

# Caregiver Connection

A monthly resource for family caregivers, and foster and adoptive families in Washington state

## “NEVER GIVE UP,” THEME GUIDES CAMPERS AT 2016 CAMP TO BELONG WASHINGTON

To the stirring and familiar chords of “Olympics Fanfare and Theme,” champion athlete and Saint Martin’s University student Mikel “Leggs” Smith dashed to the opening campfire of the 8th annual Camp To Belong Washington in August, lighting the campfire with a torch and kicking off a week of Olympics-themed activities for campers.

More than 90 campers and 40 counselors watched, their sea of blue and green tee shirts emblazoned with the empowering message that was this year’s camp theme, “Never Give Up.”

The theme was chosen because the 2016 Rio Olympics had ended the day before. Mikel, in his first year as a Camp To Belong counselor, was chosen to light the opening campfire because he is training as a high jumper for the 2020 Olympic Games.

This summer, “Leggs,” as he is known at camp, won the NCAA Division II national high jump championship. He also volunteered to help with the camp, which reunites brothers and sisters separated by foster, relative or adoptive care.

Mikel is planning to become a social worker. He also understands what it’s like to be separated from siblings through foster care placement. He is one of six brothers and sisters who entered care when Mikel was a boy. He shared those life experiences with campers,

telling them he’s been able to succeed because he never gave up.

“This camp means the world to me,” Mikel said as everyone gathered for the camp’s closing campfire.

Around his neck, he wore a medal – not the one he earned in high jumping, but the one that was given to each of this year’s campers, an award given to honor qualities like endurance, excellence, inspiration, hope and strength, which campers displayed throughout the week.

“I’m more proud of this medal than any other medal I will win in my life,” he said. “Never doubt yourself. Dare to be great. Don’t ever let anybody tell you can’t do something. You can do anything.”

Camp To Belong Washington is a partnership between Foster Family Connections, a non-profit organization, and Children’s Administration which provides financial and logistical support. April VanGesen and Deb Kennedy, both of Port Orchard and both foster and adoptive moms (between them, they have 14 children, including three sibling groups), run the camp, which is at Miracle Ranch in Port Orchard.



Graphic by Holly Harmon Creative

Caregiver Connection is published by:

**Alliance**  
for **Child Welfare Excellence**  
in partnership with the Washington State  
Department of Social and Health Services,  
Children’s Administration



Transforming lives

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## Camp To Belong, Olympic-style

The “Never Give Up” theme resonated through the week, starting Tuesday morning when siblings paired up for some fun and silliness in eight competitions, ranging from hula-hooping to the marshmallow drop, a contest in which one camper lays on the ground while another camper or counselor drops small marshmallows into his/her mouth. The winner caught more than three dozen in a minute.



More marshmallows hit the ground than the mouth at the Marshmallow Drop Tuesday morning

➤ That evening was Carnival Night, themed after the Rio Carnival held every year. Campers and counselors dressed up, with two counselors dressed as court jesters and Santa distributing candy canes. Kids played carnival games, dunked counselors, ate snow cones and popcorn, romped down a slide and played in huge bouncy toys provided by Merry Makers. In short, these kids got to just be kids, often a rare commodity in their difficult lives.

➤ The following evening was Inspiration Night – the second campfire of the week. This year’s campers heard the inspirational story of Amanda Beard, a multiple Olympic gold- and silver-winning swimming medalist who lives in Gig Harbor. She shared the difficulties she overcame, which she’s also described

in her book, “In the Water, They Can’t See You Cry”. She also passed around one of her gold medals so campers could touch and feel what can be achieved by never giving up.

Her speech was followed by the annual birthday party, as brothers and sisters celebrated each other’s birthdays with donated cakes and a gift exchange. Beforehand, gifts were selected by each sibling from a stock of goodies provided by Pierce County/Tacoma Crime Stoppers, Claus, Claus and Associates and others.

➤ What came next was an event that has become a CTB Washington tradition, a 140-person Conga line and dance that snaked through the dining hall.

Thursday was devoted to the future dreams of the campers. Both college and future jobs were discussed, and campers learned about some of the educational resources now available to help kids who have been in care get a foothold as they move into adulthood.

➤ Throughout the week, campers scampered from activity to activity – swimming, boating, archery, swinging high from a ropes course, horseback-riding, sibling group-photo shoots and choosing formal wear, which was provided by the Lake Sammamish Chapter of the National Charity League for Thursday Night’s Rio-themed bistro. At the bistro, another Olympian, Stephanie Cox, a gold medal winner in soccer, shared both her story of overcoming obstacles and her gold medal.

Camp’s closing campfire on Friday night brought with it the tears and hugs that come as campers know they are once again facing a separation from the brothers and sisters they sometimes don’t see for months at a time; they spoke of their longing to be together once more and shared those last few hours.

When campers left for home Saturday morning, they carried pillows inscribed with messages from their siblings, birthday gifts, new formal wear and memory books packed with photos from the week – small reminders for the months apart that they are loved, missed and valued by sisters and brothers. Many left with a new sense of hope.

Said one camper, “The best part of camp was making memories.”

## See a Bit of 2016 Camp Through TV Coverage

Two Seattle television stations did stories on Camp To Belong this year. Click on the links below to see the coverage:

KOMO-TV: <http://komonews.com/news/local/port-orchard-summer-camp-reunites-siblings-in-foster-care>

KING-TV: <http://www.king5.com/news/local/camp-reunites-introduces-siblings-separated-by-foster-system/309448591>

## What Sibs Said About Camp to Belong 2016

Here’s a sample of campers’ thoughts:

**“Camp is the best place if you want to make friends, be with your sister or make memories.”**

**“I know it’s not possible now, but I never give up. One day, we will be together, no separation.”**

**“I want to thank Camp To Belong for giving me the best week I have ever had. It felt like going on my first roller coaster.”**

**“Each one of you in this room is so amazingly strong.”**

**“I don’t know what I’d do without this camp and all these people.”**

## An Empowering Song for Kids During Difficult Times

A common occurrence at 2016 Camp To Belong, has become the singing of one empowering song, “The World’s Greatest,” by campers. It has grown to be the unofficial anthem of Camp To Belong Washington. A snatch of the lyrics follows, as does a link to a recorded version on Youtube. Share the song with kids in your care and talk about what it means sometime!

<https://www.youtube.com/watch?v=WgcovIu3k9o>

### “The World’s Greatest”

Music and lyric by R. Kelly

*If anybody asks you who I am  
Just stand up tall, look ‘em in the face and say  
I’m that star up in the sky  
I’m that mountain peak up high  
Hey, I made it  
I’m the world’s greatest  
And I’m that little bit of hope  
When my back’s against the ropes  
I can feel it – mmm*

# WHY WE DO CAMP TO BELONG



Camp To Belong Washington Co-directors April VanGesen, left, and Deb Kennedy, right

Every year camp produces its share of stories and memories, not only for campers, but also for those who watch over them for six days.

One of our camp co-directors captured well why volunteering her time and energy to make camp happen each year is a labor of love for her – and why we ask foster parents who already do so much to consider caring for sibling groups.

## **“After three nights of sleep in my own bed I still feel like I should be waking up at camp!”**

*This year in particular I am struggling... my heart smiles so wide... yet still feels heavy at the same time! I smile when I think of the laughter from a little boy (who would barely speak to anyone) on Carnival Night who walked up to me and told me that “today was the 1st good day in 118 days.”*

*He then asked me what tomorrow would be...I replied with a smile “the 2nd good day!”*

*My heart is heavy because this same little boy didn't know where he was going to be sleeping when he was picked up from camp and IF he was going to be with any of his siblings.*

*I smile because of the memories that he made ... yet I am sad because no child should have to process or attempt to understand that fear.*

*These are the memories that remain etched into my soul ... these are memories that you can't ever shake, nor do I want to. These are the reasons that we need more sibling foster homes. He is a perfect example of WHY Camp to Belong exists and why I come back every year.*

Camp To Belong Washington Co-director April VanGesen (camp name: “Sunshine”)

## **The Strength of the Sibling Bond**

Camp To Belong Washington campers write sentiments on pillows or quilts, expressing their thoughts to a brother or sister so when they return to their separate homes, they have something to remind them of their connection and love.

The words on this quilt were written by Adrian to his sister Angelina. Adrian is hard-of-hearing but is able to read lips and communicate to others who are hard-of-hearing by using American Sign Language (ASL).

The cool thing about Adrian coming was that he not only got to spend time with Angelina, but also that his presence allowed his foster brother to attend with his own sisters. Communications with the other sibling group could not have happened if Adrian hadn't been there to interpret.

His deep bond with his sister is written on the memory pillow he sent home with her. He wrote:

*“Angelina,  
You are my life. Without you I would not be me. I love you to death. I will always have your back even when you are sad, mad or happy. I care about you so much. We will have a good relationship through our lives.”  
Adrian*

# SHERMAN AND STRETCH: TWO LIVES CHANGED BY CAMP



Brady Jenkins and Sydney Davis

Although counselors and others can point to many stories of campers' lives changed by camp, Sydney Davis, whose camp name is Sherman, didn't know camp would change her life forever.

When Sydney first came to Camp To Belong Washington as a counselor three years ago, she had no particular career path in mind, certainly not one that centered on working with kids.

"This has been a life-changing experience," she says of the campers she has worked with. "The first year, I was still trying to figure out what I was going to do. I went to camp at the suggestion of Brady (her fiancé). I went in thinking I would have a huge impact in their lives, and by the end of the week, I realized they had made a huge impact on me."

"I discovered a huge love for these kids and wanted to do something to be working with them. It changed my life as to what I want to do with life."

Sydney, who lives in Pe Ell, west of Centralia, turned 21 just after camp ended.

She met her fiancé Brady, whose camp name is Stretch because he's tall, when he moved to Pe Ell a few years ago.

"The odds of me meeting him are so hard to believe," Sydney said.

A former camper and counselor, Brady came to the small town (population 634) when he was younger to live with his sister. He'd bounced around the child welfare system in Eastern Washington for a number of years prior to coming there. Two of his siblings have attended camp as campers and/or counselors.

Unlike Brady and many other counselors, Sherman's life had never put her in touch with foster care or the child welfare system.

"I had no idea about any of this," she said. "I went to help at camp on the suggestion of Brady," she said.

Her immediate impression? "This is something real. Something I want to be part of. I can talk about camp all day long."

She likes camp so much that she plans to have CTB tattooed on her ankle, she says. Sydney was given the responsibility at camp this year of being a family group leader, leading other counselors in shepherding 11 campers through day-to-day activities – a big job.

When she was made a family group leader, she was "excited and terrified at the same time." But she relates to the campers so well and is able to give them the support they need from caring adults.

"I want them to know I am still here and still rooting for them," she said. "Camp is such a beautiful community."

She is currently studying at Northwest University and has her eyes clearly focused on the future. She and Brady have set a wedding date for next August. Her career path is also set, she said. "My end game is to open up or run or be part of a youth center" she said.

**"You all just break my heart. I want to say something to make it better. You guys are awesome kids, You are superstars."**

Counselor Sydney Davis (camp name Sherman), speaking to campers on the last night of Camp To Belong Washington

**Foster parents can help keep brothers and sisters connected by considering taking sibling groups when asked by the state and, if they are separated, working to find ways to keep them connected.**

## CORRECTION ON FLU SHOT INFORMATION

In the September issue of the Caregiver Connection, a story on flu shots contained incorrect information about when caregivers must have a flu shot when caring for very young children.

The corrected information, as provided by the Children's Administration Division of Licensed Resources, is:

**"Regulations require flu shots for licensed caregivers caring for children under the age of two (2) years."**

# PAYMENT ISSUES?

## Help is a Phone Call Away

Foster parents submit their invoices (requests for reimbursement) to the Social Service Payment System (SSPS), when they have provided foster care or respite care for a dependent child. The SSPS program is part of the Department of Social and Health Services.

Most of the time, payments go smoothly. But when they don't, an automated invoice system and customer service team can now help unsnarl payment knots.

"We are a 'post-payment resource' for foster parents," said Heidi Edwards, business support supervisor for the system. While the team cannot affect the payments, they can answer questions related to them, she says.

"We can't make the changes; those have to come from the field," she said.

In August, SSPS handled more than 1,000 calls, about 10 percent of which related to Children's Administration. Many calls center on adoption support payments. Heidi said she and her team can refer many of them to the Adoption Support Helpline, (800) 562-5682.

For anyone having problems with a payment, the first stop should be Invoice Express ((the number is printed at the top of each invoice form and is (888) 461-8855), she says.

Most questions that prompt calls to the team's helpline, she says, center

on "Where is my payment? Why is the amount different than I anticipated?"

Some issues center on address changes that have not yet been sent by the social worker to SSPS. If a check is mailed to the wrong address, it can take time for the check to return, the correct address entered and the check re-sent.

Heidi also said a forwarding address – the yellow sticky label placed by the U.S. Postal Service for forwarded mail – will not work. Checks from SSPS have to be delivered to the address currently in the system.

Many problems associated with mailed checks can be bypassed by establishing a direct deposit with a bank or credit union, Heidi said. She urges foster parents to use direct deposit.

Of Invoice Express, she said that when foster parents use this system, they should fill out the invoice by hand before they call so they have the necessary information in front of them when prompted by the system to provide it.

She called Invoice Express "very basic." It asks questions clearly about how much the caregiver received and how much he or she is claiming. At the end of the process, caregivers can get a summary of what they provided, as recorded by the system. Children's Administration will then attempt to resolve the issue.

## A Reminder When Using Respite Care

An issue arose recently in eastern Washington about making sure kids in your care have what they need when you have someone providing respite care.

This question was sent to Children's Administration:

"Recently, I have provided respite for two separate foster moms. Both foster moms left me with only a few diapers and a half can of formula, one for a week-stay and another for two-week stay. I was told in the past when I did respite for one of my foster babies that I needed to provide enough diapers, wipes, formula and clothing for the time in respite. When I brought this up with the foster moms who left me little, they said that basically I had to treat each respite foster child as if they were a new placement and provide for them while in my respite care."

Erik Larson, supervisor for the Home Finders unit in the Spokane office, which oversees the respite program, said he has been unable to find any specific state policy that mentions this issue, but said in an e-mail response:

"Foster parents who access respite are expected to give enough clothes, formula/bottles, medications, special required food, and required medical supplies for the duration of the respite. Foster parents should be connecting with the respite provider to find out exactly what is needed and to find out more about the child and his/her routine."

Larson said the issue is just one of making sure that respite providers have all they need to take care of the children – not that it is a legal expectation.

"To me, it just makes sense," he said. "As someone who organizes respite, it is necessary and good practice."

Such issues as special needs or dietary issues should be discussed, along with the other supplies and needs.

"We can't do \$200 clothing vouchers for respite" so it is important the child has all the diapers, clothes and supplies he or she needs during respite, he said.

### ➔ Contact information:

**The SSPS staff's office hours are 8 a.m. to 5 p.m. Monday through Friday. Its customer service line can help foster parents with questions about their invoices and warrants (reimbursements): 360-664-6161.**

# NEW LICENSING RULES ARE NOW IN EFFECT

The most recent set of rule changes affecting foster parents went into effect last month. Since January 2015, a number of rule changes affecting foster parents have gone into effect. These are the most recent.

While many of the changes don't affect foster parents, some of them do. Following the release of the original changes in January 2015, DSHS staff, private agency staff, group care staff, and foster parents requested additional changes to be made to the minimum licensing requirements.

Here is the link to all the changes: <https://outlook.live.com/owa/?path=/attachmentlightbox>

You can find the modifications that most directly affect foster parents by scrolling through the new language in the link above. The changes were made to the Washington Administrative Code (WAC), and readers will be able to see them online: Changes are underlined if they are new and crossed out if they are being removed.

We urge you to click on the link and review all changes. Below are some of the most important and/or useful for foster parents.

- WAC 388-145-1535 makes changes to the category of "What incidents must I report?"
- WAC 388-145-1540: A National Center for Missing and Exploited Children (NCMEC) contact number has been added for foster parents and agencies to call when they have a child missing from care. This change is due to the new federal legislation requirement; Public Law 113-183, The Preventing Sex Trafficking and Strengthening Families Act, which went to effect Sept. 29. As of Sept. 19, foster parents have been asked to begin calling NCMEC at (800)-843-5678 to report children missing from care.
- WAC 388-148-1525: Home schooling is prohibited for all children in the care and custody of the department.
- WAC388-148-1500: New rules about gun safety.
- WAC 388-145-1605: Requirements for sharing a bedroom.
- WAC 388-145-1610: Requirements for beds in a facility.

Many questions come up about this subject, so we are including the new current language in the newsletter as well as on the webpage linked on previous page. Under law:

1. You must provide an appropriately sized separate bed for each child, with clean bedding and a mattress in good condition.
2. Some children may soil the bed, and you may need to plan accordingly. You must provide waterproof mattress covers or moisture-resistant mattresses if needed. Each child's pillow must be covered with waterproof material or be washable.
3. A mat may be used for napping but not as a substitute for a bed.
4. You must provide an infant with a crib that ensures the safety of the infant, and complies with chapter 70.111 RCW, Consumer Product Safety Improvement Act of 2008. These regulations are:
  - a. A maximum of 2 3/8" between vertical slats of the crib; and
  - b. Cribs, infant beds, bassinets, and playpens must have clean, firm, snug-fitting mattresses covered with waterproof material that can be easily disinfected and be made of wood, metal, or approved plastic with secure latching devices; and
  - c. You must not use crib bumpers, stuffed toys and pillows with sleeping infants unless advised differently by the child's physician.
5. You must place infants on their backs for sleeping unless advised differently by the child's physician or licensed health-care provider.
6. You may swaddle infants using one lightweight blanket upon the advice and training of a licensed health-care provider. You must keep the blanket loose around the hips and legs when swaddling in order to avoid hip dysplasia. You may swaddle infants under two months of age unless a licensed health-care provider directs otherwise. You may not dress a swaddled infant in a manner that allows them to overheat.
7. You may not use wedges and positioners with a sleeping infant unless advised differently by the infant's licensed health care provider.
8. You may not use weighted blankets for children under three years of age or who have mobility limitations unless advised differently by the child's licensed health-care provider.
9. If you use a weighted blanket, you must meet the following requirements:
  - a. The weight of the blanket may not exceed 10 percent of the child's body weight;
  - b. Metal beads are choking hazards and may not be used in a weighted blanket;
  - c. You may not cover the child's head with a weighted blanket or place the blanket above the middle of the child's chest.
10. You may not allow children to use loft-style beds or upper bunks of beds if using them could hurt them because of a child's age, development or condition. Examples: Preschool children, expectant mothers, and children with a disability.

# KNOW BEFORE YOU SAY “NO” TO A CHILD’S ACTIVITIES

To clarify common misunderstandings about what is allowed for youth in foster care, Children’s Administration has released the information below which poses often-asked questions, providing the answers caregivers need.

“To ‘know’ means knowing policy, and it especially means knowing the child’s needs and maturity level. This document is intended to clarify existing myths relating to normal life activities for children and youth in care. The rule citations in this document are taken from the Washington Administrative Code Title 388, or Children’s Administration Policy.

**Myth:** *Children/youth in foster care may not spend the night with friends or in unlicensed settings.*

**Fact:** The caregiver may give permission for the child/youth to spend the night away from the caregiver’s home for up to 72 hours without approval from CA.

**Myth:** *Children/youth cannot travel with foster families out of their county or state.*

**Fact:** Children/youth may travel with caregivers within the United States for less than 72 hours without approval from CA. Travel to British Columbia territories of BC Rockies, Thompson/Okanogan and Vancouver coast and mountains are considered ‘border counties’ to Washington and do not require out-of-country approval if the travel is less than 72 hours. All territories beyond are considered out-of-country travel and require CA approval.

**Myth:** *Children/youth in foster care (including group care) may not attend church or events on their own.*

**Fact:** The child/youth has the right to attend church services, temple, mosque, or synagogue, of their choice. Caregivers must respect the religious backgrounds or preferences of the children under their care. Children and youth have the right **not** to practice the caregiver’s faith without consequences.

**Myth:** *Children/youth in care cannot have privacy.*

**Fact:** Children/youth in care have the right to privacy of personal mail and phone unless specified by a court order for the child’s safety or well-being.

**Myth:** *Children/youth cannot take personal belongings when they move.*

**Fact:** Children/youth must be permitted to take personal belongings they brought with them or acquired while in care with them when discharged (moved). If it is impossible for the child/youth to take their belongings at the time they leave, the caregiver is required to secure the child’s belongings for up to 30 days and cooperate with the child’s state social worker to transfer the belongings to the child/youth, as soon as possible.

**Myth:** *Children/youth may not participate in extra-curricular activities.*

**Fact:** The caregiver may give approval for the child/youth to participate in routine activities without a licensed provider supervising the activity, such as clubs and social outings with classmates or friends. You do not need state social worker approval for your foster child’s participation in routine activities without a licensed provider supervising the activity, such as clubs, social outings with classmates or friends. You may approve normal childhood activities using a reasonable and prudent parenting standard. Overnight stays over seventy-two hours require state social worker approval. Any activities requiring travel must comply with WAC 388-148-1435. WAC 388-148-1435. The Washington Administrative Code (WAC) can be accessed using this link:

<http://apps.leg.wa.gov/wac/>

**Myth:** *Caregivers can deny children/youth from having contact with parents and siblings as a form of discipline.*

**Fact:** Foster parents must support the permanent placement plan for the child, focusing first on the birth family reuniting, and then on options leading to a permanent placement. Parent/child visits are the right of the family when visits are in the best interest of the child. Parent/child visits can only be limited or terminated when the child’s safety, health and/or welfare is compromised. The court must approve all changes to a visit plan if the child is dependent. Sibling contact is crucial for maintaining sibling relationships and supports their well-being while in care. The department cannot limit visits or contacts between siblings as a sanction for a child’s behavior or as an incentive to change a child’s behavior.

**Myth:** *Once placed in foster care, children/youth may lose contact with their support system making them feel alone and isolated.*

**Fact:** Caregivers must connect a child with resources that meet a child’s needs. Caregivers must be able to meet the child’s/youth’s basic needs regarding race, religion, culture, sexual orientation and gender identity. These include cultural, educational and spiritual activities. Caregivers must furnish children with a nurturing, respectful and supportive environment. Caregivers can also choose activities that are appropriate for foster children, but these activities must be appropriately supervised and may not interfere with visitation with the child’s parents.”

# UPCOMING EVENTS

## Adoption Day

In child welfare, few days are more special than those days when foster and relative caregivers adopt the children placed in their care. Such days occur throughout the year, of course, but November has been chosen as the month for National Adoption Day, an occasion to celebrate adoptions. This year, National Adoption Day is Saturday, Nov. 19.

### Figures from Children's Administration show:

- In Washington, 1,419 children became part of their forever families between July 1, 2015, and June 30, 2016.
- About the same number, 1,556 children, are “legally free” and many of these children are waiting for a forever home.
- Nearly 8,800 children were placed in out-of-home care living in foster care, as of mid-August.

This November, individual Children's Administration offices throughout the state have designated an Adoption Day for their specific area. The Washington Administrative Office of the Courts (AOC) coordinates and helps promote these special days with Children's Administration. You can check for the specific day in your area by visiting the Washington Administrative Office of the Courts (AOC) website <http://www.courts.wa.gov>. Their search tool will be active after October 14.

If you have adopted a child, you know how important that short, but life-changing court experience can be for you and your child. This year, you might consider taking another foster parent or relative family-member considering adoption so they can see just how amazing it is to watch lives change.

“It's a very warm and special day,” said Lorrie Thompson, senior communication officer for the Office of Administrator for the Courts.

Attending an adoption “raises awareness, and gets more people thinking about adoption,” she said. While many people think about adopting children from another country, there are a lot of kids right here who need a home, Lorrie said.

Debbie Marker, adoption program manager for Children's Administration, said Children's is always trying to find more adoptive homes for kids.

## Bremerton Foster Parent Mini-conference

The Foster Parents Association of Washington will have its next mini-conference November 5, 2016 in Bremerton. This conference is open to all foster and adoptive parents, relative and kinship caregivers. For complete information, check the FPAWS website, [www.fpaws.org](http://www.fpaws.org)

FPAWS has regular mini-conferences around the state to provide training, resources and networking opportunities for caregivers. These gatherings complement their large annual conference in May. Training credits are available for licensed foster parents.

## College Success Foundation Luncheon

The College Success Foundation, which provides support and resources for young people in care who want to attend college, will have a luncheon on November 10, 2016 to celebrate its first 15 years.

The foundation's mission is to provide “a unique, integrated system of supports and scholarships to inspire underserved, low-income students to finish high school, graduate from college and succeed in life.”

Thousands of young people in Washington have benefited from their programs, including financial aid from the Governor's Scholarship for Foster Youth.

Entitled “Empowering Youth,” the luncheon will honor former Gov. Gary Locke, who was instrumental in getting the foundation started, and John and Ginny Meisenbach, who will receive the Spirit of Philanthropy Award.

The event will be from noon to 1:30 p.m. at the Seattle Sheraton Hotel. For more information about registration and other details, go to [College Success Foundation - Empowering Youth Seattle website](http://College Success Foundation - Empowering Youth Seattle website), or email your questions to: [empoweringyouth@collegesuccessfoundation.org](mailto:empoweringyouth@collegesuccessfoundation.org)

# Quick and easy treats for your tricksters!

by Deanna Partlow

Busy parents – no matter how old their children – can find themselves hard-pressed to keep the holiday fun rolling.

With a child's imagination at play, you really don't have to be a chef or an artist to create some Halloween wow! I used to keep a bottle of holiday candy sprinkles, a can of whipping cream and a bag of chocolate chips on hand to add a little pizzazz to little holiday treats. Pudding cups and Jell-O cups seem to taste better with sprinkles and whipped cream. Lunchbox treats with surprise orange "pumpkins" or string cheese spooks enclosed are big hits.

Without further ado, here are a few fall treats that take little time and are inexpensive. Most can be done with or by your children, depending on their ages and kitchen prowess.



## Hot Butterbeer: (For Harry Potter fans)

**INGREDIENTS:** One-quart apple cider, caramel sauce or brown sugar, ½ cup whipping cream or an aerosol can of whipping cream, powdered sugar, butter, cinnamon and nutmeg, if desired.

**DIRECTIONS:** In a kettle, pour one-quart of apple cider and stir in about 1/3 cup caramel sauce. Add more if you like it sweeter. Heat until it reaches drinking temperature, then add a pat of butter, letting it melt. Meanwhile, whip the cream with about a half-cup of powdered sugar or a little more if you want a sweeter drink. (Skip this step if you're using an aerosol can of whipping cream. Ladle the hot cider mix into cups, then spoon whipped cream on top.) Sprinkle with a little cinnamon and/or nutmeg or drizzle a bit more caramel sauce on top to serve.

## Cold Butterbeer

**INGREDIENTS:** One two-liter bottle of vanilla crème soda, caramel or butterscotch sauce, whipped cream.

**DIRECTIONS:** In a punchbowl or pitcher, mix about one-third cup of caramel sauce into a bottle of very cold crème soda and whisk it until well-mixed. To serve, pour the mixture into each glass or mug, then top with whipped cream and add a few sprinkles and/or a shake of pumpkin pie spice.

## Frozen\* "Boo-nanas"

**INGREDIENTS:** Four ripe but firm bananas, one 8-oz package white chocolate made for dipping, candy eyes or chocolate chips, popsicle sticks. You also need a couple deep mugs.

**DIRECTIONS:** Peel, then cut each banana across its width to make two pieces. Insert a popsicle stick on the flat end of each banana. Place the bananas on a tray and freeze them. When frozen, melt the white chocolate as per directions in one of the deep mugs. Dip each banana into the liquefied chocolate, coating well, then quickly add the eyes to make your "ghost." You can place the ghosts in another deep cup, a bowl or anything that will hold them up. Alternatively, place them on waxed paper. Refreeze them until you are ready to serve them.

*\*Alternatively, you can make "Boo-nanas" without freezing them.*

## Crispy Rice Treat Pumpkins:

**INGREDIENTS:** one box of crisp rice cereal, butter, one package of mini-marshmallows, one small package of Tootsie Roll midgees, orange food coloring. You'll also need waxed paper and a muffin pan, maybe two, depending on how big the muffin cups are.

**DIRECTIONS:** Butter the cups of your muffin tin. Follow the directions on the crisp rice cereal package to make a batch of marshmallow-Krispy treats. After the marshmallows and butter are melted, but before you stir in the cereal, stir in a few drops of orange food coloring. Stir in the cereal, coating it well.

Divide the treat mix among the muffin cups and let it cool slightly. Spread a little butter on your hands, and before the treats are set up hard, take each one cupful out and gently pat it into a ball, denting one end, to form a pumpkin shape. Stick the small Tootsie Roll piece into one end to serve as a stem and complete the "pumpkin" look. If you want, add a construction paper green leaf near the stem or pipe a little green icing into a leaf shape there.

## How easy are these healthy and fun treats!

**QUICK, CUTE HALLOWEEN PUMPKINS:** Draw pumpkin faces on mandarin oranges with a permanent black ink marker. These make a nice lunch surprise, or in a group, a cute table decoration.

**HALLOWEEN SPOOKS:** Draw black eyes and an "O" mouth on an unopened piece of string cheese with a permanent ink marker.

**HALLOWEEN PANCAKES:** For ghosts, form a longish pancake with pancake batter and add a couple raisins or chocolate chips at one end for eyes. If you want to go to more trouble, purchase a package of candy googly eyes and use those. For Halloween or a fall breakfast treat, add a couple drops of orange food coloring to pancake batter to make "jack-o-lantern" pancakes. Before you flip the pancakes, use raisins or chocolate chips for the jack-o-lantern's eyes, nose and a big grin.

## 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. Here is the link to our web page where you will find a link to the catalog:

<https://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.

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



## 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?

### Foster Parent Association of Washington State Representatives

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

Mike Canfield  
[mkbeth@comcast.net](mailto:mkbeth@comcast.net)  
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(360) 377-1011, home

### Team Representatives

#### REGION 1 NORTH

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Aimee Budrow  
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#### REGION 1 SOUTH

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(509) 554-2377

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(619) 847-8370

#### REGION 3 SOUTH

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(360) 440-5629 (c)  
Amy Gardner  
[michaelamy52@msn.com](mailto:michaelamy52@msn.com)  
(360) 200-2102

# 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](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

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](mailto: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](http://www.fpaws.org)

1- 800-391-CARE (2273).

## FOSTER PARENT AND CAREGIVER CRISIS AND SUPPORT 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

1-855-395-7990 or

[Jasmine-Hodges@olivecrest.org](mailto:Jasmine-Hodges@olivecrest.org)

**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: [bpartmentlow1970@hotmail.com](mailto:bpartmentlow1970@hotmail.com); Tel: 360-539-7863.

# 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](http://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 per-sist 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](http://www.collegesuccessfoundation.org).

## Independence for washington'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](http://www.treehouseforkids.org).

# Meet Our Recruitment Partners Who Support You



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),

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:

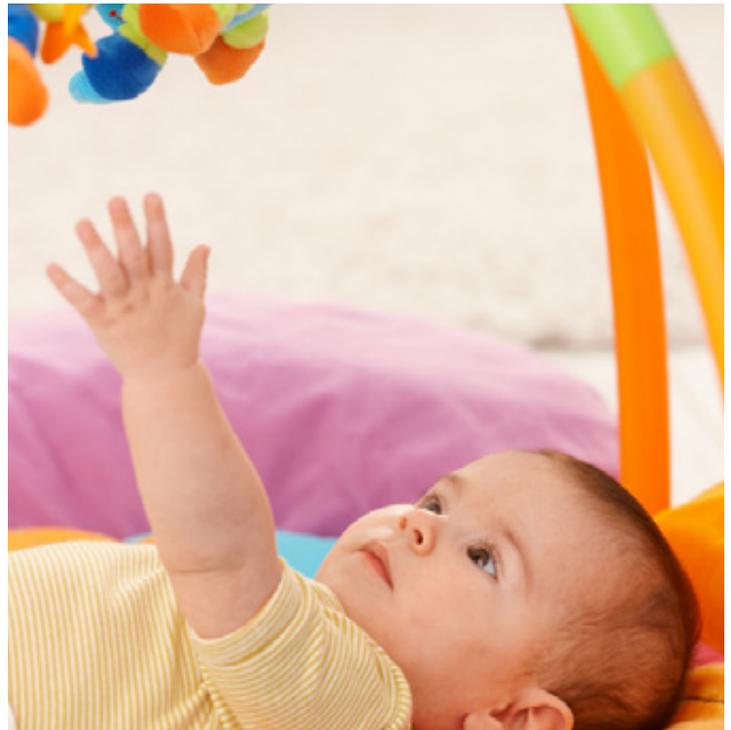
- Increase the numbers of safe, quality foster families to meet the diverse needs of children and youth placed in out-of-home care in Washington State, and
- Offer support to foster parents and relative caregivers

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. 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.

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

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Bludau	Melike	<a href="mailto:mbludau@ewu.edu">mbludau@ewu.edu</a>	Spokane	(509)714-7728
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Flowers	Meaghan	<a href="mailto:mflowers1@ewu.edu">mflowers1@ewu.edu</a>	Spokane, Lincoln	(509)991-9692
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Leavitt	Rochelle	<a href="mailto:rleavitt2@ewu.edu">rleavitt2@ewu.edu</a>	Kennewick & Pasco	(509)308-2282
Morehead	LaDeana	<a href="mailto:lmorehead@ewu.edu">lmorehead@ewu.edu</a>	Chelan	(509)670-7270
Muse	MonRa'	<a href="mailto:mmuse@ewu.edu">mmuse@ewu.edu</a>	Spokane, Whitman, Garfield, Asotin	(509)359-0791
Oldridge	Lindsey	<a href="mailto:loldridge@ewu.edu">loldridge@ewu.edu</a>	WallaWalla	(509)240-0174
Potter	Gail	<a href="mailto:gpotter@ewu.edu">gpotter@ewu.edu</a>	Spokane	(509)359-6130
Powers	Druska(Dru)	<a href="mailto:dpowers8@ewu.edu">dpowers8@ewu.edu</a>	R1N & S	(509)928-6697
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Thomson	Karen	<a href="mailto:kthomps9@ewu.edu">kthomps9@ewu.edu</a>	Spokane	(509)230-4668
Whitworth	Tyann	<a href="mailto:twhitworth@ewu.edu">twhitworth@ewu.edu</a>	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	<a href="mailto:Shala-Crow@olivecrest.org">Shala-Crow@olivecrest.org</a> Program Director	Region 2	360-220-3785
Parra	Deena	<a href="mailto:Deena-Parra@olivecrest.org">Deena-Parra@olivecrest.org</a> Staff Support	Region 2	360-572-4271
McClure	Leilani	<a href="mailto:Leilani-McClure@olivecrest.org">Leilani-McClure@olivecrest.org</a>	NE King County	425-681-2094
Smith	CeCe	<a href="mailto:cece-smith@olivecrest.org">cece-smith@olivecrest.org</a>	South King County	509-201-7069
Anderson	Maia	<a href="mailto:Maia-anderson@olivecrest.org">Maia-anderson@olivecrest.org</a>	King West County, MLK, White Center	425-346-8336
Harp	Megan	<a href="mailto:Megan-Harp@olivecrest.org">Megan-Harp@olivecrest.org</a>	Smokey Point	425-350-3839
Buckles	Summer	<a href="mailto:Summer-Buckles@olivecrest.org">Summer-Buckles@olivecrest.org</a>	Everett, Sky Valley and Lynnwood	425-830-9400
Pitts-Long	Angela	<a href="mailto:Angela-Pitts-Long@olivecrest.org">Angela-Pitts-Long@olivecrest.org</a>	Central District	425-614-6176
Uratsun	Christina	<a href="mailto:Christina-Uratsun@olivecrest.org">Christina-Uratsun@olivecrest.org</a>	Island, San Juan, Skagit and Whatcom	360-720-0969

## Olive Crest's Fostering Together Liaisons Region 3:



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Cortani	Linda	<a href="mailto:Linda-Cortani@olivecrest.org">Linda-Cortani@olivecrest.org</a>	Jefferson and Clallam	360-640-0869
Mitchell	Tristan	<a href="mailto:Tristan-mitchell@olivecrest.org">Tristan-mitchell@olivecrest.org</a>	Grays Harbor & Pacific	360-581-3590
Moore	Jeanmarie	<a href="mailto:Jeanmarie-moore@olivecrest.org">Jeanmarie-moore@olivecrest.org</a>	Lewis, Cowlitz, Wahkiakum	360-442-9605
Glover	Kim	<a href="mailto:Kim-Glover@olivecrest.org">Kim-Glover@olivecrest.org</a>	Clark and Skamania	360-433-7150

## Trainers in Your Region

REGION	NAME	EMAIL	TELEPHONE
R1 Spokane & surrounding areas	Jan Hinkle-Rodriguez, Supervisor	<a href="mailto:janh5@uw.edu">janh5@uw.edu</a>	509-836-5499
	Vacant		
	Renee Siers, Trainer	<a href="mailto:siersr@uw.edu">siersr@uw.edu</a>	509-363-3399
	Kebbie Green, Registrar		1-866-577-1915
R1 Yakima, Tri-Cities, Ellensburg & surrounding areas	Jan Hinkle-Rodriguez, Supervisor	<a href="mailto:janh5@uw.edu">janh5@uw.edu</a>	509-836-5499
	Ryan Krueger, Trainer	<a href="mailto:krry300@uw.edu">krry300@uw.edu</a>	509-358-3096
	Patty Orona	<a href="mailto:po5@uw.edu">po5@uw.edu</a>	509-225-7927
	Eileen Angier, Registrar		1-866-577-1915
	Maria Amaya, Registrar – Spanish (Español)		1-866-577-1915
R2 Seattle Metro Area	Yolonda Marzest, Supervisor	<a href="mailto:ymarzest@uw.edu">ymarzest@uw.edu</a>	206-923-4955
	El-Freda Stephenson, Trainer	<a href="mailto:elfreda@uw.edu">elfreda@uw.edu</a>	206-923-4922
	Cara Mbaye, Trainer	<a href="mailto:mbayec@uw.edu">mbayec@uw.edu</a>	206-923-4914
	Janice Jackson, Registrar		1-866-577-1915
R2 Bellingham, Everett, Mount Vernon & surrounding areas	Yolonda Marzest, Supervisor	<a href="mailto:ymarzest@uw.edu">ymarzest@uw.edu</a>	206-923-4955
	Joan Sager, Trainer	<a href="mailto:sagerj2@uw.edu">sagerj2@uw.edu</a>	360-594-6744
R3 Tacoma, Bremerton, Puyallup & surrounding areas.	Arthur Fernandez-Scarberry, Supervisor	<a href="mailto:sart300@uw.edu">sart300@uw.edu</a>	206-276-4549
	Gracia Hahn, Trainer	<a href="mailto:hahng@uw.edu">hahng@uw.edu</a>	253-983-6362
	Luanne Hawley, Registrar		1-866-577-1915
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R3 Clallam County and Jefferson County	Robert Judd, Trainer	<a href="mailto:juddre@uw.edu">juddre@uw.edu</a>	360-344-3003
R3 Aberdeen, South Bend and Long Beach.	Stephanie Rodriguez, Trainer	<a href="mailto:steph75@uw.edu">steph75@uw.edu</a>	206-321-1721