



KFCA December Holiday Party

December 13, 1 to 3pm
@ the Silverdale
Community Center

***Please register your children to receive a gift from Santa at the party. Contact Luanne at 876-5207

Pierce County Alliance offers a new program to assist Foster youth in Pierce & Kitsap Counties achieve their academic goals.

WHAT IS THE SETuP PROGRAM?

SETuP is a new program designed to help foster youth graduate high school.

SETuP will help individuals with: Credit Retrieval, Scholarships, Tutoring, College Admission, FAFSA and much, much more!

WHAT ARE THE REQUIREMENTS?

Monthly contact w/your SETuP Case Manager
Every other month face to face meetings with Case Manager

Enrolled in High School or GED program

A Foster Youth Ages 14-17

Willingness to work towards your goals Please contact Maureen Mahannah at (253) 502-5449 to schedule an appointment for SETuP.—Youth can be dually enrolled in ILS and SETuP!

FOSTER INTERVENTION RESPONSE & SUPPORT TEAM

The **FIRST** program provides neutral, third party advice, as well as assistance to foster parents who are undergoing investigations through the Division of Licensed Resources Child Protective Services or Licensing Allegations made against them in the performance of their duties as foster parents. The **FIRST** Program gives you support through the allegation process, the opportunity to voice your thoughts, vent your emotions and prepare yourself for the investigation. They provide help for you in understanding the process, how it works, your appeal rights, timelines, the rules and regulations used in making a decision in your case and how to advocate for yourself. Our **FIRST** representatives are foster parents who have first hand knowledge of the investigation process and are here to assist you!

KFCA NEWSLETTER

Kitsapfostercare.org

December 2008

Quarterly Regional & State Wide Foster Parent Consultation Meetings

House Bill 1624 is legislation requiring Children's Administration to consult with foster parents. The goal of the legislation is to ensure foster parents participate directly or through a representative selected by foster parents, and have a chance to offer input at each stage of ongoing work regarding:

- Recruitment of foster homes
- Retention of foster homes
- Effective training for foster parents
- Development of coordinated & plans that strengthen services for the protection of children

Quarterly Regional Consultation Meetings

12/15 2008; 3/16; 6/15 & 9/21 2009

**Tacoma DCFS—1949 South State Street—
Room 348**

Quarterly Statewide Consultation Meetings

1/13; 4/8; 7/8 & 10/7 2009 1:00-4:00 PM

**Tacoma DCFS 1949 South State Street—
room 291**

You are invited to bring your issues in person, or be represented by Debra Converse, KFCA President (360) 692-1927

Donna or Shannon at the Placement Desk (360) 475-3535

Questions?: Call Cherrie Druffel @ (253) 983-6235.

Can we talk?

All foster parents and relative caregivers are invited to join DCFS Area administrators Barb Geiger; Tom Stokes, & Linda Thomas for coffee and conversation!

This is an opportunity to get to know the decision makers; ask questions, provide suggestions & get feedback.

Where: Bremerton DCFS 3423 6th St.

When: Friday, December 12, 8:30 – 10:30

Wednesday, April 22, 3:00—5:00

Thursday, July 30, 11:00 – 1:00



We look forward to seeing you!

Boys & Girls Club comes to Orchard Heights Elementary School

The Boys & Girls Clubs of South Puget Sound will open its doors to a new after school program at Orchard Heights Elementary school in January 2009. This is the second Boys & Girls Club site in the South Kitsap School District. Sidney Glen Elementary School's Boys & Girls Club has been open since June, 2007 and will continue to serve students from Sidney Glen, Burley Glenwood, East Port Orchard, Hidden Creek, and Sunnyslope elementary schools.

The after school program at Orchard Heights is open to students enrolled at Orchard Heights, Olalla, South Colby, Mullenix Ridge, and Manchester elementary schools. Students must be at least 6 years old to attend. The program will run five days a week from dismissal time until 6:30 p.m. This outstanding after school program features a Power-Hour for homework help, drama, arts, physical activities, leadership development and so much more!

The cost is \$125 per month. Financial Aid, payment plans, and scholarships are available. The South Kitsap School District Transportation Department will provide transportation from each school. Contact the SKSD transportation department for routing information at 360-874-7090. The Boys & Girls Club provides youth with a safe place to learn and grow, ongoing relationships with caring adults, life-enhancing programs, character development experiences, hope for their future and opportunities to succeed.

Employment opportunities are available at the new site. To register for this program at Orchard Heights or Sidney Glen Elementary, or for more information, call Wendy Hicks, Sidney Glen Elementary Boys & Girls Club site coordinator at 360-443-3441.

Better understanding the children & youth in your home:

What is Autism?

Autism is a neurological disorder that can impair communication, socialization and behavior. It is usually diagnosed within the first three years of life and is four times more common in boys than in girls. However, some types of Autism may not be diagnosed until years later when the child enters school, due to late-occurring social deficits or difficulty playing with others. When this occurs, the child is usually too old to take advantage of early childhood intervention services and is evaluated for entry into the special education system.

Though awareness and understanding have greatly increased over the past few decades, many people are still unaware of the true affect of Autism. It can become an overshadowing factor in every aspect of life, including education, establishing and maintaining relationships, responding to pain and discomfort, and even in the ability to express emotion.

Symptom severity in Autism can range from mild to severe. For example, one child may intensely flap their arms to show excitement, another may display a smile under the same set of circumstances, while another child may sit in the corner and rock, leading the observer to believe that they may be incapable of showing or feeling emotion.

As parents reach the diagnosis, treatment and education stages of Autism, they will hear many different terms used to describe their child. This may include words such as autistic-like, non-verbal, developmentally delayed, autistic tendencies, savant, high-functioning, and low-functioning. The important thing to realize is that all children with Autism are different. What works for one may have zero effect on another.

The combinations of signs and symptoms are endless. More important than the words used to describe the child is the underlying understanding that whatever the diagnosis is, children with Autism are able to learn, function productively in society and show positive gains with appropriate education and treatment plans in place. Without appropriate support, the child may never realize his full potential. (Source)

According to the National Academy of Sciences, "the diagnosis of autism can be made reliably in two-year-olds by professionals experienced in the diagnostic assessment of young children" with autistic disorders. Early diagnosis is crucial because education is the primary form of treatment, and the earlier it starts, the better." Autism and PDD: Fact Sheet.

What is Asperger's Syndrome?

Asperger Syndrome (AS) is a severe developmental disorder characterized by major difficulties in social interaction, and restricted and unusual patterns of interest and behavior. There are many similarities with autism without mental retardation (or "Higher Functioning Autism").

What Can You Tell Me About Asperger Syndrome?. Asperger syndrome (AS) is a neurobiological disorder, which most researchers feel falls at the "high end" of the autistic spectrum. Individuals with Asperger syndrome can have symptoms ranging from mild to severe. While sharing many of the same characteristics as Pervasive Developmental Disorder, Not Otherwise Specified and High-Functioning Autism, Asperger syndrome is a relatively new term in the United States, having only recently being officially recognized as a diagnosis by the medical community.

Pervasive Developmental Disorder (PDD) and Pervasive Development Disorder Not Otherwise Specified (PDD-NOS)

The diagnostic category of pervasive developmental disorders (PDD) refers to a group of disorders characterized by delays in the development of socialization and communication skills. Parents may note symptoms as early as infancy, although the typical age of onset is before 3 years of age. Symptoms may include problems with using and understanding language; difficulty relating to people, objects, and events; unusual play with toys and other objects; difficulty with changes in routine or familiar surroundings, and repetitive body movements or behavior patterns. (source)

Autism Spectrum Disorders (Pervasive Developmental Disorders). A detailed booklet, from the National Institute of Mental Health, that describes symptoms, causes, and treatments, with information on getting help and coping.—all articles from Wright's law @ <http://www.wrightslaw.com/info/autism>

ATTACHMENT & THE FOSTER CHILD

Presented by Scott Hanauer, MA

TOPICS covered in this 6 hour training are:

- ◆ Trauma and it's impact
- ◆ How Trauma and Attachment effect behavior
- ◆ Running Away
- ◆ Power Struggles
- ◆ Defiance
- ◆ Tools for Caregivers to address behaviors
- ◆ Strategies to improve attachment and behavior
- ◆ Parenting Skills

When: January 26th, 2009

Who: foster; adoptive; kinship and Puyallup Tribal Families. Please do not bring children—there is NO DAYCARE!

Lunch is provided

Where: Puyallup Tribe Spirit House—Kwawachee Center 2209 East 32nds Street, Tacoma 9a to 4p

How: Contact Helen Hook 253.37.9626 or Tanya Coates @ 253.680.5532

RFTI: Linda Falcocchio, MSW @ 253.983.6474
Fali300@ dshs.wa.gov or Sheri Humphrey @

Video Training Night
For 4 hours training credit
Tuesday 12/9 5:30pm - 9:30pm
Bremerton Methodist Church
1150 Marine Drive, Bremerton

5:30 - 7:30 [Journey Through the Healing Circle](#).
A partnership of Washington State agencies, health-care experts, and traditional Northwest tribal storytellers has produced a collection of stories, health tips, and practical knowledge to help parents and foster parents learn about Fetal Alcohol Syndrome and understand how it affects their children

7:30 - 7:45 Break

7:45 - 8:15 Discussion

8:15 - 9:15 [More than Bows and Arrows](#); Documents the contributions of the American Indians to the development of the United States & Canada. From net fishing to prehistoric mounds, early mines & medicine men to ancient Hohokam irrigation canal systems. Narrated by N. Scott Momaday. Please contact Hildegard Stone, CA - RFTI, 3423 - 6th Street, Bremerton, 98312, or call 360-475-3586 to register sthi300@dshs.wa.gov

9:15 - 9:30 discussion

Training Opportunities Resource Family Training Institute

Orientation for Licensing:

1st Wed of the month, 10:00a – 12, at DCFS Bremerton and offered online - free of charge!
register @ 360-475-3598 or 475-3598

Pride Pre-Service Training for Caregivers:

1/12—1/19 Tacoma 5:30 to 9:30 + 1 Saturday 9-4
12/1—12/10 Tacoma 5:30 to 9:30 + 1 Saturday 9—4
01-06—1/15 Tacoma—evenings

12/1—12/5—Bremerton Days 9am to 4pm
2/3—2/19 Bremerton days 10am to 3pm

2/2008—2/26, 3/3, 5, 10, 12th, 5:30pm - 9:30pm &
Sat. 3/14 9:00am - 4:45pm

On Site Classes for Relative Caregivers in Kitsap:

1/15—1/31 5:30—9:30 & 9a—4p Saturday

Parenting Physically Assaultive Children & Youth:

Jan. 8 & 9th, 5:30pm - 8:30pm. 8 hrs. credit.

Feb. 24 & 25th, 5:30pm - 8:30pm. 8hrs. credit.

Ansell-Casey Life Skills—call or check website for date
5:30 -9:30pm. 4hrs. credit.

Engaging Biological Families for Change

April 1 & 2nd, 5:30pm - 8:30pm. 6hrs. credit.

<http://www1.dshs.wa.gov/ca/fosterparents/>

There is no charge for classes.

classes are at Bremerton 1st Methodist 1150 Marine Dr.
Register w/ H. Stone, 360-475-3586; 800 423-6246, or
sthi300@dshs.wa.gov

FREE On-Line classes thru Pierce College for **Foster & Relative/Kinship Caregivers**

Topics include: Online Learning, Addiction Basics; Alcohol & chemical Abuse, Behavior Management, Care-giving for children w/Extreme Behavioral Issues, Cultural Identity:

Self-Esteem, Educational Advocacy for Caregivers, Introduction to Children's Administration for Kinship Caregivers, Maintaining a Connection: Importance of Birth Families, Multiple Placements-Impact on Children, Stuck in the Middle - Guide for Kinship Caregivers, Success Beyond Foster Care, Working with Developmentally Disabled Children.
Register @ <http://www.pierce.ctc.edu/distance/ofpe>

Useful Links 4 Relative & foster caregivers:

DSHS Electronic Forms Link

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

Check out these helpful web sites & numbers:

First Aid/CPR Training 4 Foster Parents

www.keepthebeatcpr.net

Or call (253)217-1105

FOSTER CARE TO COLLEGE

We are public and private agencies who recognize that if we as a society are to improve the future of youth exiting the foster care system and provide these young people with viable opportunities for academic and personal success, we must work together.

The six agencies who have agreed to provide commitments of time, talents and financial resources are:

- Casey Family Programs
- Treehouse
- College Success Foundation
- Washington State Department of Social and Health Services Children's Administration (CA)
- Washington State Higher Education Coordinating Board (HECB)
- Washington State Office of Superintendent of Public Instruction (OSPI)

In addition, we engage the input and expertise of community-based experts from a wide range of child welfare and educational backgrounds. Some of them include:

- Foster Youth and Alumni
- Financial Aid Institutions
- College Faculty and Staff
- State and Private Agency staff

The Foster Care to College Mentor Program is one piece of the Foster Care to College Partnership. The partnership is an unprecedented and visionary initiative demonstrating the best efforts of communities, private entities and government collaborating to improve the quality of life for foster youth.

THROUGH OUR MULTI-AGENCY ADVISORY BOARD WE PROVIDE ADVOCACY AND OVERSIGHT ON BEHALF OF YOUTH TO IMPROVE EDUCATIONAL OUTCOMES 4 YOUTH IN AND EXITING FROM FOSTER CARE.

We provide services through community based providers in four areas:

- **Communications:** We provide targeted outreach to youth in foster care between the ages of 14 and 21 to get the word out that college is a real possibility and to provide them with the resources necessary to achieve their post-secondary aspirations.
- **Mentoring:** We pair positive, professional adults with youth who have similar vocational interests. These adults help young people complete necessary college entry paperwork and provide motivation, encouragement and support throughout the college experience
- **Seminars:** We provide seminars to youth beginning in sixth grade and their caregivers to get youth excited about the prospect of pursuing education and training beyond high school and to introduce them to the skills and resources that will help them succeed.
- **Training:** We provide training to caregivers, social workers and educators to provide them with the information and resources neces-

Benefits of Hydrogen Peroxide

The following was written by Becky Ransey of Indiana

1. Take one capful and hold in your mouth for 10 minutes daily, then spit it out. No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.
2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. Helps heal foot fungus. Sprayed a 50/50 mixture of peroxide and water on every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day.
7. Put two capfuls into a douche to prevent yeast infections.
8. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants.
9. Spray into nostrils with a 50/50 mixture when you have a cold or sinusitis. It bubbles & kills the bacteria.
10. For a toothache put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day.
11. if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, faddish, or dirty blonde. It also lightens gradually so it's not a drastic change.
12. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
13. Add a cup of peroxide instead of bleach to whites in your laundry to whiten. Pour directly on blood stains. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
14. Peroxide cleans mirrors and glass; no smearing
15. Put drops in the ear and nose to end colds, flu, chronic sinusitis and break down ear wax
16. Use a dilute solution as a vegetable wash or soak to kill bacteria and neutralize chemicals.
17. Disinfect your dishwasher or refrigerator with it.
18. Use it on trees and plants as a natural fungicide, insecticide, and as a weed killer.

HUD to Issue \$20 Million in New Housing Resources for Child Welfare Families and Aging-out Youth

This fall, the U.S. Department of Housing and Urban Development will invite public housing authorities nationwide to apply for \$20 million in new Section 8 Housing Choice Vouchers for the Family Unification Program (FUP). FUP provides homeless and precariously housed families involved with the child welfare system with affordable housing and supportive services in order to safely reunite them with their children. FUP vouchers are also available to ease the transition to adulthood for youth age 18 or older who left foster care after the age of 16 and are at risk of homelessness.

How does FUP work?

HUD's Family Unification Program (FUP) is administered through local level partnerships between public housing authorities and public child welfare agencies. Public housing authorities administer the Section 8 vouchers to families and youth who have been certified as eligible for FUP by the child welfare agency. The child welfare agency assists clients in gathering the necessary Section 8 paperwork, finding housing, and provides aftercare services to help the household obtain and maintain safe, stable and permanent housing.

How does our community apply for new FUP vouchers?

As early as mid-September 2008, HUD will issue a notice of funding availability (NOFA) inviting public housing authorities (PHAs) to apply for up to 100 Section 8 vouchers for FUP. In order to apply for this funding, a PHA must have a signed memorandum of understanding with the local child welfare agency documenting that these systems will work in partnership to support FUP families and youth. Child welfare administrators interested in FUP should reach out to their counterpart at the public housing authority soon. Once HUD issues the NOFA, PHAs will only have thirty days to submit an application.

Why should we apply for FUP?

Families and aging-out youth in the child welfare system face enormous economic challenges. Child welfare agencies go to great lengths to remediate these issues and as a result, the majority of children reunite safely and successfully with their parents. However, homeless and precariously housed parents who have overcome great personal struggles with the help of the child welfare system all too often remain separated from their children because they lack a safe place to raise them. Keeping these children in foster care rather than providing affordable housing solutions is a costly practice. On average, it costs nearly \$50,000 per family for children to enter foster care. By contrast, it costs just over \$15,000 annually to house one family and provide supportive services to support their stability in housing.

How can I get more information about FUP?

For more information about how to apply for and implement the Family Unification Program in your community please visit the National Center for Housing and Child Welfare at www.nchcw.org. The National Center for Housing and Child Welfare (NCHCW) was created in May 2008 to serve as a bridge between affordable housing resources and the child welfare system on behalf of vulnerable families and youth and professional staff and advocates with whom they work. The Center is dedicated to building the partnerships necessary to ensure that children do not enter or linger needlessly in foster care as a consequence of their parents' inability to afford safe, decent, permanent housing. Our work also aims to ensure that each young person who ages out of the foster care system has a solid plan for housing stability. NCHCW worked with Congress to secure this \$20 million in new funding for the Family Unification Program.

National Center for Housing and Child Welfare, 6711 Queens Chapel Rd University Park, MD 20782, Phone 301-699-0151 Toll Free 1-866-790-6766 Fax 301-699-0152 info@nchcw.org

RESOURCES FOR CHILDREN WITH SPECIAL NEEDS

The Children with Special Health Care (CSHCN) program is pleased to announce the release of the *Autism Guidebook for Washington State: A Resource for Individuals, Families, and Professionals*. This resource was developed through the efforts of the Caring for Washington Individuals with Autism Task Force (ATF), a Governor appointed group comprised of parents and professionals, established in 2005 by the Washington State Legislature and staffed by the CSHCN program. The Legislature instructed the Autism Task Force in 2007-2008 to "Compile information for and draft a Washington State Guide for Individuals with Autism-Birth through Lifespan described in the task force's 2006 recommendations." Patterned after the *Ohio Service Guidelines for Individuals with ASD/PDD Birth through Twenty-One*, this book contains a wealth of relevant information for families, educators, medical professionals, care providers, and others who make informed decisions about individual care of children and adults with Autism Spectrum Disorder and related disorders. Because autism is a complicated Neurodevelopmental disorder, assisting individuals in finding information and systems navigation in Washington State was a primary goal of the guidebook. This manual will be used in training exercises across the state as part of the Autism Awareness: Partnership for Change grant activities beginning before 2009.

Currently, the guidebook can be found on line at <http://www.doh.wa.gov/cfh/mch/Autism/Autism.htm> under published reports. The guidebook is over 200 pages of information and is accessible as one entire document download or by chapters <http://www.doh.wa.gov/cfh/mch/Autism/guidebook.htm> . On the same page is an additional and important survey tool which will gather input from you on who is using this manual, why, and how it could be more useful. Please take the time to give us feedback through the evaluation tool. The survey will be

Office of the Family & Children's Ombudsman

The Office of the Family & Children's Ombudsman (OFFCA) investigates complaints about an agency action or failure to act in cases involving:

- ◆ Any child at risk of abuse, neglect or other harm
- ◆ A child or family involved with child protection child welfare services

The Office of the Family & Children's Ombudsman is:

INDEPENDENT—it is a separate branch of the governor's office and not overseen by DSHS

IMPARTIAL-the OFFCA is an impartial fact finder who steps in when an agency action or failure to act is unauthorized or unreasonable.

CONFIDENTIAL-and will not disclose your identity to the agency without your permission. The records are confidential by law and cannot be obtained through public disclosure, civil discovery or court subpoena.

WORKS TO IMPROVE SERVICES—by examining laws, policies, procedures and practices that interfere with effective delivery of services to family and kids.

We identify issues and recommend appropriate changes in reports to the governor; legislature and agencies mgt.

6720 Fort Dent Way, Suite 240—Tukwilla, WA
(206) 439-3870 / (800) 571-7321 phone & (206) 387 fax
To view the most recent Annual Report please visit

<http://www.governor.wa.gov/ofco/reports>

A message from the President:

Hello all,

Hope your holiday season has started out on a good note and continues through the New Year.

We had two successful fundraising events in late October benefiting KFCA; The annual harvest festival and silent auction and the "Ghost" Train. The harvest festival silent auction raised a little over \$550 towards future KFCA activities. The second event was a community fundraiser, the "Ghost" Train. This event raised over \$3000! I want to thank all of you who assisted in the planning, organization, preparation and clean up as well as all those who participated as these events would not have been such a success for KFCA without you.

Our next Regional Quarterly Consultation (HB1624) meeting is in Bremerton at the Bremerton DCFS office. **You are invited** to attend or if you can not attend please get your concerns or feedback to me prior to the meeting on Monday, Dec 15th, 2008 from 10am until noon. These meetings are an effort to improve, fix, voice concerns, and give feedback to Children's Administration (CA) on how things are working or not working for local foster and relative care caregivers related to fostering in Region 5.

Here's another chance to chat with our local Region 5 DCFS CA staff on Friday, December 12, from 8:30 - 10:30 am at the Bremerton DCFS office (3423 6th St.). "Coffee and Conversation" is time to spend with our local Area Administrators chatting on issues important to you. So please, don't let this opportunity slip away, take some time to join them and let them know were you stand – both the good and the bad.

If you haven't heard yet, we have a new Kitsap County Foster Parent Liaison. Her name is Luanne Vail. As Kitsap County Foster Parent Liaison, Luanne is there to be a resource to assist and support you with your questions and fostering needs. Are you getting all your foster care needs met? Are you receiving payments in a timely manner? Do you know how to access resources in your community? Do you know how to get hold of your social worker and follow the chain of command? Do you know how and when you can get mileage paid for? Call your Liaison Luanne; she can be contacted at (360) 876-5207. Welcome aboard Luanne! We look forward to working with you as a support for our local foster and relative caregivers.

I hope that you take advantage of these opportunities for voicing your concerns as well as for noting a job well done (a.k.a. something that is working well). The goal being that we will have added supports in place and better communication with and between CA and foster / relative caregivers as we provide for the children in our care.

The KFCA Board and I hope you have a great Holiday Season and a Happy New Year!

Best Wishes,

Debra Converse

KFCA President

President@kitsapfostercare.org

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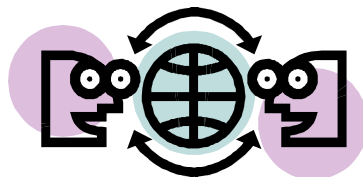
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