

# NEWS FROM YOUR PEER LIAISON



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IFAPA Peer Liaison

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**I UNDERSTAND...  
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

## September 2015

For many children in foster care, our schools are the last place they want to be. For that foster child who has been taken from his family, from his home, from his friends, and all he knows, and suddenly placed into a strange home, only to be forced to attend a strange school the following day, it is incredibly traumatic. One study found that as many as 66% of children placed under foster care supervision suffer from at least one learning-based developmental delay. It has been determined that for every move a child makes to a new home, a new school, they accrue and 4-6-month delay in their learning. Thirty percent of children in the custody of child welfare agencies exhibit the need for special education services. In addition, students in foster care exhibit an array of academic difficulties, including cognitive abilities that are weaker than traditional students. Federal and state funding to assist in this problem is lacking, as you very well may have already experienced.

Foster children often have a difficult time with exhibiting proper school behavior during the school day. Indeed, another study found that 69% of children under foster care supervision experience problems in behavior while enrolled in public schools. For many of the children, school is a constant reminder that they are, indeed, foster children without a true home. The continuous reminder that their peers are living with biological family members while they are not is a difficult reality for them, and can be manifested in several ways. Some foster children simply withdraw and become anti-social, in an attempt to escape their current environment and world they have been thrust into. For many foster children, violent behavior becomes the norm, as they not only act out in a negative and disruptive fashion in the school, but in their foster home, too, prompting yet another move to another foster home and another school.

Schools are indeed a difficult environment for foster children, and far too many times, these foster children are unable to meet the demands and challenges that are placed upon them while enrolled in a school. It is only with the combined help of foster parents, caseworker, and trained teachers that a foster child has a chance at success. By working together, all members of these three groups will be better equipped to assist foster teens as they grow older and contribute to the community and society in a positive way as a means of greater social change.

(Excerpt taken from Dr. John DeGarmo Blog) at

<http://drjohndegarmofostercare.weebly.com/blog/archives/07-2015>

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## Upcoming Training Opportunities

Saturday Sept. 26<sup>th</sup> 9:00-4:30 pm **Get Me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues**

Ankeny IFAPA Training Center, 6864 NE. 14<sup>th</sup> St. Suite 5A

Tuesday Sept. 29<sup>th</sup> 6:00-8:00 pm **It's Not About You: Loss and Abandonment**

Grinnell College, 1115 8<sup>th</sup> Ave. Rosenfield Center, Room 209

Thursday Oct. 8<sup>th</sup> 6:00-8:00 pm **It's Not About You: Invisible Suitcase**  
Osceola Americinn Hotel, 111 Ariel Circle

Saturday Oct. 24<sup>th</sup> 9:00-4:30 pm **Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors**

Ames HyVee West Store, 3800 Lincoln Way Club Room

Saturday Nov. 7<sup>th</sup> 9:00-12:15 pm **Facilitating Attachment in Foster and Adopted Children**

Ankeny IFAPA Training Center 6864 NE 14<sup>th</sup> St Suite 5A

Saturday Nov. 7<sup>th</sup> 1:30-4:45 pm **The Good Enough Parent: Promoting Mental Health in Young Children**

Ankeny IFAPA Training Center 6864 NE 14<sup>th</sup> St. Suite 5A

Saturday, Nov. 7<sup>th</sup> 9:00-12:15 pm **I Won't Do It & You Can't Make Me! ODD in Kids and Teens**

Ottumwa, Great Prairie AEA 2814 N. Court Rm B

Saturday, Nov. 7<sup>th</sup> 1:30-4:45 pm **Psychotherapy 101: What Therapy Is, How It Works and What You Need to Know About It.**

Ottumwa Great Prairie AEA, 2814 N. Court Rm B

Check out more training opportunities on the IFAPA website:

[http://www.ifapa.org/training/ifapa\\_training\\_schedule.asp](http://www.ifapa.org/training/ifapa_training_schedule.asp)

Online courses available at [www.FosterParents.com](http://www.FosterParents.com) and [www.FosterParentCollege.com](http://www.FosterParentCollege.com) *Foster parents can obtain a maximum of three credit hours by taking online courses. The remaining three hours of credit must be obtained through face-to-face group setting.*

There is still time to register for the IFAPA Fall Conference in Waterloo on October 16-17<sup>th</sup> Register online at:

[http://www.ifapa.org/training/ifapa\\_conference.asp](http://www.ifapa.org/training/ifapa_conference.asp)

## Support Groups:

JAMS Support Group  
Meets 4<sup>th</sup> Thursday  
from 6-8 pm in Sept.

Oct. Mar. & April  
Ahrens Park Foundation  
1510 Penrose St.  
Grinnell

Ottumwa  
Support/Training Group  
Meets 10/13, 11/10 &  
12/18 6-8pm  
Location TBD

Pella Area Adoptive and  
Foster Parent Support  
Group Meets every 6-8  
weeks on Friday  
evenings 6-8 pm 9/25  
Federated Fellowship  
Church 309 Roosevelt  
St. Pella

Appanoose County  
Support Group will  
meet periodically with  
dates and times TBD.  
Will meet in October at  
Nazarene Church in  
Centerville

[http://www.ifapa.org/support/support\\_group\\_locator.asp](http://www.ifapa.org/support/support_group_locator.asp)