

Caregiver Connection

AUGUST 2016

A monthly publication for Washington State foster and adoptive families and relative caregivers produced by the Washington Department of Social and Health Services, Children's Administration and the Alliance for Child Welfare Excellence.

BUILDING A BRIGHTER FUTURE

Governors' Scholarships help Make It Happen

The power of passing hope and promise from one generation to another may be best shown in the picture on the right. In 2001, former Gov. Gary Locke began the Governors' Scholarship for Foster Youth. Two administrations later, Rachel McKenzie Scott, now 20, received a scholarship in 2014 and is entering her third year of study at the University of Washington.

She has become a strong advocate for foster youth, both in Washington and in programs hosted by Michelle Obama at the White House. They are seen here at the scholarship ceremony, where they both spoke.



Photo by Bob Partlow

From the 8th floor of the Pacific Tower Building in Seattle on June 27, one could get a breathtaking vista of endless blue sky, Elliot Bay and the Olympic Mountains sparkling in the distance. It was the perfect backdrop for the panoramic view of the future for 33 young students as they gathered to receive their Governors' Scholarship for Foster Youth. The scholarship program is operated by the College Success Foundation (CSF), based in Issaquah.

This is the 15th year for the scholarship program, which was started by former Washington Gov. Gary Locke in 2001. Funded primarily by a golf tournament hosted annually by every governor since Locke and the Washington Student Achievement Council, the program has raised \$7 million dollars for college-bound students leaving foster care and stepping into their futures.

Individual Governors' Scholarships range from \$2,000 to \$4000 per year, depending on the school the student is attending. Students are eligible for up to five years of funding as long as they are making satisfactory progress toward their degree. To date, 460 scholarships have been awarded to two-year and four-year colleges. "This is a fund that can help propel you into the future," Locke said.

"It's such an amazing opportunity," said Shakira Omar, graduating from Foster High School in Tukwila and clutching her award certificate. "It helps open so many doors. There are so many things I want to do."

The hurdles already overcome by the recipients drew praise from those gathered to honor them. "There are some amazing folks in this room," said Dr. Benjamin Danielson, a member of the Board of Directors of the foundation who has his own history in foster care.

"There are just incredible sacrifices you have made," Yolanda Watson Spiva, president and chief executive officer of CSF, told the students.

Another common theme was how important it was for students to have adult support along the journey to success. "I had so many people rooting for me," said Rachel McKenzie Scott, a Governor's Scholar who is now beginning her third year at the University of Washington. Rachel also is preparing for her third trip to the White House as an advocate for foster youth. "Success is possible. You do not have to stand on your own." Emcee Lori Matsukawa, an anchor at KING 5-TV, told students it is important for to recognize and thank "everybody who helped you along the way."

"This is our way of rewarding you for all the obstacles overcome," said Locke. And although current Washington Gov. Jay Inslee could not attend in person, he sent taped remarks that touched on how important such programs are, not only to the current group of students, but to future ones, as well.

"This sets forth a ripple effect for generations to come," he said

COLLEGE MOVES FROM PIPE DREAM TO POSSIBILITY THROUGH MAKE IT HAPPEN!

For Governor’s Scholar Julie Justiniano, the week of June 27 was a busy one. Julie attended the Scholar awards ceremony, and two days later, took part in another College Success Foundation event, Make It Happen! The three-day, two-night college preparation experience for youth in and alumni of foster care took place this year at the University of Puget Sound in Tacoma.

“I’ve never been around so many people who have so much understanding,” she said. Standing in the Rotunda Room of the Student Union Building, she said she was amazed at all the groups that had pitched in to offer support and resources to help students. About 18 colleges, universities and other support organizations were present at the resource fair.

“Look at all the resources,” she said. “I wish everyone could come.” The Rotunda was literally a room full of promise for the 80 participants – young people whose lives had been touched by the foster care system. They were mentored by 12 “peer counselors” 10 of whom also had experienced life in foster care. Students learned about enrolling in college, resources and supports that are available, what to expect in residence living and much more.

And what they were learning in the classrooms they later had a chance to talk over informally.



Governor’s Scholar and Make It Happen! participant Julie Justiniano. Photo by Bob Partlow

For instance, over lunch, peer counselor Rachel McKenzie Scott and adult counselor David Rothschild talked about the importance of planning for their personal finances, a subject the students had learned in a classroom earlier that morning.

Dave and Rachel went over a lot of financial concerns with students, stressing the importance of establishing good credit, the ins and outs of setting up a good system for banking,

establishing lines of credit, setting limits for how much to borrow, putting tax refunds into savings and much more – real-life experiences to reinforce what the students had learned in the classroom.

“It really prepares me in a way I have not been before,” said Amber Beck, another Governor’s Scholar.

“Without this, I would be lost,” said Monica Ramirez Lopez. Some of Rachel’s advice came from personal experience and from information she’d learned when she’d been a Make It Happen participant herself. She was a student at Make It Happen for 3 years and has been a peer counselor the past two years. She and Amber used the same words to describe the event: “It’s a life changing experience.”

Two days earlier, Rachel had told scholars, “You all deserve a life better than the one you have had so far.”

The energy, enthusiasm and encouragement that permeated the event underscored the feeling that these students believe their past does not define their future, that they will not be afraid to dream big, work hard, ask for and receive the support they’ll need to make a success of their future.

They will Make It Happen!

A THOUGHT TO HELP IN THE TOUGH TIMES

Parenting is difficult and can sometimes feel impossible. Sometimes this seems more true when parenting kids who have been removed from their biological homes to live in foster or relative care.

For those times when the burden seems too hard to bear and the task beyond your talents, consider the words of the late Muhammad Ali:

“Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. It’s an opinion. Impossible is not a declaration. It’s a dare. Impossible is potential. Impossible is temporary. Impossible is nothing.” -

Muhammad Ali

Contents

Building a Brighter Future	1
College Moves from Pipe Dream...	2
A Thought to Help...	2
Accomplish Incredible Acts	3
New Policy Foster Care Over 21	3
Healthy Engagement...	4
Mind Yeti	4
Start School...	5
Property Damage...	5
Voices of Children	6
Caregiver Training	7
Just for Kids	8
Seattle Aquarium and Park Passes	9
Consultation Team	10
Additional Resources	11-12
Meet Our Recruitment Partners	13
Fostering WA Staff List	14
Fostering Together List	15
Trainers in your Region	16

“ACCOMPLISH INCREDIBLE ACTS OF HUMANITY”



Dr. Benjamin Danielson
Photo by Bob Partlow

The childhood of Dr. Benjamin Danielson, medical director of Odessa Brown Children’s Clinic at Seattle Children’s Hospital, included living in poverty and in foster care, he told Governors’ Scholars at the June 27 scholarship ceremony. He used his history to give the scholars a reminder of how they reached this important day in their lives and of his hope for their futures.

He called events such as the scholarship ceremony “inflection points,” and said ceremonies such as these are important milestones for the present and touchstones for the future.

“They represent a meaningful down payment on the future and are very important for that reason.

They have something important to say about the future: they are opportunities to remember and celebrate each student’s incredible gifts, gifts they have right now, today.

They remind us that you are impacting others in a meaningful way, that today we are your students.

www.dshs.wa.gov/ca/foster-parenting

We have a chance to remember and honor how you’ve stated your desire to achieve, your potential to be of service to others, your ability to make the world a better place.

You’ve proven yourself in so many ways already and I want you to remember that. Because there are days, days when you will wonder if you have enough. That is why we pause at these inflections, to celebrate you and for you to be reminded that you’re here because others saw your gifts – many in this room, many beyond these walls, people you know and are close to you and people you may never meet.

All of these people are part of this day to, and they will stay with you as you move forward.

It’s not reasonable to give you the expectation that self-doubt will never be there. I hope you’ll remember just how many people know how wonderful you are.

This is one way to help you understand that no one succeeds on his/her own. Everyone owes so much to so many. You’ll never hear an honest, successful person say ‘I did it all by myself’.

... I wish for you to maintain a sense of personal mission, dedication and purpose.

I wish for you to have the vision to recognize wrongs and the perseverance to right them.

I hope you’ll carry with you an enduring sense of curiosity and a talent for graceful disruptiveness.

I wish for you the strength that comes from being humble.

I wish for you the opportunity to accomplish incredible acts of humanity. And I hope you’ll maintain an abiding appreciation for the many people who are so proud of you, care about you and will be there for you.

“We all believe in you.”

NEW POLICY CHANGE FOR FOSTER CARE TO 21

An exemption has been added to the criteria for the program that extends foster care to some youth up to the age of 21.

The current Washington program makes youth eligible for extended foster care on the 18th birthday if they are:

- Dependent
- In foster care, and:
 - Enrolled in a high school or a secondary education equivalency program; or
 - Enrolled and participating in a college or vocational education program; or
 - Participating in a program or activity designed to promote or remove barriers to employment; or
 - Engaged in employment for 80 hours or more per month.

Beginning July 1, the following exemption became part of the criteria for the program: “Youth who are unable to engage in any activities described above in 1-4 due to a documented medical condition” are eligible for the program.

A “documented medical condition” is defined as “any physical or mental health condition documented by a licensed health care provider that may be temporary or permanent, including but not limited to a physical injury or a physical or behavioral health condition.

Peggy Lewis, a program manager with Children’s Administration, said conditions could be temporary, such as pregnancy, or something more permanent.

“We have very fragile youth who are unable to walk,” she said.

Caregivers should talk to the youth’s social worker if they have questions about the new exemption.

HEALTHY ENGAGEMENT WITH CHILDREN OF TRAUMA

By Randy Roberts, Contracted Trainer
Alliance for Child Welfare Excellence

A child of trauma may attempt to engage you at their deepest level of pain within the first few days of care. These are strategies of survival for the child ... a child's attempt to survive and protect himself or herself from further harm.

Your confidence and preparedness to provide a loving and healing atmosphere during these first few days of care is critical, despite the confusion, chaos and emotional disruption that a child may bring into your home.

*Psychologist Dick Swartz (Internal Family Systems) wrote about the **eight characteristics of the true SELF... calm, clarity, confidence, courage, curiosity, creativity, connectedness and compassion.** These are the parts of us that are the most healing and helpful to a child of trauma. Hubble, Duncan and Miller conducted a study in 1999 where findings determined that what works in therapy "is when a curative process begins in a child that becomes activated within a warm and empathetic therapeutic relationship. It comes with the fostering of hope and expectancy, ending in a healing process for the child". Ultimate healing for children occurs when their behavior, feelings and who they are is met with acceptance.*

If you engage children from your own emotional wounds, they will end up witnessing your anger, anxiety, fear and confusion. If you engage children from your true self, they will see calmness, confidence and compassion. This healthy relationship is the beginning to a pathway of healing for children of trauma.

1) Build sufficient levels of self-energy.

Don't just physically prepare for a child's arrival in your home, emotionally prepare, too. Clean out your emotional cobwebs (or at least know where you keep them) or seek professional help to better understand your own emotional pain. Before the child arrives, take the time to discuss with your spouse, partner or friend your own psychological layers that may be triggered by a child of trauma. Strategize ways to remain calm and focus on the qualities of your true self so a child will witness in you the confidence,

connectedness and compassion that they desperately long for. Refuse to engage children from your own psychological wounds or burdens. Understand that a child's negative engagement is the child's attempt to survive and protect.

2) Allow the child's emotional system to reorganize.

Don't expect a child to immediately "fit in" to your life and family. The best gift you can give a child is the time they need to reorganize their emotional system. Don't have expectations of time, but rather a perspective that emotional healing for a child can occur when met with love and acceptance.

3) Prepare your own family.

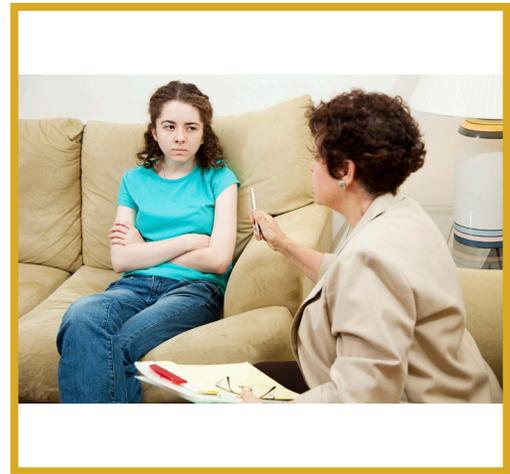
Establish opportunities for your own children to seek and gain your personal support and understanding during times of emotional distress or confusion in the family. Help them to understand that this journey is for everyone in the family. Set aside time for members of your family to debrief with you about their experiences and feelings. Establish guidelines for when and how to check in with you during times of stress or confusion.

4) Plan to be the comforter-in-chief.

Being soothed during distress allows the child to feel that the world is a safe place, even when bad things happen. Recognize the power of your own healing energy to help a child find trust and love beyond their experiences of trauma. Additionally, your family may need soothing and you will need to be attentive to their needs.

5) Don't sweat the small stuff.

It's not so much about the "stuff" that you have, the trips you take, or that you are a "normal" family. Rather, a child needs love and security at the deepest levels. This takes time. Start the work during the first 48 hours and commit to the long-term prospects of helping a child to heal his or her deepest wounds. Build trust at every level and commit to engage a child from your own healthy self.



**GET YOUR MIND READY
WITH MIND YETI**



We recently received a tip about this free on-line program from Cathy Clem, at Sound Mental Health. Mind Yeti helps kids be calm, focused, and more connected to others and the world.

It provides twelve guided audio sessions to help kids calm down, focus their attention, and get more connected. The program is based on mindfulness, which research shows strengthens parts of the brain associated with memory, learning and compassion.

It's built for kids and their adults, so families can enjoy it together. It works at home on your connected computer or mobile device. Check it out – maybe it could be helpful to you and your kids.

Here is the link to their website:
<http://www.mindyeti.com/>

START THE SCHOOL YEAR STRONG

By Treehouse Education Service Managers Judy Yasutake & Tamarack Randall

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September is a time of new beginnings. Changes in the season mean new classes, friends and routines. For youth in foster care who have often been uprooted, changed home and school placements, and are already in a state of emotional upheaval, the excitement of starting a new year is all too often overshadowed by anxiety of the unknown. Youth in foster care count on those that know them best to help support and prepare them to start the school year strong. Caregivers know more about a youth's experiences and needs than anyone else, so it's crucial to become involved in your student's academic journey as early as possible.

Here are some tips to help you build the most successful learning environment possible for your youth throughout the year.

- **Help your student feel prepared:** Tour the school so they feel comfortable in a new environment. Have your youth meet key school staff and the principal. Talk about the rules and expectations of your student's school. Discuss issues that may arise or questions they may receive from classmates and how to respond.

- **Require proper attendance:** Make sure your student gets to school (and on time!) each day. When unavoidable absences come up, make sure to call the attendance hotline and follow up on missed school work and activities with your student's teacher. Poor attendance can have a negative rippling effect on academic performance, so getting them there is extremely important.

- **Monitor homework and assignments:** Try to set up a regular homework routine for your student, with set expectations for when work needs to be completed. Missing assignments can negatively impact a youth's grades, so keeping youth accountable for turning in work is especially important.

- **Advocate for the resources your student needs to succeed:** Talk to your student's teachers about special needs accommodations, English as a Second Language (ESL), Individualized Education

Plan (IEP), and/or tutoring programs. Learn more about how to best advocate for those needs by taking one of our online educational advocacy trainings today!

- **Talk about educational goals:** Empower your student to be a part of his/her own educational process. Support your youth through highs, lows and plateaus in learning. Be realistic with your expectations of both your youth and their teachers.

- **Build relationships:** Communicating regularly with your student's teacher and school staff will help you understand what is being taught in the classroom, as well as give you an opportunity to make the teacher aware of your student's specific needs. If your youth is working with a Treehouse Education Specialist, keep in contact with them throughout the year and inform them of any changes or challenges facing your student's educational progress.

- **Spend time at school:** The best way to know what is going on at your student's school is to spend time there. Research shows that caregivers attending school events can make a significant difference in student success.

We wish you and your family a great 2016-2017 school year!

About the authors: As education services managers on the Treehouse Graduation Success Team, Tamarack Randall and Judy Yasutake will be helping foster youth unlock their potential, graduate from high school and pave a path towards achieving their future goals by supporting and empowering their teams of talented education specialists. This school year, the Graduation Success Program will be expanding from King County to include Tacoma and Spokane school districts. For more information visit Treehouse <http://www.treehouseforkids.org/> or speak with your child's social worker.

GETTING HELP WITH PROPERTY DAMAGE

Foster Parent Reimbursement Plan



Have you experienced damages due to a foster child living in your home?

The **Foster Parent Reimbursement Plan (FPR)** can provide some financial relief to foster families when property damages, losses and emergency medical treatment expenses are caused by children placed in your home by CA. Wear and tear, age and current value of the item(s) are considered in the reimbursement process.

A second coverage, the **Foster Parent Liability Plan (FPLP)** provides financial relief to foster parents who incur liability from third-party personal injury and property damages caused by the foster parent in their role as a foster parent for children placed with the family by CA. Under this plan, foster parents must access any available insurance prior to coverage under this plan.

Children's Administration has additional information on their website. <https://www.dshs.wa.gov/ca/foster-parenting>. Scroll down and click on the Foster Parent Reimbursement & Liability Plans.

Have questions about the plans? Please contact:

Millie Neal - Division of Licensed Resources
P.O. Box 45710 - Olympia, WA 98504-5710

Telephone: 360-902-0286 FAX: 360-902-7903 E-mail: millie.neal@dshs.wa.gov

www.dshs.wa.gov/ca/foster-parenting

VOICES OF CHILDREN

WINNERS HONORED



Six-year-old Nevaeh, of Yakima, gets help from her grandmother, Ermelinda, reading her Voices of Children entry at the July 7 ceremony to honor the children and their caregivers. Her entry is included in this edition of Caregiver Connection.

Photo courtesy of Family Education and Support Services

Winners of the 13th annual Voices of Children Being Raised By Grandparents or Other Relatives were honored at a July 7 ceremony at the Governor's Mansion in Olympia. The six winners, family members and well-wishers helped celebrate the words and pictures of the young people as they expressed their gratitude for being raised by loving relatives. First Lady Trudi Inslee hosted the event.

Evaluated on their writing and/or artwork, two winners in each of three age categories were chosen this spring. The Caregiver Connection has highlighted two winning entries in the June and July editions.

The statewide contest is a project of the Olympia-based Family Support and Education Services (FESS). Twin Star Credit Union gives a \$100 check to each winner, and they and their families also receive a free night at Great Wolf Lodge courtesy of the credit union.

Lynn Urvina, a kinship Navigator with FESS, described how Edith Owen Wallace, generally regarded as the moving force behind Washington's kinship support program, helped get the contest started to honor the "unsung heroes" of the child welfare world. Lynn said an annual book containing all the entries is shared across the nation and the world.

Cathy Vermillion, a grandmother raising her grandchildren, has two winners living with her in Lacey – Xena, 12, and Beverly, 17.

Cathy spoke of raising the girls this way: "The cost is great, but so is the payoff."

Here are the final two winning entries.

Ever since I got adopted by my grandparents, I have had a roof over my head, good meals, and clean clothes on my body every day. But most importantly I have love and a good family.

My gramma helps me keep on track for homework, studying, and chores. Even when she pops her top, gets really mad and starts yelling, I know she still loves me. Grumpy grampa's grumpy a lot but deep down in his heart I will always have a place.

Gramma says you need to learn something new every day. They're always trying to teach us new stuff, and how to be better people. One of the many things I love about my grandparents is that they let me see my mom and didn't separate me and my siblings. In fact, we even got to meet our oldest brother for the first time last summer.

My grandparents give us all that we need. Even though they might not be the perfect grandparents, or the funnest, they are all I need, and all I want. I wouldn't trade anything for them. Someday I'll get to live with my mom again, but until then, I love my life here.

Xena 12, Lacey



Nevaeh 6, Yakima



Caregiver Training



The Alliance for Child Welfare Excellence provides training for foster parents, relatives, and prospective adoptive parents who are providing care to children placed in their homes by the Children's Administration.



The Course Catalog provides easy access to scheduled trainings in your community.

For caregivers that do not have a computer or need assistance registering for classes, the Alliance has registrars available to help you, including a Spanish speaking registrar.

For assistance, please call **1-866-577-1915** and leave a message for a registrar in your Region.

A registrar will contact you and help you with your registration.

The University of Washington Alliance for Child Welfare Excellence will be working to modernize the look and feel of the Caregiver Connection. The transition to the new design is expected to occur over the next few months and be fully implemented this Fall!

PARTNERSHIPS:

The Children's Museum of Tacoma has partnered with the University of Washington – Alliance for Child Welfare Excellence to offer Core Training to prospective foster parents while also providing free childcare. The Children's Museum of Tacoma also does so much more to support the community. In June, the Children's Museum of Tacoma hosted a Right to Play Gala to raise funds for supports to children in the foster care system.

Please click the link below:
<https://youtu.be/MszdBemYIKg>



This video was first viewed at the Children's Museum of Tacoma's Right to Play Gala on Saturday, June 25, 2016. This video was created by Children's Museum of Tacoma and Common Thread Creative. The Alliance's own Gracia Hahn, Child Welfare Trainer, is featured in this video with a number of foster parents.

Thank you Gracia (and team) for your great work! Thank you so very much to the Children's Museum of Tacoma for the opportunity to collaborate for the benefit of children in our shared community!



It seems these days that the world has gone colorbook crazy. Even adults have finally remembered how fun and relaxing it is to sit with a box of colors – or markers – or pencils – or gel pens – and color. If you have a printer, you and the kids can have a great time this summer coloring. When the weather's too hot to do much else or you don't want them vegging in front of the tv or they need a quiet time together, or by themselves, coloring is good!

Here are a few little internet treasure troves for coloring fans. Not only can you print absolutely free pages at these websites, they don't require you to download additional software, whose safety you're not sure about. With these websites (and a few others), a few pages of blank paper, some coloring supplies and a little imagination, kids can print out a page or a whole bunch of pages and make their own personalized coloring books. A personalized coloring book, along with a box of crayons or markers, would make a great and inexpensive gift for your child to give to another, too. And with a little imagination and assistance, children could use the images to create cards, bookmarks, party invitations or who knows what!

The familiar yellow-and-green Crayola® brand gives kids lots of choices. One of the great things about this website is that some of the free pages are geared for older kids and teens. (Check out the bald eagle!) A few of the pages are based on familiar characters. For instance, there's a page with Barbie.

<http://www.crayola.com/free-coloring-pages/>

Coloring Castle, a veritable plethora of coloring pages, sorted out for you by theme! Bookmarks, too.

<http://www.coloringcastle.com/>

Activity Village, UK, a website with lots of coloring pages, some with a British flavor, that can be printed. You'll need to save the ones you want as .pdf files before printing. Despite the extra step, it's a terrific website. It also has many other printables – cards, bookmarks, even Minion finger puppets (that don't need coloring, just cutting out and taping). What a good birthday party activity. <http://www.activityvillage.co.uk/printables-list>

“She Calls Me Mamma Leisha” is also a website with several suggestions. One activity that looks like fun is: Art On The Lawn! Here is the link for instructions on how to have fun on the yard:

<http://www.callmemamaleisha.com/2011/07/art-on-lawn.html>



State Park Passes and Seattle Aquarium Passes

Free state park passes are available for foster parents and relatives caring for children in state custody. The same is true for use of the Seattle Aquarium.

You can use your foster care license or card for access to the parks. You must have the foster care wallet card to access the aquarium. Relative-caregivers can obtain a card through the worker who is your home study writer in the Division of Licensed Resources.

Relative caregivers whose relative children are not placed with them through Children's Administration can obtain a pass card from their local Kinship Navigator or Kinship Support Programs.

If you have questions about obtaining a card, please contact:

Christie Boyd at: boydcha@dshs.wa.gov or 360-902-7653.

You can learn more about parks in the system at www.parks.wa.gov.



PASES GRATUITOS PARA PARQUES Y EL ACUARIO DE SEATTLE

Estos pases estan disponibles para padres de crianza y familiares que tienen bajo su cuidado a niños bajo la custodia del Estado.

Puede usar su licencia como padre de crianza o una tarjeta como la que se muestra arriba. Para el Acuario es necesario tener la tarjeta.

Si tiene alguna pregunta, favor comuníquese con:

Christie Boyd at:
boydcha@dshs.wa.gov
o 360-902-7653.

CARD SAMPLES



IS A RELATIVE RAISING CHILDREN
AUTHORIZING SIGNATURE
EXPIRATION DATE

State of Washington
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
THIS CERTIFIES THAT

IS AN UNLICENSED CAREGIVER WITH
THE STATE OF WASHINGTON
Department of Social and Health Services
Children's Administration

Authorizing Signature

June 30, 2016
Expiration Date

State of Washington
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
THIS CERTIFIES THAT

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THE STATE OF WASHINGTON
Department of Social and Health Services
Children's Administration

Authorizing Signature

June 30, 2016
Expiration Date



Become a Washington Foster Parent Call 1-888-KIDS-414

In western Washington, contact Fostering Together,
www.fosteringtogether.org/

In eastern Washington contact Fostering Washington,
www.sites.ewu.edu/fosteringwa/

You can also fill out a short questionnaire to get started:
www.fortress.wa.gov/dshs/f2ws03apps/cafptrainingpub/ca/fosterparents/questionnaire.asp

You can see answers to frequently asked questions about becoming a foster parent at <https://www.dshs.wa.gov/ca/becoming-foster-parent/faq>

WHEN YOU NEED HELP WITH AN ISSUE, REACH OUT TO YOUR 1624 CONSULTATION TEAM MEMBER

Wondering who to turn to when you have an unresolved concern or problem related to foster care?

A consultation team that enables foster parent representatives to bring issues before high-level Children's Administration leaders was established through a provision in a 2007 state law.

That team, known as the Children's Administration Foster Parent Consultation Team (1624 Team), includes four representatives from each of the state's three regions (two from the north area and two from the south area). Team members were elected in late 2015.

The statewide team meets quarterly.

Regional team meetings also take place quarterly. Here is contact information for the team:

Foster Parent Association of Washington State Representatives

Beth Canfield
bethcanfield@comcast.net
(360) 990-1011, cell;
(360) 377-1011, home

Mike Canfield
mkbeth@comcast.net
(360) 990-1255, cell;
(360) 377-1011, home

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509-846-5603;

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Audra Krussel
Audra11@mindspring.com
(208) 340-9956

Team Representatives

Region 2 North

Jamie Potter
Jalice24@yahoo.com
(425) 223-8168

Deena Parra,
deena-parra@olivecrest.org
(360) 572-4271

Region 2 South

Shannon Mead
CAFPTR2S@outlook.com
(206) 856-1508

Yosef Banai
CAFPTR2S@outlook.com
(425) 378-1625

Region 3 North

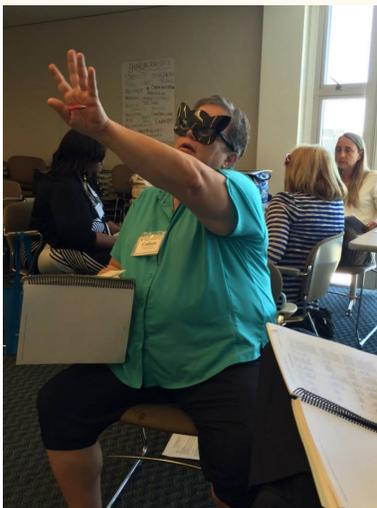
Vacant

Ashleigh Barraza
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(619) 847-8370

Region 3 South

Cara Leyshon
caraleyshon@hotmail.com
(360) 440-5629 (c)

Amy Gardner
michaelamy52@msn.com
(360) 200-2102



Do you have a story idea or topic you'd like to see addressed in the Caregiver Connection.

Have you seen a helpful article on caregiving you'd like to share more widely?

Please pass your ideas or articles to Bob Partlow:

bpartlow1970@hotmail.com;

Tel: 360-539-7863.

Additional Resources

Washington State's Kinship Navigators

Helping grandparents and relatives raising children

Locate information, resources, and a link to your local Kinship Navigator for support at:

https://www.dshs.wa.gov/altsa/kinship-care-support-services?-field_counties_value=Thurston&-field_kinship_care_resource_type_value=Kinship+CSP&field_city_value=olympia&=Apply

Foster Intervention Retention and Support Team

FIRST

Offers neutral third party advice and support for foster parents when dealing with allegations or a licensing violation.

ALL FOSTER PARENTS STATE- WIDE PLEASE CALL:

253-219-6782

Email:

FIRST@olivecrest.org

Coordinated Care

New health plan managed care for Apple Health Foster Care.

Apple Health Core Connections is designed for:

- Children and youth in foster care
- Children and youth in adoption support
- Young adults in extended foster care (18-21 year olds)
- Young adults 18-26 who aged out of foster care on or after their 18th birthday

Contact information: 1-844-354-9876 (TTD/TTY: 711)

For eligibility, please contact the Health Care Authority Foster Care Medical Team at 1-800-562-3022 ext. 15480.

FPAWS

Foster Parent Association of Washington State FPAWS is an all volunteer, non-profit association, led by experienced caregivers who provide support and helpful services to all caregivers (foster, adoptive, and kinship) in Washington State.

Contact FPAWS at

www.fpaws.org

1- 800-391-CARE (2273).

FOSTER PARENT AND CAREGIVER CRISIS AND SUP- PORT LINE:

1-800-301-1868

Foster Care Critical Support and Retention Program

This program was developed to help retain foster parents who care for sexually reactive children, physically assaultive children, or children with other high-risk behaviors. Short term therapeutic and educational interventions are available to help support the stability of the placement.

This service is free of charge and is provided through Olive Crest. Contact the child's worker if a referral would help you in handling the behaviors of the child in your home.

If you would like to learn more about the available services contact Jasmine Hodges Olive Crest's Critical Support Clinician

425-1612 ext. 1356 or

Jasmine-Hodges@olivecrest.org

Additional *Resources*

The Mockingbird Society's mission is to empower foster and homeless youth with the tools of advocacy to make positive changes within the foster care system.



They produce a newspaper, set up constellations of homes for foster parents to connect, and use the power of the voices of youth to advocate for positive changes in the child welfare system.

Visit them at
www.mockingbirdsociety.org.



This nationwide organization is based in Issaquah and lists its mission is "to provide students with the inspiration, mentoring, counseling and financial support they need to help navigate their individual path to college completion. We do everything in our power to help our students persist and succeed."

The foundation offers a number of scholarships, including the Governor's Scholarship for Foster Youth, and runs the annual summer Make It Happen! experience to better prepare young people for college.

Read more at
www.collegesuccessfoundation.org.

INDEPENDENCE FOR WAHINGTON'S FOSTER YOUTH.

This is a resource for foster youth that offers information, tools and support services in many areas such as:

- Education
- Self-Advocacy
- Health
- Employment
- Housing
- Budgeting
- LGBTQ

This is important information for all youth to have, but especially important for those that are not in close proximity to an ILP provider.

Learn more at:
<http://independence.wa.gov/>



Seattle-based Treehouse serves more than 8,000 youth in foster care and their caregivers each year helping youth succeed in school, meet key material needs, and participate in essential childhood experiences. Services are tailored to help youth graduate from high school with a plan for their future.

Through education, the organization also helps to empower caregivers to advocate on behalf of the educational rights and needs of youth in care.

See their website at
www.treehouseforkids.org.

Meet Our Recruitment Partners

Who Support You

Children's Administration (CA) works in partnership with two separate agencies to provide foster parent recruitment and retention / support services to prospective foster parents, current foster parents and relative caregivers in all areas of Washington. Our goals are to:

- Increase the numbers of safe, quality foster families to meet the diverse needs of children and youth placed in out-of-home care in Washington State, and
- Offer support to foster parents and relative caregivers

Prospective foster parents are welcome to license through either CA's Division of Licensed Resources (DLR), or any private child placing agency licensed in Washington. Our recruitment partners serve all families, regardless of where they choose to become licensed.



Olive Crest's Fostering Together program supports the west side of the state (Regions 2 and 3) through foster care Liaisons.

Eastern Washington University's Fostering Washington program supports (Region 1) the east side of the state through Resource Peer Mentors (RPMs),

The Liaisons or RPMs provide information, help and guidance for you from your first inquiry, through training, and throughout the licensing process to become foster parents. Liaisons and RPMs both answer questions and share helpful information during your foster care journey. They offer:

- Support at your first placement,
- Support groups , (some with training hours available and some provide a meal and / or child care)
- Mentoring,
- Training, and
- On-line Facebook groups

All supports are designed with our caregivers in mind. We want to help you connect with other caregivers, obtain additional training, and find answers to questions. Both Olive Crest and Eastern Washington University offer information and referral services to foster parents and relative caregivers. The regional liaisons or peer mentors also help resolve issues foster parents may experience in their local area. Contact the liaison or RPM listed for your area with any questions you might have.



EWU's Staff List

Region 1:



Last name	First Name	EWU Email	Counties	Cell phone
Acosta	Mirna	amirna@ewu.edu	Yakima	(509) 307-3628
Bilbruck	Lynsey	lbilbruck@ewu.edu	Okanogan-North	(509) 560-3423
Bludau	Melike	mbludau@ewu.edu	Spokane	(509) 714-7728
Budrow	Aimee	abudrow@ewu.edu	Okanogan	(509) 846-5603
Cammack	Heather	hcammack24@ewu.edu	Whitman	(509) 288-0207
Crossley	Cheryl	ccrossley1@ewu.edu	Yakima	(509) 985-7038
Curbow	Staci	scurbow@ewu.edu	Benton	(509) 308-2985
Farnsworth	Chrystal	cfarnsworth1@ewu.edu	Kittitas	(509) 304-7000
Fordham	Kim	kfordham@ewu.edu	Program Director	(208) 676-1186
Flowers	Meaghan	mflowers1@ewu.edu	Spokane, Lincoln	(509) 991-9692
Gardee	Tamera	tgardee@ewu.edu	Franklin	(509) 314-8354
Gilk	Teri	tgilk1@ewu.edu	Klickitat	(360) 942-9001
Hancock	Windy	whancock2@ewu.edu	Benton	(509) 528-6392
Harris	Ruth	rharri28@ewu.edu	Ferry, Stevens, Pend Oreille	(509) 675-8888
Holcomb	Rick	rholcom1@ewu.edu	All Regions	(509) 468-9564
Lesley	Molly	mohallor@ewu.edu	Spokane	(509) 326-6250
Leavitt	Rochelle	rleavitt2@ewu.edu	Kennewick & Pasco	(509) 308-2282
Morehead	LaDeana	lmorehead@ewu.edu	Chelan	(509) 670-7270
Muse	Mon Ra'	mmuse@ewu.edu	Spokane, Whitman, Garfield, Asotin	(509) 359-0791
Oldridge	Lindsey	loldridge@ewu.edu	Walla Walla	(509) 240-0174
Potter	Gail	gpotter@ewu.edu	Spokane	(509) 359-6130
Powers	Druska (Dru)	dpowers8@ewu.edu	R1 N & S	(509) 928-6697
Redford	Kim	kredford@ewu.edu	Grant and Adamas	(509) 750-0232
Robinson	Mary	mrobinson6@ewu.edu	Chelan	(509) 393-3123
Rogers	Linda	lrogers@ewu.edu	Spokane	(509) 389-7192
Sherman	Amber	asherman4@ewu.edu	Spokane, Pend Orielle, Stevens, Ferry	(509) 359-0874
Simpson	Jessica	jsimpson4@ewu.edu	Okanogan	(928) 201-6288
Slowe	Barb	bslowe@ewu.edu	Yakima	(509) 833-6391
Stoebner	Hayley	hstoebner@ewu.edu	Chelan, Douglas, Grants, Adams, Okanogan	(502) 724-2589
Tejeda	Brittney	btejeda@ewu.edu	Benton	(509) 438-9608
Thomson	Karen	kthomps9@ewu.edu	Spokane	(509) 230-4668
Whitworth	Tyann	twhitworth@ewu.edu	Region 1 South	(509) 731-2060
Wilson	Danielle		Grant & Adams	(509) 398-1553
Warwick	Ivy		Asotin	

Olive Crest's Fostering Together Liaisons: Region 2:

Last Name	First Name	Email	Counties	Phone
Crow	Shala	Shala-Crow@olivecrest.org Program Director	Region 2	360- 220-3785
Parra	Deena	Deena-Parra@olivecrest.org Staff Support	Region 2	360-572-4271
McClure	Leilani	Leilani-McClure@olivecrest.org	NE King County	425-681-2094
Smith	CeCe	cece-smith@olivecrest.org	South King County	509-201-7069
Anderson	Maia	Maia-anderson@olivecrest.org	King West County, MLK, White Center	425-346-8336
Harp	Megan	Megan-Harp@olivecrest.org	Smokey Point	425-350-3839
Buckles	Summer	Summer-Buckles@olivecrest.org	Everett, Sky Valley and Lynnwood	425-830-9400
Pitts-Long	Angela	Angela-Pitts-Long@olivecrest.org	Central District	425-614-6176
Uratsun	Christina	Christina-Urtasun@olivecrest.org	Island, San Juan, Skagit and Whatcom	360-720-0969

Olive Crest's Fostering Together Liaisons: Region 3:

Last Name	First Name	Email	Counties	Phone
Marshel	Leeann	Leeann-marshel@olivecrest.org Regional Director	Region 3 Coordinator	360-909-0421
Fowler	Michelle	Michelle-Fowler@olivecrest.org	Support Assistant for Region 3	360-772-1955
Thompson	Erika	Erika-Thompson@olivecrest.org	Pierce	206-406-2398
Johns	Jeanie	Jeanie-Johns@olivecrest.org	Kitsap	360-265-3398
Hatzenbuehler	Niki	Niki-Hatzenbuehler@olivecrest.org	Mason and Thurston	253-219-3355
Cortani	Linda	Linda-Cortani@olivecrest.org	Jefferson and Clallam	360-640-0869
Mitchell	Tristan	Tristan-mitchell@olivecrest.org	Grays Harbor & Pacific	360-581-3590
Moore	Jeanmarie	Jeanmarie-moore@olivecrest.org	Lewis, Cowlitz, Wahkiakum	360-442-9605
Glover	Kim	Kim-Glover@olivecrest.org	Clark and Skamania	360-433-7150



REGION	NAME	EMAIL	TELEPHONE
R1 Spokane & surrounding areas	Jan Hinkle-Rodriguez, Supervisor	janh5@uw.edu	509-836-5499
	Vacant		
	Renee Siers, Trainer	siersr@uw.edu	509-363-3399
R1 Yakima, Tri-Cities, Ellensburg & surrounding areas	Jan Hinkle-Rodriguez, Supervisor	janh5@uw.edu	509-836-5499
	Ryan Krueger, Trainer	krry300@uw.edu	509-358-3096
	Patty Orona	po5@uw.edu	509-225-7927
	Eileen Angier, Registrar		1-866-577-1915
R2 Seattle Metro Area	Yolonda Marzest, Supervisor	ymarzest@uw.edu	206-923-4955
	El-Freda Stephenson, Trainer	elfreda@uw.edu	206-923-4922
	Cara Mbaye, Trainer	mbayec@uw.edu	206-923-4914
	Janice Jackson, Registrar		1-866-577-1915
R2 Bellingham, Everett, Mount Vernon & surrounding areas	Yolonda Marzest, Supervisor	ymarzest@uw.edu	206-923-4955
	Joan Sager, Trainer	sagerj2@uw.edu	360-594-6744
	Julie Kerr, Registrar		1-866-577-1915
R3 Tacoma, Bremerton, Puyallup & surrounding areas.	Arthur Fernandez-Scarberry, Supervisor	sart300@uw.edu	206-276-4549
	Gracia Hahn, Trainer	hahng@uw.edu	253-983-6362
	Luanne Hawley, Registrar		1-866-577-1915
R3 Tumwater, Olympia, Centralia, Long Beach, South Bend, & surrounding areas.	Penny Michel, Trainer	mpen300@uw.edu	360-725-6788
R3 Clallam County and Jefferson County	Robert Judd, Trainer	juddre@uw.edu	360-344-3003
R3 Aberdeen, South Bend and Long Beach.	Stephanie Rodriguez, Trainer	steph75@uw.edu	206-321-1721
R3 Vancouver, Camas, Stevenson & Kelso.	Kim Glover, Registrar		1-866-577-1915