

OCTOBER 8, 2013

No One Can Say It Better...

15 TIPS FROM A FORMER FOSTER CHILD

What Makes a Good Foster Parent...

I guess this is called empathy. Never forget no matter how “bad” we have acted, that we are children. What may seem really stupid to you, most likely makes perfect sense to the child. For example, I am always amazed new foster parents are shocked that foster children eat a ton of food or steal and hoard food. But, (while living in your biological parents home) when there was not constant food and you are starving, it makes perfect sense to steal and hide food.

Have you ever been starving? I don't mean “oh, I didn't eat dinner TODAY” starving — I mean you are so !*?* hungry that you eat paper to try to stop the pain in your stomach? or carpet? Starving where you can feel your stomach eating itself. That type of starving? For weeks? For longer? Have you?

Have you ever wondered when your next food item will come— when your parents will put something in the refrigerator? And you give up waiting and search the trash cans, willing to eat bread that is soggy and moldy? Or half-eaten pizza that you find in the trash and cigarette ashes from a restaurant? Or a banana that well, you can't really tell what it is....but it smells like something to eat. This is what I mean. Put yourself in that child's shoes and it all makes sense.

Tip #4 for Foster Parents...
 Have the Ability to Put Yourself in the “Child's Shoes”

[READ THE 14 OTHER GREAT TIPS>>>](#)

IFAPA OFFERS CLASS ON FOOD ISSUES

Coming to Ames (Sat., Nov. 9) from 9am-4:30pm.

IFAPA's Spooktacular Trainings



Sat., Oct. 12 9am-12:15pm	Decoding the Mystery of ADHD	3 hours	Dubuque Keystone AEA
Sat., Oct. 12 1:30-4:45pm	Worrywarts & How You Can Help - Anxiety Disorders in Children	3 hours	Dubuque Keystone AEA
Sat., Oct. 12 1:15-5:30pm	CPR & First Aid (Cost \$50)	4 hours	Sioux City To be announced
Sat., Oct. 12 9am-12:15pm	Real Help for Attachment Struggles	3 hours	Waterloo Country Inn & Suites
Sat., Oct. 12 1:30-4:45pm	Road to Discovery: Transition to Adult Living, Learning and Working	3 hours	Waterloo Country Inn & Suites
Sat., Oct. 19 9am-12:15pm	Fetal Alcohol Spectrum Disorders	3 hours	Indianola Simpson College
Sat., Oct. 19 1:30-4:45pm	Relevant Skills/Real Stuff: Help Kids Manage Decisions, Comm. & Anger	3 hours	Indianola Simpson College
Sat., Oct. 19 9am-4:30pm	“Generations Next” - Parenting Through the Teen Toxic Culture	6 hours	Mason City NIACC
Sat., Oct. 19 9am-12:15pm	Attachment - What Does It Really Mean?	3 hours	Ottumwa Great Prairie AEA
Sat., Oct. 19 1:30-4:45pm	Allakazam! Does it Take Magic to Create a Healthy Attachment?	3 hours	Ottumwa Great Prairie AEA
Sat., Oct. 19 1:30-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Sioux City Stoney Creek Inn
Sat., Oct. 26 9am-12:15pm	Real Help for Attachment Struggles	3 hours	Cedar Rapids Marriott Hotel
Sat., Oct. 26 1:30-4:45pm	Mandatory Child Abuse Reporter Training	3 hours	Cedar Rapids Marriott Hotel
Sat., Oct. 26 1:15-5:30pm	CPR & First Aid (Cost \$40) <i>To avoid \$10 late fee, pay by Oct. 11</i>	4 hours	Davenport To be announced
Sat., Oct. 26 1pm-4:15pm	Caring for Children with HIV	3 hours	Pleasant Hill Pleasant Hill Library
Sat., Oct. 26 9am-4:30pm	From Fear to Love: Beyond Consequences II	6 hours	Sioux City Stoney Creek Inn

TO REGISTER FOR A CLASS:

Call 800.277.8145 ext. 1 or [REGISTER ONLINE](#).

Data Collection Activities to Resume October 2013

Transition Database Description

On October 1, 2010, the Department of Human Services, with the assistance of a contractor, Hornby Zeller Associates, Inc. (HZA) began measurement of services provided and outcomes attained for youth transitioning from foster care to adulthood. The data collection effort is referred to as the National Youth in Transition Database (NYTD) and is intended to evaluate states' programming for transitioning youth, also referred to as the Independent Living Program. In Iowa, the Independent Living Program includes services and supports to youth in foster care and youth formerly in foster care ranging from age 16 to 21. NYTD is a federal mandate for all states. States will incur penalties for not complying with the federal requirements of collection of services youth received and outcomes the youth attained.

Collecting Information on Independent Living Services Provided to Youth

Federal NYTD rules require that States report the independent living services and supports provided to youth served in that state's independent living program (an annual ongoing requirement). They are in broad categories: independent living needs assessment; academic support; post-secondary educational support; career preparation; employment programs or vocational training; budget and financial management; housing education and home management training; health education and risk prevention; family support and healthy marriage education; mentoring; supervised independent living (SAL services); and financial assistance.

The services provided will be documented by the youth's caseworker or juvenile court officer, most likely at each monthly visit. The caseworker may ask youth and caretakers if specific services have been provided to a youth in foster care age 16 or older.

Collecting Information on Youth Outcomes

Starting October 1, 2013, staff from HZA will be contacting all youth in foster care as they reach age 17. The youth will be surveyed and the outcome survey must be done within 45 days of the youth's 17th birthday (baseline population). This was first done in 2010 and will be an ongoing endeavor, with a new cohort of 17 year olds selected every 3 years, and follow-up surveying done at 19 and 21 years of age. The questions must be completed by the youth themselves; the survey can be done on the Internet, by phone, or mailed to the Contractor. Each youth in the baseline population will be mailed instructions plus a hard copy of the survey from HZA. The young people can expect a modest incentive for their participation in a survey.

This survey is to fulfill federally required outcome data collection on the youth's status in areas such as employment, housing, educational attainment, etc. A sample of the 17 year olds surveyed will be surveyed again at age 19 and 21, so it will be important for the youth to have a couple of contacts who will always know how to get a hold of the youth if they are in the sample population to be surveyed at 19 and 21 years of age; HZA will be asking the youth for such contact information.

Due to the expediency required to survey these youth the contractor, HZA, will receive a daily file for all youth in foster care who turned 17 the day before and those who entered at any time between their 17th birthday and 45 days. The contractor will be required to find and survey every youth on the list within no more than 45 days—and in some cases they will have much less time. We are making every effort to facilitate HZA reaching the youth to be surveyed.

Providers can expect:

- HZA will receive contact information on each youth who needs to be surveyed.
- DHS and HZA are depending on caseworkers, juvenile court officers, and foster care providers to encourage eligible youth to participate in this survey.
- Youth will receive a gift card to reward their participation in the survey.
- HZA will have the name and contact information of the provider serving the child, such as the name and address of the foster parents or child placing agency. These will be the first point of contact for the Contractor.
- **HZA does not need a release of information for the provider to give HZA information in order to contact the youth or to allow the child to participate in the survey. HZA represents DHS.**
- HZA will also utilize Transition Planning Specialists, caseworkers and juvenile court officers to locate youth.
- Remember, the federal requirement to survey youth in a short timeframe is a requirement the federal government has for DHS and can affect funding, so please help.

Thank You

We hope you will excuse any inconvenience and share our optimism that these efforts will help DHS learn more about how to best support our young people transitioning from foster care to adulthood.

If you have questions about Iowa's implementation of NYTD, please contact Holli Miller at hmillier@dhs.state.ia.us or call 515-242-5271 or Doug Wolfe at dwolfe@dhs.state.ia.us or call 515-242-5452.