

SEPTEMBER 13, 2016

Introducing Fall Conference Presenter:

LARK ESHLEMAN, PHD



Lark Eshleman, PhD, is an international expert in the field of child trauma and attachment, and is the author of *Becoming a Family: Promoting Healthy Attachments with Your Adopted Child*, a well-received book on adoption.

She designed and teaches a program for helping children heal from community violence, and also the STAT™ (Synergistic Trauma and Attachment Therapy) treatment model, and created and ran a multi-modal, integrative mental health clinic. She regularly gives keynote addresses, and offers workshops and trainings for parents and

professionals, returning with new insights from presenting in Singapore, India, and to other international teaching audiences.

Currently she is Executive Director of "About Child Trauma," an educational non-profit. She writes for *Fostering Families Magazine*, among other publications. [VISIT HER WEBSITE](#)

FRIDAY, OCTOBER 28

KEYNOTE ADDRESS

BUILDING THE BEST TEAM: WHY, HOW, & WHAT TO EXPECT

Conferences lately have encouraged us to "Be the Change." Michael Jackson wanted us to "Look at the man [woman] in the mirror." We all WANT to change and grow to become the best parents and professionals we can be. A strong team is the support you and your family need and deserve. The question is, how do we get there? What are the steps? What do we do? Join us to outline the hands-on, concrete ways to create, educate, and lead your family's team.

FRIDAY WORKSHOP (BI)

SUPPORTING HEALTHY & SUSTAINABLE TRANSITIONS: FROM YOUR HEARTS TO OTHERS HANDS

This is a hands-on workshop looking at transitions: when children feel comfortable and safe in your home and hearts, yet are moving to a place they may not know or where they are unsure about their safety or comfort. We will explore practical ways to support children and teens as they make this often difficult transition, setting the stage for a healthy new (or return) placement. *(Social Work CEUs)*

[VIEW CONFERENCE BROCHURE](#) [REGISTER ONLINE](#)

IFAPA'S FALL CONFERENCE
OCTOBER 28 & 29, 2016
MARRIOTT HOTEL - CORALVILLE



THE DEADLY GAME YOUR KIDS MIGHT BE PLAYING

By Hollee Actman Becker (Parents.com)

WHILE ABOUT 75 PERCENT OF KIDS KNOW ABOUT THIS GAME, ONLY 25 PERCENT OF PARENTS DO. Listen up, parents: the choking game is making a comeback. You know, the one where kids make themselves pass out by breathing rapidly and heavily for about 45 seconds and then have a friend apply pressure to their chest so they lose consciousness? It's also sometimes called the "pass-out game" or "cloud 9." And you may or may not have played it with your own friends back when you were in middle or high school.

[CONTINUE READING](#)

SUPPORT GROUPS

Support groups are a great way to connect with other families in your area, meet potential respite providers and get time to recharge your batteries. For details on support group meeting times and locations, [FIND A SUPPORT GROUP](#). Many support groups also offer training for foster and adoptive parents on a variety of topics. [VIEW SUPPORT GROUP TRAININGS](#)

THE INDEX CARD EVERY KID NEEDS TO GET TODAY

Taken From the Blog - HandsFreeMama.com

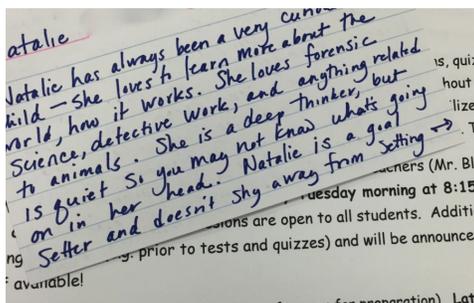
It was a chance for parents to get to know their child's middle school teachers. We would spend ten minutes in each classroom listening to the teacher share his or her educational background, classroom procedures, and expectations. I wasn't expecting to hear anything earth shattering that night, but I did. As soon as Mr. B began talking, I sensed I was in a very special place and there would be an important takeaway. My hope is that my takeaway becomes yours too.

As parents settled into their seats, Mr. B immediately noted the stack of index cards in the middle of the desks. He invited us to take one and write down our child's passions. "Connecting with each student is very important to me," the science teacher explained. "Tapping into what makes them excited ... what makes them come to life ... is my goal," he explained.

But here is where I went from simply listening to actually feeling his words: "Nothing pains me more than walking down a school hallway and seeing a desolate look on a child's face, like they are in prison. It pains me because that was me," he said. "School felt like prison. I dreaded each and every day. Creating a classroom where kids are excited, comfortable, and known can make all the difference."

And here is when two warm tears slid down my cheeks...

[CONTINUE READING](#)



FOSTER PARENTS SUPPORTING OTHER FOSTER PARENTS

IFAPA employs 11 Peer Liaisons across Iowa who mentor foster families and provide peer-to-peer support. IFAPA Peer Liaisons are established foster parents who have experience dealing with many of the same issues facing other foster families. They are trained to help empower foster families to advocate for the best interests of the children in their care. [VIEW CONTACT LIST](#)

 <p>SANDRA DOLLE IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Sandra: 855-526-2116 712-526-2116 sdolle@ifapa.org Counties Covered Audubon, Cass, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Polk, Wauwatama, Shelby & Taylor</p>	 <p>JOHN SMITH IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach John: 877-305-3396 712-665-4011 jsmith@ifapa.org Counties Covered Boone, Vista, Calhoun, Carroll, Crawford, Greene, Humboldt, Ida, Pocahontas, Sac, Webster & Woodbury (only in codes: 5104, 5109, 5129, 5123, 5104, 5104, 5105, 5104, 5105, 5103, 5110)</p>
 <p>MICHELLE JOHNSON IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Michelle: 844-627-8303 515-619-9927 mjohnson@ifapa.org Counties Covered Adair, Adams, Madison, Ringgold, Union, Warren & Polk (only in codes: 5009, 5003, 5003, 5019, 5037, 5001, 5005, 5031, 5013, 5031, 5015, 5031, 5037, 5003, 5031, 5031)</p>	 <p>GWEN TIMMERMAN IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Gwen: 844-335-9746 319-883-3594 gtimmerman@ifapa.org Counties Covered Benton, Black Hawk, Bremer, Butler, Grundy, Marshall & Tama</p>
 <p>JERYLYN KENDIG IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Jeryllyn: 515-480-2609 (this is Jeryllyn's new # as of 6/30/14) jkendig@ifapa.org Counties Covered Dallas & Polk (only in codes: 5001, 5023, 5019, 5011, 5031, 5023, 5024, 5024, 5024, 5031, 5031, 5032, 5023, 5023)</p>	 <p>TINA VANDE KAMP IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Tina: 844-451-6813 712-451-6813 tvandekamp@ifapa.org Counties Covered Cherokee, Clay, Dickinson, Emmet, Kosciusko, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Sioux & Woodbury (only in codes: 5101, 5106, 5109, 5104, 5103, 5110, 5110, 5110)</p>
 <p>JESSICA LEAL IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Jessica: 563-381-1119 jleal@ifapa.org Counties Covered Alkamee, Buchanan, Clayton, Clinton, Delaware, Dubuque, Fayette, Howard, Jackson & Winneshiek</p>	 <p>KELLI VERMEER IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Kelli: 844-316-8391 563-888-1313 kvermeer@ifapa.org Counties Covered Cassia, Des Moines, Jones, Henry, Jefferson, Keokuk, Lee, Louisa, Muscatine, Scott, Van Buren & Washington</p>
 <p>CHRISTIE MCGUIRE IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Christie: 855-929-2005 641-829-2005 cmcguire@ifapa.org Counties Covered Boone, Cerro Gordo, Chickasaw, Floyd, Franklin, Hamilton, Hancock, Hardin, Mitchell, Story, Winneshiek, Worth & Wright</p>	 <p>CANDICE YORK IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Candice: 888-299-4486 641-226-6227 cayork@ifapa.org Counties Covered Appanoose, Clarke, Davis, Decatur, Iowa, Jasper, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello & Wayne</p>
 <p>JANET RORHOLM IFAPA Peer Liaison / Foster & Adoptive Parent How to Reach Janet: 855-200-4168 319-200-4168 jrorholm@ifapa.org Counties Covered Johnson & Linn</p>	 <p>STEPHANIE CLARK IFAPA Resource Information Specialist How to Reach Stephanie: Office: 800-277-8145 ext. 7 Cell: 515-777-8564 sclark@ifapa.org</p>

Utilizing the Nurtured Heart Approach in Helping Children with Challenging Behaviors

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 – almost always 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.

UPCOMING CLASSES: MARSHALLTOWN (Sept. 17); **CLINTON** (Sept. 24); **ANKENY** (Nov. 5); **SHELDON** (Nov. 12) (All held 9am to 4:30pm)

[VIEW UPCOMING CLASSES](#)

TO SIGN UP FOR A CLASS: 800.277.8145 | [REGISTER ONLINE](#)

FINDINGS ON ADVERSE CHILDHOOD EXPERIENCES IN IOWA

Starting in 2012, Iowa stakeholders joined other states in studying Adverse Childhood Experiences (ACEs) data through the Behavioral Risk Factor Surveillance System (BRFSS). The analysis of data confirms that most people experience childhood trauma, and the more types of trauma someone experiences in childhood, the more likely they are to have a wide range of poor outcomes in adulthood. Emerging research shows that building caring connections promotes positive experiences for children from the start and helps those with a history of trauma heal.

[VIEW ACES FINDINGS](#)