

NEWS FROM YOUR PEER LIAISON

MARCH



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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

What are Adverse Childhood Experiences?

Adverse Childhood Experiences or “ACEs” are incidents that harm social, cognitive and emotional functioning and dramatically upset the safe, nurturing environments children need to thrive.

Adverse childhood experiences fall into two general categories—experiences of childhood abuse and experiences of household dysfunction. Cases of childhood abuse refer to the child as the target of the abuse (Physical abuse, Psychological abuse, Sexual abuse) whereas household dysfunction refers to events among adults living in the household (Substance abuse, Member imprisoned, Mental illness, Adult violence, Parental separation or divorce).

Why Are ACEs So Damaging? Toxic Stress

Extensive research on the biology of stress shows that healthy development can be derailed by excessive or prolonged activation of the body’s stress response systems, with damaging effects on learning, behavior and health. Learning to cope with stress is an important part of child development. In response to a perceived threat our bodies help us respond physiologically by increasing our heart rate, blood pressure and stress hormones, such as cortisol. When a young child’s stress response systems are activated within an environment of supportive adult relationships, these physiological effects are buffered and brought back down to normal levels. The result is the development of healthy stress response system.

Toxic stress refers to strong, frequent or prolonged activation of the body’s stress management system. Stressful events that are chronic, uncontrollable, and/or experienced without a child having access to support from caring adults tend to provoke a toxic stress response in the body. Examples of stressful events include physical, sexual or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence and/or the accumulated burdens of family economic hardship. The prolonged activation of stress response systems disrupts the development of brain architecture and increases the risk for stress-related disease and cognitive impairment. The more adverse experiences in childhood, the greater the likelihood of developmental delays and later health problems, including heart disease, diabetes, substance abuse and depression. The brain develops in stages over time. The brain development begins with the brainstem and develops outward. Subsequent healthy development depends on a strong foundation early on. The experience of toxic stress in childhood may result in a weak foundation and disrupted development in later developmental stages.

Childhood Experiences Contribute to Lifelong Health

The experiences children have early in life, and the environments in which they have them, shape their developing brain architecture and strongly affect whether they grow up to be healthy, productive members of society. Poor physical and mental health can jeopardize a person’s normal everyday functioning, impairing activities such as employment, parenting, attending school, housekeeping, recreation and self-care.

To read more in depth about this article “Adverse Childhood Experiences in Iowa: A New Way of Understanding Lifelong Health” please go to:

http://www.traumainformedcareproject.org/resources/iowa_aces_360_pdf_web_new.pdf

A publication from The Trauma Informed Care Project.

NEWS FROM YOUR IFAPA PEER LIAISON

Support Group Happenings

NCIFAPA Support Group

- *The next meeting will be Tuesday, May 12th, 2015
- *Topic and trainer TBA (2 hrs credit)
- * 6:30 pm Social Time and Snacks; Training 7:00-9:00 p.m.
- *DHS Liberty Room, 22 N. Georgia in Mason City
- * Contact Christie McGuire with questions at 855-929-2005

HHWW Foster/Adoptive Parent Support Group

- ***Note change: Tues, March 17, 2015** @ Hamilton Co. Exten. Office
- *5:30--Meal (RSVP number attending to Julie by March 16)
- *6-8 training "Every Child Counts, Building a Community" (2 hours credit)
- *Childcare is available (0-18)
- *Contact Julie Schroeder for more information at 515-291-3029

Ames Foster/Adoptive Support Group

- *The next meeting will be Thursday, March 12 , 6-8:00 p.m.
- *"Updates & Questions Answered" by DHS (Mike McInroy & Nancy Thompson--2 hours credit)
- * Cornerstone Church, 56829 US Hwy 30 in Ames
- *Childcare **WILL NOT** be offered at this meeting
- *Contact Christie McGuire for more information at 855-929-2005

Fort Dodge Lunch and Learn

- * The next meeting will be Thursday, March 26, 11:30-1:00 p.m.
- *LUNCH ONLY is planned--training offered in April.
- * Grace Lutheran Church, 211 South 9th St. in Fort Dodge
- *Contact Julie Schroeder for more information at 515-291-3029.

MARSHALL COUNTY SUPPORT GROUP

- *The next meeting is Tuesday , March 10, 2015, 6-8 p.m.
- *"Creating and Maintaining Healthy Boundaries"(2 hours credit)
- *New Hope Christian Church, 3901 S. Center in Marshalltown
- *Child care is offered--donations accepted.
- * Contact Mindy Speake for more information at 515-291-1292.

WINTER TIDBITS

IFAPA Activities

Please join us for the Legislative Breakfast on March 12 at the Capital. See details attached.

The latest IFAPA training schedule is now available. There is a wonderful selection of topics to choose from through June. Register online or call IFAPA at 800-277-8145 ext. 1

http://www.ifapa.org/training/ifapa_training_schedule.asp

Irish Shamrock Shake



In a blender, mix for 30 seconds:

- 2 cups vanilla ice cream
- ¼ cup half and half
- 5 drops peppermint extract
- 6 drops green food coloring

Pour into glass and top with whipped topping and cherry!

