

BLACK HAWK FOSTER & ADOPTIVE PARENT NEWSLETTER

INVEST IN IOWA'S CHILDREN....OUR FUTURE

VOLUME 17 ISSUE 9

MAY 2015

May Meeting

“Human Trafficking, it is Here and Thriving in Iowa”

A \$32 billion annual industry, modern day trafficking is a type of slavery that involves the transport or trade of people for the purpose of work. According to the U.N. about 2.5 million people around the world are ensnared in the web of human trafficking at any given time. Youth with difficult family situations or histories of trauma, including our children in foster care, are at greater risk. This month we are privileged to have Ruth Buckles, LMSW from Ames as our speaker on Human Trafficking. Ruth is a licensed foster parent, an adoptive parent, has parented multiple survivors of human trafficking, and advocates for all Iowa's youth to learn about this crime and how it is thriving in Iowa. Please join us on **May 12, 2015 at Grace Lutheran Church, 1024 W. 8th Street, Waterloo** at 7:00 p.m. to hear her speak.

Since May is Foster Parent Appreciation Month, we will celebrate by serving **pizza at 6:00 p.m.** Please **RSVP** how many will be attending to **Dianna Seedorff at dseedorff@ifapa.org or call 319-235-2534 by May 9th.** We don't want anyone to go home hungry!



This training is approved to 2 hours of foster parent training credit.

Child care will be available for children ages 0-12. AMP is available for youth ages 13-21 years.

If you have questions please contact Dianna Seedorff, IFAPA Peer Liaison, at 319/235-2534 or my co-chairs Nicole Grieves at 319/939-7693 and Pam Lawless at 319/610-5433.



Children are not problems. They have problems. Focus on helping your child, not fixing them.

L.R. Knost

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AMP- Achieving Maximum Potential



Hello AMP friends and members! We had an awesome meeting on March 24th! Lots of great information regarding the youth court experience thanks to Judge Block and Tricia Wisniewski with CASA! Our first meeting in April went great as well. AMP was visited by Kathy Berns, Transitional Planning Specialist with DHS, and Laticia Aossey, a former foster care youth and current UNI student. The two presented a workshop on the transition process of foster care youth to independent lives as adults at this year's Risky Business Conference in Ames. They practiced their material on our AMP members and shared valuable information needed to ease their personal transitions out of care. In May, we will have meetings about public speaking skills, as well as a visitor from Job Corp! I am on maternity leave until May 4th but would be happy to answer any questions and receive input at any time; jperrychristman@gmail.com or 515-451-4233.



YOU ARE INVITED!

A GRADUATION CELEBRATION FOR AREA YOUTH AGING OUT OF FOSTER CARE

OPEN HOUSE

THURSDAY, MAY 28, 2015

HAWKEYE COMMUNITY COLLEGE

5:00- 6:30 PM

BROCK STUDENT CENTER

1501 E. ORANGE RD.

WATERLOO



(Feel free to bring cards or gifts for 5 graduates)



May is National Foster Parent Appreciation Month

WHAT MAKES BEING A FOSTER PARENT REWARDING TO ME?

By Tina Kulp

A lost and confused little girl, bouncing from home to home, fourteen different homes to be exact. A future so lost, a soul just needing the love of a family. A family that would hold on no matter what, through the good times and the bad. A family that guides a fifteen-year-old teenager that was about to be a mother herself...

Finding that family was the critical difference in my life that would change it forever. My foster family became my FAMILY! They held on no matter what. They loved me and taught me to love myself. And most importantly, they taught me to love and care for my child.

I knew at the age of fifteen that I would grow up and become a foster parent! I wanted to provide for children what my foster family provided for me. I did just that at the age of twenty-one. I became the youngest foster parent in the state of Colorado. My husband and I have cared for over 180 teenage girls in the past eleven years. Having the experience and knowledge of being a foster child and a foster parent I have been able to utilize all of the experience and provide a loving, safe and learning environment for my foster children. We have many wonderful success stories.

When a foster child comes back home to say hello and thank you, when they call, send flowers or write letters from college, you know you made a difference in the world and in their lives.

There are so many rewards to being a foster parent, I cannot even begin to express them all. I just know that when I say I am a foster parent I say it proudly!

When I hear my former foster children say they want to become foster parents or caseworkers I know it is because they had a great experience. And I know that when I see my children helping others, being kind to someone in need, and jumping at the chance to do something for the community, that is the best reward I can ever ask for.

We may not be able to fix all of the children, but we can certainly try. Teaching and loving unconditionally is the key to your reward, and their love and knowing that you made a difference no matter how big or small is the reward!

When foster children are grown and they start their family, and you can see some of the things you taught them, when they have broken the cycle, that is the ultimate reward. I know my foster parents are proud of me and what I have done with my life. I am so thankful for them, I look forward to the day I get to see my foster children and their families with all of their success stories and have them feel the same way...

Respite



What is respite?

Respite is a temporary planned break from your foster child to reduce stress or it can be used as a planned vacation for foster parents. Respite offers birth children of the foster home quality time with their parents. It also gives foster children a break.

How much respite is my foster child eligible for?

Each foster child is eligible for 24 days of respite per calendar year. Respite does not have to be an overnight stay. Any partial day counts as a day for reimbursement purposes.

Does respite count as a placement?

Yes, you cannot go over your licensing capacity; respite is considered a placement. If you have agreed to do respite, that foster family is counting on you. If you get a call for a placement, tell the worker that you have agreed to do respite. Only DHS can grant you an exception to your licensing capacity.

Who facilitates respite?

You can call your placing DHS or JCS or Iowa Kidsnet worker to help you make arrangements for respite or you can make your own arrangements for respite.

When should I set up respite?

If at all possible contact your worker well in advance of your respite so he/she can have adequate time to find a respite family for you. Two week advance notice is usually a good amount of time to give. If you find your own respite provider, let your worker know who you have chosen and get it approved.

Who can do respite?

Respite must be provided by another licensed foster parent in order for payment to be made from foster care funds. (Foster families in Black Hawk County are also eligible to use a certified in-home respite provider through a DHS pilot program.)

Does your foster child know the respite family?

To avoid further trauma, try to visit with the respite family beforehand. Sometimes this isn't possible especially in emergency cases.

What information can I have on the foster child that I am doing respite for?

You are entitled to know about the child's behaviors and needs including special medical needs, but not specific situations, such as background on the birth family or reasons for placement in foster care. Always keep in mind confidentiality –as a respite provider, you do not need nor can you access the child's entire history.

Do I need to contact my case manager if I am going to use respite?

Yes, you need to contact your placing DHS/JCS worker when the child is being placed in another foster family for respite. You will also need to notify the school with the name, address, and phone number of the respite home.

Link to IFAPA's information respite form.....www.ifapa.org/pdf_docs/FosterCareRespiteInfo.pdf



Training Available in Black Hawk County

In Iowa, foster parents need six hours of training annually to renew their foster care license. At least three training hours must be done in a group setting. Foster parents must complete their training two months prior to licensing date. **Note: Families will no longer be granted extensions or exceptions for not getting their training credit on time.**

If you want to receive foster parent training credit, it is your responsibility to send your training certificates to your KidsNet licensing worker within 30 days following the training. Be sure to keep the original copy for your records.

PLEASE KEEP IN MIND - With the exception of CPR, First Aid and Mandatory Reporter classes, foster parents **CAN NOT** receive training credit for any class after October 2009 that they have previously attended and used for re-licensing.

Foster parents are mandatory reporters of child abuse. As mandatory reporters, foster parents are required to complete two hours of training in child abuse identification and reporting. **This training must be taken within the first year of initial licensing and every five years thereafter. CPR and FIRST AID must be taken every three years, but before the end of the third training cycle.**

“On Line Training”



DHS has approved that foster parents may receive up to 3 hours foster care training credit for courses listed on www.FosterParents.com and www.FosterParentCollege.com. The foster parent will read the course material, answer the test questions, and click on submit button. A certificate will be generated immediately. The certificate should be sent to your IKN licensing worker. Remember to make and keep a copy for your records. There is a charge for these trainings.

“Mandatory Reporter Training”

The Iowa Department of Public Health has approved one online Mandatory Reporter Training Class for foster parents to take. Foster parents will receive 2 hours of credit for this course. The cost to take this course is \$23.95 PLEASE REMEMBER--IFAPA promotes this online class as an additional resource for foster parents; however, this is not connected to IFAPA. For detailed instructions on how to take this online course, visit the IFAPA website: <http://www.ifapa.org/training/>

**Need Support? Have a question?
We are here for you!**

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More Available Training

“Utilizing the Nurtured Heart Approach in Helping Children with Challenging Behaviors”

Date: May 9, 2015

Location: Clarion Hotel, 5826 University Ave., Gallery Rm, Cedar Falls

Time: 9:00 a.m.-4:30 p.m.

Trainer: Kim Combes

Approved Credit: 6 hours credit

The Nurtured Heart Approach is a set of core methodologies originally developed for working with the most difficult child or teen. It has a proven, transformative impact on every child, including those with behavioral diagnosis such as ADHD, Autism, Asperger’s Syndrome, Oppositional Defiant Disorder, and Reactive Attachment Disorder –often without the need for medications or long-term treatment. Parents will discover how easy it is to not only improve their situation with a challenging or difficult child, but to transform the child through the awareness that their intensity is actually the source of their greatness.

To register for the above training call 800-277-8145 ext. 1 or www.ifapa.org/training

“Stick to It! Maintaining a Challenging Placement”

Date: June 6, 2015

Location: Ramada, 205 W. 4th, Corral Rm, Waterloo

Time: 9:00 a.m.-4:30 p.m.

Trainer: Christy Meyer

Approved Credit: 6 hours credit

Every foster parent has faced it. The dreaded “I want to help this child, but perhaps my home isn’t the best place for that to happen” discussion with their support worker. What if there was a way to maintain that placement? “Stick to it” will address issues that foster parents face as they navigate the delicate ground between the child’s needs, their family’s needs, the bio-parents’ needs and their own needs. This class will work together to identify some of the more difficult challenges that foster parents face and cooperatively brainstorm some solutions to some of these common problems.

To register for the above training call 800-277-8145 ext. 1 or www.ifapa.org/training

“Cultivating Spirituality in Your Foster Youth (Even When It Is Different From Your Own)”

Date: June 20, 2015

Location: Ramada, 205 W. 4th, Corral Rm., Waterloo

Time: 1:30– 4:45 p.m.

Trainer: Rebecca Dickerson, LISW

Approved Credit: 3 hours credit

As foster parents, it’s a strong possibility that a child will land in your home whose spiritual and/or religious beliefs differ from your own. Come along on a journey to explore the importance of spiritual/existential development in one’s life and the role you can play in helping your foster child along his/her individual journey. We’ll touch briefly on some misperceptions of spirituality, help you assess your own beliefs and values so that you can help your child identify his/her own and offer practical tips and tools to help you guide your child along his/her own path. Prerequisites: Open mind and genuine curiosity.

To register for the above training call 800-277-8145 ext. 1 or www.ifapa.org/training



More Training

“Putting a Stop to Elimination Disorders - Enuresis/Wetting & Encopresis/Soiling”

Date: July 11, 2015

Location: Ramada, 205 W. 4th, Corral Rm., Waterloo

Time: 9:00 a.m.-12:15 p.m.

Trainer: Joann Seeman Smith, PH.D.,LMHC

Approved Credit: 3 hours credit

This course will discuss the diagnoses of enuresis and encopresis. We will explore factors that can lead to each condition and the role that trauma can play in these disorders. After discussing the different causes of these disorders we will identify different treatments including behavioral, cognitive, dietary, and pharmacological.

To register for the above training call 800-277-8145 ext. 1 or www.ifapa.org/training

“Grrr...I am Just So Mad: Helping Young Children Deal with Their Anger”

Date: July 11, 2015

Location: Ramada, 205 W. 4th, Corral Rm., Waterloo

Time: 1:30– 4:45 p.m.

Trainer: Joann Seeman Smith, PH.D.,LMHC

Approved Credit: 3 hours credit

This course will specifically focus on helping young children (ages 2-5) deal with anger appropriately. We will discuss how anger is most commonly expressed by young children, how to handle when children are being inappropriate in their expression of anger, and explore coping skills to teach fundamental skills to deal with emotions appropriately as they age.

To register for the above training call 800-277-8145 ext. 1 or www.ifapa.org/training

“Through the Looking Glass: Life through the Filter of Personality Disorders”

Date: July 25, 2015

Location: Clarion Hotel, 5826 University Ave., Gallery Rm., Cedar Falls

Time: 9:00 a.m.-4:30 p.m.

Trainer: Summer Brunscheen, Ph.D.

Approved Credit: 6 hours credit

This course will provide a brief overview of the signs and symptoms of personality disorders. Information will be provided about normal personality development along with abnormal personality development. While all personality disorders will be reviewed, additional time will be spent on Antisocial, Borderline, Narcissistic, and Histrionic personality disorders. Course content will include the steps to getting a personality assessment and differential diagnosis information, as well as treatment/ interventions.

To register for the above training call 800-277-8145 ext. 1 or www.ifapa.org/training

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