

FEBRUARY 2, 2011

## MAKING ARRANGEMENTS FOR FOSTER CARE RESPITE

Going on vacation or needing a break from the constant demands of caring for a child? Then Respite Care may be for you! Respite care is a planned break for foster parents. Foster parents are allowed 24 days of respite care per foster placement in a calendar year. Foster Parents must use a DHS approved licensed foster parent when planning respite care. Respite should be arranged and approved by the child's DHS worker as far in advance as possible as respite must be authorized. You will need to contact your licensing worker who will assist you in locating an appropriate respite caretaker in your county. You will also need to notify the child's school with the name, address, and phone number of the respite home. Contact your DHS licensing worker as soon as possible when you need assistance securing respite.

Respite does not necessitate an overnight stay. Any partial day counts as a day of respite for reimbursement purposes. For overnight stays, each night is counted as a "respite day." Contact your child's worker if you have questions about respite, such as how many days you have left or when a payment was made. If overnight stays are involved, respite is paid for the day in and successive days but not the day out. A respite "day" does not necessitate an overnight stay for the child in the respite family foster home.

When providing respite care, you must know that respite care is considered a PLACEMENT and must be counted toward your licensing capacity. When called about taking a respite placement, let the IKN/DHS worker know how many current placements you have and what your foster care license is approved for.

If a respite care placement has the potential to cause you to go "over your license capacity" DHS would need to request a variance before the respite occurs and the variance is

specific to the child receiving the respite and ends when the child leaves the respite placement. This would be done on a case-by-case basis. DHS will also authorize the payment to the respite provider. It is important to notify your DHS worker when you want to use respite as they must maintain documentation of the child's eligibility for respite care in the case record.

For best practice in using respite, remember these:

1. Have a scheduled pre-placement visit whenever possible. This makes the respite more "comfortable" for everyone involved.
2. Use the same respite provider whenever possible. Consistency will be best for the child.
3. Give ample notice to your DHS worker for approving respite and in helping you locate respite for you. Your IKN support worker can also assist you in locating a respite provider.
4. When you have agreed to provide respite care—make it a commitment!
5. Be Prepared!! Give to the Respite provider:
  - All contact information (Foster parent/DHS/IKN workers)
  - Schedules for child and birth parent visits or appointments
  - Medications/allergies of child & any additional important info

IFAPA has created a foster care respite information sheet to help foster parents provide all of the necessary information to the respite provider. Respite providers can also request this information from the foster parent.

[www.ifapa.org/pdf\\_docs/FosterCareRespiteInfo.pdf](http://www.ifapa.org/pdf_docs/FosterCareRespiteInfo.pdf)

## INFORMATION ON ADOPTION TAX CREDIT

If you're an adoptive family, Jackson Hewitt has created a video to help families navigate through the adoption tax credit. Jackson Hewitt is also offering a coupon for \$25 off of your tax preparation and \$3 will be donated to the Dave Thomas Foundation for Adoption.

**VIDEO:** <http://www.youtube.com/watch?v=eQryETwRziA>

**COUPON:** <http://www.jacksonhewitt.com/dtfa/>

Visit the IFAPA website to find additional adoption tax credit info:  
[www.ifapa.org/resources/documents/ClaimingFederalAdoptionTaxCredit.pdf](http://www.ifapa.org/resources/documents/ClaimingFederalAdoptionTaxCredit.pdf)

### IFAPA Legislative Breakfast

**Tuesday, February 15, 2011 - Des Moines, 7am-9am  
State Capitol Bldg - Legislative Dining Room (Lower Level)**

We invite you and your family to our Legislative Breakfast on Tuesday, February 15 at the State Capitol in Des Moines. Iowa's foster, adoptive and kinship families are improving the child welfare and child protective system by advocating to their legislators for positive change. In these tough financial times it is imperative that IFAPA members keep their legislators informed on the issues facing children in their care. **If you plan to attend, please RSVP to IFAPA at 800-277-8145x4.** For tips on speaking with Legislators, visit: [www.ifapa.org/resources/iowa\\_legislative\\_resources.asp](http://www.ifapa.org/resources/iowa_legislative_resources.asp)

# IFAPA CONFERENCE

FRIDAY, MARCH 4TH & SATURDAY, MARCH 5TH, 2011  
RAMADA TROPICS RESORT & CONF. CENTER, DES MOINES

IFAPA hosts a spring training conference every year for foster and adoptive parents, kinship caregivers and social workers. All of our conference trainings are approved for foster parent credit and many are also approved for social worker CEUs. Full conference details can be found at: [www.ifapa.org/training/ifapa\\_conference.asp](http://www.ifapa.org/training/ifapa_conference.asp).

**CONFERENCE REGISTRATION (DEADLINE - MONDAY, FEB. 14TH)**  
**2-Day Conf. Rate - \$65 person / 1-Day Conf. Rate - \$45 person**

To register, please complete the registration form at the end of the conference booklet (found on our website) and mail to IFAPA with a check or money order. All registrations should be postmarked by **Monday, February 14, 2011**. Due to class size limitations (space at hotel) attendees are asked to include a 2nd choice when completing your registration form in case you are not able to attend your first choice.

## HOTEL RESERVATIONS (SEE DEADLINES BELOW)

**RAMADA TROPICS RESORT** - Hotel arrangements should be made directly with the Ramada Tropics Resort by calling **515-278-0271**. To receive IFAPA's Conference room rate at the Ramada, you must make your reservations no later than Thurs., Feb. 3rd. The Thursday night conference rates are **\$69** a night and **\$99** a night on Saturday night (taxes not included). **PLEASE NOTE - The Ramada no longer has rooms available (at the regular rate) for Friday night.** Only a limited number of rooms will be reserved for the IFAPA Conference so they are on a first-come, first-serve basis.

**HOLIDAY INN NW** - IFAPA also reserved a block of hotel rooms at the Holiday Inn NW (located next door to the Ramada). The IFAPA room rate is **\$82.95** per night plus tax. To make reservations at the Holiday Inn NW, call **515-278-4755** no later than Thurs., Feb. 17th.

## Opportunity for Conference Scholarships through Family to Family Iowa

Family to Family Iowa has training scholarships available for families caring for children with special health care needs (developmental, behavioral, emotional, and physical). This funding is limited and available on a first-come-first-serve basis through Family to Family Iowa. Family to Family Iowa is a statewide network of organizations that provide family to family support and a grant project of the Children Health Specialty Clinics.

You can use these scholarships to attend a training or conference, including the IFAPA Conference on March 4th & 5th in Des Moines ([www.ifapa.org/training/ifapa\\_conference.asp](http://www.ifapa.org/training/ifapa_conference.asp)).

**TO APPLY FOR A SCHOLARSHIP** - Visit the following link to print off the Family to Family Iowa training scholarship application:

[www.ifapa.org/training/documents/ScholarshipApplicationFamilytoFamily.pdf](http://www.ifapa.org/training/documents/ScholarshipApplicationFamilytoFamily.pdf).

NOTE: funding is limited and available on a first-come-first-serve basis so get your application in quickly; **only 8 applications** will be funded for each conference.

**For additional information please contact Erica Zito at:**

Family to Family Iowa - Child Health Specialty Clinics  
100 Hawkins Drive, Room 247 CDD - Iowa City, IA 52242  
[erica-zito@uiowa.edu](mailto:erica-zito@uiowa.edu) / 319-356-7741

## ABOUT THE WORKSHOPS:

Below are two workshops that will be presented at our conference. To view the entire list of workshops and descriptions visit this link: [www.ifapa.org/training/ifapa\\_conference.asp](http://www.ifapa.org/training/ifapa_conference.asp)

### CREATING SEXUAL SAFETY AND PROMOTING HEALING IN ADOPTION AND FOSTER CARE

Professionals and foster/adoptive families will develop knowledge and parenting skills as we address the traumagenic issues/needs of foster/adopted children who have been sexually abused. Discover how to create a healing milieu to counteract the negative impact of past trauma on a child's psychosocial and cognitive development, and to enhance positive self-esteem. Learn how foster/adoptive families can become the central ingredient in the recovery of these special needs children. Skill demonstrations and opportunities to practice these skills will be provided. The format will include: presentation of material, simulations, video demonstrations, role playing, group discussion, and practice skill demonstrations. Participants will be encouraged to present and share their own experiences. *(Also approved for social worker CEUs.)*

**About the Trainer:** Dr. Duehn is a professor at the School of Social Work, University of Texas at Arlington. He has his Master's degree in Social Work from Loyola University and holds a Ph.D. in Psychology and Social Work from Washington University. He is currently engaged in clinical research on sexual attitudes and behaviors of sexually abusive parents. Dr. Duehn serves as a consultant to social service/mental health agencies in clinical, educational, research issues related to child sexual abuse and maintains a clinical practice focusing on marital counseling, sexual therapy and behavioral approaches to sexually abusive families, assessment and treatment of sex offenders, and post-traumatic effects of child sexual abuse.

### WORKING WITH THE COURTS

Federal and state child welfare laws, the Iowa Juvenile Court system, and local court rules are sometimes so confusing as to cause even lawyers to become frustrated with the juvenile courts. As a foster parent, you have a unique opportunity to impact the decisions that will chart the course for the future of the child in your care. The challenge is the difficulty of maneuvering through the complicated and often misunderstood legal system as it applies to Iowa's children. This training will give foster parents an opportunity to learn about Iowa's juvenile court system, as well as the rights guaranteed to them under both state and federal law. They will also learn about the other parties to the juvenile court proceedings, what the perceptions and duties of those parties are, and how to best hold those parties accountable to promote "the best interests of the child."

**About the Trainer:** Jerry Foxhoven is the Director of the Joan and Lyle Middleton Center for Children's Rights at the Drake University School of Law, and Executive Director of the Drake Legal Clinic. Jerry presently serves as chair of the Iowa Child Welfare Advisory Committee, the Iowa Child Protection Council and the Iowa Citizen Review Panel. He also serves on the advisory committee of Iowa Children's Justice (Iowa's Court Improvement Project). Jerry sits on the National Advisory Board of *Fostering Families Today* magazine. He has served as an expert witness in a number of cases across Iowa and the country on children's and child welfare issues.