, parts of the background check are completed before placement. These include:

- Criminal history checks for all household members over age 16 (completed with names and dates of birth only).
- Child Protective Services history checks for all household members.
- A walkthrough of the home by a caseworker from Children's Administration.*

If an emergency placement occurs, the remaining steps for a placement background check, completion of the Background Authorization Form and

fingerprint background checks, must be completed for the child to remain in the home. When there are no emergency circumstances, the entire background check process must be completed before placement occurs.

The Children's Administration Background Check Unit will process your Background Authorization Form and provide you with an address for registering your fingerprints. If you have an emergency placement of a child, you must complete your fingerprint appointment within five calendar days for the child to remain in your home.

If your background check reveals a criminal history record or other negative actions, you will be provided a copy of the report. If you still wish to be considered for placement of the child, you will need to provide a copy of the report to the assigned caseworker.

Criminal history and negative actions are reviewed to determine how background information relates to child safety, permanency and well-being. After the review, a decision regarding placement is made.

Placement, or unsupervised access to a child, cannot be approved by Children's Administration if you have a permanent disqualifying crime on the [DSHS Secretary's List of Crimes and Negative Actions](#)

Anyone can call Children's Administration's Background Check Unit to ask about the status of an individual's background check. The information provided is limited to the existence or completion of a background check and its status. Here is the unit's contact information:

Children's Administration Background Check Unit: (360) 407-5500 or cabc@dshs.wa.gov

Completing and passing the background check process does not guarantee a child's placement. Caseworkers make placement recommendations to the court based on the best interest of the child, and then the court makes the placement decision.



It would be too easy to say that I feel invisible. Instead, I feel painfully visible, and entirely ignored.

- David Levithan

Used with permission

*A walkthrough is not a home study. If the child is placed in an emergency, you will still need to complete a home study. If the placement is not an emergency, the home study is completed prior to placement.

Learning the LGBTQ+ Terminology and the Importance of How People Identify Who They Are

By Dae Shogren, Program Manager, Children's Administration

More often than not, young people are at the forefront of change by increasing awareness, challenging social norms and insisting on recognition. Those who identify as LGBTQ+ are no different. They want to be seen, supported and recognized for being themselves.

How does that happen?

Some of the challenges for adults include: Holding on to ideas of what “normal” is, not being familiar with terminology and being nervous about asking the wrong questions.

The LGBTQ+ terminology is quickly adapting and changing to meet the needs of individuals who identify along the LGBTQ+ spectrum. A spectrum, in this situation, means a range or a continuum of identities.

The “+” respectfully represents other identities that are not called out in the LGBTQ acronym. These include cisgender, pansexual or gender non-conforming.

Here is a list of more commonly used terms. As mentioned, these terms are constantly growing and adapting, but they are at the core of the LGBTQ+ spectrum:

- ➡ **Lesbian:** A term used to describe a female who is attracted to other females.
- ➡ **Gay:** A term used describe a male who is attracted to other males. This term is also used as an umbrella term to describe the LGBTQ+ community.
- ➡ **Bisexual:** A term used to describe an individual who is attracted to both male and female genders and identities.
- ➡ **Transgender:** An umbrella term used to describe individuals whose gender identity differs from their sex assigned at birth.
- ➡ **Questioning:** A term used to describe an individual who has questions about his or her sexual orientation or gender identity. Some questioning individuals will identify as LGBTQ+ and some will not.

Cisgender: A term used to describe an individual whose gender identity and gender expression aligns with the gender typically associated with their biological sex.

Pansexual: A term used to describe an individual who is attracted to individuals of all gender identities and expressions, including those who don't fit in the standard male and female identity.

Gender Non-Binary/Gender Fluid/Gender Neutral: A term used to describe an individual's gender identity which does not fit within the binary of male/man or female/woman.

Why is how somebody identifies important?

Recognizing how an individual identifies is crucial to their sense of self-worth, identity and connection to community. Think of how important your relationships are and your connection to your: Family, community, culture, faith, education or social and friend circles.

What if someone tried to ignore or take that away from you? Or you were told that you weren't allowed to talk about certain aspects of your life?

What happens for LGBTQ+ identified individuals is higher symptoms of depression, behavioral challenges, running away, experiences of homelessness and higher attempts and completions of suicide.

These youth know all too well that sharing their personal information may not always be the safest choice. Creating a supporting environment can be the crucial link to a young person's ability to thrive.

LGBTQ+

*For more information about LGBTQ identities, please see PFLAG National Glossary of Terms (2015), www.pflag.org/glossary



Image by Heather Mount, unsplash.com

What can you do? There are some simple things that can be done to let someone know that you are willing to nurture a supportive relationship and environment with them. Here are some ways to create a supporting environment:

- Have a visual that non-verbally indicates that you are LGBTQ+ friendly such as a rainbow flag or Human Rights Campaign logo. hrc.org
- Use their chosen name and pronouns.
 - Pronouns are a gender reference used to describe an individual, such as she/her/hers, he/him/his, they/them/theirs. They may or may not match the individual's sex assigned at birth.
- Respect their privacy.
 - Talk with them about who is "in the know."
 - Be careful not to "out" them; that is their decision.
- Allow them to dress and groom themselves in a manner they are comfortable with.
- Take them to LGBTQ+ activities and community providers.
- Build "ally-ship."
 - If you don't know something, ask:
 - "That's a term I'm not familiar with, would you explain it to me?"
 - Mirror terms they use.

If you are new to navigating LGBTQ+ terminology and culture, know it can be challenging, just like learning a new language or meeting a new friend. Many local, statewide and national resources are available such as:

PFLAG: pflag.org

Family Acceptance Project:
familyproject.sfsu.edu

Gender Diversity: genderdiversity.org

Lambda Legal: www.lambdalegal.org

The Trevor Project:
thetrevorproject.org

The Trevor Project Suicide Hotline
for LGBTQ youth: 1-866-488-7386.

For more information on LGBTQ+ issues,
contact a regional CA staff lead:

Region 1 Cameron Norton
cameron.norton@dshs.wa.gov

Region 2 lead: Sorrell Joshua
sorrell.joshua@dshs.wa.gov

Region 3: Dawn Cooper
dawn.cooper@dshs.wa.gov

Headquarters: Dae Shogren
dae.shogren@dshs.wa.gov
360-688-6237

For more detailed information,
click on this link for the "Listening to Their
Voices" report created and provided by the
Center for Children and Youth Justice:

[ccyj.org/wp-content/uploads/2017/03/
ListeningToTheirVoices.pdf](http://ccyj.org/wp-content/uploads/2017/03/ListeningToTheirVoices.pdf)



Your Partner for Behavioral Health Needs

We know parenting children with behavioral health issues can be challenging and frustrating at times. And we are here to help! Apple Health Core Connections (AHCC) staff can help you find the right therapist or make sure the child is on the right waitlist. We can also offer support at meetings for Individualized Education Plans (IEPs) and 504 plans.* Call 1-844-354-9876 and ask for health care coordination.

Children diagnosed with autism, ADHD, ODD, dyslexia and other conditions are often on an IEP or a 504 plan at school. Coordinated Care staff members can support you and the child by attending school meetings to offer a health care point of view. We also can invite the child's therapist or PCP to participate.

Children with autism may get a referral for applied behavior analysis (ABA) therapy. ABA therapy is the gold standard for autism treatment, but it can take 18 to 36 months on the waitlist.

To get on the waitlist for ABA therapy, a child needs a diagnosis of autism, and early assessment is key. Assessments are done at [Centers of Excellence \(COE\)](#), found across the state. AHCC staff members can help you find a center or make an appointment.

Once a child is diagnosed with autism, Coordinated Care staff members can:

- Make sure the child is on as many waitlists as possible.
- Help coordinate physical, occupational and speech therapies while they wait.

For help with any of the above, please call us at 1-844-354-9876 and ask for health care coordination.

* *Individualized Educational Plan and 504 Plans are written plans for changes a school will make for a child with a disability in order for the child to be successful in school.*

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!

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.



REMINDERS

Make It Happen!

Applications are being accepted through May 18 for the College Success Foundation's Make It Happen! experience.

Make It Happen! (MIH) takes place June 27-29 at the University of Puget Sound. It is free and offers a three-day, two-night college campus experience for young people from the Washington state foster care system.

The program includes college readiness workshops, resource connection events and opportunities for strengthening supportive networks. MIH is for three tracks: Rising high school juniors, seniors and incoming college freshmen. Every track offers different information about going to college so students can return to MIH year after year.

As a result of attending, students feel more equipped to develop and initiate their post-secondary education plans.

To register, and for more information, use this link:
collegesuccessfoundation.org/wa/make-it-happen/registration

You can also call 425-213-5888.

We Are Family Day

The day begins with a pre-game ceremony at 11:10 a.m. at the Outside Corner near Section 330, followed by baseball at 1:10 p.m. as the Mariners take on the Detroit Tigers. Discounted tickets can be purchased for \$13 for the 300-level and \$31 for the ground-level. Last year, about 3,100 people attended the event.

For more information click on
mlb.com/mariners/tickets/specials/we-are-family

10th annual
We Are Family Day
Sunday, May 20
Safeco Field

Free and Discounted Passes available

Foster parents and relatives with children in state custody are eligible for free Washington State Parks, Seattle Aquarium and Pacific Science Center use.

You can use your foster care license or card for access to state parks and the Seattle Aquarium. You need to have the foster care wallet card to access the aquarium. Relative caregivers can obtain a pass card through the social worker who is your home-study writer in the Division of Licensed Resources. Relative caregivers whose relative children are not placed with them through Children's Administration can obtain a pass card from their local kinship navigator or Kinship Support Program.

Youth in foster care or who are living with a relative in state custody and are age 14 or older can enjoy the benefits of the Pacific Science Center when they sign up. Caregivers for youth under age 14 must sign up for them.

This information was provided by the Pacific Science Center:

The Family Access Membership is a \$19 family-level membership available to anyone who receives any form of public assistance. The membership comes with unlimited access to the center's permanent exhibits for any named members, 15 passes to see documentary IMAX® movies, unlimited access to the planetarium and much more.

Renew your Youth Access Membership at Pacific Science Center today to continue enjoying benefits like unlimited year-round admission to permanent exhibits, FREE admission to Curiosity Days events, Science in the City events and more!

To renew your Youth Access Membership, contact the membership office, (206) 443-2924 or membership@pacsci.org.

Not yet a Youth Access Member? Contact the membership office at Pacific Science Center to learn more!

Questions? Contact Alice Ven at (206) 443-284 or email AVen@pacsci.org.

YMCA (*participating branches only*)

Participating YMCA branches in the state offer free access to youth in foster care and youth in relative care who are in state custody. Check with your local YMCA to see if it participates.



REGIONAL ROUNDUP

Do you have a really cool activity being planned for caregivers or youth in care in your region? Has your region put together a great new program that you think could be shared statewide?

Beginning this month, the Caregiver Connection will devote a section called Regional Roundup to events, programs and activities that are occurring in each region.

The section will also be used to spread good ideas about taking care of kids or caregivers in one region that could be shared with other regions.

If you are a Children's Administration staff member, a foster parent, youth in foster care, relative or adoptive caregiver or a staff member at a private agency, please let us know what's going on in your region so the Caregiver Connection can inform your local foster parents and others.

In addition to taking suggestions, we will be scouring Facebook pages for ideas for the Regional Roundup.

Share your events and ideas with Bob Partlow, bpartlow1970@hotmail.com, 360-528-9025, and we'll get them in the newsletter.

REGION 2-North

Secret Harbor, a private agency, is excited to announce Foster Family Night at the Races.

On Aug. 4, all Whatcom and Skagit foster families (Child Placing Agency or state-licensed) will be able to attend the race at Skagit Speedway for free! Anyone interested will receive a family pass, which includes two adults and up to four children. We will be providing dates and times for people to pick up their passes once the date gets closer.

You can learn specific logistical information about the event in the June Caregiver Connection. For further information before then, go to:

secretharbor.org/events or email Shannon Yaeger at shannon.yaeger@secretharbor.org.

REGION 3-North

Thinking about starting or expanding a clothing bank/resource center for caregivers?

A good resource is Erika Thompson in Tacoma, who runs The Wishing Well and has seven years of experience starting and growing a clothing bank for caregivers in Pierce County. The Wishing Well also serves caregivers who have kids in their care from Pierce County. Erika says The Wishing Well has grown way beyond clothes, as they have provide items ranging from bikes to snack bags.

She described the non-profit foundation as "a department store" for caregivers and youth in care.

Located at 1276 Pacific Ave. S in Parkland, just off Highway 512, The Wishing Well is housed in a building with a shop that even provides prom dresses for youth in care. To use The Wishing Well, you make an appointment beforehand to shop for what you need. You can reach Erika at 206-406-2398 or check out at their Facebook page The Wishing Well Foundation.

Who Needs Paintbrushes When You Have Fingers?

By Deanna Partlow

Kids, even very young ones, love to paint. Few things are as satisfying as painting with their fingers and hands. It's a wonderful creative and tactile experience, and it connects a child directly with what they can do.

So when you have a day when you've got time for life to get a little messy, whip up some finger paints, put the kids in paint shirts, cover up your table or a picnic table with an old vinyl tablecloth or newspaper and have fun!

Included are a couple inexpensive recipes, one wheat-based; the other for a cooked cornstarch finger paint that is safe for kids with gluten intolerance. It has a smooth, silky feel and dries glossy. One of the nice things about making your own finger paint is that its thicker texture doesn't splash so much when used by a rambunctious child.

The paint base for both recipes is basically starch and water, with a little salt that helps keep the water from separating out. Color your paints with food coloring, either the liquid or the paste form, to keep it safe if they happen to lick their fingers. If your kids are beyond the age of putting everything in their mouth, you can add a couple teaspoons of liquid dish detergent to make clean up easier. Leftover paint base can be stored in the refrigerator for a week or two.



Flour-Based Fingerpaint

Ingredients:

1 c. flour
1 tablespoon salt
3 cups-plus cold water
Food coloring

Directions:

In a saucepan, mix the flour and salt together. Using a whisk stir in $\frac{1}{2}$ cup cold water until the lumps are gone, then stir in the remaining water. Bring the mixture to a boil, then remove from the heat and allow to cool thoroughly. If it seems too thick, stir in extra water until it is has a more gel-like consistency. Divide the mixture into cups or jars and mix in food coloring.

Cornstarch Fingerpaint

Ingredients

1/2 cup cornstarch
2 tsp. salt
2 1/2 cups-plus cold water
Food coloring (liquid or paste)

Directions

In a saucepan, mix the cornstarch and salt together. Using a whisk, stir in about $\frac{1}{2}$ cup cold water and stir until all the lumps are gone. Add remaining water and mix thoroughly. Bring to a boil, stirring constantly until mixture thickens and becomes smooth and semi-transparent. If it seems too thick, add more water, a couple tablespoons-full at a time. Remove from heat. Cool thoroughly, then divide the paint base into containers, one for each color you want to make.

Finger Painting

Once the paint is mixed, let the good times roll!

Finger paints can be used on a variety of painting surface. Traditional finger painting paper has a slick, glossy surface, and you can buy it, but you don't need to. For paper, choose something that can take some abuse and is fairly non-porous – larger sheets of card stock or tag board for instance. Avoid copier paper and regular construction paper because they can't stand up to the activity and will quickly turn to mush. You may want to tape the paper to the surface at the corners to keep it from moving around while the artists are at work.

Using smooth wood, foam core, a square linoleum or other slick, flat surfaces works. And another great idea is painting on cookie sheets or jelly-roll pans, which makes clean-up a breeze. The ones with edges help corral the paint. If your child wants a paper copy of his/her artwork. Lay a sheet of paper over the top of the paint and make an art print.

**For extra sensory experience,
mix a little sand into the paints.**

For more fun, have a brush, kitchen implements like spoons and jar tops handy so children can experiment making marks and designs on their paintings.

Extra finger paint can be stored in plastic containers in the refrigerator, although the mixture thickens as it cools. If you want to store leftovers, try adding some extra water to the mixture before storing. It will need to be stirred well before a second use and may be a little lumpy.

No time to cook?

Here are a couple instant finger paint bases, one edible and one non-edible:

Pudding Paint

Mix one batch of instant vanilla pudding, adding about 1/4 c. extra milk to the original directions. Add food coloring. Or use chocolate pudding and add no food coloring!

Hair Gel Fingerpaint (Dries Glossy)

Purchase a bottle of clear hair gel at a discount store. Squeeze about four tablespoons-full into cups and stir in food coloring and stir to make finger paint. Since it is clear, you can add seeds, beads, sequins or glitter.



Gooey fun! Cornstarch finger painting in a pan. Along with fingers, a potato masher and a fork were used to make some interesting textures.

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
Victoria O'Banion, Reg. 1 North	vnhobanion@gmail.com	308-991-5663
Alla Mishin, Reg. 1 North	allamishin@gmail.com	509-847-4210
Reg. 1 South no. 1 rep., vacant		
Reg. 1 South no. 2 rep., vacant		
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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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

May LEARN MORE

- ABC's of Autism, Behavior, and Coping Strategies
- Cultural Diversity for Foster Parents and Caregivers: Being Culturally Responsive to Our Children and Youth of Color
- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Eating Disorders and Beyond
- Indian Child Welfare
- Introduction to Adoption from Foster Care
- Kinship 101: Information for Relatives and Suitable Others
- Paper Trail: Documentation Training for Caregivers
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What?

June LEARN MORE

- African American Hair and Skin Care
- Caregiving for Children with Physically Aggressive Behavior Concerns (Formerly Physically Aggressive Youth)
- DLR/CPS Investigations: An Overview of the Investigation Process for Caregivers
- Knowledge and Skills to Help Children Heal
- Identifying and Supporting Commercially Sexually Exploited Children (CSEC)
- I-LABS: Temperament in Early Childhood
- I-LABS: Early Music Experience
- I-LABS: Early STEM Learning
- I-LABS: Race Today: What Kids Know as They Grow
- I-LABS: "Racing" Toward Equality: Why Talking to Your Kids About Race is Good for Everyone
- Infant Safety and Care
- Introduction to Adoption from Foster Care
- So You Have a New Placement...Now What?
- Verbal De-Escalation
- Why Children Lie
- Youth Missing from Care

Caregiver Training from the Alliance continued

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

May → LEARN MORE

- African American Hair and Skin Care
- Caregiving for Children with Physically Aggressive Behavior Concerns (Formerly Physically Aggressive Youth)
- Caring for Children Who Have Experienced Trauma
- Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
- Enhancing Resiliency and Safety for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Youth
- Healthy Engagement With Children of Trauma
- I-LABS: Early Music Experience
- I-LABS: Foundations of Literacy
- I-LABS: Temperament in Early Childhood

- I-LABS: Understanding Emotion
- Introduction to Adoption from Foster Care
- Introduction to Positive Discipline
- Kinship 101: Information for Relatives and Suitable Others
- Parenting the Positive Discipline Way
- Paper Trail: Documentation Training for Caregivers
- Post-Traumatic Stress Disorder
- Resilience Trumps Adverse Childhood Experiences (ACES)
- So You Have a New Placement...Now What?
- Verbal De-Escalation: Parenting Behaviorally Challenged Children

June → LEARN MORE

- Behavior Management Tools for Foster Parents and Caregivers
- Caregiving for Children with Physically Aggressive Behavior Concerns (Formerly Physically Aggressive Youth)
- Cultural Diversity for Foster Parents and Caregivers: Being Culturally Responsive To Our Children and Youth of Color
- I-LABS: Why the First 2,000 Days Matter: A Look Inside The Brain
- I-LABS: Development of Attachment
- I-LABS: Development of Literacy
- Infant Safety and Care
- Introduction to Adoption from Foster Care

- Kinship 101: Information for Relatives and Suitable Others
- Knowledge and Skills to Help Children Heal
- Minimizing the Risks of Allegations
- Paper Trail: Documentation Training for Caregivers
- Partners Make Better Decisions: Caregivers and Social Workers Working Together
- Resilience Trumps Adverse Childhood Experiences (ACES)
- So You Have a New Placement...Now What?
- Why Children Lie
- Youth Missing from Care for Caregivers

Caregiver Training from the Alliance continued

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

May ➔ LEARN MORE

- ➔ Caregiving for Children with Sexual Behavior Concerns (formerly Sexually Aggressive Youth)
- ➔ DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- ➔ Fostering Children and Youth through Transition, Grief, and Loss: Helping Children With Their Feelings

June ➔ LEARN MORE

- ➔ Caregiving for Children with Physically Aggressive Behavior Concerns (Formerly Physically Aggressive Youth)
- ➔ Caregiving for Children with Sexual Behavior Concerns (formerly Sexually Aggressive Youth)
- ➔ Cultural Diversity for Foster Parents and Caregivers: Being Culturally Responsive To Our Children and Youth of Color
- ➔ Enhancing Resiliency and Safety for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Youth
- ➔ Healthy Engagement With Children of Trauma
- ➔ I-LABS: Early Music Experience

- ➔ Indian Child Welfare for Caregivers
- ➔ Introduction to Adoption from Foster Care
- ➔ Parenting the Positive Discipline Way
- ➔ Post-Traumatic Stress Disorder
- ➔ So You Have a New Placement...Now What?

- ➔ I-LABS: “Racing” Toward Equality: Why Talking to Your Kids About Race is Good for Everyone
- ➔ I-LABS: Temperament in Early Childhood
- ➔ I-LABS: Understanding Emotion
- ➔ Introduction to Adoption from Foster Care
- ➔ Kinship 101: Information for Relatives and Suitable Others
- ➔ Paper Trail: Documentation Training for Caregivers
- ➔ So You Have a New Placement...Now What?
- ➔ Talking With Children About Race
- ➔ Verbal De-Escalation

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

King County and North to Whatcom County and Island County

Yolonda Marzest. 206-923-4955 ymarzest@uw.edu (Manager)

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

Your Child Welfare Training Team for Region 3

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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.



FosteringWA

FOSTER | SERVE | SUPPORT

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

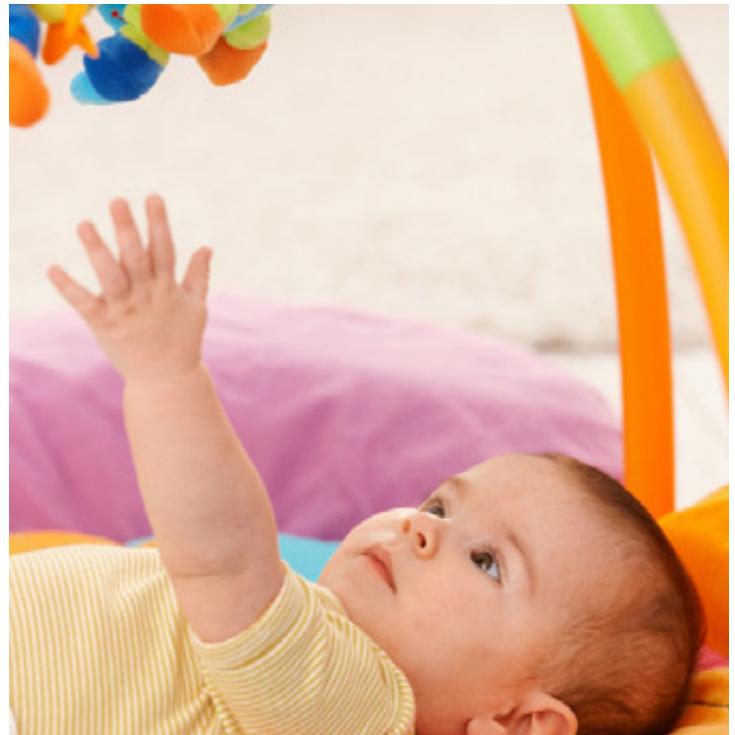
Prospective foster parents are welcome to license through either CA's Division of Licensed Resources (DLR), or any private child placing agency licensed in Washington. Our recruitment partners serve all families, regardless of where they choose to become licensed. Prospective foster parents are welcome 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*