

MARCH 8, 2011

DON'T MISS THESE GREAT CLASSES!

TO REGISTER FOR AN IFAPA TRAINING LISTED BELOW: Call Stephanie at 800-277-8145 ext. 1 or complete our registration form - www.ifapa.org/training/training_registration_form.asp.

FOSTERING HOPE & ATTACHMENT WITH YOUTH

IN FOSTER & ADOPTIVE FAMILIES

(6 hrs credit) - This training will strengthen your understanding of why detachment and hopelessness “make sense” as survival strategies, and will empower foster and adoptive parents with concrete, practical tools that they can use with youth across the developmental spectrum—from infants to teens. These practices support children and youth in strengthening their ability to attach emotionally to individuals, families, groups, and the community—and enhance your success with all the children and youth in your life. As attachment and connections grow, hope will flourish. *Trainers: Lois Smidt & Krista McCalley*



Sat., March 26 (9am-4:30pm) - **MAQUOKETA** (Super 8)
Sat., May 14 (9am-4:30pm) - **IOWA CITY** (Clarion Hotel)

VICARIOUS TRAUMA

(3 hrs credit) - This class explores the impact vicarious trauma has on the foster/adoptive parent and the importance of utilizing the self-care techniques needed to minimize secondary trauma. You will be able to understand the impact secondary trauma has on you, be able to identify the signs and symptoms and identify self-care techniques to combat this. *Trainer: Ruth Buckels, LMSW*



Sat., Mar 19 (9am-12:15pm) - **IOWA CITY** (Clarion Hotel)
Sat., Apr. 9 (9am-12:15pm) - **CLIVE** (Country Inn & Suites)

INTERPERSONAL STRESS MANAGEMENT

(3 hrs credit) - Come learn about stress, what it does to your body, how you cope, and what you are teaching others about stress. Let's see if together we can lessen the stress so we can stay motivated to be the best parents we can be. By session end you will be able to know your stresses, what they are doing to you, your body and your family and make a plan to alter the negative impact. *Trainer: Ruth Buckels, LMSW*



Sat., Mar 19 (1:30pm-4:45pm) - **IOWA CITY** (Clarion Hotel)
Sat., Apr. 9 (1:30pm-4:45pm) - **CLIVE** (Country Inn & Suites)

SUPPORTING CHILDREN EXPOSED TO DOMESTIC VIOLENCE

(3 hrs credit) - This training focuses on the dynamics of domestic violence, the impact of exposure to domestic violence on children, and strategies for supporting children who have been exposed to domestic violence. This class is for parents with all levels of experience in caring for children who have been exposed to domestic violence. *Trainer: Pam Jones*



Sat., Mar. 19 (1:00pm-4:15pm) - **DECORAH** (Country Inn & Suites)
Sat., Apr. 2 (1:00pm-4:15pm) - **WATERLOO** (Waterloo Public Library)
Sat., May 14 (8:30am-11:45am) - **AMES** (Country Inn & Suites)
Sat., May 14 (1:30pm-4:45pm) - **DES MOINES** (Holiday Inn NW)
Sat., May 21 (1:00pm-4:15pm) - **DUBUQUE** (Keystone AEA)

HAVE YOU HEARD THE WORD?

IFAPA WILL BE OFFERING TRAININGS IN SUMMER 2011

Unlike previous summers, IFAPA will be offering some training classes in June, July and August. Trainings will be offered in Ames, Cedar Rapids, Council Bluffs, Davenport, Des Moines, Dubuque, Mason City, Sioux City and Waterloo. Watch your mailbox in April for our summer training schedule.

TRAINING REQUIREMENTS FOR FOSTER PARENTS

DON'T FORGET!

Foster parents must complete all of their training requirements prior to the date listed below.

If you were licensed in the following month:	All of your training classes must be completed by the following date:
June 2010	March 31, 2011
July 2010	April 30, 2011
August 2010	May 31, 2011
September 2010	June 30, 2011
October 2010	July 31, 2011
November 2010	August 31, 2011



IFAPA RECEIVES POSITIVE SCORES IN OUR QUARTERLY SATISFACTION SURVEY



ABOUT THE SURVEY

IFAPA sends out a quarterly electronic survey to Iowa's foster, adoptive and kinship parents who have provided us with an email address. The survey provides parents the opportunity to comment on IFAPA's trainings or support services that they had used during that quarter. IFAPA appreciates your comments and suggestions and hopes that you will complete our survey each quarter that you use any of IFAPA's programs, training, support or resources.

This survey is generated by DHS as part of IFAPA's contract requirements. DHS receives the responses directly and tallies the numbers and comments. This is a completely anonymous survey.

SURVEY STATISTICS

For the last reporting period (July – September 2010) we had 292 people complete the survey. The largest responses include 40 from Polk County and 21 from Black Hawk County. We had 10 or less from the remaining Iowa counties. The results from the last survey include the following statistics:

- 44% of respondents attended our trainings during July – September with a satisfaction rate of 98.4%.
- 38.3% of respondents utilized our programs as broken out below (several had used more than one program):
 - 22.3% utilized our Peer Liaisons
 - 19.5 % attended a support group
 - 12.2% had contact with a Resource Information Specialist
 - 9.1% utilized our Adoption Respite Program during July – September
- The overall satisfaction rating for all IFAPA services was 94.3%.

SURVEY COMMENTS

In the survey, foster and adoptive parents had the opportunity to make additional comments regarding IFAPA's programs. Some of those comments are listed below and Lynhon Stout, IFAPA's Executive Director, has responded to those comments below.

COMMENT #1 - Requests for additional trainings and additional training locations

IFAPA'S RESPONSE: IFAPA has a limited amount of money to sponsor classes throughout the state. In order to be financially responsible, we need at least 10 people attending a class to justify the costs to pay the trainer and for the facility rental. We offer classes where we have had families attend previously.

In order to determine how to best meet your training needs, all families were recently sent a training survey in the mail. I hope that you took the time to complete it as we will tally the information and use it to plan our fall training schedule.

COMMENT #2 - Requests for child care at IFAPA trainings

IFAPA'S RESPONSE: IFAPA is not able to provide child care at our trainings due to liability and cost issues. Although some support

groups are able to provide child care – IFAPA will not be able to offer this service at any of our trainings or conference.

IFAPA's Publications, Website & Weekly Word

Comments were very positive about our website and those responding indicated they found current and important information that helped them parent the children. They also appreciated the information mailed and emailed to them.

IFAPA Staff Members

Comments are frequently made about staff in our quarterly survey. When completing our survey in the future, it would be helpful to IFAPA if you would include the name of the person you have comments about on your response. Many times the person named is not an IFAPA staff member, but are DHS or IKN staff. If we have a name, we can pass your comments to the appropriate agency. FOR EXAMPLE: If you generally mention that you left a message for your Peer Liaison and never heard back, we will not know which one you are referring to since we have 11 Peer Liaisons, so please remember to include names.

IFAPA Peer Liaisons

Each IFAPA Peer Liaison provides telephone, email and direct support at meetings and/or trainings. Peer Liaisons do not come to your homes. Peer Liaisons are foster parents who are trained on DHS policy, procedures, chain of command, etc. They are parenting children similar to yours and can understand what you are going through. The Peer Liaisons have a toll free and local number and work out of their home. They are part-time employees of IFAPA and each support over 200 foster parents from their area of the state. They make contact with the foster parents and depend on you to call them if you have questions or just need support. They try to have contact with each foster parent in their assigned area at least twice per year.

Support for Adopted Children

Adoptive parents names are kept confidential. In order for your name to be given to IFAPA, you received a letter from DHS asking if your name could be provided to us. IFAPA does not give the adoptive family names to the Peer Liaisons, though we are available to help you if you contact us. Iowa KidsNet has Post Adoption Support Workers who can support subsidized adoptive parents. To locate these workers, contact IKN at 800-243-0756 or go on their website www.iowakidsnet.org.

ADDITIONAL COMMENTS FROM IFAPA'S DIRECTOR

I hope this information helps clarify some of the issues identified. When completing our future quarterly surveys, if you want IFAPA to contact you, please add your name and phone number or email address on the survey under comments and a staff person will respond to you when the survey results are received from DHS. Thanks again for your time and cooperation in completing these quarterly IFAPA survey.