



Parents Again

A Newsletter for Kinship Family Caregivers

End the Silence

One year. We've been living in a pandemic for one year. Life has not been the same for one year. Many people have been isolated with very limited contact with others. Children have been forced in to distance learning—no sports, activities, friend groups, dances, etc. The effects of such an isolation on anyone can be extreme. For children and teens, there has been a significant increase in mental health conditions and suicides.

One in five young adults have one or more mental health conditions. Less than half of these young adults will seek help for their condition. For people ages 10 to 24, suicide is the second leading cause of death. Teachers and other school staff were one of the first to see the warning signs of a mental health condition or suicidal ideation among children, but with many schools on a distance learning model, this first safety net has been removed and more children are going without help.

Here are some of the warning signs that could indicate a serious concern:

- Withdrawn, sad, unmotivated for more than two weeks.
- Risk taking behaviors.
- Severe mood swings, drastic changes in behavior, personality, and sleep and eating patterns.
- Excess use of drugs and/or alcohol.
- Difficulty concentrating or staying still.
- Intense worries or fears.
- Feelings of hopelessness or expressions of suicidal ideation "Everyone would be better off without me" .

Mental health and suicide continue to be taboo topics; seeking treatment or asking for help is a major stigma in our society. For children and teens, this is especially difficult. They see themselves as weak and that no one will understand them.

Be part of the solution. End the silence. Talk about suicide and mental health with your loved ones. Share on social media so others may see you as an advocate and someone who can be trusted and talked to. If you see any of the warning signs in a friend or family member, start a discussion. Break the stigma. Help someone help themselves. Ask others if they are okay and actually listen to what they say—or don't say. Check in on others that you know are struggling with isolation. Mental health conditions and struggles with suicide are nothing to be ashamed of. Tell yourself that and tell others that.

-adapted from rileychildren.org, nami.org, cdc.gov



**NATIONAL
SUICIDE PREVENTION HOTLINE
1-800-TALK 8255**

February-March 2021

Heart Facts

Your heart is one of the most vital organs in your body and is crucial to your survival. We all know how important it is to keep our heart healthy, but what else do we know about this amazing organ? In honor of Valentine's Day, let's take a look at some amazing facts about your heart.

- ♥ Your heart beats about 115,000 times per day.
- ♥ Your heart may beat over 3 billion times in your lifetime.
- ♥ Your heart weighs less than 1 pound—typically somewhere between 7 and 15 ounces.
- ♥ Your heart will pump about 1 million barrels of blood during an average lifetime. This is equivalent to leaving a faucet on full blast for 45 years.
- ♥ Your heart pumps about 2,000 gallons of blood throughout your body every day.
- ♥ Your heart pumps 1.5 gallons of blood throughout your body every minute.
- ♥ There are 60,000 miles of blood vessels in your body.
- ♥ Some capillaries in your body are ten times smaller than a hair from your head.
- ♥ It takes an average of 45 seconds for blood to circulate around the body.
- ♥ The Blue Whale's heart weighs approximately 1,500 lbs.
- ♥ Heart attacks typically happen on Monday mornings and Christmas Day is the most common day of the year for them to occur.
- ♥ The first open heart surgery was conducted in 1893.

-Adapted from unitypoint.org, healthline.com, and defibshop.co.uk

♥ happy ♥
Valentine's
♥ day ♥

Funding Available

Medication Co-Pay Assistance



- Limited funding available for assistance with medication co-pays for kinship children and/or kinship caregivers.
- Eligibility screening and voucher process similar to KCSP process for Fred Meyer voucher.
- Available for use at the Hazel Dell Fred Meyer store.
- Must know exact amount of co-pay before voucher can be issued.
- You **do not** need to disclose the medication you are taking in order to receive a voucher.

If you have already received KCSP funds in the last 12 months, you can still apply for this funding.

For more information or to apply for medication co-pay assistance, contact:

Sarah Revord

360.759.4317

sarah.revord@dshs.wa.gov

Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life.

-Lisa Weed

Virtual State Parks



Washington State Parks has gone virtual!

With COVID-19 causing the closure of Interpretive Centers, rangers and staff had to get creative. This resulted in several virtual opportunities to visit and learn about our State Parks without leaving your own home.

Watch videos and live streams on Facebook. Check out their page and the **Ask a WA Ranger** series. There, you can view the tide pools of Deception Pass, the waves crashing at Cape Disappointment, and Fort Columbia. You can also check out the **Goldendale Observations** series and learn about the night sky, constellations, the universe, and much more!

Finally, you can also search **Washington State Parks** on YouTube and access the **#RangerTube** channel. A variety of videos and topics are available from the parks' very own rangers. You can learn all about the history and fun facts of parks around the state.

While you may not be able to make trips to visitor centers and explore the parks right now,

you can get all kinds of information on our state parks so when they open up again, you'll have all you need to start exploring!



Deception Pass



Mt. St. Helens

Coming Up on Zoom!

Feb 18 Where We Live Training on Zoom | 1-3pm

Keeping children safer from childhood sexual abuse. Learn to identify warning signs and safe, effective ways to intervene and address suspicious behaviors.

Feb 19 Parents Again Support Group on Zoom | 1-2:30pm

Mar 16 New Guardianship of a Minor Law Training on Zoom | 1-3pm

Learn more about the new Guardianship of a Minor Law. It is replacing Nonparent/3rd Party Custody on January 1, 2021

Mar 19 Parents Again Support Group on Zoom | 1-2:30pm

To Register for these upcoming events contact:

Sarah Revord 360-759-4317 or sarah.revord@dshs.wa.gov

Parents Again

Kinship Programs
 201 NE 73rd St
 Vancouver WA 98665

ADDRESS SERVICE REQUESTED

«AddressBlock»

Kinship Programs

Are you a Grandparent or other family member raising a relative child? Support is available to grandparents, siblings, aunts, uncles or other relatives raising a child age 18 or under, whose parents are not present in the home. Relatives with or without a legal relationship to the children in their care may be eligible for support. Our Kinship Navigator can connect you to:

- Financial Support
- Legal Services
- Support Groups and Counseling
- Housing and Utility Assistance
- Disability Resources
- Food and Clothing Assistance, and more

For more information:
 Sarah Revord • Kinship Navigator
 KinshipNavigator@dshs.wa.gov
 360-759-4317

AAADSW

At the Area Agency on Aging Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

Contact your county's Aging Disabilities Resource Center to speak with a Specialist about programs and services at our agency and in the community.

Clark County
 360-694-8144 • 888-637-6060
 201 NE 73rd Street
 Vancouver, WA 98665

Cowlitz and Wahkiakum Counties
 360-577-4929 • 800-682-2406
 1338 Commerce Avenue, Suite 309
 Longview, WA 98632