

**Trainings:**

All Trainings listed below will be held at the Mohawk Square at DHS' Liberty Room office - 22 N. Georgia, Mason City. (Unless noted otherwise)

Doors open at 6:30 pm with the speaker from 7-9 pm *except* for April's trainings...doors will be open at 5:30 with the speaker from 6-9 pm. Feel free to bring a snack to share.

All Trainings will be approved for 2 hours credit *except* for April's training which will be 3 hours credit.

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| September 21  | DHS/IKN/IFAPA-Roundtable Discussion  |
| October 19  | John Church - Attachment Disorders   |
| November 16<br>(Combined with Charles City support group) | Edith Haenel/Jackie Pederson- Transforming Behaviors of Challenging Children...lying, stealing, hoarding, etc. |
| December  | No Meeting   |
| January 18  | Pam Jones - Domestic Violence  |
| February 15   | Parent Partners by Shelby Zirbel - support birth parents, role models, etc.                                    |
| March 15  | Mike McGuire-Effects of Media on Teenagers   |
| April 19  | Nancy Magnall-Responding to Sexual Behaviors (IFAPA Module)  |
| May   | May appreciation - TBA   |

All subsidized adoptive parents, please join us at 6:00 pm at the same place. We will have ½ an hour support time with the opportunity for you to meet and network with foster parents and other adoptive parents as well as stay for the training if you would like. Call Corinne Sills regarding any questions: 641.201.0180 or email [Corinne.sills@Iowa.org](mailto:Corinne.sills@Iowa.org)

## **Tri-County Support Group Schedule 9/10 – 5/11**

### **Summer Support Group:**

August 10<sup>th</sup> – Charles City (6 – 8 PM)

- Support Group – no training offered, strictly peer networking and support
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### **Support Group/Training Season:**

September 14<sup>th</sup> – Charles City (7 – 9 PM)

- Round Table discussion – (IFAPA, DHS, and IKN) updates to services (Support & Licensing), systemic changes, Resource Family expectations, etc.

October 12<sup>th</sup> – Osage (7 – 9 PM)

- “An introduction to the Parent Partners Approach” - Trainer - Shelby Zirble

November 16<sup>th</sup> – Mason City (7 – 9 PM) – Combined support group training

- "Transforming Behaviors of the Challenging Children....lying, stealing, hording" - Edith Haenel/Jackie Pederson

December 14<sup>th</sup> – Charles City (7 – 9 PM)

- “Effects of the Media on Teens” – A segment of the Generations X,Y,Z training – Trainer - Mike McGuire

January 11<sup>th</sup> – Osage (7 – 9 PM)

- TBA

February 8<sup>th</sup> – New Hampton (6 – 9 PM) (\*extended 3 hour training\*)

- "Understanding and Responding to the Sexual Behaviors of Children and Adolescents." Nancy Magnall will be the Trainer

March 8<sup>th</sup> – Charles City (7 – 9 PM)

- The Effects of Domestic Violence on Children in Care - Pam Jones

April 12<sup>th</sup> – Osage (7 – 9 PM)

- TBA

May 10<sup>th</sup> – Charles City (time yet to be determined)

- May Appreciation Event – Charles City

## Lending Library

A new List of Lending Library Resources (Books/Movies/DVD's) was approved August 1. Those currently held at DHS are no longer approved for training Credit.

Please contact Christie McGuire at: 800.720.9850 #62 with questions. Christie intends to have a list of approved books/movies/DVD at the first support group training in September.

## Adventureland Fun Day

IFAPA Appreciation Day for Foster, Adoptive & Kinship Families

**Saturday, August 28, 2010**

**Adventureland Park - Altoona, IA**

IFAPA is hosting our annual Adventureland Day on Saturday, August 28. The park is open from 10am to 9pm. Tickets prices are: \$18 (for all immediate foster, adoptive & kinship family members), \$20 (for extended family members and friends). All children age 3 and younger are free. Ticket prices also include admission to the new Adventure Bay Waterpark!! Be sure to bring your swimming suits and towels. **You could win FREE TICKETS!** All Adventureland ticket orders received by Friday, July 30 will be entered into a drawing to win 2 free tickets to use on Saturday, August 28. All ticket orders must be sent to IFAPA by Friday, August 20.

## Mandatory Reporter Class

August 12<sup>th</sup>, 8:00 am to 10:00 am

Clear Lake Police Department Community Room

This will be a free training instructed by DHS Child Protective Worker, Becky Heilskov who has done investigations for fourteen years.

If you are interested in attending, please RSVP to Amanda Bean by calling 641.421.1219 or emailing [abean@dhs.state.ia.us](mailto:abean@dhs.state.ia.us)

## News from Al Yad, Inc.

We currently have a dozen youth –size small-bike helmets. Call Corinne at 641.201.0180 to reserve and pick one up.

Title XIX covers diapers for older children. The doctor needs to write a prescription for it. Call Active Styles at 800.651.6223.

Variety – The Children’s Charity’s Specialized Bike Program provides bikes for therapeutic benefit and to enable children to participate in their communities. Variety helps children with special needs that reside in Iowa, who are 21 years of age or younger, by providing specially-equipped bikes and trikes when this equipment cannot be obtained from any other source.

Variety Kids on the Go! Aims to help kids gain mobility, confidence, freedom, independence and the chance to join in the life of their community by providing funding for walkers, wheelchairs, specially-designed adaptive bikes, strollers, prosthetic limbs and other devices to families with the need.

Go to [www.usvarety.org](http://www.usvarety.org) to learn more.

## IFAPA Spring Conference

**March 4 & 5, 2011 - Des Moines, IA**

IFAPA hosts a spring training conference every year for foster, adoptive and kinship parents and social workers. The IFAPA Spring Conference offers many great training opportunities from experts in the field. All of our conference trainings are approved for foster parent credit and many are also approved for social work CEUs. The 2011 Spring Conference will be held on Friday, March 4 and Saturday, March 5 at the Ramada Tropics Resort and Conference Center in Des Moines.

## From Iowa Foster and Adoptive Parents Association

### Attachment Resources

Attachment disorder is common in foster care and adoption, occurring during the first years of life, due to early abuse, neglect and loss of birth mother. Attachment disorder can also occur if a child experienced ongoing medical problems and continual physical pain during their first year of life. The degree of disorder can range from mild to severe and is directly related to the severity of early trauma that the child endured.

Attachment disorder varies by degree of severity, and a thorough assessment by a therapist who is experienced with attachment disorder is imperative. Traditional Therapy methods are usually ineffective for children who struggle with attachment issues. These children require specialized techniques taught to parents by trained therapists.

Because children with attachment disorder require specialized parenting techniques, here is a list of resources that other foster and adoptive parents and professionals have found to be helpful in parenting children with these issues.

**\*\*\*IFAPA does not recommend or endorse any specific techniques for parenting children with attachment disorder but advises to use caution and consult your child's therapist and psychiatrist before implementing techniques to heal attachment disorder. Please check with you child's therapist before implementing any parenting program. \*\*\***

#### **BOOKS:**

*"Children who Shock and Surprise: A guide to Attachment Disorders"* by Elizabeth Randolph

*"When Love is Not Enough: A Guide to Parenting Children with RAD"* by Nancy Thomas

*"Broken Spirits, Lost Souls: Loving Children with Attachment an bonding Difficulties"* by Jane E. Ryan

*"Parenting Teens with Love and Logic"* by Foster W. Cline and Jim Fray

*"Parenting with Love and Logic"* by Foster W. Cline and Jim Fay

*"Attaching in Adoption: Practical Tools for Today's Parents"* by Deborah D. Gray

*"Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children"* by Daniel Hughes

*"Real Parents, Real Children"* by Holly Van Gulden

*"Parenting the Hurt Child: Helping Adoptive Families Heal and Grow"* by Gregory Keck and Regina Kupecky

*"Adopting the Hurt Child: Hope for Families with Special-Needs Kids: A Guide for Parents and Professionals"* by Gregory Keck and Regina Kupecky

*"Becoming Attached, First Relationships and How They Shape Our Capacity to Love"* by Robin Karen

*"Theraplay: Helping Parents and Children Build Better Relationships through Attachment-Based Play"* by Ann Jernberg