

# NEWS FROM YOUR PEER LIAISON

April 2015



**LINDA DODSON**

IFAPA Peer Liaison

**How to Contact Me:**

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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!

 **ifapa**  
a resource for families  
Iowa Foster & Adoptive Parents Association

www.ifapa.org



### Foster Parenting Manual Tips

Today's youth do much of their communication through social networking. Millions of children and adults across the globe social network through a variety of means and venues every day. In truth, this is how many of today's children communicate. Gone are the days of postal letters and landline phones. Instead, they have been replaced with online communication.

Many social network sites share personal information with third parties. Identity theft can be rather common through social networking, as well, as predators create false profiles in an attempt to lure their victims. Online predators also track many foster children through cybercasing and through pictures posted online. Online web calling sites, such as ChatRoulet, open a doorway to online pedophiles and others wishing to place your foster child in danger, and also expose your foster child to a world of inappropriate material, as do sites such as YouTube. Digital footprints left behind each time your foster child accesses a site is yet another way that your foster child can be tracked and located. To be sure, anything can be found online, both positive and negative, both helpful and harmful. For those foster children who are simply curious, it is easy to stumble upon one of the countless inappropriate and harmful sites that are online. Some sites allow foster children the knowledge and information to build bombs and guns, while other sites allow the child to even purchase weapons. Other sites permit children in foster care to purchase both legal and illegal drugs, and many of these sites do not have restrictions in place. For those foster children who have eating disorders, "pro-ana," and "pro-mia" sites encourage these disorders, as well as those sites that provide "thinspiration".

### More Tips

- Watch for any suspicious contacts and communication from the online social media sites, and be wary of those who wish to "friend" your child.
- Watch for pictures or videos of your foster child that might appear online. If you find them, delete the pictures from the site. "Un-tag your foster child from all pictures online that you can find.
- Check the browser's history to see where your foster child has accessed, ensuring that sites like ChatRoulette and other sites have not been visited.

For more, purchase *Keeping Foster Children Safe Online*.

Contact Dr. John at <http://drjohndegarmofostercare.weebly.com>

By Dr. John Degarmo

# NEWS FROM YOUR IFAPA PEER LIAISON

## Des Moines Service Area #5 - SUPPORT GROUP TRAININGS

Date & Time	Training Details	Location	Support Group Contact Person
Apr. 2, 2015 6:00pm-8:30pm	<b>TOPIC - Parenting the Explosive Child DVD</b> 2 hours credit 6:00-6:30pm Sharing 6:30-8:30pm Training	<b>Indianola</b> Simpson College - Wallace Hall	<b>Warren/Madison Foster/Adoptive Parent Group</b> <a href="#">LaDonna Overton</a> 515-669-5358
Apr. 7, 2015 9:00am-11:00am	<b>TOPIC - It's Not About You: Loss and Abandonment</b> 2 hours credit	<b>Des Moines</b> Village Inn, 1140 E. Army Post Rd	<b>Breakfast Support Group</b> <a href="#">Linda Dodson</a> 515-953-0515
Apr. 9, 2015 6:00pm-8:00pm	<b>TOPIC - Confidentiality</b> 2 hours credit	<b>Ames</b> Cornerstone Church, 56829 US Hwy 30	<b>Ames Foster &amp; Adoptive Parent Support Group</b> <a href="#">Christie McGuire</a> 641-829-2005
Apr. 13, 2015 6:00pm-8:00pm	<b>TOPIC - It's Not About You: Summer Transition</b> 2 hours credit childcare available	<b>Pleasant Hill</b> Berean Assembly of God Church (5299 E University Ave)	<b>Eastern Polk Creating Foster/Adoptive Connections Support Group</b> <a href="#">Angela Albers</a> 515-681-5624
Apr. 21, 2015 6:00pm-8:00pm	<b>TOPIC - It's Not About You: Summer Transition</b> 2 hours credit childcare available	<b>Des Moines</b> Polk County DHS Riverplace, 2309 Euclid Ave (Rm 1A)	<b>Connections Support Group</b> <a href="#">Vickie Welch</a> 515-279-0060

### Online Courses ([FosterParents.com](http://FosterParents.com) & [FosterParentCollege.com](http://FosterParentCollege.com))

In Iowa, foster parents need six hours of training annually to renew their foster care license. Foster parents can obtain a maximum of three credit hours by taking online courses offered by [FosterParents.com](http://FosterParents.com) and/or [FosterParentCollege.com](http://FosterParentCollege.com) (please see special exceptions below). The remaining three hours of credit must be obtained through a face-to-face group setting, such as an IFAPA training or support group training. **These online courses are not affiliated with IFAPA, if you have questions please call the phone number listed below.** Please be sure to read the online training directions to know time limits allowed to complete the online class.

[FosterParents.com](http://FosterParents.com) (818-998-4462):

[FosterParentCollege.com](http://FosterParentCollege.com) (800-777-6636):



April showers bring May Flowers

### CPR & First Aid Clarification from DHS

**Question:** When are the CPR and First Aid trainings required to be completed again?

**Response:** The CPR and

First Aid Training is required to be completed during, and before the end, of every third training cycle.

### Training Requirements for Foster Parents

In Iowa, foster parents need six hours of training per year whether you have a one or two year license. At least three of those training hours must be done in a group setting. In order to maintain your foster parent license, the DHS requires foster parents to complete [CPR and First Aid](#), [Medication Management](#) and [Mandatory Child Abuse Reporter Training](#). **PLEASE**

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

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## DES MOINES SERVICE AREA #5

Date & Time	Name of Training	Credit	Location
Apr. 11, 2015 9:30am-12:45pm	<a href="#">Mandatory Child Abuse Reporter Training</a> <b>CLASS FULL</b> - contact <a href="#">Hiliary</a> to be put on the waiting list	3 hours	<b>Ames</b> Hy-Vee Store 3800 W Lincoln Way, Club Room
Apr. 11, 2015 1:15pm-5:30pm	CPR & First Aid <b>CLASS FULL - NO OPENINGS</b>	4 hours	<b>Ames</b> To be announced
Apr. 18, 2015 9am-4:30pm	<a href="#">Utilizing the NURTURED HEART APPROACH into Helping Children with Challenging Behaviors</a> <b>CLASS FULL</b> - contact <a href="#">Hiliary</a> to be put on a wait list	6 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A
Apr. 25, 2015 9am-4:30pm	<a href="#">Beyond Parenting 101</a>	6 hours	<b>Ankeny</b> IFAPA Training Center 6864 NE 14th St, Suite 5A

**To register for a training:**  
Call IFAPA at 800-277-8145 ext. 1

### Medicaid for Independent Young Adults (MIYA)

The purpose of the Medicaid for Independent Young Adults (MIYA) program is to provide continued health coverage to young adults transitioning to independency from state care and custody.

**MIYA Eligibility Definitions** - MIYA currently provides Medicaid coverage to eligible youth who are:

- Living in Iowa,
- Under age 21,
- Who were in a foster care placement paid by the state of Iowa when they turned age 18,
- Left foster care on or after May 1, 2006, and
- Have countable income under 200% of the Federal poverty level.

Youth covered under the MIYA program receive the same services as any other child under 21 who is eligible for Medicaid. Youth covered by the MIYA program receive covered services through existing Medicaid provider networks. For this program annual eligibility determination is required. [More info on MIYA](#)

### New Program for Youth

The Youth Policy Institute has a new program, OPTin for youth h in the greater Des Moines area, including Polk, Dallas and Warren counties. They are working with youth 16-24 who have experienced foster care, are within six months of graduation, and are working towards postsecondary education or a career exploration/preparation. Their goal is to connect with youth to explore various options, then work with them more intensively over the summer to build a postsecondary/career transition plan, earn DMACC credit, provide academic remediation, practice the COMPASS test, and help them enroll in the college/trade school/university of their choice, or connect them to a career program.

For more information  
<http://www.ypii.org/OPT-in.html>

Have questions? Contact Steve Havemann, Project Manager at: 515.727.4220 or [shavemann@ypii.org](mailto:shavemann@ypii.org)