

## RESPITE PROTOCOL

Foster families are eligible for up to 24 days of respite per placement per calendar year. DHS, IKN, and foster parents all play an important role in the respite process. As of August 1 2011, IKN and DHS have implemented the following protocol. Please be sure to follow this when setting up respite. If you have any questions, please contact your IKN support staff.

### PURPOSE:

*Iowa KidsNet is the primary support to resource families, which includes assistance with respite care referrals. Iowa KidsNet is responsible to assist foster parents with arranging respite care as part of ongoing supportive services. IKN Support-Renewal Specialists are responsible for providing this assistance to resource families, for their assigned families. Only a licensed foster parent can provide respite care.*

*Families are eligible for up to twenty-four (24) days of respite per placement per calendar year. DHS placement workers are responsible to reimburse respite care providers through the FACS system. The payment rate respite providers receive is the daily rate the child receives in the current foster home placement. **ANY CHILD PLACED THROUGH FOSTER CARE RESPITE IS COUNTED AS A PLACEMENT FOR THE RESPITE HOME.***

### PROCEDURE:

1. Foster families have three options to locate respite care:
  - a. The IKN Support-Renewal Specialists can provide support and assist in locating respite care.
  - b. Respite care can be arranged between foster families (placements must remain within licensing capacity).
  - c. DHS placement and/or licensing worker can provide support and assist in locating respite care. (If the family contacts DHS, DHS will work jointly with IKN Support-Renewal Specialists to locate respite care options.)

**NOTE:** Resource families must contact the child's DHS placement worker to inform them of the dates they will need respite, provide the name of the respite family and to get approval for the respite. **This needs to be done as far in advance as possible.**

2. If IKN customer service is the first to receive a respite care request, the Service Area Leader/Designee will be notified immediately and assign an IKN Support-Renewal Specialist for assistance.
3. Prior to making a respite placement, records must be accessed to ensure the family has capacity to take another child. If the placement will put the family over licensing capacity, a variance must be approved by the Department. (IKN and DHS will complete the variance according to local protocol.)
4. Upon being given the name, the resource parent will contact the proposed respite family to work out details of the respite care.
5. Once arrangements have been finalized, Iowa KidsNet customer service needs to be notified. The DHS placement worker will be responsible for notifying the IKN customer service either by phone or e-mail of the respite arrangements upon approval.

This protocol is effective 8/1/2011.

## In This Issue:

### Back to School Tips

Starting the school year off right by nurturing Parent/school relationships will benefit both your child and yourself. **More details on page 3**

### AMP

AMP is a youth driven organization which empowers teens to be self advocates and advocates for change in the child welfare system. **More details on page 4**

### IFAPA Peer Liaisons: Resources for Parents

Find out what IFAPA's Peer Liaisons and IFAPA's Resource Information Specialists can do to make your parenting journey a success. **More details on page 5**

## Mark Your Calendars Now For IFAPA's Spring Events:

### Legislative Breakfast

February 16, 2012  
Iowa State Capitol

### IFAPA State Conference

March 2-3, 2012  
Adventureland Inn  
Altoona, IA

### Stride for Foster Care Walk

May 5, 2012  
West Des Moines, IA



ON YOUR OWN BUT NOT ALONE

## IOWA AFTERCARE SERVICES NETWORK

Iowa Aftercare Services Network is a statewide program that addresses the needs of young adults who have aged-out of foster care. Aftercare provides support & opportunities designed to help young adults between the ages of 18 and 21 meet the challenges of living independently and achieving self-sufficiency. Participation is voluntary, and available to those who meet eligibility requirements. For more info, call 800-443-8336 or visit: [www.iowaaftercare.org](http://www.iowaaftercare.org).

# IFAPA TRAINING SCHEDULE

All of the following classes are free to all foster, adoptive and kinship parents. To register for a class, call IFAPA at 800-277-8145 ext. 1 or register online at the following link: [www.ifapa.org/training/training\\_registration\\_form.asp](http://www.ifapa.org/training/training_registration_form.asp). To find more trainings or for a description of the following trainings, go to IFAPA's website training page. [http://www.ifapa.org/training/ifapa\\_training\\_schedule.asp](http://www.ifapa.org/training/ifapa_training_schedule.asp)

Name of Training	Date & Time	Credit Hours	Location
<b>Beyond Consequences: A Love Based Approach to Helping Children with Severe Behaviors</b>	Sat., Oct 8 9 am –4:30 pm	6 hours	Waterloo—Hawkeye College
	Sat., Oct 22 9 am –4:30 pm	6 hours	Muscatine—Clarion Hotel
<b>“Can You Hear Me Now?” - Learn How to Effectively Manage Behaviors in Your Home</b>	Sat., Oct 8 1 pm—4:15 pm	3 hours	Clarinda—IWCC
	Sat., Nov 5 1 pm—4:15 pm	3 hours	Cedar Rapids-Best Western LB
	Sat., Nov 19 1 pm—4:15 pm	3 hours	Dubuque—Keystone AEA
<b>Caring for Children with HIV</b>	Sat., Oct 8 9am-12:15 pm	3 hours	Dubuque—Keystone AEA
<b>CPR and First Aid</b>	Sat., Oct 1 12 pm—4:15 pm	4 hours	Atlantic—To Be Announced
	Sat., Oct 15 8 am-12:15 pm	4 hours	Cedar Falls—To Be Announced
	Sat., Oct 15 1:15—5:30 pm	4 hours	Cedar Falls—To Be Announced
	Sat., Nov 5 8 am—12:15 pm	4 hours	Ames—To Be Announced
	Sat., Nov 5 1:15—5:30 pm	4 hours	Ames—To Be Announced
	Sat., Nov 5 12:00 —4:15 pm	4 hours	Davenport—To Be Announced
	Sat., Nov 12 8 am-12:15 pm	4 hours	Sioux City—To Be Announced
	Sat., Nov 12 1:15—5:30 pm	4 hours	Sioux City—To Be Announced
	<b>Dangerous Playgrounds—Drug Awareness and Trends</b>	Sat., Oct 15 9am-4:30pm	6 hours
Sat., Nov 19 9am-4:30pm		6 hours	Iowa City - Clarion Hotel
<b>Decoding the Mystery of ADHD</b>	Sat., Nov 19 9 am—12:15pm	3 hours	Council Bluffs-Country Inn
<b>Managing Your Child/Teen’s Behavior: 7 Ways to Foster Love, Respect and Comm</b>	Sat., Oct 22 9 am –4:30 pm	6 hours	Carroll—Carrollton Inn
	Sat., Nov 5 9 am –4:30 pm	6 hours	Clinton—Oak Tree Inn
<b>Mandatory Child Abuse Reporter Training</b>	Sat., Oct 15 9 am-12:15 pm	3 hours	Cedar Falls—Country Inn/Suites
	Sat., Oct 15 1:15—4:30 pm	3 hours	Cedar Falls -Country Inn/Suites
	Sat., Nov 5 9 am—12:15 pm	3 hours	Ames—Country Inn & Suites
	Sat., Nov 5 1:15—4:30 pm	3 hours	Ames—Country Inn & Suites
	Sat., Nov 12 9 am-12:15 pm	3 hours	Sioux City—NW AEA
	Sat., Nov 12 1:15—4:30 pm	3 hours	Sioux City—NW AEA
<b>Promoting Healthy Growth and Development of Gay, Lesbian, Bisexual, Transgender, &amp; Questioning (GLBTQ) Youth in Foster Care</b>	Sat., Oct 1 9 am –4:30 pm	6 hours	Ankeny—IFAPA Training Center

Name of Training	Date & Time	Credit Hours	Location
<b>Snakes, Snails and Puppy Dog Tails... (I'll Take the Snakes!): Raising Boys</b>	Sat., Oct 8 9am-12:15 pm	3 hours	Cedar Rapids-Best Western LB
	Thurs. Oct 27 6—9:15 pm (Please note Thursday date)	3 hours	Ankeny—IFAPA Training Center
	Sat., Nov 12 9am-12:15 pm	3 hours	Waterloo—Hawkeye College
<b>Special Education Basics</b>	Sat., Oct 8 1:30 —4:45 pm	3 hours	Dubuque—Keystone AEA
<b>Sugar, Spice &amp; Everything Nice... (Ya, Right!): Raising Girls</b>	Sat., Oct 8 1:30 —4:45 pm	3 hours	Cedar Rapids-Best Western LB
	Thurs. Oct 20 6-9:15 pm (Please note Thursday date)	3 hours	Ankeny—IFAPA Training Center
	Sat., Nov 12 1:30-4:45 pm	3 hours	Waterloo—Hawkeye College
<b>Transitioning Resources: A Toolbox for Transitioning</b>	Sat., Oct 29 9am-4:30pm	6 hours	Sioux City—NW AEA
	Sat., Nov 19 9am-4:30pm	6 hours	Ankeny—IFAPA Training Center
<b>Trauma Informed Care (SWCEUs available)</b>	Sat., Oct 15 9am-4:30pm	6 hours	Ottumwa—Great Prairie AEA
	Sat., Oct 22 9am-4:30pm	6 hours	Ankeny—IFAPA Training Center
<b>Worrywarts and How You Can Help Them: Understanding Anxiety Disorders in Children</b>	Sat., Nov 19 1:30—4:45 pm	3 hours	Council Bluffs—Country Inn

## Back to School Tips Starting the School Year Right Nurturing Parent/School Relationships

Summer vacation is over and the kids are back in school. Families are settling into their fall routines. The beginning of a new school year brings with it an opportunity to build and strengthen good working relationships with your child's teacher and other personnel at your child's school. Most parents want to be good advocates for their children at school, but may not be sure of the best ways to accomplish that goal. Here are a few tips that might help.

When possible, let your child's teacher know you want to partner with them to help your child have a successful school year. Share information that they might not otherwise learn about your child. That could include favorite books, hobbies, or interests; learning activities and techniques that have been effective with your child in the past; and personal situations or events that might affect your child's behavior or performance in school.

Find out if the teacher prefers to be contacted by phone or by email. Respect the teacher's schedule and ask the best time to contact them. Share your phone number and email address and the best time to reach you. Stay in regular contact with the teacher, at least monthly or more often, if necessary, even if your child is doing well. Be punctual and prepared for activities and meetings at school.

If your child has an IEP, make sure your child's teacher has a copy, is aware of the goals that have been set for your child, and any modifications and accommodations that are spelled out in the IEP. If you have concerns, share those concerns with the teacher in a positive, non-threatening way. Discuss the specific concerns you have, keeping your focus on your child, not on complaints about the teacher or other school personnel. Thank and praise the teacher for the positive things you observe.

During the school year, be involved in as many school events as possible: back-to-school nights, open houses, science or art fairs, and so forth. Volunteer in your child's classroom or help chaperone class outings. Being involved in various school activities provides opportunities for you to meet and develop relationships with the other school employees who interact with your child on a daily basis. The best way to support your child is to build strong working relationships with everyone involved in your child's education.

## Iowa KidsNet Post-Adoption Support

As the new school year begins, it's a great time to pause and take a fresh look at all the resources available to your family, including post-adoption support from Iowa KidsNet. In FY 2011, Iowa KidsNet provided post-adoption support services for about 1,100 families who have adopted from foster care.

All Iowa adoptive families with a DHS-subsidized adoption are eligible for free support services through Iowa KidsNet's Navigator program. Your family is eligible for post-adoption support services for children age 18 and under, no matter how long a child has been a part of your family.

The goal of post-adoption support is to keep both your child and family stable by developing a support plan that meets the unique needs and circumstances of your family. For example, your Iowa KidsNet support specialist can:

- Visit your family at your home
- Provide behavior management plans and assistance
- Respond to crisis calls from your family
- Assist and support your family's relationship with a birth family or kin
- Advocate with schools, DHS and service providers for a child's treatment or needs
- Coordinate with licensing workers or providers connected to your family
- Connect you to community resources
- Connect you to a local adoption support group

Post-adoption support is flexible. Even if you don't feel as though your family currently needs additional support, you may wish to meet your Iowa KidsNet support specialist and learn more. Then, if you ever do need more support, you already have the resources in place. To ask about post-adoption support services, call Iowa KidsNet at 1.800.243.0756 or read more at [www.iowakidsnet.com](http://www.iowakidsnet.com).



## IFAPA's Free Publications

IFAPA publishes a variety of resource materials for foster, adoptive and kinship parents to assist them in understanding procedures of DHS and to enhance their parenting skills. All publications are free of charge and are available on our website. To request a free copy of any of these booklets, please e-mail your name and mailing address to Phyllis Pierce at [ppierce@ifapa.org](mailto:ppierce@ifapa.org) or call 800-277-8145 ext. 4. Iowa social workers are also welcome to request free copies. Look online for publications [www.ifapa.org/resources/IFAPA\\_publications.asp](http://www.ifapa.org/resources/IFAPA_publications.asp).



## Teens Find Support and Transition Assistance at AMP-Achieving Maximum Potential

Parenting teenagers is a tough job, especially when transitioning teens into young adults! AMP strives to help teens learn the skills they need to become successful young adults, assisting parents, so they don't have to be the experts! There are ten councils across Iowa, each meets twice a month for two hours, individual locations and times can be found on the AMP website: [www.ampiowa.org](http://www.ampiowa.org)

During AMP council meetings they provide information on: Aftercare services, PAL (Preparation for Adult Living), MIYA (Medicaid insurance for youth 18-21), FAFSA & college scholarships, independent living skills, employment, relationships, housing and much more! AMP is a youth driven organization which empowers teens to be self advocates and advocates for change in the child welfare system. It is a place for youth to make friends who understand what it's like to be in foster care, adopted or live with kin. AMP councils get teens involved in their local community by attending events and doing community service which helps youth connect to other caring adults that will offer support as they age out or leave home. So bring your teen's (ages 13-21) to an AMP council meeting and let the facilitators lighten your load!

**For more information contact:**

**Ruth Buckels**  
**AMP Statewide Coordinator**  
 515-291-4581 [rbuckels@yss.ames.ia.us](mailto:rbuckels@yss.ames.ia.us)

### DHS Payment Schedule:

#### Foster Care Maintenance/Adoption Subsidy Payments

Date Payment available for Worker Approval	Date Payment would be mailed if approved on 1st business day	Date Payment would be deposited in Bank account when paid via Electronic Funds Transfer approved on 1 <sup>st</sup> business day
10/01/11	10/05/11	10/07/11
11/01/11	11/03/11	11/07/11
12/01/11	12/05/11	12/07/11
01/01/12	01/05/12	01/09/12
02/01/12	02/03/12	02/07/12
03/01/12	03/05/12	03/07/12

## Do You Want to Talk to Someone Who May Have Walked in Your Shoes?

IFAPA employs Peer Liaisons and Resource Information Specialists who are available to help you. All are experienced foster, adoptive and/or kinship parents. They have personal experience and understand the issues that can challenge families. They provide support in an objective, confidential manner. They are not here to judge you. The Peer Liaisons and Resource Information Specialists are available to assist you as you travel down the road of foster care, adoption or kinship care.

### IFAPA Peer Liaisons

IFAPA Peer Liaisons are established foster parents who have experience dealing with many of the same issues facing other families. They are trained to help empower foster families to advocate for the best interests of the children in their care and work to promote best practice. Liaisons are able to assist families in understanding DHS Child Welfare initiatives including: forming partnerships with birth families, maintain sibling connections and connections to a child's culture, and participating in family interactions. They are knowledgeable about DHS policies and practices and can assist foster families to identify and address training needs. Liaisons are available to answer questions regarding issues such as:

- Availability of support groups in your area
- Foster parent licensing requirements
- Training requirements and the availability of training in the area
- Foster care reimbursement or Medicaid/Title XIX
- Foster parent rights and responsibilities
- Resolution of communication issues with a social worker
- Respite care
- Behavior challenges

If they do not know the answer to a question, they will help find the information. IFAPA Peer Liaisons will maintain confidentiality at all times. Liaisons work part-time and each serve 200-250 families in their area. It may be necessary to leave a message, but all calls and emails will be returned timely. Check out the table to the right to find your Peer Liaison. Each Liaison is responsible for working with the families living in their assigned counties.

### IFAPA Resource Information Specialists

Resource Information Specialists provide information and resources to families on a variety of topics such as working with birth families, explaining foster care and adoption to children, issues unique to kinship parents, seeking out respite, etc. They are available to answer questions on adoption, kinship and foster care issues. They also research and develop materials for families. The IFAPA Resource Information Specialists are available to families throughout Iowa. Look to the right to find their contact information and areas of expertise. Feel free to contact your IFAPA staff anytime you need assistance. We are here to help you on your journey.

Peer Liaison/ Counties Served	Liaison's Phone Numbers & Email
<b>Dave Brace</b> Allamakee, Buchanan, Clayton, Clinton, Delaware, Dubuque, Fayette, Howard, Jackson & Winneshiek	Toll-free: <b>866-547-1753</b> Independence area: 319-334-4547 Email: <a href="mailto:dbrace-ifapa@indytel.com">dbrace-ifapa@indytel.com</a>
<b>Kim Edwards</b> Cedar, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Muscatine, Scott, Van Buren & Washington	Toll-free: <b>877-845-4348</b> Sperry area: 319-985-2213 Email: <a href="mailto:edwardsifapa@yahoo.com">edwardsifapa@yahoo.com</a>
<b>Linda Dodson</b> Adair, Adams, Clarke, Decatur, Madison, Ringgold, Union & Polk (Zip Codes – 50009, 50035, 50073, 50169, 50237, 50301, 50305, 50312, 50313, 50314, 50315, 50316, 50317, 50320, 50321, 50327)	Toll-free: <b>888-491-3455</b> Des Moines area: 515-953-0515 Email: <a href="mailto:Ldodsonifapa@q.com">Ldodsonifapa@q.com</a>
<b>Vickie Janssen</b> Boone, Dallas, Warren & Polk (Zip Codes - 50021, 50023, 50109, 50111, 50131, 50226, 50263, 50265, 50266, 50310, 50311, 50322, 50323, 50325)	Toll-free: <b>877-70-IFAPA</b> Des Moines area: 515-279-0060 Email: <a href="mailto:janssen.ifapa@live.com">janssen.ifapa@live.com</a>
<b>Julie Mather</b> Benton, Jones & Linn	Toll-free: <b>877-53-IFAPA</b> Van Horne area: 319-228-8592 Email: <a href="mailto:jmather_ifapa@netins.net">jmather_ifapa@netins.net</a>
<b>Christie McGuire</b> Cerro Gordo, Chickasaw, Floyd, Hamilton, Hancock, Mitchell, Story, Winnebago, Worth & Wright	Toll-free: <b>800-720-9850 code 62</b> Garner area: 641-923-2618 Email: <a href="mailto:cmcguireifapa@gmail.com">cmcguireifapa@gmail.com</a>
<b>Dianna Seedorff</b> Black Hawk, Bremer, Butler, Franklin, Grundy, Hardin, Marshall, & Tama	Toll-free: <b>888-622-4521</b> Waterloo area: 319-235-2534 Email: <a href="mailto:seedorff_ifapa@hotmail.com">seedorff_ifapa@hotmail.com</a>
<b>Julie Seemann</b> Appanoose, Iowa, Jasper, Johnson, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello & Wayne	Toll-free: <b>800-484-6676 code 5754</b> Oskaloosa area: 641-673-4049 Email: <a href="mailto:julies_ifapa@hotmail.com">julies_ifapa@hotmail.com</a>
<b>John Smith</b> Calhoun, Carroll, Crawford, Greene, Humboldt, Ida, Pocahontas, Sac, Webster & Woodbury	Toll-free: <b>877-305-3396</b> Lake View area: 712-665-3396 Email: <a href="mailto:jsmithifapa@netins.net">jsmithifapa@netins.net</a>
<b>Kelly Upton</b> Buena Vista, Cherokee, Clay, Dickinson, Emmet, Kossuth, Lyon, O'Brien, Osceola, Palo Alto, Plymouth & Sioux	Toll-free: <b>877-807-8009</b> Ruthven area: 712-837-5333 Email: <a href="mailto:kellyuifapa@ruthventel.com">kellyuifapa@ruthventel.com</a>
<b>Hector Villarreal</b> Audubon, Cass, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie, Shelby & Taylor	Toll-free: <b>877-352-1299</b> Council Bluffs area: 712-352-1299 Email: <a href="mailto:ifapa-hectorv@q.com">ifapa-hectorv@q.com</a>
<b>RIS Staff</b>	<b>RIS's Phone Numbers/Email</b>
<b>Nancy Magnall</b> Educational Advocacy, HIV/AIDS, Learning Disabilities, Special Ed, & Support Group Facilitation	Toll-free: <b>877-467-4100</b> Waverly area: 319-352-3600 Email: <a href="mailto:magnall_ifapa@msn.com">magnall_ifapa@msn.com</a>
<b>Angela Stark</b> Adoption Subsidy, Adoption Tax Credit, Allegations of Abuse, Kinship/ Relative Care, & Public Policy	Toll-free: <b>877-788-7255</b> Des Moines area: 515-261-7255 Email: <a href="mailto:starkifapa@aol.com">starkifapa@aol.com</a>

# IFAPA'S FOSTER/ADOPTIVE/KINSHIP SUPPORT GROUP AFFILIATES

The following two pages include IFAPA-Affiliated Support Groups. For more information concerning what counties might be included in each support group or for specific address information on the meeting locations, check out IFAPA's website page at [http://www.ifapa.org/support/support\\_group\\_locator.asp](http://www.ifapa.org/support/support_group_locator.asp) You can also contact the Support Group Contact Person, whose information is listed for each of the support groups. Many of these support groups offer foster parent training credit for trainings held during meetings.

Name of Support Group	Contact Person Information	Meeting Time/Location
Allison Area Foster Parent Support Group	Name: Nancy Magnall Phone: 319-352-3600 Email: magnall_ifapa@msn.com	Time: 3rd Tuesday of month 7-9 pm Location: Vineyard Community Church - Waverly
Ames Foster Parent Support Group	Name: Shawna Rolph Phone: 515-291-2942 Email: srolph@ysss.ames.ia.us	Time: 2nd Thursday of month 6—8 p.m. Location: Family Life Center—Ames
Appanoose County Support Group	Name: Julie Seemann Phone: 641-660-3649 Email: julies_ifapa@hotmail.com	Time: 3rd Tuesday Aug—Nov; 6:30—8:30 p.m. 2nd Tuesday Feb—April 6:30—8:30 p.m. Location: Nazarene Church - Centerville
Benton Co Support Group	Name: Julie Mather Phone: 319-228-8592 Email: jmather_ifapa@netins.net	Time: 1st Monday each month 6:30—8:30 pm Location: Van Horne Methodist Church
Black Hawk Foster/Adopt Parent Support Group	Name: Dianna Seedorff Phone: 319-235-2534 Email: seedorff_ifapa@hotmail.com	Time: 2nd Tuesday each month 6:30—9 pm Location: Grace Lutheran Church—Waterloo
Breakfast Support Group	Name: Linda Dodson Phone: 515-681-2399 Email: ldodsonifapa@q.com	Time: Every Tuesday 9 a.m. Location: Village Inn—Des Moines (SE 14th St)
Building Bridges Support Group (for Families w/ Native Americans Kids)	Name: Rachelle Polkinghorn Ph: 712-251-8882 Email: rachelle.polkinghorn@lsiowa.org	Time: 4th Tuesday of month 7—9 pm Location: St Luke Lutheran Church—Sioux City
Building Forever Families of the Quad Cities Inc.	Name: Nancy Maday Phone: 563-508-4918 Email: nmaday@famres.org or nancy@bffoftheqc.com	Time: 2nd Tuesday of month 6:30—8:30 pm Location: Cobblestone Building—Davenport
Clay County Foster Parent Support Group	Name: Kelly Upton Phone: 712-240-5551 Email: kellyuifapa@ruthventel.com	Time: 4th Thursday of month 6:30—8:30 pm Location: Hope Reformed Church - Spencer
Connections	Terri Bailey 515-291-0476/515-249-7089 Email: tbailey@ysss.ames.ia.us	Time: 1st and 3rd Tuesdays 6-8 p.m. Location: Polk County DHS—River Place—Des Moines
Des Moines County Foster/Adoptive Support Group	Kim Edwards 877-845-4348/319-985-2213 Email: edwardsifapa@yahoo.com	Time: First Tuesday of month 6:30—8:30 pm Location: First Assembly of God Church—Burlington
Dubuque County Foster Parent Association	Name: Karen Fox Phone: 563-513-7026 Email: karen.fox@lsiowa.org	Time: 1st Tuesday of month 6:30—9:00 pm Location: Four Oaks - Dubuque
Henry County Foster/Adoptive Support Group	Kim Edwards 877-845-4348/319-985-2213 Email: edwardsifapa@yahoo.com	Time: 4th Monday of month 6:30—8:30 pm Location: First United Methodist Church-Mt Pleasant
HUGS—Hope Using Group Support	Name: Sheila Schroeder Phone: 563-419-3335 Email: sheila.schroeder@lsiowa.org	Time: 3rd Tuesday of month 6—9 pm Location: United Methodist Church-Decorah
Independence Area Support Group Inc.	Name: David Brace Phone: 319-334-4566 Email: dbrace-ifapa@indytel.com	Time: 2nd Thursday of month 6:30—9 pm Location: 1st United Methodist Church - Independence
Iowa Co Adopt, Foster & Respite Family Support Grp	Name: Rev. Karl Heck Phone: 319-668-8961 Email: gotoheck@commspeed.net	Time: Saturday (time/date varies) Location: St. Timothy Ev. Lutheran Church-Williamsburg
Kossuth County Foster/Adoptive Support Group	Victor Carranza 515-885-2248/515-320-3335 Email: caranza1@hickorytech.net	Time: 3rd Tuesday of month 7—9 pm Location: Bancroft City Offices
Latino Support Group	Name: Rachelle Polkinghorn Ph: 712-251-8882 Email: rachelle.polkinghorn@lsiowa.org	Time: 3rd Tuesday of month 7—9 pm Location: St Luke Lutheran Church - Sioux City
Lee County Foster/Adoptive Support Group	Kim Edwards 877-845-4348/319-985-2213 Email: edwardsifapa@yahoo.com	Time: 2nd Wednesday of month 6:30-8:30 pm Location: Fort Madison Public Library-Ft Madison

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Name of Support Group	Contact Person Information	Meeting Locations
LeMars Support Group	Name: Rachele Polkinghorn Ph: 712-251-8882 Email: rachele.polkinghorn@lsiowa.org	Time: 2nd Tuesday of month 7—9 pm Location: Grace Lutheran Church -LeMars
LGBT Families—Foster & Adoptive Collaboration	Name: Brian Walker Phone: 641-831-3002 Email: bwalker@fouroaks.org	Time: 3rd Thursday of month 6:30-8:30 pm Location: Plymouth Congregational Church—Des Moines
Lucas County Area Support Group	Name: Regina Johnson Phone: 515-422-1690 Email: rjohnson@fouroaks.org	Time: 4th Tuesday of month 6:30-8:30 pm Location: Truth Assembly of God - Chariton
Madison County Area Support Group	Name: Melissa Rhoads Phone: 515-490-6929 Email: ikn.melissa.rhoads@gmail.com	Time: 2nd Thursday of month 7—9 pm Location: Farmers & Merchants -Winterset
Marion County Support Group	Name: Brian Walker Phone: 641-831-3002 Email: bwalker@fouroaks.org	Time: 4th Thursday of month 6:30-8:30 pm Location: Nazarene Church - Pella
Marshall County Support Group	Name: Mindy Oswalt Phone: 515-290-5489 Email: moswalt@ysss.ames.ia.us	Time: 2nd Tuesday of month 6-8 pm Location: New Hope Christian Church - Marshalltown
Moville Support Group	Name: Rachele Polkinghorn Ph: 712-251-8882 Email: rachele.polkinghorn@lsiowa.org	Time: 2nd Thursday of month 7—9 pm Location: City Hall—Moville
North Central Foster/Adoptive Support Group	Name: Christie McGuire Phone: 641-923-2618 Email: cmcguireifapa@gmail.com	Time: 3rd Tuesday of month 7—9 pm Location: DHS Liberty Room - Mason City
Oakdale Support Group	Name: Danette Morgan Phone: 712-437-2575 Email: morganfamily@netins.net	Time: 4th Tuesday of month 7-9 pm Location: Oakdale Evangelical Free Church - Meriden
Oskaloosa (WINGS)	Name: Julie Seemann Phone: 641-660-3649 Email: julies_ifapa@hotmail.com	Time: 2nd Tuesday of month 6:30-8:30 pm Location: New Nazarene Church - Oskaloosa
Polk—East Support Group	Name: Brian Walker Phone: 641-831-3002 Email: bwalker@fouroaks.org	Time: 2nd Monday of month 6:30-8:30 pm Location: Berean Assembly of God - Pleasant Hill
Sioux City Support Group	Name: Rachele Polkinghorn Ph: 712-251-8882 Email: rachele.polkinghorn@lsiowa.org	Time: 2nd Thursday of month 7—9 pm Location: St Luke Lutheran Church - Sioux City
SW Iowa Foster/Adopt Parent Support Group	Name: Dee McIntyre Phone: 712-527-9361 Email: mcin212@aol.com	Time: One Thursday each quarter 6:30-8:30 Location: Glenwood Library Annex
Talk & Share	Name: Amy Moore Phone: 563-427-5393 Email: tamoore@netins.net	Time: 4th Tuesday of Month 7-9 pm Location: Victory Christian Church - West Union
Tender Loving Support Group	Name: Linda Johnson Phone: 641-784-7523 Email: postmaster50140@yahoo.com	Time: 3rd Monday of month 7:30—9 pm Location: Leon Community Center - Leon
Total Thursday Support Group	Name: Julie Mather Phone: 319-228-8592 Email: jmather_ifapa@netins.net	Time: 3rd Thursday of month 6:30—8:30 pm Location: Four Oaks (The Bridge) - Cedar Rapids
Union County Area Support Group	Name: Regina Johnson Phone: 515-422-1690 Email: rjohnson@fouroaks.org	Time: 1st Tuesday of month 6:30-8:30 pm Location: First Christian Church - Creston
Wapello County Foster Parent Support Group	Name: Angela Strong Phone: 641-226-2313 Email: astrong@fouroaks.org	Time: 3rd Thursday of month 6—8 pm Location: First Lutheran Church - Ottumwa
Warren/Madison County Foster & Adoptive Parent Support Group	Name: Sharon Jensen Phone: 515-491-3843 Email: sharon.jensen@simpson.edu	Time: 1st or 2nd Thursday of month 6:30-8:30 pm Location: Indianola Public Library
Washington County Support Group	Name: Carrie McCormally Ph: 319-361-7114 Email: cmccormally@fouroaks.org	Time: 1st Monday of month 6:30-8:30 pm Location: Immanuel Lutheran Church - Washington
Western Polk County Support Group	Name: Regina Johnson Phone: 515-422-1690 Email: rjohnson@fouroaks.org	Time: 3rd Tuesday of month 6:30-8:30 pm Location: New Hope Assembly of God - Urbandale



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you're a young person in transition. It's a trip and you are the traveler! You're on your way to your next stop: independent young adulthood. **IT'S EXCITING!** when you get there, you'll have no state or foster care strings attached to you. You'll get to make your own decisions. **IT'S SCARY!** times are uncertain. Young people are having trouble finding jobs, getting their lives going. At FosterClub, we believe in you. We built this toolkit to help you design a travel plan, working with your transition support team, that will create a map of what you have and what you need for your safe journey to adulthood.

**FosterClub's**  
**TRAnSition**   
**toolkit**

[ in collaboration with [FosteringConnections.org](http://FosteringConnections.org) ]

FosterClub members  
Lupe (Arizona), Mercedes (Wisconsin), Tyler (Florida), Nicole (Oregon), Anthony (Georgia)

a free tool for developing a youth-driven transition plan with a team approach

get educated advocate  
speak up belong  
involved + informed

FosterClub the national network for young people in foster care | [www.fosterclub.org](http://www.fosterclub.org)

## Foster Club's Transition Toolkit

Youth in foster care need to develop the life skills necessary for a smooth transition from the safety net of foster care to the daily tasks of life as self-sufficient, responsible adults. Every youth needs assistance in preparing for the transition from adolescence to early adulthood. This transition is often more complex for a youth in foster care, who may have limited self-confidence and may lack basic skills such as budgeting, shopping, meal preparation, education planning, employment, and securing housing.

Would you like to attend a training that will give you over 100 resources on education, employment, health, housing, services and supports for the youth you care for? Here are some of the upcoming training dates:

- October 29—Sioux City
- November 19—Ankeny
- December 10—Cedar Rapids

To register for one of these trainings, call 800-277-8145, ext 1 or register on IFAPA's website [www.ifapa.org](http://www.ifapa.org)