



**KFCA August
Dinner Meeting**
Wednesday August 19
6 to 8pm
Evergreen Park in
Bremerton

Get ready, it is that time again—so soon you say? YES! It is already that special time of year, time for the Kitsap Foster Care Association's annual **BACK TO SCHOOL SUPPLIES EVENT!** Please join us at the Evergreen Park in Bremerton for our annual backpack and school supplies distribution from 11 AM to 1 PM August 12th. Your foster youth must be registered to receive his or her backpack. Questions? call Deb Converse 692-1927

OTHER LOCAL RESOURCES FOR SCHOOL SUPPLIES: August 15—South Kitsap School District—lots of fun and free stuff for kids and families—including an immunization clinic!

CHECK YOUR STUDENT'S SUPPLY LIST on your Local District Website:

- Bainbridge- <http://www.bainbridge.wednet.edu>
- Central—<http://www.cksd.wednet.edu>
- North—<http://www.nkschools.org>
- South—<http://www.skitsap.wednet.edu>
- Peninsula-<http://www.peninsula.wednet.edu>
- North Mason- <http://www.nmsd.wednet.edu>

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 Mtg 9/21/2009
Tacoma DCFS, 1949 South State Street, Room 348.

Quarterly Statewide Consultation Mtg 10/7/2009 1-4 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.

KFCA NEWSLETTER

Kitsapfostercare.org

August 2009

Upcoming Events:

Walk Me Home...

to the place I belong

2009 Bremerton Board Walk

Register online now at walkmehome.org or at

the **Blackberry Festival**

September 5th, 6th, and 7th

Walk on the 7th 10 AM - 2 PM

Bremerton Boardwalk



Presented by:

[Foster Parents Association of Washington State](#)
& [Kitsap Foster Care Assoc'](#)

Join the 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

KITSAP MALL IS ASKING FOR DENIM DONATIONS. DENIM DRIVE is TO BENEFIT KITSAP FOSTER CARE ASSOCIATION.

Back to School shopping is always exciting for kids and Kitsap Mall is making this year's Back To School season special for local foster children with the help of the community.

As part of the summer Get Together and Give Volunteer Event, Kitsap Mall is holding a denim drive from July 27 to August 13. New or gently used denim items can be dropped off at Kitsap Mall Guest Services. For each donation, the donor will receive a thank you with special shopping offers.

EVENTS AT A GLANCE:

AUGUST

08/03—KFCA Board Meeting @ Bayview Café PO

08/12—Back to School event 11AM to 1pm

08/15—South Kitsap back to school event

08-19—KFCA Picnic @ Evergreen Park in Brem

08/20—Foster parent support group 6-8pm

SEPTEMBER

09/01—Board Meeting location t b a

09/07—Labor Day

09/09—School starts in most districts

09/21—RDS Meeting in Tacoma

Are you *Creative*?

Do you love Halloween?

Please consider joining the team that puts a smile on the faces on Kitsap County kids. We are looking for energetic folks to donate their time and creativity to organizing a special spooky night. KFCA is working in conjunction with the great folks at the Kitsap Live Steamers to give local kids the chance to ride

the **2009 GHOST TRAIN**

and for Kitsap Foster Care Association to raise funds to support local foster children. For more information or to volunteer please call Phyllis Bishop 360.275.5725 or Barbara Holbrook @ 360.649.0414

For more information, visit
<http://www.kitsapfostercare.org/>

KUDOS TO KOHL'S!

To all the Kohl's employees who were so very instrumental in making the Fashion Show in Kingston a success. The tough economic times may have some people down, but not the super folks at Kohl's who donated their time (on a weekend no less!) to assist the community in presenting a fabulous event.

Once Again, the Kitsap Foster Care Association would like to express their gratitude to the lovely ladies at **LUCKY STAR**

CONSIGNMENT who are almost single handedly responsible for the days' events. We appreciate being the benefactor of your labor and want you to know it! Thanks all of you hard workers!

NEW RESOURCE AVAILABLE:

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.

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. (360) 37-0164**

First Aid/CPR Training 4 Foster Parents

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

Bottled Water and Energy: A Fact Sheet

The growing consumption of bottled water raises questions about the product's economic and environmental costs. Among the most significant concerns are the resources required to produce the plastic bottles and to deliver filled bottles to consumers, including both energy and water.

The Pacific Institute estimates that in 2006:

- **Producing the bottles for American consumption required the equivalent of more than 17 million barrels of oil, not including the energy for transportation**
- **Bottling water produced more than 2.5 million tons of carbon dioxide**
- **It took 3 liters of water to produce 1 liter of bottled water**

Total U.S. Consumption of Bottled Water in 2006

According to the Beverage Marketing Corporation, Americans bought a total of 31.2 billion liters of water in 2006, sold in bottles ranging from the 8-ounce aquapods popular in school lunches to the multi-gallon bottles found in family refrigerators and office water coolers. Most of this water was sold in polyethylene terephthalate (PET) bottles, requiring nearly 900,000 tons of the plastic. PET is produced from fossil fuels – typically natural gas and petroleum.

Energy Required to Make PET Plastic

According to the plastics manufacturing industry, it takes around 3.4 megajoules of energy to make a typical one-liter plastic bottle, cap, and packaging. Making enough plastic to bottle 31.2 billion liters of water required more than 106 billion megajoules of energy. Because a barrel of oil contains around 6 thousand megajoules, the Pacific Institute estimates that the equivalent of more than 17 million barrels of oil were needed to produce these plastic bottles.

Carbon Dioxide Emissions from Consumption of Bottled Water

The manufacture of every ton of PET produces around 3 tons of carbon dioxide (CO₂). Bottling water thus created more than 2.5 million tons of CO₂ in 2006.

Water Required to Make Bottled Water

In addition to the water sold in plastic bottles, the Pacific Institute estimates that twice as much water is used in the production process. Thus, every liter sold represents three liters of water.

Transporting and Recycling Bottled Water

More energy is needed to fill the bottles with water at the factory, move it by truck, train, ship, or air freight to the user, cool it in grocery stores or home refrigerators, and recover, recycle, or throw away the empty bottles. The Pacific Institute estimates that the total amount of energy embedded in our use of bottled water can be as high as the equivalent of filling a plastic bottle one quarter full with oil.

Sources:

Beverage Marketing Corporation estimate for 2006.

Plastics Europe. <http://lca.plasticseurope.org/petb5.htm>

I. Bousted. 2005. Eco-profiles of the European Plastics Industry: Polyethylene Terephthalate (PET), (Bottle grade).

WHAT CAN YOU DO?

Reduce, Re-use and recycle!

Use a water filtration system in your home to purify your drinking water instead of contributing to the addition of thousands of bottles finding their way to landfills daily

Drink tap water—most municipalities do a wonderful job providing clean and pure drinking water. Additionally, most treat water with fluoride which aids in the prevention of tooth decay

MODIFICATIONS TO MENTAL HEALTH SERVICES AVAILABLE TO FOSTER YOUTH IN REGION 5

-a message from Gary Fontaine (originally sent to all social workers in the region)

The children's mental health Medicaid Fee-for-Service (FFS) benefit has been expanded from 12 out-patient therapy sessions per year with a psychiatrist, to 20 sessions per year provided by an array of mental health professionals. The FFS benefit is intended to serve children and youth with mild to moderate mental health issues who do not meet Regional Support Network Access to Care Standards. There is a statewide network of over 600 licensed providers who have experience specifically treating children, and as a result Children's Administration will be using this service for more of our clients.

There are approximately 21 mental health providers in Pierce and Kitsap Counties who are eligible to see children for up to 20 visits through the Medicaid FFS benefit. Children's Administration in Region 5 will be transitioning throughout 2009 to an expectation that children in state care who are under age 19 and who have mild to moderate mental health issues be referred first to the FFS mental health benefit before CA will authorize additional treatment from foster care funds. We will continue to consider the child's best interest and continuity of care as we determine which mental health services are most appropriate.

A letter has been sent out to our providers and community partners alerting them to this change and for those interested how to participate in providing this service.

Thanks,

Gary Fontaine
Deputy Regional Administrator

Why Kids and Teens Steal

Kids of all ages — from preschoolers to teens — can be tempted to steal for different reasons:

- Very young children sometimes take things they want without understanding that things cost money and that it's wrong to take something without paying for it.
- School-age kids usually know they're not supposed to take something without paying, but they might do so anyway because they lack enough [self-control](#).
- Preteens and teens know they're not supposed to steal, but might steal for the thrill of it or because their friends do. Some might believe they can get away with it. As they're given more control over their lives, some teens steal as a way of rebelling.

And other complex reasons can be factors. Kids might be angry or want attention. Their behavior may reflect [stress](#) at home, school, or with friends. Some may steal as a cry for help because of emotional or physical abuse they're enduring.

In other cases, kids and teens steal because they can't afford to pay for what they need or want — for example, they may steal to get popular name-brand items. In some cases, they may take things to support [drug habits](#).

Whatever the reason for stealing, parents need to find out the root of the behavior and address other underlying problems, like drug abuse, that may surface.

What Should I Do?

When a child has been caught stealing, a parent's reaction should depend on whether it's the first time or there's a pattern of stealing.

With very young children, parents need to help them understand that stealing is wrong — that when you take something without asking or paying for it, it hurts someone else. If a preschooler takes a piece of candy, for instance, parents can help the child return the item. If the child has already eaten the candy, parents can take the child back to the store to apologize and pay for it.- continued on page 5

Stealing continued...

With school-age kids, too, it's important to return the stolen item. By the first and second grades, kids should know stealing is wrong. But they may need a better understanding of the consequences.

Here's an example: If a child comes home with a friend's bracelet and it's clear the child took it without the friend's permission, the parent should talk to the child about how it would feel if a friend took something without asking first. The parent should encourage the child to call the friend to apologize, explain what happened, and promise to return it.

When teens steal, it's recommended that parents follow through with stricter consequences. For example, when a teen is caught stealing, the parent can take the teen back to the store and meet with the security department to explain and apologize for what happened.

The embarrassment of facing up to what he or she did by having to return a stolen item makes for an everlasting lesson on why stealing is wrong.

Further punishment, particularly physical punishment, is unnecessary and could make the child angry and more likely to engage in even worse behavior.

If it's a first-time offense, some stores and businesses may accept an apology and not necessarily press charges. However, some stores press charges the first time around. And there's often little sympathy for repeat offenders.

Kids of all ages need to know that shoplifting isn't just about taking things from a store — it's taking money from the people who run the businesses. Plus, shoplifting makes prices higher for other customers. They should also know that stealing is a crime and can lead to consequences far worse than being grounded, including juvenile detention centers and even prison.

If stealing money from a parent, the child should be offered options for paying back the money, like doing extra chores around the house. It's important, however, that a parent not bait the child by leaving out money in the hopes of catching the child in the act. That could damage the sense of trust between a parent and child.
If a Child Keeps Stealing

If your child has stolen on more than one occasion, consider getting professional help. Repeat offenses may indicate a bigger problem.

One third of juveniles who've been caught shoplifting say it's difficult for them to quit. So, it's important to help kids and teens understand why stealing is wrong and that they may face serious consequences if they continue to steal.

Others who may be able to talk to you and/or your child about the problem and help you address it include

a:

- family therapist or counselor
- family doctor (who may be able to refer you to a family therapist or counselor)
- minister, priest, or rabbi
- school counselor (especially if your child is stealing from the school)
- support group, such as the National Association for Shoplifting Prevention (NASP) or Cleptomaniacs and Shoplifters Anonymous (CASA), which may be able to provide information or help (look in your phone book for groups in your area)

Although most ordinary acts of theft or shoplifting are deliberate, some people who steal may have kleptomania. With this rare compulsive disorder, which makes up a very small portion of all shoplifting cases, a person feels a sense of tension or anxiety before the theft, then feels relief or gratification when committing the theft. The person may feel guilt afterward and often discard the objects after stealing them, and also might have other compulsive disorders (such as an eating disorder or obsessive compulsive disorder, OCD).

Whatever the underlying cause, if stealing is becoming a habit with your child or teen, consider speaking with a doctor or therapist to get to the cause of the behavior. It's also important to routinely monitor your child's behavior, keep him or her away from situations in which stealing is a temptation, and establish reasonable consequences for stealing if it does occur.

Reviewed by: [W. Douglas Tynan, PhD, ABPP](#)

Date reviewed: November 2008

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, 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:

www.familieslikeours.org

www.usfosterfamilies.com

www1.dshs.wa.gov/ca/fosterparents/

24hr support line (800) 301-1868

Info@safekids.org

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

Info@adoptionreferralservice.com

Ctboxnews@ku.edu

A message from the President

Hello all,

Hope your summer is going well. KFCA has been busy this summer with many events. We had a great training on behavioral interventions at our July Member meeting that brought down to earth ways of working with children with behavioral issues. What a refreshing training opportunity. We had several families in attendance at the miniature golf activity for the foster and relative caregiver families. Fun was had by all, both the young and the young at heart. If you were unable to attend you missed out on a free and family friendly activity put on by KFCA.

One of the big events this summer was the 4th annual "Tee it up for Kids" Golf Tournament. The Tournament went smoothly and raised funds for The Dream Project (Kitsap County) as well as High 5 for Kids (Pierce County). Thank you to all the community sponsors, volunteers, golfers and workers who made this event possible. You truly have influenced children's lives through participating and raising funds to benefit local foster children. THANK YOU!!

We also have been busy working with our Regional DCFS offices and local foster parent FCRN recruiters to help recruit new foster homes. We have been working together at the Whaling Days Festival booth in Silverdale handing out flyers and talking to prospective foster families in a joint recruitment effort to increase the number of local foster homes. Coming up soon is the Blackberry Festival (Sept 5- Sept 7) and we will be needing volunteers to assist with recruitment at the KFCA Blackberry Festival booth. If you would like to be involved in this please contact Debra Converse. I may be reached by phone at (360) 692-1927 or by email at president@kitsapfostercare.org. In conjunction with the Blackberry Festival on Labor Day Monday, Sept 7th there will be a walk "Walk Me Home... to the place I belong." to raise funds and awareness regarding fostering. The walk is from 10-2PM and we are looking for both individual and community sponsors as well as teams to participate in the walk itself. If you are interested or need more information please visit the following website: (<http://wmh1.convio.net/site/TR/Events/> or stop by during the Blackberry Festival at the registration booth.

As I have mentioned in the preceding months many changes and updates are happening at the State level and within Children's Administration. You have seen and will continue to see some changes in how things are done over the next few years as legislative changes are implemented and due to budgetary concerns and as cuts are put into place. I will relay more detailed information as it is available. We at KFCA will be receiving a cut in our contracted amount from the State and thus we will be in the process over the next 2 months in refining our budget to reflect the 12.3 decrease in allocated funding received. We will have a new budget proposal for review at the September Dinner meeting for approval by the membership.

And one last thing, a reminder to mark your calendar for KFCA's Annual Picnic is on Wednesday, August 19th at Evergreen Park from 5:30 PM- 9. The Picnic will be on our regular meeting night of the Third Wednesday of the month. Please join us for great food, games, and the great outdoors. Remember, dinner is on us this month so we hope to see you there!

Sincerely,
Debra Converse,
KFCA President

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(360)692-1927

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Region 5 Recruitment & Retention

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liaison@kitsapfostercare.org

(360) 990-9995 cell

Bremerton DCFS 475-3516 W/TH 9-3

KFCA Newsletter
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