



# KFCA Newsletter

[www.kitsapfostercare.org](http://www.kitsapfostercare.org)

April 2007

## KFCA CURRENT EVENTS

### **Join Kitsap Foster Care Association NOW!**

Kitsap Foster Care Association offers support and activities for local foster children and their foster/relative care providers. General membership meetings are held the fourth Wednesday of each month at the Silverdale Community Center. Dinner is at 6pm and training at 7pm. Members pay \$4 for dinner, a 50% reduction. Childcare is available. Monthly Board Meetings are held the first Tuesday of each month at rotating locations, contact any board member for the given month's location. Annual dues are \$15 and may be paid at any membership meeting. The newsletter is available on line at [www.kitsapfostercare.org](http://www.kitsapfostercare.org) on a monthly basis. If you would like it emailed to you, contact the webmaster via the website. See page 2 for more details.

### **Please join us at the KFCA Dinner Meeting...**

April 25, 2007

What can a social worker do to help your relationship with them and help you feel respected and part of the team. If you have a social worker who is doing an exceptional job, call and nominate that person to receive an award.....

Each person who calls will be put in for a drawing to win a \$25 dollar WalMart Gift Certificate...

Sincerely Teresa Walton  
360 990 9995

If you have information you would like to share with fellow foster parents, or thanks you would like to offer to someone who has gone above and beyond, please email Jennifer to add it to the newsletter!

### Join us for Kitsap Foster Care Association's Family Fun Swim!

Sunday, April 29,  
2007

South Kitsap High  
School Pool  
2:30-4:30pm

Chips, cookies, and  
water will be  
provided as snacks.

This event is  
provided free of  
charge to foster  
parents, relative/kin  
providers, and the  
children in their  
homes.

### **For Safety purposes, the following rules must be adhered to...**

- 1) Children 6 and under must be accompanied by an adult **in the water**.
- 2) Swimmers **MUST** enter the pool, facing the water, no flips, etc.
- 3) No floatation devices will be allowed in the pool.



### Join Us Now!

Kitsap Foster Care Association membership is open to foster parents and others interested in foster care.

Make \$15 check payable to: KFCA, PO Box 4542, Bremerton, WA 98312

#### Thanks!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

foster parent      agency staff      renewal?

Affiliation: \_\_\_\_\_

## KITSAP FOSTER CARE ASSOCIATION MEMBERSHIP INFORMATION

### • GENERAL MEMBERSHIP MEETINGS

- **Where:** Silverdale Community Center, 9729 Silverdale Way NW, Silverdale, WA 98383
- **When:** Fourth Wednesday of each month, Dinner 6pm, Guest Speaker and Discussion 7pm.
- Free child care available on site.
- Members pay \$4 for dinner (50% off) and receive a free raffle ticket to win great prizes (additional raffle tickets may be purchased in support of KFCA).

### • BOARD OF DIRECTORS MEETINGS

- **Where:** Changing locations, contact any board member for this month's location.
- **When:** First Tuesday of each month @ 5:30pm.
- KFCA Board Meetings are open, and all are welcome to attend. If you'd like to add an item to the agenda, please contact Rick Williams two days prior to the meeting.

## BOARD OF DIRECTORS

**Rick Williams, *President***  
president@kitsapfostercare.org

**Phyllis Bishop, *Vice President***  
vicepres@kitsapfostercare.org

**Sharon Williams, *Treasurer***  
Phone 876-1994  
treasurer@kitsapfostercare.org

**John Vail, *Secretary/Membership/Community Awareness***  
Phone 876-5207  
secretary@kitsapfostercare.org

**Sharon Williams, *Resources***  
**Diana Castanares, *Resources***  
resources@kitsapfostercare.org

**Sharon Williams, *Dream Project***  
**Phone 876-1994**

**Sharon Williams, *Historian***  
historian@kitsapfostercare.org

**Lisa LeClair, *Child Care***  
childcare@kitsapfostercare.org

**Debra Converse, *Education/Training***  
education@kitsapfostercare.org

**Chuck Converse, *Webmaster***  
webmaster@kitsapfostercare.org

**Teresa Walton, *Foster Parent Liaison***  
Cell (360) 990-9995  
liaison@kitsapfostercare.org

**Jennifer Martin, *Newsletter***  
newsletter@kitsapfostercare.org

**Phyllis Bishop, *Special Events Coordinator***  
Phone 275-5725  
events@kitsapfostercare.org



## Upcoming Training

### **PRIDE Pre-Service Training**

April 16, 17, 18, 19, (9:00am to 4:00pm) &  
April 20, 2007 (9:00am to noon)

OR

May 3 & 4, (5:30pm-9:30pm), 5th (9-4:45pm),  
9, 10, & 11, 2007 (5:30pm-9:30pm)

OR

May 21, 22, 23, 24, (9:00am-4:00pm), & 25, 2007  
(9:00am to noon)

OR

June 7, 8, (5:30pm-9:30pm), 9, (9:00am-4:45pm),  
13, 14, & 15, 2007 (5:30pm-9:30pm)

### **Engaging Biological Families for Change**

May 16 & 17, 2007 (6-9:00pm)

### **FOUNDATIONS for Parenting**

#### **Someone Else's Child**

May 21-25, 2007

9:00am to 4:00pm daily

The above trainings are held at  
Bremerton First Methodist Church  
1150 Marine Drive; Bremerton, WA 98312  
Contact Hildegard Stone to pre-register @  
475-3586 or 1-800-423-6246

### **Families with Russian & Ukrainian Adoptions National Conference 2007**

Local and national experts will be presenting on  
topics that apply to families who have adopted  
domestically, as well as internationally.

April 26-28, 2007

Redmond, WA

Www.frua.org

### **Autism & Aspergers Syndrome**

Saturday, May 19, 2007

9:00am to 4:00pm

DCFS (CA) Building, Tahoma Room  
1313 West Meeker Street, Kent, WA 98032

To register, contact Shelly Myers @  
mysh300@dshs.wa.gov

### **Multiple Placements – Impact on Children**

April 9, 2007

### **Success Beyond Foster Care: Career, Job Search & Financial Management Skills**

April 10, 2007

### **Working with Developmentally Disabled Children**

May 4, 2007

All of these trainings are offered in Kitsap County  
through the Online Foster Parent Education  
Workshops, Grow & Go...Online Workshops for  
Foster Parents. In addition to online classes,  
land-based classes are being offered locally through  
this Pierce College Program at no cost to foster or  
relative care providers. Check the website for  
titles, times, and locations.

For logistics, call Geton Peters @ 360-782-1113

For Program questions, call Pierce College @  
1-877-353-6763 or distedu@pierce.ctc.edu

### **Grow and Go...Online Workshops for Foster Parents**

[www.pierce.ctc.edu/distance/ofpe/](http://www.pierce.ctc.edu/distance/ofpe/)

**Check this website for fall 2007 updates!**

### **DSHS Electronic Forms Link**

<http://www1.dshs.wa.gov/msa/forms/eforms.html>

### **First Aid/CPR Training for Foster Parents**

The Resource Family Training Institute sponsors  
First Aid training free of charge to all currently  
licensed and perspective foster parents. For a  
complete schedule and registration please visit the  
website at:

[www.keepthebeatcpr.net](http://www.keepthebeatcpr.net)

Or call (253)217-1105

### **Check out this web site:**

[www.familieslikeours.org](http://www.familieslikeours.org)



## Kitsap County Resources...

- 1) **ABRAHAM'S HOUSE (405-0488)**  
\*free furniture, household goods, etc.
- 2) **DR. CHARLES BROWN (779-7115)**  
\*children's dental care with med coupon
- 3) **FIRST** (foster intervention prevention support team) 1-800-391-2273
- 4) **KITSAP FOSTER CARE ASSOCIATION**  
(475-3513 or 876-1994)  
\*free duffel bags for foster children  
WWW.KITSAPFOSTERCARE.ORG
- 5) **MARY BRIDGE Center for Child Safety**  
(360-662-1198)  
\*Free child safety seat checks, bicycle helmet sales & fitting, free loaner life jackets
- 6) **NK FOSTER PARENT SUPPORT GROUP**  
(206-842-2362) or Sufisher@aol.com  
\*meets as needed, call for support
- 7) **NORTHWEST ENTERAL SUPPLY**  
(1-888-885-2386)  
\*free pull-ups for foster children
- 8) **OLYMPIC PHARMACY & HEALTH CARE**  
(1-253-858-9941)  
\*free delivery of diapers, medical supplies
- 9) **PATHWAYS TO SUCCESS (337-4738)**  
\*Youth Services Program
- 10) **SKILLS CENTER (478-5168)**  
\*free hair cuts for foster children
- 11) **Anointed Hands Hair Care (782-2409)**  
\*Dewanda Evans welcomes any/all questions re: African American hair care. Located on 6th Street in Bremer-ton.
- 12) **Christine Njoroge (475-3527)**  
\*For foster/relative care providers needing support for FASD children.

## Calendar of Events

### April 2007:

- 3: KFCFA Board Meeting
- 8: Easter
- 9: Multiple Placements...
- 10: Success Beyond....
- 16: PRIDE Preservice Begins
- 25: KFCFA Dinner Meeting  
(Nominees will speak)
- 26: Families with Russian...
- 29: Family Swim at SK Pool

### May 2007:

- 1: KFCFA Board Meeting
- 3: PRIDE Preservice Begins
- 4: Working with...
- 13: Mother's Day!
- 16: Engaging Biological...
- 19: Autism and Aspergers...
- 21: PRIDE Preservice Begins
- 21: FOUNDATIONS for...
- 23: KFCFA Dinner Meeting  
(Membership votes)
- 28: Memorial Day

### June 2007:

- 1: Mariner's Event
- 5: KFCFA Board Meeting
- 7: PRIDE Preservice Begins
- 17: Father's Day!
- 27: KFCFA Dinner Meeting  
(New Board takes office)



Please pass this message on to any 11th grade African American student interested in engineering. This is an opportunity for 11th grade students to attend a FREE engineering camp at the University of Houston from June 3 - 15, 2007. African-American student participation is very much needed.

Please have your student to fill out the application and mail it to the address listed on the brochure. If you need further information please contact John Matthews, 713-743-4226. Students that participate in this camp have been known to gain summer jobs. This camp helps students to develop good study habits and learn about engineering careers. Currently MESET need at least 15 more students to apply. The deadline is April 15, 2007. Students are encouraged to apply from anywhere in the United States. Transportation is not provided. However, the camp is free. As a courtesy, staff members will pick up and return out of town students to the bus station, train station or airport for free.

<http://www.egr.uh.edu/promes/pubs/meset2006.pdf>

### ***Kudos Corner...***

*Kudos to Henry and Diana Castanares for their many years of volunteer service with the Kitsap Foster Care Association. We will miss your dedication to the children of our community.*  
-The Board

*Kudos to Jeff Bishop for his time as Vice President... and thank you Phyllis Bishop for committing to fill this position. We appreciate your active commitment to our community.*  
-The Board

### **RESPITE PROVIDER & CASE AIDE NEEDED**

Respite provider needed for up to 2 weekends (4 nights) per month. Case Aide needed for up to 20-hours per week. Fees paid directly by private agency. Respite provider must have a current foster license, and be up-to-date on trainings/certifications. Case Aide should be at least 21 years of age, have required trainings and be comfortable working with behavioral challenges.

Foster parents are a same-sex male couple living in West Bremerton. We have been KFCA members for 3+ years. Our child is 11-years old, outgoing, athletic, generally well-behaved & good with younger kids. If interested, please contact: Van-John or George at 360-377-6178 or via e-mail: [vanjohnsf@comcast.net](mailto:vanjohnsf@comcast.net).

### **WEEKEND FOSTER HOMES NEEDED**

Families are needed to provide care to foster children and teens for one or more weekends a month. Families receive a reimbursement to cover their expenses and sacrifice of time of \$50/day. Training and support provided by 24 hour on call support line.

*We are currently looking for homes to care for all kinds of kids from younger children, to teens. We need both full time care homes and weekend care homes. You decide how you can participate in a child's life.*

Join our team if you would like to explore another way to help children heal through treatment foster care. The process is easy.

**Call Kristine Clay Welch  
Intensive Children's Services  
Specialized Family Care  
Kitsap Mental Health Services  
at 360-479-4994**

## WHAT THE HECK WERE YOU THINKING?

By Pamela Lowell, MSW, LICSW, BCD

*Author Returnable Girl and Survival Meditations for Parents of Teens*

The inability to manage strong feelings can cause foster and adopted children and teens to act out in inappropriate ways. Ways that aren't good for us or them. How can we help this population develop the ability to tolerate the strong emotions that can sometimes arise from conflicting thoughts and feelings? Obviously, many of the kids who come to us have experienced multiple loss and trauma. That's how they come in the door. **Grieving multiple losses.** One reason they display difficult behaviors is because certain memories can be re-triggered from a circumstance that reminds them of that original loss. They may not even be conscious of what that memory is, but it brings up similar feelings. As a family therapist, one of the best ways I know to work with problem behaviors is through Cognitive Behavioral Therapy. Basically this means that feelings trigger thoughts, and those thoughts influence behaviors. We can't control our feelings, nor should we try (because feelings are not good or bad, they just are) but we **can** control the meaning we assign to our feelings. And by getting a handle on our thoughts, we can manage our behaviors.

How can you use this information to help your child? After a particularly "difficult" incident you might try asking them questions to help process the event in a different way:

1. What were you **FEELING** before you acted out? Mad? Jealous? Scared? Frustrated? What signals were you getting from your body that you were feeling that way? Heart beating fast? Clenched fist?
2. What **THOUGHT** was connected to the feeling? **OR** What were you saying to yourself at the time? Hitting makes me feel better? Lying will get me out of this situation? There was a thought there, help them find it.

3. What "**BEHAVIOR**" was connected to the thought? What did you do?

Actually hit the person? Throw something? Scream? Did it get you what you wanted?

4. If not what could you have **told yourself** about that feeling to change your behavior and not get you into trouble?

In other words what would be a more positive thing for you to think?

For example I once worked with a foster teen who would throw things when she got upset. She told me, "I was angry. (**F**) My heart was beating fast. I have to throw things--it calms me down. (**T**)" But the last time she was angry she threw her mp3 player against the wall! (**B**) It was not an effective way of dealing with her emotions--she lost something valuable to her and was grounded for a week. She also knew she'd have to face adverse consequences from her foster parents and/or the school if she continued to throw things when angry. I asked her what **thought** that might be more helpful when she was **feeling** angry: "When my heart is beating fast I know I'm getting angry. If I throw something I'm going to get in trouble. What else can I do?" We came up with a list of **behaviors** (at least 10) that she could do instead of throwing things that might actually calm her down and not get her in trouble (like listen to music, shoot baskets, tell someone how she feels, do some deep breathing, distract herself, etc.). She knows she can't control whether or not she gets angry, but now she has some tools to deal with that strong emotion.

When any of us behave irrationally or explosively, we are letting our emotions control us--instead of being in control of our emotions. Since teenagers usually resist anybody or any "thing" controlling them, they really relate to this concept. We can also remind them about past times when they did a good job of controlling their emotions. There are circumstances where they probably wouldn't act that way (like in front of a boy or girl they are trying to impress!)

All of us have trouble at times managing our emotions. But we *can* learn how to control our thoughts and our behavior—it might take a little work, but in the end it will definitely get us more of what we **want**. That's an offer many kids (and adults) find difficult to refuse.

**RETURNABLE GIRL**, is a novel about a teen in foster care who lies, steals and throws things when she's upset. She must choose between the mother who abandoned her and the foster mom who wants to adopt her, amidst the bullying and cliques of middle school. Visit [www.pamelalowell.com](http://www.pamelalowell.com) for more information or to contact Pamela

Lowell.

Pamela Lowell is the author of *RETURNABLE GIRL*, (Marshall Cavendish Oct.2006).

A teen in foster care must choose between the woman who wants to adopt her and the mother who abandoned her--amidst the bullying of middle school.

Website: [www.pamelalowell.com](http://www.pamelalowell.com)

email: [palwrites@aol.com](mailto:palwrites@aol.com)

VOYA winner for TOP SHELF FICTION FOR MIDDLE SCHOOL READERS 2007

ALA QUICK PICKS FOR RELUCTANT YOUNG READERS 2007

## *New Study Shows Car Seat Clinics Are Effective*

**Kitsap County** - Car seat installation clinics are successful in helping parents and caregivers properly restrain children in back seats, but more effort needs to be made to reach underserved communities, according to newly released research by Safe Kids Worldwide.

Based on data from car seat checkup events conducted in 29 states (Washington included) in February 2005, Safe Kids found that parents successfully changed their behavior and retained their child passenger safety knowledge six weeks after receiving hands-on instruction. At a second child safety seat checkup, 45 percent more seats were properly installed by the parents than at the first instructional event. Correctly used child safety seats decrease the risk of death by 71 percent for infants and 54 percent for toddlers. Injury risks for children using belt-positioning booster seats are reduced by 59 percent. Typically, more than 70 percent of child safety seats are improperly installed.

General Motors Corp., is the lead financial supporter for the Safe Kids Buckle Up program. “Safe Kids has tools in place to help educate families of all backgrounds,” said Bob Lange, GM’s executive director of Structure and Safety Integration. “We need to keep working to reach high-risk groups of parents with communication and training to keep their children properly restrained every time on every trip.”

Families with older children were also significantly underrepresented in the research. Children who attended checkup events tended to be young—ages 4 and under—even though Safe Kids Worldwide recommends that kids who have outgrown car seats ride on booster seats until they are about 4 feet, 9 inches tall and 80 to 100 pounds. Most children reach this height and weight between the ages of 8 and 12. “In the event of a crash, a belt-positioning booster seat and safety belt provide better protection for most tweens than the adult safety belt alone,” Walker said. “Children in this age group are among the least likely to be in the correct restraint. We need to make booster seat use among tweens who need them just as automatic as it is for small children to ride in car seats.”

The events proved successful in teaching parents to only use child safety seats that meet federal safety standards, have not been involved in a crash and have not expired. These guidelines reduced the number of inappropriate seats used at the second event, weeding out many secondhand seats that do not have a known history or seats that are more than six years old.

There are several spots within Kitsap County that you can have your car seat checked free of charge. Among those are the following locations:

- Mary Bridge Children’s Hospital – Harrison Hospital, Silverdale. 1st Wednesday of every month from 10am-2pm. No appointment necessary.
- North Kitsap Fire and Rescue – 2<sup>nd</sup> Saturday of every month from 9-noon. No appointment necessary. (26642 Miller Bay Road)
- Kitsap County Sherriff’s Office – Silverdale location (3951 NW Randall Way). 3<sup>rd</sup> Wednesday of every month – Appointment Necessary call 360-337-4647.
- Bainbridge Island (Fire Station #23 – 12985 Phelps Road) – 2<sup>nd</sup> Tuesday of every month 10am-1pm. No appointment necessary.

## ***Foster Care to College Mentor Program***

Foster Care To College Mentor Program foster parent and foster youth orientation at Olympic College on March 29th 4:30 - 5:30 in the Business Building Room 106.  
kitsapmentoring.org for more information.

The Foster care to College Program is an innovative program is just part of a broader program helping youth in foster care across the state to become successful in school and go on to college or a vocational school. The Foster Care to College promotes all foster youth to consider going to some type of post secondary schooling. At our meeting I will be discussing the numerous programs to assist foster youth to continue with their schooling such as:

- 1) Governor's Scholarship
- 2) Make it Happen Experience
- 3) FCTC seminars
- 4) Transitional Living Program and mostly we will focus on
- 5) Foster Care to College Mentor Program.

The Foster Care to College Mentoring Program is an exciting program where mentors can mentor a foster youth in their local community to help them in the area of schooling, career and education. This is not necessarily a tutoring program but a supportive mentoring program where the mentors skills, talents and educational experience can be shared. This is done through personal contact with their youth that has been specially matched. They will receive training and support so they don't have to feel like they are alone. Here are some of the activities that a mentor may do with their youth:

- \* Help the youth tracking their high school credits
- \* Identification of information/resources about career paths and career decision-making
  - \* Discuss college and vocational options and possible visit a campus
  - \* Help with financial aid and scholarship applications
- \* Work together with vocational / educational staff to facilitate enrollment and registration processes
- \* Attend regular trainings to gain knowledge of resources / information that will help them in coaching youth
- \* Work as a team with Foster Care to College staff regarding training and resource needs

If we all set our sites improving possibilities of our foster youth going to college, they will rise to that level and succeed with all of our support.

We will discuss that only 2% of all foster youth go on to receive a Bachelors degree or higher.

We will discuss what will make a youth eligible for this program (dependent youth are eligible for this program from ages 16- 20). The student needs to have some desire to want to go on to some type of post -secondary schooling (college, trade school, voc school.). Per the FCTCMP contract, youth enrolling in the military or going to Job Corps will not be included in the outcome data.

We will discuss that foster parents make great mentors and can mentor a youth in their own home. The youth would still be eligible to have a secondary mentor as well. This provides the foster parent with the needed information to enroll the youth, complete financial aid forms and scholarship information that is not normally widely distributed among foster parent trainings. The program provides the foster parent mentor with helping with all the ins and outs of everything educational and provides supportive advocates in the FCTCMP staff.

We will discuss the commitments made by our mentors and the benefits to the mentors themselves.

## ***From the President...***

Hi everyone!

Just a short note to say that soon, KFCA will have new people at the helm. Please give them your support. You are a necessary part of this organization and need to be active!

KFCA is and has been about our foster world. We support your kids and you with things that we hope are of interest to you. We try not to be political or opinionated but fun and educational with a lean toward recruitment and retention.

At this March's dinner gathering, we will close nominations at the end of the meeting and look forward to the candidates addressing the membership in April. May will be our annual business meeting which includes voting in the new officers and DCFS Staff bringing dessert and honoring you as foster parents. All in all, it is a lot of fun and hope that you come to join our yearly tradition.

Henry and Dianna Castanares as well as Luanne Vail have stepped down. After over 10 years of service to your Association, they are due. Stepping up to take over is Lisa Leclair and Laura Marshall. Sharon Williams and Dianna Castanares as well as Luanne Vail will still be in there helping out in a mixed variety of duties on a rotating basis. As soon as all is settled, I will have an exact idea of who is what and when! The bottom line is they can't let go and will be there to get the job done. I can't thank them enough for the selfless sacrifice they have given.

I also want to thank Lisa and Laura for jumping into these board positions.

Thanks to all that help with cooking, serving, folding tables and stacking chairs and a host of other things. Our child care folks also are a valuable resource that combined, result is a large effort to ensure that you have as an enjoyable meeting as possible. This will continue long after I am gone.

So this is the short note and I am finished until next month. Please come out and enjoy!

Rick Williams

## ***Kitsap Foster Care Association's Annual Mariner's Event Friday, June 1, 2007 @ 7:05pm***

The association has purchased 125 tickets and will have two buses available for transportation.

Tickets may be reserved for active foster parents, relative caregivers, and the children in their homes.

This event is to support foster and relative placements, please do not invite friends, relatives, or have your children invite friends.

Reserve your tickets now! Both buses will leave from the East Bremerton Walmart parking lot. Time to be announced.

To reserve your tickets and space on the bus now, Call Luanne Vail at 876-5207

Please join us for this fun, family event! Thank you for all that you do!

Nominations for the positions of President and Treasurer are now closed. Individuals who have been nominated will be expected to speak at the April dinner meeting, and the membership will vote at the May dinner meeting. New appointments will take office at the June dinner meeting. Congratulations to those who have been nominated! We look forward to hearing about you and your vision for Kitsap Foster Care Association at the April Dinner Meeting. Questions? Call any Board Member.

KFCA Newsletter  
P.O. Box 4542  
Bremerton, WA 98312

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