



KFCA July  
Dinner Meeting  
Wednesday July 15  
6 to 8pm  
Silverdale Community  
Center

# KFCA NEWSLETTER

Kitsapfostercare.org

JULY 2009

## Upcoming Events:

### 4th Annual Tee it up for Kids GOLF TOURNAMENT!

**WHERE:** HORSESHOE LAKE GOLF COURSE,  
1250 SW Clubhouse

**WHEN:** SATURDAY, JULY 18, 2009  
Arrive 7:30 am for tee assignments

**FORMAT:** 4-PERSON SCRAMBLE: Rules will be  
provided on the day of the event.

**START TIME:** Tee-off at 8:00 a.m. SHARP If your  
team is late you will forfeit your  
tee time.

**COST:** Only \$75.00 PER PERSON  
(this includes greens fee, golf cart, and  
barbecue lunch)

For more info call Barbara Bofinger  
(360) 475-3612

Proceeds of this fun event benefit the Kitsap Foster  
Association's DREAM Project and Pierce County  
Foster Care Association's High Five for Kids!

**Walk Me Home...  
to the place I belong**

**2009 Bremerton Walk**  
Register online now at  
**walkmehome.org** or  
at the Blackberry Festival  
September 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>  
Walk on the 7<sup>th</sup> 10 AM - 2 PM  
Bremerton Boardwalk - Bremerton,  
Washington

Presented by  
[Foster Parents Association of Washington State](http://www.fostercare.org)  
[Kitsap Foster Care Association](http://www.kitsapfostercare.org)

Our Wonderful Sponsors

Join the thousands and thousands of people  
who are participating in walks across America  
in support of the over 513,000 children in  
foster care! Experience the power of people  
united by a single purpose by joining Walk Me  
Home...to the place I belong. Start a family,  
business, school, or agency team today!

### MINI GOLF!

N.W. Golf Range  
&  
Timber Falls Mini  
Golf  
July 19 @ 3pm  
Snacks and drinks  
provided!



### EVENTS AT A GLANCE:

#### JULY

07/04—INDEPENDENCE DAY!  
07/18—Tee It Up For Kids Golf Tournament  
07/19—Mini Golf @ Timber Falls 3 pm  
07/24 & 25th—Whaling Days  
07/30 Coffee & Conversation w/AA's @ DCFS

#### AUGUST

08/12—Back to School event 11am to 1pm  
08-19—KFCA Picnic @ Evergreen Park in Brem  
08/20—Foster parent support group 6-8pm

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

Quarterly Regional Consultation Meetings  
9/21 2009

Tacoma DCFS—1949 South State Street- Room 348  
Quarterly Statewide Consultation Meetings  
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 ; Elizabeth Griffin Hall (360) 990-9955 Donna or Shannon at Placement Desk (360) 475-3535

## Educational Empowerment Workshops for Foster and Relative Parents

Treehouse believes that all children deserve a childhood and a future. In 2009, we are holding trainings this spring and summer for foster, relative, adoptive and birth parents to learn to advocate for their children's educational needs. Learn useful, practical skills to help you work with schools and get the services your child needs. The Educational Advocacy Peer Training project will hold community-based workshops throughout Washington State. In Kitsap County we are partnering with Children's Home Society in an effort to provide a strong advocacy foundation for caregivers & youth. Trainings will be scheduled in August to help parents be ready to take charge when school starts in September.

There are 3 two hour workshops—for which attendees will receive 2 credit hours for attending each training section. Attend all one or two.

The topics include:

- ◆ Early learning and interventions for birth to 5
- ◆ Advocating for School Age Children
- ◆ Older Youth and Young Adults

Contact Barbara Holbrook 649-0414 or Elizabeth Griffyn Hall 990-9955 for more information!

## 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) Who to call for help/support if you get a licensing referral 1-800-391-2273
- 4) **KITSAP FOSTER CARE ASSOCIATION**  
\*free duffel bags for foster children  
WWW.KITSAPFOSTERCARE.ORG (692-1927)
- 5) **MARY BRIDGE Center for Child Safety**  
(360-662-1198)  
\*Free child safety seat checks, bicycle helmet sales & fitting, free loaner life jackets
- 6) **NORTH KITSAP 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 Bremerton.
- 12) **Christine Njoroge (475-3527)**  
\*For foster/relative care providers needing support for FASD children.
- 13) **Center for Children with Special Needs**  
\*www.cshcn.org
- 14) **www.kidsdirectory.com**
- 15) **Child Care Referral 1- (800) 300-1247**
- 16) **Farrell's Home Health Care—Medical supplies including pull-ups free w/your child's prescription.**

## First Aid/CPR Training 4 Foster Parents

Www.keepthebeatcpr.net  
Or call (253)217-1105

# Free Pass to Summer Fun in Washington State Parks

Children's Administration's licensed foster parents and unlicensed caregivers accompanied by foster children in their care are now able to receive free passes to Washington state parks and campsites. Families will still be required to pay a reservation fee, but the overnight camping fee is waived. The free admission policy is the result of Senate Bill 5010 passed in the 2008 legislature that allows for reduced price or free passes for qualifying seniors, people with disabilities, and Children's Administration's foster parents and unlicensed caregivers accompanied by foster children. Beginning on May 23, 2008, these families will be able to gain free use of campsites and free admission to most state parks in Washington.

## **At the entrance of each state park, Children's Administration licensed foster parents will need to provide:**

- Foster home license or foster parent identification card, and
- Valid driver's license.

Please contact your licensor if you would like a foster parent identification card.

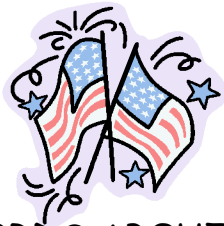
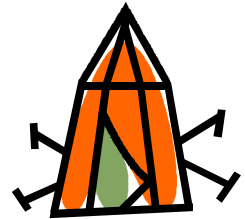
## **Children's Administration unlicensed caregivers will need to provide:**

- Caregiver identification card, and
- Valid driver's license.

Please contact Michael Luque', Foster Care and Kinship Care Program Manager at 360-902-7986 or lumi300@dshs.wa.gov to receive a caregiver identification card.

**Just a reminder:** While the overnight camping fee is waived, there is a reservation fee. Specific sites may have additional site fees as well. For more information go to <http://www.parks.wa.gov/reserve.asp>. Happy Camping and Picnicking at Washington State Parks!

For more information call: 1.888.CAMPOUT OR 1.888.226.7688 TO MAKE YOUR RESERVATION or visit <http://www.parks.wa.gov>



## A FEW WORDS ABOUT CHILDREN

If our American way of life fails the child, it fails us all. ~Pearl S.

Children are one third of our population and all of our future. ~Select Panel for the Promotion of Child Health, 1981

Kids: they dance before they learn there is anything that isn't music.

~William Stafford

Children need love, especially when they do not deserve it. ~Harold Hulbert

You can learn many things from children. How much patience you have, for instance. ~Franklin P. Jones

## GLAZED BACON-AND-CHEESE-FILLED BURGERS

- ◆ 3 tablespoon(s) dark brown sugar
- 1 1/2 teaspoon(s) paprika
- 1/2 teaspoon(s) garlic powder
- 1/2 teaspoon(s) ground cumin
- 1/4 teaspoon(s) chipotle powder
- 1/4 teaspoon(s) salt
- 1/4 teaspoon(s) fresh-ground pepper
- 1 pound(s) ground beef
- 1/2 cup(s) shredded sharp cheddar cheese
- 6 slice(s) bacon, cooked and crumbled
- 4 rolls

### Directions

1. Heat grill to medium. Combine the sugar, spices, salt, and pepper in a small bowl and set aside. Form the beef into 8 equal patties. Toss the cheese and crumbled bacon together and place an equal amount on 4 of the patties.
2. Place the remaining patties over the cheese and bacon and pinch the edges to seal. Generously pat each burger with the reserved spice mixture. Grill to desired doneness -- about 5 minutes per side for medium.

## Part Time Foster Parent & Relative Care Giver Recruiting & Retention Kitsap and/or Pierce County

Job Summary: This is a marketing position that requires setting up booths and recruiting new foster parents and relative care givers. It also requires providing support and mentoring to new and long term foster parents. This position requires detailed on potential foster parents and work accomplished as well as data base entry.

### Minimum Qualifications:

- The years licensed foster parent – current or inactive – in good standing.
  - Two years college or additional equivalent experience that clearly demonstrates ability to communicate effectively in person and in writing.
  - Demonstrated ability to plan, organize and carry out tasks.
- Two experience working the public preferable in marketing or related field.

### Requirements:

- ◆ Evening, weekend & SUMMER availability No Monday thru Friday daytime hours are EVER available.
  - ◆ Reliable transportation and insurance
  - Ability to pass and maintain an FBI Background Investigation
  - Ability to carry 50 pounds, setup and tear down booths, stand and sit for long periods
- Must reside in the county in which you are hired to work

### How to Apply:

Mail a letter of interest, resume and three current professional references to:

Elizabeth Griffin Hall  
Foster Care Resource Network  
PO Box 9573  
Tacoma, WA 98408

NO EMAIL / Closing Date: 25 July 2009 / Interviews are tentatively scheduled for the last week of August

## RESOURCE AVAILABLE TO YOU!

FOSTER CARE RESOURCE NETWORK NOW HAS A CLOTHING BANK FOR KIDS IN CARE—BY APPOINTMENT ONLY CALL 253.473.9252 FOR MORE INFORMATION AND AVAILABILITY  
This resource is designed to serve children and youth in state licensed homes only.

**To learn about Fetal Alcohol Syndrome and  
Fetal Alcohol Spectrum Disorders,  
visit the FAS Community Resource Center website  
[www.come-over.to/FASCRC](http://www.come-over.to/FASCRC)**

Every year on September 9th, International FASD Awareness Day is observed. Proclamations are issued in countries, states, provinces, and towns all around the world. Bells are rung at 9:09 a.m. in every time zone from New Zealand to Alaska. People all around the world gather for events to raise awareness about the dangers of drinking during pregnancy and the plight of individuals and families who struggle with Fetal Alcohol Spectrum Disorders (FASD). The first FAS-Day was celebrated on 9/9/99. This day was chosen so that on the ninth day of the ninth month of the year, the world will remember that during the nine months of pregnancy a woman should abstain from alcohol. Anytime is a good time to raise awareness about Fetal Alcohol Spectrum Disorders (FASD).

## **NATIONAL: Parent help program reduces child abuse -Author: Maggie Fox**

WASHINGTON (Reuters Life!) - A parenting program that trains nurses, social workers and even clergy to advise struggling parents lowered rates of child abuse and helped keep kids out of foster care, researchers reported.

The Positive Parenting Program or "triple P" provides information on discipline from handling a grocery store tantrum to controlling bedwetting, the researchers said. It combines this training in a way that spreads the skills throughout a community, so parents do not have to seek the help, and do not have to be embarrassed by getting the advice, said Ron Prinz of the University of South Carolina, who led the study. "This is the first large-scale study to show that by providing all families, not just families in crisis, with access to parenting information and support, we can reduce the rates of child maltreatment in whole communities," Prinz said.

For the experiment, paid for by the Centers for Disease Control and Prevention, Prinz and his team made the program available to all parents in 18 South Carolina counties. They found that over two years, proven cases of child abuse were reduced by 9 percent, foster care placements by 22 percent and hospitalizations or emergency-room visits by 14 percent. In a community with 100,000 children under age 8, Prinz reported in the journal *Prevention Science*, the program would lead to 688 fewer maltreated children, 240 fewer out-of-home placements such as to foster care, and 60 fewer serious injuries.

"Triple P has very practical parenting strategies that they can use to solve everyday kinds of problems -- things like how to deal with tantrums in the grocery store or mealtime issues or bedtime," Prinz said in a telephone interview.

### **STAYING CALM**

For instance, parents can be counseled on how to take the fun out of a grocery-store tantrum by refusing to give in to the child, but also without hitting or yelling at the child. "The parent needs to stay calm and not play into the tantrum by raising their level of anger or lecturing or cajoling. When a child is throwing a tantrum you don't want to reason with them or argue with them," Prinz said. "You have to look at each shopping trip as an opportunity to strengthen non-tantrum behavior." Often the best reward is the promise of some attention if the child behaves as desired, Prinz said. "That is usually what they want in the first place, anyway," he said. Many studies have shown that the approaches work, Prinz said. And busy parents will save time in the end.

Matt Sanders at the University of Queensland in Australia combined several proven approaches into the systematic triple-P program. Prevent Child Abuse America estimates that child abuse and neglect costs more than \$94 billion a year in 2001 dollars in the United States alone, and found 3.3 million referrals of alleged child abuse or neglect and 899,000 substantiated child abuse or neglect cases in 2005. "Children who have been abused are much more likely to have mental health problems later," Prinz said. "They are much more likely to get into trouble as teenagers and adults ... they are unhappy in their lives and less productive in work."

## **DO YOU KNOW SOMEONE WITH ATTENTION DEFICIT HYPERACTIVE DISORDER; ARE CARING FOR A CHILD WITH ADHD/ADD OR NEED SUPPORT?**

The local Kitsap chapter of CHADD (Children and Adults with ADD) meets monthly on the second Tuesday of the month at 7:00 at the Peninsula Bible Fellowship Church on Waaga Way between Silverdale and E. Bremerton. . The group has a lending library. Check out their website through CHADD.

**Jan's note:** Almost all children and adults with an FASD have behaviors in common with those with ADHD. Both are related to problems with executive functions in the brain. Spread the word - this group has been helpful to many families. I found them to be very friendly when I have attended.

# Special Topic Trainings

## For Foster Parents and Staff

This training is required for any foster parent caring for sexually aggressive children or youth and/or physically assaultive children or youth. You will receive 8 hours per training for continuing education credits.

### Sexually Aggressive Children and Youth

**August 17, 2009**  
**9:00am to 4:00pm**

**Tacoma**

**DSHS ROOM 195**  
**1949 S. State Street**  
**Tacoma, WA. 98405**

This 6-hour training will define “**sexually aggressive**” in both legal and behavioral terms, and help participants clarify the difference between “**red flag**”, “**yellow flag**” and “**green flag**” behaviors. The development of sexual aggression, from the causes to the thought processes, will be discussed. The training will include a dialogue about **appropriate community resources** and how foster parents can offer a safe and “**healing home**” to these children and youth.

### Physically Assaultive Children and Youth

**August 20, 2009**  
**9:00am to 4:00pm.**

**Tacoma**

**DSHS ROOM 195**  
**1949 s. State Street**  
**Tacoma, WA. 98405**

This 6-hour training will help foster parents **develop strategies** for working with physically assaultive children and youth while **helping them learn more appropriate problem solving skills**. The training will give an overview of **appropriate discipline and supervision** and the use of **de-escalation and aggression reduction** techniques.

To register for the above classes, contact:



### Training Opportunities through RFTI

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

Topics include: Online Learning, Addiction Basics; Alcohol & chemical Abuse, Behavior Management, Caregiving 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](http://www1.dshs.wa.gov/msa/forms/eforms.html)

#### **Check out these helpful web sites & numbers:**

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

[Www.usfosterfamilies.com](http://www.usfosterfamilies.com)

[Www1.dshs.wa.gov/ca/fosterparents/](http://www1.dshs.wa.gov/ca/fosterparents/)

24hr support line (800) 301-1868

[Info@safekids.org](mailto:Info@safekids.org)

This site offers information on recalls related to child specific items as well as other kid related issues

[Info@adoptionreferralservice.com](mailto:Info@adoptionreferralservice.com)

[Ctboxnews@ku.edu](mailto:Ctboxnews@ku.edu)

## A message from: the President

Hello all,

Summer is finally here and I hear the excitement of the kids and the groans of the parents. Hopefully, the weather will cooperate and act like summer so those kids can get the sunshine and fresh air they need (and we adults can have a few moments to catch our breath and relax). I hope that your summer is starting out on a positive note and you can squeeze in some fun times or a family vacation. Speaking of which, have you heard that foster and relative care givers can camp for free in Washington State Parks. For more information, you can go to the state parks and DSHS websites.

We at KFCA assist in helping to recruit foster homes in our area by having recruitment booths at both Whaling Days (July 25-26<sup>th</sup>) and Blackberry Festival (Sept 5-7<sup>th</sup>) each year. If you would like to assist in this and volunteer at the booth for a few hours please contact Phyllis Bishop to sign up. Your help is needed!! Her email is [events@kitsapfostercare.org](mailto:events@kitsapfostercare.org) or by phone at 360-275-5725.

We have had a change in the Executive board position of Secretary. We sadly wish Jennie Brusco farewell as she has resigned this position due to job commitments. Best wishes in your future endeavors, you will be missed! On a similar note we would like to welcome our new Secretary, Erin Bowman to the KFCA board. She has served in this capacity in the past and I am sure will continue to do a great job as she has done in the past. Welcome to the Board Erin! We look forward to working with you for the rest of the current term of KFCA Secretary. Two other changes have occurred on the board committee chair positions: Luanne Vail and Sharon Williams now co-chair the resource committee and Elizabeth Griffin-Hall now fills the position of historian. And last but not least Jeff Bishop is our Culinary Coordinator for the monthly meetings.

Well, I know that school just got out a few weeks ago but it is time once again to think about the KFCA Back to School event. Registration forms need to be filled out and returned by Friday, July 24<sup>th</sup> and the event is Wednesday, August 12, 2009 from 11:00 AM to 1:00 PM at Evergreen Park in Bremerton.

And one last thing, a reminder to mark your calendar for Miniature golf on Sunday, July 19<sup>th</sup> at Northwest golf range (next to Waaga Way) at 3 PM. See you there.

Sincerely,

Debra Converse,  
KFCA President

## BOARD OF DIRECTORS:

**Debra Converse, *President***

[president@kitsapfostercare.org](mailto:president@kitsapfostercare.org)  
360.692.1927

**Phyllis Bishop, *Vice President***

[vicepres@kitsapfostercare.org](mailto:vicepres@kitsapfostercare.org)

**Chuck Converse, *Treasurer & Webmaster***

[treasurer@kitsapfostercare.org](mailto:treasurer@kitsapfostercare.org)  
[webmaster@kitsapfostercare.org](mailto:webmaster@kitsapfostercare.org)

**Erin Bowman—*Secretary/Membership***

[secretary@kitsapfostercare.org](mailto:secretary@kitsapfostercare.org)

**Sharon Williams & Luanne Vail**

***Resource Co-Coordinator***

[resources@kitsapfostercare.org](mailto:resources@kitsapfostercare.org)

**Lesia LeClair, *Child Care***

[childcare@kitsapfostercare.org](mailto:childcare@kitsapfostercare.org)

**Debra Converse, *Education/ Training***

[education@kitsapfostercare.org](mailto:education@kitsapfostercare.org)

**Barbara Holbrook, *Newsletter***

[newsletter@kitsapfostercare.org](mailto:newsletter@kitsapfostercare.org)

**Phyllis Bishop, *Special Events***

360.275.5725  
[events@kitsapfostercare.org](mailto:events@kitsapfostercare.org)

**Jeff Bishop. *Culinary Coordinator***

[culinary@kitsapfostercare.org](mailto:culinary@kitsapfostercare.org)

**Elizabeth Griffin-Hall, *Historian***

[historian@kitsapfostercare.org](mailto:historian@kitsapfostercare.org)  
Region 5 Recruitment & Retention  
[Elizabeth@fostercarerourcenetwork.org](mailto:Elizabeth@fostercarerourcenetwork.org)

**Luanne Vail, - *Kitsap, Region 5 Liaison***

[Liaison@kitsapfostercare.org](mailto:Liaison@kitsapfostercare.org)

(360) 990-9995 cell

Bremerton DCFS 475-3516 W/TH 9-3

KFCA Newsletter  
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Bremerton, WA 98312

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