

# Caregiver Connection

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.

OCTOBER 2015

## "HOPE IS THE ONLY THING STRONGER THAN FEAR"

As grandparents, grandchildren and others gathered with Washington's First Lady Trudi Inslee Sept. 14 to celebrate Grandparents Day, Thurston County Prosecuting Attorney Jon Tunheim gave them a message people always want to hear: "Hope is the only thing stronger than fear."

Tunheim told the gathering at the Governor's Mansion he had recently heard that line in a movie. He's always believed it, he said, but has learned that the philosophy is grounded in fact – based on scientific evidence.

Recent research, he says, has shown how adverse childhood experiences (ACES), affect the developing brains of young people. The list of these adverse major experiences includes parental substance abuse, domestic violence, divorce and a death in a family.

"Trauma actually impacts how the brain develops," he says. "It triggers a human fear response – fight or flight."

Scientists can now measure how a specific ACE affects the brain and also measure the outcomes. They have learned that children with three or more ACES in their early years are far less successful in a variety of ways than kids who have fewer negative experiences.

Such children are more likely to be involved in crime (especially violent crime), are more likely to need public assistance programs, have significantly lower incomes and don't volunteer as much, Tunheim said. "That's the impact of fear."

But less well-known are studies that show how giving hope to children who suffer from ACES can combat the effects of trauma.

Researchers have identified three major factors that define hope, he says.

The child has a clear vision for the future.

The child can identify a clear pathway on how to achieve that future.

The child has an actual belief that the vision can be achieved.

He said kids who have hope experience the opposite outcomes of those who do not. On the same measurements of success, their outcomes are reversed.

"If you bring hope to kids' lives, you substantially increase their likelihood for success in life," Tunheim said

That's where caregivers come in. Those who attended the event included relative caregivers, foster and adoptive parents. By providing stability and security, they can create the sense of home so necessary to put kids on a path to success. Foster parents will say that sometimes, if you can't do anything else for a child, you can give them the hope that there is a better life than the one from which they came.

One foster parent tells the story of a teenage girl who lived with him and his family for about a month, seemingly little engaged or interested in the life of the family.

Three years later, the foster parents opened the door to find a young woman they barely recognized who said she was coming to thank them for what they had done for her. The foster parents said they didn't remember being particularly helpful to her. Her response: "Just seeing a family sitting down and having dinner together every day gave me the hope I could have the same thing in my life." She went on to a career in law enforcement.

"Everybody who is playing a role in a child's life can bring them hope," Tunheim said after the event. "That's why the people who were here today are so important."

Trudi Inslee said, "Thank you, grandparents, for being part of their lives. You are doing such great things to help them for the future."



Jon Tunheim

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# ROCKING THE FUTURE



**F**or 13 years, Amy Gardner of Longview has been rocking and cradling the future.

The Longview foster mom specializes in caring for infants who come into her home affected by drugs when they were in the womb. Most come directly to her home from the hospital after birth; she's is now taking care of her 16<sup>th</sup> infant.

Child welfare experts estimate 70 percent or more of children come into foster care as a result of their biological parents' substance abuse.

Amy has become a big proponent of rocking for babies.

Rocking children is an effective way to calm them, especially those affected by drugs. Some hospitals have special programs where adults volunteer to rock children – not always because of drugs but sometimes just to give their biological mother a break.

"I rock the babies. Sitting them on my shoulder to rock them is something they really seem to like," she says. In addition, establishing a gentle patting rhythm often will help soothe them", she said.

She also has developed a variety of other strategies to help calm and comfort infants, gained both from personal experience and from the many trainings she has attended over the years.

"I go to every class I possibly can," she adds.

Here are a few things she's learned about caring for affected babies:

"They don't like a whole lot of sound and light. But they do like swaddling. I wrap them up tightly and they like that."

"I don't think any drug babies should be on their back. Their digestive system has not fully formed and they can be miserable." One device she found to be very helpful is called Mama Roo™ a kind of pea pod-shaped seat in which babies can sit. The makers of the seat say it can mimic five different kinds of motion based on research into how adults move when they are holding babies. It also helps cradle the babies.

"A lot of babies don't like to be touched when they are going through withdrawal," she says. "It's tough on them. They like to stay in that little fetal position."

Some massage techniques Amy learned from a massage therapist seem to help. If the baby is massaged, she says, they can learn to do little self-massages – "they learn to soothe themselves." One baby would rub his forehead to soothe himself, she said. When he went to an adoptive home, the new mom called Amy to find out why he was rubbing his forehead. It's because he had learned that helped soothe him.

It's important to remember if you take a child directly from the hospital that the doctors and nurses may say the baby is just fine, "That's because it takes four or five days for withdrawal to happen," she said.

Amy often talks about these babies during training for potential foster parents. She tells them she finds helping these babies is very rewarding, but that "you really have to put a lot of focus on them." Foster parents often take a specific population of kids, but "there are a lot that take these babies."

Amy has passed on her passion for helping children to her daughter Katie, who goes to other foster parent homes to provide respite. "She's amazing," Amy says. Amy's husband Mike is a millwright at the Weyerhaeuser plant.

Amy was honored as a "Shining Star" at this year's Caregiver's Conference. A strong and persistent advocate for caregivers, she serves on the statewide consultation committee with Children's Administration and attends dozens of meetings yearly to advocate for system improvements. But mostly, says her friend Marci Miess, she is a compassionate and caring mom.

"Amy must have been that little girl with pig tails and lace dresses who spent her days dressing her dollies, feeding them imaginary bottles, and bundling them up in blankets and bonnets. With years of training, over the past decade, she has applied her skills masterfully."

"She's never too tired to stay up all night and rock an infant working through the pains of drug addiction. She has made countless trips to the store for pacifiers and diapers and formula. She's never too hurt with a goodbye after nurturing a baby for a long time to welcome another medically fragile child into her arms.

"One at a time, Amy loves them to pieces, all of the pieces. No matter the pieces, she puts them together as best she can through hugs and kisses and cuddles and coos."





### TIPS

Data indicates youth with the characteristics below are at a higher risk for running away:

Entered care as an adolescent.

Recent change in legal status (dependent to legally free).

Have been in care one-to-two years, or five-plus years.

Has multiple placements (the higher number of placements, higher the risk).

Placement was a result of neglect.

Age 12 or older (at highest risk are 15-17 year olds).

Disconnected, unable to form positive relationships.

Youth who have previous runs (the more runs the higher the risk to run again).

History of:

Alcohol/substance abuse.

Mental health issues.

Behavioral problems.

Delinquency.

Impulsiveness.

Externalization of behaviors.

The resource links below may help in reducing or preventing a youth from running away:

- ◆ [Youth at Risk for Running Away – Tips for Caregivers and Staff](#)
- ◆ [How to Help a Youth Who is at Risk to Run – Prevention Tips for Caregivers](#)
- ◆ [When a Youth Runs and Returns – Tips for Caregivers](#)
- ◆ [Resource Information for Youth at Risk To Run Tips for Staff & Caregivers](#)

### TRAINING AND RESOURCES:

Are you a caregiver with a youth placed in your home?

Children's Administration offers online training for all caregivers. "Youth Missing from Care," shares important information about youth who run away and what you as the caregiver need to do if that happens.

The training is available at [www.dshs.wa.gov/sites/default/files/CA/cp/documents/mfc-traininginfo.pdf](http://www.dshs.wa.gov/sites/default/files/CA/cp/documents/mfc-traininginfo.pdf)

Additional classroom training for social service specialists, supervisors and caregivers on youth missing from care is available through the DSHS Learning Management System. It includes critical information needed to successfully identify and engage youth in out-of-home care who are at risk of running away.

Any caregiver working with adolescents is strongly encouraged to take this training when it is available in your area. This three-hour classroom session is available for licensed and unlicensed caregivers.

Course information and registration is at <https://allianceforchildwelfare.org/node/2622/course-signup>

You also can access a variety of information and resources on the Children's Administration homepage, including information specifically related to adolescents.

Here is a quick link:

[www.dshs.wa.gov/ca/adolescents](http://www.dshs.wa.gov/ca/adolescents)

Other caregiver training information is located at [allianceforchildwelfare.org/course-schedule](http://allianceforchildwelfare.org/course-schedule)

Thank you for the hard work you put in everyday to support youth!



# HOLIDAY MAGIC

## Gifts for Kids in Care



Caregivers should watch the mail in coming weeks for a letter that

will help them with gifts for children in their care through the long-running Holiday Magic Program.

Treehouse, a private, Seattle-based organization that supports children in care in many ways, has a contract with the state Children's Administration to run the program. Last year, gifts were distributed to more than 5,500 children across the state, said Adam Wolotira, Holiday Magic program coordinator. Holiday Magic is supported financially by corporate and private donations, mostly through a KIRO Radio radio-thon in December.

Young people eligible to receive gifts include:

- ◆ Dependent children, those in an out-of-home placement, including tribal children.
- ◆ Youth participating in the Extended Foster Care/Foster Care to 21 programs.
- ◆ A dependent child who has been placed in another region.
- ◆ Youth living in another state who are dependent youth of Washington.
- ◆ Youth recently placed in shelter care by Children's Administration and dependency has not yet been established.

Caregivers of children who are eligible for the program will be notified by mail about the registration process to receive gifts. One letter will be sent for each child in care with a specific Holiday Magic identification number. Children's Administration provides Treehouse with the names of those youth. Once the caregivers receive the registration information, they can choose from a list of gifts provided by Holiday Magic. An online request form can be found at [www.treehouseforkids.org/registration](http://www.treehouseforkids.org/registration)

Gift requests must be submitted by Dec. 10, Wolotira said. For further information about Holiday Magic, link to

[holidaymagic@treehouseforkids.org](mailto:holidaymagic@treehouseforkids.org)

or call

**206-267-5111.**



# CAREGIVERS FAQS



Children's Administration, has provided answers to a list of questions frequently asked by caregivers regarding state rules and regulations on caring for children in their home.

The questions and answers can be found at <https://www.dshs.wa.gov/ca/fp-faq>

The list will be updated regularly. Here are some of those posted now. The first three center on the timely issue of getting flu shots.

### **Q: Can I get the flu from a flu shot?**

A: No, it is impossible for the flu vaccine to give you the flu. Flu vaccines contain a dead virus, and a dead virus can't infect you. The nasal vaccine contains live virus, but the virus is specially made to remove the parts of the virus that make people sick.

### **Q: Can I get the flu shot if I am allergic to eggs?**

A: Yes, there are flu vaccines that don't contain egg proteins that are approved for use in adults who are 18 and older. Flu vaccines that do have egg proteins can be given safely to most people with an egg allergy. If you have questions or concerns, talk directly to your health care provider.

### **Q: Aren't flu shots dangerous?**

A: There is growing mistrust about flu vaccines. The fact is that vaccines are the greatest medical advance in history. They've prevented more illness and death than any treatment.

Finally, here is one of the most frequently asked questions about respite care for foster parents or relative caregivers with dependent children:

### **Q: How do I find respite care for my foster child?**

A: First, consider the child in your care: Where will respite work best for the child – in your home or in a licensed foster parent's home. As you become licensed, ask family or friends to become approved as your respite provider and help them complete the required paperwork.

The state's Prudent Parenting Law allows you to use family or friends you know and trust to provide care for your foster child for up to 72 hours; this can take place in your home or theirs. You will be responsible for any payment for this type of short-term care.

You may request respite care through the child's assigned caseworker and the CA Placement Coordinator in your local DCFS office. (If your area has a centralized placement service, please check with them first.) Provide your request in writing and include the date and time you need the respite to begin and the date and time you will return to pick up your child.

It is important for the child's safety and well-being that the respite provider have information necessary to meet the child's needs. It is also important to share information about any of the child's upcoming appointments or visits. The respite provider should have emergency contact information and information about any medications or special dietary needs.

Foster parent support groups are an excellent way to meet other foster parents who are from your area. Often group members will provide respite for other foster parents who are part of their group.

Become a member of one of the Foster Parent Support Facebook groups hosted by our Recruitment and Retention contractors. Foster parents often post their need for respite care and find other foster parents who are willing to do respite.





# Reminders



## State parks pass is good all year

Although the summer camping season is behind us, state parks remain open.

That means foster parents and relative caregivers with dependent children (those who have a Children’s Administration social worker) can use their state park passes year around, such as on a day trip.



This program is only good at Washington state parks. It can’t be used at federal sites or parks in other states. Licensed foster parents receive their wallet

card when they become licensed. If you haven’t received one, contact your licensor. If you are an unlicensed relative caregiver with a dependent child placed through Children’s Administration, an identification card is also available for you. Relatives caring for a dependent can contact

### Michelle Christiansen at:

[Chrisma@dshs.wa.gov](mailto:Chrisma@dshs.wa.gov) or

**(360) 902-7989** to receive a wallet card.

Important points to remember: The program is intended children in foster care and their caregivers’ family. Please do not allow others to use your pass. Also, if you must change or cancel your reservations, please notify the park reservation system in advance so others can use your camping spot.



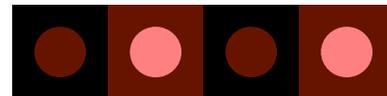
## More about the new Seattle Aquarium pass

A similar system has been created to provide free passes to the Seattle Aquarium.

Foster parents and relative caregivers with children placed by Children’s Administration will use the same wallet ID card for the aquarium program that is used for the Park Pass Program. If you need a wallet card, contact your licensor at the Division of Licensed Resources or your private licensing agency. Relative/kinship caregivers who are the full time caregivers of a relative child(ren) can contact their Kinship Navigator or one of the Kinship Navigator programs in the state to obtain the necessary identification card. (A list of Navigators and their contact information is listed at the end of all issues of the Caregiver Connection). The card must be signed by a DSHS employee, or authorized personnel of a Kinship Navigator Support Program.

To receive free entry for up to two adult caregivers and five children (who are in the fulltime, ongoing care and custody of a foster parent or relative caregiver) during the aquarium’s regular hours of operation, simply present a valid, legal form of ID (such as a driver’s license or passport), and *one* of the three valid foster/kinship cards: either licensed, unlicensed or “kinship navigator.” The name on that card must match the caregiver’s ID. This program does not cover additional adults or children who are not residing in the home.

Caregivers are eligible for the free pass for up to three years, which is the length of each licensing period. They can continue with the program if they are relicensed. Relative caregivers are eligible for two years of the free pass, which also can be renewed for as long as the program exists



## Public comment period for new rules on flu shots and tuberculosis test results

New state rules on obtaining a medical exemption for a flu shot, as well as how to proceed when a person has a positive test result because of latent tuberculosis, now included in the Washington Administrative Code (WAC), went into effect on an emergency basis on September 10.

The public comment period for those new rules is open through 5 p.m. Oct. 27. The emergency WAC will become permanent following the public hearing A hearing on the matter is scheduled at 10 a.m. that day at DSHS Headquarters, 1115 Washington St., Olympia.

The revised language in the WAC allows for a medical exemption for individuals who would have a severe medical consequence due to the influenza vaccination.

Foster parents, agency staff members or volunteers that qualify for the medical exemption for influenza will need to have their medical doctor complete the [DSHS 10-565 Medical Exemption for Influenza Vaccination](#) form and return the letter to their licensor.

The WAC also has become more specific on how to proceed when an applicant has positive test result due to latent tuberculosis (TB).

For further information on this rule change and how to provide comment or attend the hearing please visit Foster Parenting “Latest News” at [www.dshs.wa.gov/ca/foster-parenting](http://www.dshs.wa.gov/ca/foster-parenting)

# SO REALLY, HOW WAS YOUR DAY?

## 30 QUESTIONS TO ASK YOUR CHILD (INCLUDING SURVIVING A ZOMBIE APOCALYPSE)

Every parent knows the drill. A child comes home from school or gets picked up from school and the one inevitable question gets asked – with the equally inevitable answer. Mom, author and sometime comic Sara Goldstein humorously explains the situation in this article.

“When I picked my son up from his first day of 4th grade, my usual (enthusiastically delivered) question of “how was your day?” was met with his usual (indifferently delivered) “fine.”  
Come on! It’s the first day, for crying out loud! Give me something to work with, would you, kid?  
The second day, my same question was answered, “Well, no one was a jerk.”  
That’s good...I guess.  
I suppose the problem is my own. That question actually sucks. Far from a conversation starter, it’s uninspired, overwhelmingly open-ended, and frankly, completely boring. So as an alternative, I’ve compiled a list of questions that my kid will answer with more than a single word or grunt. In fact, he debated his response to question eight for at least half an hour over the weekend. The jury’s out until he can organize a foot race.

### Questions a kid will answer at the end of a long school day:

- What did you eat for lunch?
- Did you catch anyone picking their nose?
- What games did you play at recess?
- What was the funniest thing that happened today?
- Did anyone do anything super nice for you?
- What was the nicest thing you did for someone else?
- Who made you smile today?

- Which one of your teachers would survive a zombie apocalypse? Why?
- What new fact did you learn today?

- Who brought the best food in their lunch today? What was it?
- What challenged you today?
- If school was a ride at the fair, which ride would it be? Why?
- What would you rate your day on a scale of 1 to 10? Why?
- If one of your classmates could be the teacher for the day who would you want it to be? Why?
- If you had the chance to be the teacher tomorrow, what would you teach the class?
- Did anyone push your buttons today?
- Who do you want to make friends with but haven’t yet? Why not?
- What is your teacher’s most important rule?
- What is the most popular thing to do at recess?

- Does your teacher remind you of anyone else you know? How?
- Tell me something you learned about a friend today.
- If aliens came to school and beamed up three kids, who do you wish they would take? Why?
- What is one thing you did today that was helpful?
- When did you feel most proud of yourself today?
- What rule was the hardest to follow today?
- What is one thing you hope to learn before the school year is over?

- Which person in your class is your exact opposite?
- Which area of your school is the most fun?
- Which playground skill do you plan to master this year?
- Does anyone in your class have a hard time following the rules?”

Edward Shepard, Editor-in-chief of Parent Co, said the feedback from the story was immediate and positive, and he is seeking parent input on other good questions to ask. He wrote: “There was instantly a huge response to our recent post [“30 Questions to Ask Your Kid Instead of ‘How Was Your Day?’”](#)”

Clearly many parents share the pain of the typical one-syllable reply – “Good.” We thought it would be fun to ask our own kids the 30 questions after school, one question per day for a month. We’re going to document their answers and share some of them in Parent. Co.





## Halloween Safety Tips :



**Remember the Basics:**

- ◆ Walk Safely
- ◆ Trick or Treat with and Adult
- ◆ Keep Customs Both: Creative and Safe
- ◆ If you are driving kids to Trick or Treating, drive extra safely.



# Foster Care Maintenance Payments

Foster parents will receive an increase in their reimbursement levels beginning in August for care provided in July.

The 2015 Legislature ratified the agreement reached by the Department of Social and Health Services (DSHS) and the Foster Parents Association of Washington State (FPAWS). FPAWS sought an increase to the rates through a lawsuit. The new rate schedule can be found on CA's foster parent web page under "Latest News." <https://www.dshs.wa.gov/ca/foster-parenting>

Beth and Mike Canfield, co-presidents of FPAWS said the settlement shows the power of working together, "We worked with CA and came up with this settlement," Mike said.

New policies, procedures and practice produced in coming months will be shared through the Caregiver Connection.

Further information about FPAWS can be found on its website [www.fpaws.org](http://www.fpaws.org) or on its Facebook page

<https://www.facebook.com/FosterParentsAWS?fref=ts>



## Monthly Rate

Child's Age	Level I or Basic Rate	Level II (Includes Basic Rate)	Level III (Includes Basic Rate)	Level IV (Includes Basic Rate)
0-5 Years	\$562	\$739.92	\$1,085.51	\$1,364.30
6-11 Years	\$683	\$860.92	\$1,206.51	\$1,485.30
12+ Years	\$703	\$880.92	\$1,226.51	\$1,505.30

## BASIC RATE

Child's Age	Shelter <sup>①</sup>	Food <sup>②</sup>	Clothing*	Personal Incidentals*	Total Level I
0-5 Years	\$272	\$180	\$53	\$57	\$562
6-11 Years	\$272	\$285	\$49	\$77	\$683
12+ Years	\$272	\$313	\$50	\$68	\$703

<sup>①</sup>The cost estimate for shelter include a "base housing number" of \$239 based on HUD fair market rent data and additional estimated shelter costs of \$33 based on the marginal cost of certain Consumer Expenditure Survey codes related to IV-E allowable costs.

<sup>②</sup> - The cost estimate for food is based on USDA food diaries for moderate income individuals and does not exclude costs related to the availability of WIC for 0-5 year olds and school lunches for school age youth.

\*Cost estimates for clothing and personal incidentals are based on USDA average costs for 2 parent/2 child households using Consumer Expenditure Survey codes related to IV-E allowable costs.

# PLACEMENT PACKETS: WHERE TO FIND THEM AND WHY THEY'RE IMPORTANT

The Children's Administration website for foster parents contains a section on important forms for caregivers at this link:

<http://www.dshs.wa.gov/ca/foster-parenting/important-forms-caregivers>

Caregivers are encouraged to check out the placement packet. Children's Administration encourages both licensed foster parents and relative caregivers to become familiar with this information. The packet contains forms the child's social worker provides to you when a child is placed in your home.

The newest addition to the packet is a "Cover Memo" in Spanish that is attached to the Voucher for Interim Pharmacy and Medical Services. The voucher itself is not available in Spanish because the caregiver must take it to the child's medical providers and/or the pharmacy to use if they have not received the child's Medicaid card. The new Spanish Cover Memo shares information with Spanish-speaking caregivers on how to use the form and who to share it with.

# PAQUETE DE FORMAS PARA LA COLOCACION DE NIÑOS: DONDE ENCONTRARLAS Y POR QUE ESTAS FORMAS SON IMPORTANTES.

La página de Internet de la Administración para Menores, tiene una sección con los Formularios Importantes para los padres de crianza en la siguiente liga

<https://www.dshs.wa.gov/ca/foster-parenting/important-forms-caregivers>

La Administración quiere que los padres de crianza con licencia y familiares que tienen a su cuidado niños involucrados con la administración, se familiaricen con el Paquete de Colocación, ya que contiene las formas que el trabajador/a social del niño pone a su disposición cuando usted recibe a un niño en su hogar.

La más reciente adición al paquete es un Memo en español que va unido al Vale Provisional para Servicios Médicos y Farmacéuticos para los niños de crianza, (este formulario no está disponible en español, porque el cuidador necesita llevar y entregar este formulario a los proveedores médicos del niño o a la farmacia, cuando no ha recibido la tarjeta de "Medicaid" del niño. El Memo en español provee información a los padres de crianza o familiares con niños en sus hogares sobre cómo usar el formulario y con quien compartirlo.



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Washington State Health Care Authority

**Voucher for Interim Pharmacy and Medical Services for Foster Children**

Dear Pharmacist or Physician:

This voucher is to be used in cases when health care services are needed by a child in foster care for whom a Medical Services Card has not yet been issued. Children are often placed in foster care during nonbusiness hours when Services Cards cannot be issued or coverage verified. Please do not withhold medically necessary health care services based on the lack of a Medical Services Card for a foster child.

Please use this voucher when medically necessary health care services are needed by a child in foster care for whom a Medical Services Card has not yet been issued. The billing, coverage, and reimbursement policies applicable to health care services associated to children with Medical Services Cards is largely the same for the service Medicaid program will apply to services you provide to a foster child in reliance on this voucher.

- Pharmacy providers, please check your Medicaid list of covered drugs to verify product NDC coverage.
- Please FAX to "Foster Care Medicaid Team" at (800) 725-1156. They will FAX back the child's Provider One Eligibility number within 5 business days (Monday - Friday, 7:30 a.m. - 5:00 p.m.) with which you can reimburse.
- If you have not received the parent or Provider One Eligibility number for your foster care program with the Foster Care Medicaid Team at 800-562-3024, extension number 15488. Pharmacies can call Jeff Richson and Jerry Rosenthal at the Washington State Pharmacy Association (825) 228-7372.

Social worker's name: \_\_\_\_\_

Social worker's telephone number: \_\_\_\_\_

Provider One eligibility number: \_\_\_\_\_ Date of eligibility: \_\_\_\_\_

Child's name: \_\_\_\_\_

Child's date of birth: \_\_\_\_\_ Gender:  Male  Female

Date of service: \_\_\_\_\_

Foster parent's name: \_\_\_\_\_

Address: \_\_\_\_\_

City, zip code, telephone number (include area code): \_\_\_\_\_

Physician or pharmacy name: \_\_\_\_\_

Address: \_\_\_\_\_

City, zip code, telephone number (include area code): \_\_\_\_\_

Medical provider's telephone number (include area code): \_\_\_\_\_

Medical provider contact name: \_\_\_\_\_

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# THE BEST METHODS TO RESOLVE ISSUES

If you have a complaint or concern relating to a Children's Administration case, the first step in resolving it should be to speak with the child's worker. If talking with the worker does not resolve the issue, contact the social worker's supervisor. If the issue persists, you should then contact the local Area Administrator.

If contact with the Area Administrator does not resolve the issue, you can contact the Regional Administrator.

Here are some other places to turn for help:

## Children's Administration Office of Constituent Relations

If you need assistance resolving problems and understanding the formal complaint process, **call or email the Constituent Relations office** in Olympia:



1-800-723-4831  
360-902-8060

[ConstRelations@dshs.wa.gov](mailto:ConstRelations@dshs.wa.gov)



## Office of the Family and Children's Ombuds

Anyone may contact the Office of the Family and Children's Ombuds when they have a complaint or are unable to resolve a complaint about the Children's Administration. The term "ombuds" refers to a public official who serves as an independent voice for citizens who believe they have been treated unfairly by their government. The Office of the Family and Children's Ombuds is an independent office within the Office of the Governor and can be reached at:

**1-800-571-7321**

**<https://www.dshs.wa.gov/ca/resolve-concerns>**

### **-Publications**

Two publications also are available to help you:

“[We Want to Hear From You](#)” Flyer, which is available in several language and can be printed in either English or Spanish, at <https://www.dshs.wa.gov/node/8344>

“[We Want to Hear From You](#)” Wallet Card, at <https://www.dshs.wa.gov/node/8345>

**Partner the Parrot says:  
Tell the court how your  
kids are doing**



Partner the Parrot reminds you to watch for the next court date – or ask for the date from your child’s social worker – so you can provide current information to the court about how the child is doing.

It’s your best chance to tell the judge – who has final say over a child’s case – what you see in the life of that child, how she/he has improved and what would help you help the child.

If you don’t know when your foster child’s next court hearing will be held, make it a point to ask the child’s worker at your next Health and Safety visit, or email the worker and ask for the date. The court date is on the first page of the child’s Court Report, which is prepared two weeks prior to the hearing. You may submit comments in writing for the hearing, using the Caregiver Report to the Court form. We also encourage you to or come to court whenever possible; however the judge determines who will speak at the hearings.

As the child’s day-to-day caregiver, you have the best current information about him or her. Sharing it with the court help’s the judge make the best decision about the child.

Thank you!



## Adoption Support Payment Process Dates

Below are the dates your adoption support payments process for the rest of 2015. Paper checks will be mailed on the process date. Direct Deposit payments deposit to your account within 2-4 business days after the process date. ***This only applies to adoption support payments NOT foster care reimbursements.***

Service Month	Process Date
<b>November</b>	<b>October 26</b>
December	November 20
January 2016	December 23

## Caregiver Mileage

It’s time to submit your monthly mileage form to your social worker.

If you have questions about allowable mileage use this link

[http://www.dshs.wa.gov/pdf/ms/forms/07\\_090.pdf](http://www.dshs.wa.gov/pdf/ms/forms/07_090.pdf).

Please remember: Children’s does not reimburse for mileage over 90 days old.



## 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>

### 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.

- ⇒ EASTERN WASHINGTON (Region 1) call 509-928-6697
- ⇒ WESTERN WASHINGTON (Regions 2 and 3) call 253-219-6782
- ⇒ Email (covers all of Washington) [FIRST@olivecrest.org](mailto:FIRST@olivecrest.org)

### 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 Kathleen Walter, Olive Crest's Critical Support Clinician 425-1612 ext. 1356 or

[Kathleen-walter@olivecrest.org](mailto:Kathleen-walter@olivecrest.org)

### Fostering Well-Being Care Coordination Unit (FWB CCU):

FWB CCU can help answer health-related questions or help you with health related **issues for children/youth in your care.**

#### Contact information:

1-800-422-3263 ext. 52626 or  
 360-725-2626 (8:00 a.m.– 4:30 p.m.) or  
 e-mail: [fwbccu@dshs.wa.gov](mailto:fwbccu@dshs.wa.gov).

### FOSTER PARENT AND CAREGIVER CRISIS AND SUPPORT LINE:

**1-800-301-1868**

### 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](http://www.fpaws.org) or



## CA Foster Parent Consultation Team (1624) Regional Representatives - 2015

The Children's Administration Foster Parent Consultation Team (CAFPT - 1624) was created through legislation in 2007, which directed Children's Administration to consult quarterly with foster parents, including members of the Foster Parents Association of Washington State (FPAWS), to receive consultation on the Department's duties regarding recruitment of foster homes, reducing foster parent turnover, effective training for foster parents and strengthening services for the protection of children.

Quarterly meetings are held in both the north and south areas of the region. Elected foster parent representatives are chosen annually by licensed foster parents from their regional area. Foster parent representatives attend their regional meeting each quarter and also participate in the quarterly state video conference meeting. The state team also holds two – one hour conference calls in-between the state meetings: a debriefing one month after the state meeting and the agenda building call one month prior to the next state meeting.

Name	E-mail	Region
David Needham	<a href="mailto:NeedhDA@dshs.wa.gov">NeedhDA@dshs.wa.gov</a>	Region 1 North (Spokane)
Maria Garcia:	<a href="mailto:garcims@dshs.wa.gov">garcims@dshs.wa.gov</a>	Region 1 South (Yakima)
Hannah Van Veen:	<a href="mailto:vanvehj@dshs.wa.gov">vanvehj@dshs.wa.gov</a>	Region 2 North (Everett) and Sputh (Seattle)
Peggy Hays:	<a href="mailto:hape300@dshs.wa.gov">hape300@dshs.wa.gov</a>	Region 3 North (Tacoma and South (Vancouver)





# FosteringWA

## EWU Fostering Washington

Provides foster parent recruitment, development and support for foster parents and relative caregivers with dependent children in Region 1.

Contact Info: 1.877.620.5748 **WEB:** <https://sites.ewu.edu/fosteringwa/>

**FACEBOOK PAGE:** <facebook.com/fosteringwa>

**Kim Fordham (Director)**

**208.676.1186 Ext 3403**

### STAFF LIST:

Last name	First Name	EWU Email	Position Title	Counties	Cell phone
Boorman	Lisa	<a href="mailto:lboorman@ewu.edu">lboorman@ewu.edu</a>	RPM	Grant, Adams	(208) 484-5725
Christensen	Jennifer	<a href="mailto:jchristensen6@ewu.edu">jchristensen6@ewu.edu</a>	RPM	Walla Walla, Columbia	(509) 629-1262
Flowers	Meaghan	<a href="mailto:mflowers1@ewu.edu">mflowers1@ewu.edu</a>	RPM	Spokane, Lincoln	(509) 991-9692
Harris	Ruth	<a href="mailto:rharris28@ewu.edu">rharris28@ewu.edu</a>	RPM	Ferry, Stevens, Pend Oreille	(509) 675-8888
Muse	Mon Ra'	<a href="mailto:mmuse@ewu.edu">mmuse@ewu.edu</a>	Assoc Dir	Spokane, Whitman, Garfield, Asotin	(509-359-0791
Potter	Gail	<a href="mailto:gpotter@ewu.edu">gpotter@ewu.edu</a>	Program Asst.	Spokane	(509) 994-4243
Powers	Druska (Dru)	<a href="mailto:dpowers8@ewu.edu">dpowers8@ewu.edu</a>	RPM/FIRST Program	R1 N & S	(509) 230-9608
Sherman	Amber	<a href="mailto:asherman4@ewu.edu">asherman4@ewu.edu</a>	RPC	Spokane, Pend Oreille, Stevens, Ferry	(425) 422-6557
White	Wendy	<a href="mailto:wwhite9@ewu.edu">wwhite9@ewu.edu</a>	RPM	Chelan, Douglas	509-731-2060
Whitworth	Tyann	<a href="mailto:twhitworth@ewu.edu">twhitworth@ewu.edu</a>	RPC	Yakima, Kittitas, Klickitat, Columbia, Walla Walla, Franklin, Benton	509-322-1191

## REGION 2

Shala Crow (Reg. Coordinator / Community Involvement)

[Shala-Crow@olivecrest.org](mailto:Shala-Crow@olivecrest.org) 360-220-3785

Deena Parra (Support Assistant)

[Deena-Parra@olivecrest.org](mailto:Deena-Parra@olivecrest.org) 360-572-4271

## FOSTER PARENT LIAISONS

- ◆ Leilani McClure (NE King county)  
[Leilani-McClure@olivecrest.org](mailto:Leilani-McClure@olivecrest.org) 425-681-2094
- ◆ Maia Anderson (South King county)  
[Maia-anderson@olivecrest.org](mailto:Maia-anderson@olivecrest.org) 425-346-8336
- ◆ JoAnne Moran (King West County, MLK, White Center)  
[Joanne-Moran@olivecrest.org](mailto:Joanne-Moran@olivecrest.org) 206-856-8533
- ◆ Angela Pitts-Long (Central District)  
[Angela-Pitts-Long@olivecrest.org](mailto:Angela-Pitts-Long@olivecrest.org) 425-614-6176
- ◆ Christina Urtasun (Island, San Juan, Skagit and Whatcom Counties)  
[Christina-Urtasun@olivecrest.org](mailto:Christina-Urtasun@olivecrest.org) 360-720-0969
- ◆ Megan Harp (Smokey Point)  
[Megan-Harp@olivecrest.org](mailto:Megan-Harp@olivecrest.org) 425-350-3839
- ◆ Stephanie Hanson (Sky Valley)  
[Stephanie-Hanson@olivecrest.org](mailto:Stephanie-Hanson@olivecrest.org) 360-805-1094
- ◆ Summer Buckles (Everett and Lynwood)  
[Buckles@olivecrest.org](mailto:Buckles@olivecrest.org) 425-830-9400

## REGION 3

Leeann Marshel (Regional Coordinator)

[Leeann Marshel@olivecrest.org](mailto:Leeann_Marshel@olivecrest.org) 360-909-0421

Michelle Fowler (Support Assistant)

[Michelle-Fowler@olivecrest.org](mailto:Michelle-Fowler@olivecrest.org) 360-772-1955

## FOSTER PARENT LIAISONS

- ◆ Erika Thompson (Pierce county)  
[Erika-Thompson@olivecrest.org](mailto:Erika-Thompson@olivecrest.org) 206-406-2398
- ◆ Althea Sanders (Pierce county Involvement)  
[Althea-Sanders@olivecrest.org](mailto:Althea-Sanders@olivecrest.org) 208-691-4502
- ◆ Jeanie Johns (Kitsap county)  
[Jeanie-Johns@olivecrest.org](mailto:Jeanie-Johns@olivecrest.org) 360-265-3398
- ◆ Niki Hatzenbuehler (Mason and Thurston Counties)  
[Niki-Hatzenbuehler@olivecrest.org](mailto:Niki-Hatzenbuehler@olivecrest.org) 253-219-3355
- ◆ Linda Cortani (Jefferson and Clallam Counties)  
[Linda-Cortani@olivecrest.org](mailto:Linda-Cortani@olivecrest.org) 360-640-0869
- ◆ Brenda Taylor (Grays Harbor and Pacific Counties)  
[Brenda-Taylor@olivecrest.org](mailto:Brenda-Taylor@olivecrest.org) 360-589-9383
- ◆ Niki Favela (Cowlitz, Lewis and Wahkiakum Counties)  
[Niki-Favela@olivecrest.org](mailto:Niki-Favela@olivecrest.org) 708-653-8912
- ◆ Kim Glover (Clark and Skamania Counties)  
[Kim-Glover@olivecrest.org](mailto:Kim-Glover@olivecrest.org) 360-433-7150

## 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.



We now have an automated **Course Schedule** that can be found at [www.allianceforchildwelfare.org](http://www.allianceforchildwelfare.org).

The **Course Schedule** provides easy access to scheduled trainings in your community. You can visit the list of scheduled courses and register for a class following these **3 easy steps**:

1. Go to [www.allianceforchildwelfare.org](http://www.allianceforchildwelfare.org) and click on the Course Schedule.
2. Select the training you want to attend.
3. Select the location of the training and click the Register (green button).

The first time, and only once, you will be asked to set up a profile account. Follow the instructions for setting up an account. Each time you register for a class, you will be asked to update your account. If you are not making any changes to your account, go to the bottom of the page and click save.

For any questions, please email [registration@allianceforchildwelfare.org](mailto:registration@allianceforchildwelfare.org)

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.*

### NEWLY DEVELOPED AND SCHEDULED TRAININGS:



- **Positive Discipline (2 courses)**
  - o An Introduction to Positive Discipline
  - o Parenting the Positive Discipline Way
- **Caring for Children with Sexual Behavior Concerns (formerly SAY)**
- **Caregiving for Children with Physically Aggressive Behavior Concerns (formerly PAY)**



## ALLIANCE CHILD WELFARE TRAINERS IN YOUR REGION

REGION	NAME	EMAIL	TELEPHONE
<b>R1</b> Spokane & surrounding areas	Jan Hinkle-Rodriguez, Supervisor	janh5@uw.edu.	509-836-5499
	Leon Covington, Trainer Nancy Leigh, Trainer, Renee Siers, Trainer	leonc44@uw.edu Leighn2@uw.edu siersr@uw.edu	509-363-2410 509-846-8645 509-363-3399
	Kebbie Green, Registrar		<b>1-866-577-1915</b>
<b>R1</b> 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
	Eileen Angier, Registrar Maria Amaya, Registrar – Spanish (Español)		<b>1-866-577-1915</b> <b>1-866-577-1915</b>
<b>R2</b> Bellingham, Everett, Mount Vernon & surrounding areas	Yolonda Marzest, Supervisor	ymarzest@uw.edu	206-923-4955
	Julie Gelo, Trainer Joan Sager, Trainer	jkg@uw.edu sagerj2@uw.edu	425-339-1811 360-594-6744
	Julie Kerr, Registrar		<b>1-866-577-1915</b>
<b>R2</b> Seattle Metro Area	Yolonda Marzest, Supervisor	ymarzest@uw.edu	206-923-4955
	El-Freda Stephenson, Trainer	elfreda@uw.edu	206-923-4922
	Vacant, Trainer		
	Janice Jackson, Registrar		<b>1-866-577-1915</b>

**TRAINERS IN YOUR REGION (continued...)**

<b>REGION</b>	<b>NAME</b>	<b>EMAIL</b>	<b>TELEPHONE</b>
<b>R3</b> Tacoma, Bremerton, Puyallup & surrounding areas.	<b>Arthur Fernandez-Scarberry, Supervisor</b>	<b>sart300@uw.edu</b>	<b>206-276-4549</b>
	<b>Gracia Hahn, Trainer</b>	<b>hahng@uw.edu</b>	<b>253-983-6362</b>
	<b>Luanne Hawley, Registrar</b>		<b>1-866-577-1915</b>
<b>R3</b> Tumwater, Olympia, Centralia, Long Beach, South Bend, & surrounding areas.	<b>Penny Michel, Trainer</b>	<b>mpen300@uw.edu</b>	<b>360-725-6788</b>
<b>R3</b> Aberdeen, South Bend and Long Beach.	<b>Stephanie Rodriguez, Trainer</b>	<b>steph75@uw.edu</b>	<b>206-321-1721</b>
<b>R3</b> Vancouver, Camas, Stevenson & Kelso.	<b>Colleen Cornman-Wilcox, Trainer</b>	<b>cm39@uw.edu</b>	<b>360-993-7991</b>
	<b>Kim Glover, Registrar</b>		<b>1-866-577-1915</b>