

Caregiver Connection

SEPTEMBER 2016

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

"I'M NOT A GRANDPARENT. I'M A PARENT."

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

From the winning *Voices of Children* entry by Xenia, 12, granddaughter of Kathy and Mike Vermillion.



Kathy Vermillion

At 66, Kathy Vermillion and her husband Mike, 68, Olympia, did not expect to be raising children. More than six years ago, their lives changed dramatically when three young children, no longer able to be cared for by their parents, came to live with the Vermillions. So strong was the commitment and bond between the grandparents and their grandchildren that the children – now 10, 12 and 17 – were adopted by them two and one-half years ago.

Grandparents not raising their grandkids have such a different experience than those like Kathy and Mike. The kids come for visit, or the grandparents visit them, then return home. But Kathy and Mike don't have that experience. "I'm not a grandparent," Kathy said. "I'm a parent. It's not fun. I have to lay down the law every day." As a parent – not a grandparent – she knows the feelings of kids pushing against parental rules. "You don't really feel appreciated," she says. "That can be brutal, and when you are 66 years old, it is even more brutal."

While she and Mike have a biological daughter, now 45, Kathy said, "Even having been through (parenting) before, doesn't make this any easier."

Kathy left a long career in state government working jobs she loved, to take care of her grandchildren. "I retired early so I could focus on the kids at that stage." Mike worked for a private contractor at Joint Base Lewis-McChord.

Now, at a time they thought they would be living in an empty nest and planning their retirement years ahead, they find themselves living in a busy house with three kids, counting every penny. "We went through our savings adopting these kids. Even a trip to the ocean is expensive."

Two of the kids, Xenia and Beverly, have written winning entries for the contest *Voices of Children Being Raised By Grandparents and Other Relatives*. Beverly, 17, has won twice. Her entry this year echoed many of the same thoughts expressed by Kathy – what Kathy and Mike expected their lives to be like at this age and what they got when all the grandchildren came to live with them.

Part of her entry reads:

They wanted: to have grandchildren on weekends and holidays and spoil rotten and send home
They got: Three of us all the time to parent and discipline and teach and fight

They wanted: Appreciation for what they are providing
They got: I want cell phones, laptops notebooks, name brand clothing and more and more and more.

They wanted: "You are the best grandma and grandpa ever."
They got: "You're not fair, this sucks and I hate living here."
What we got: Unconditional love and everything we ever needed and a chance to grow up and have a good life without drugs, without alcohol, without abuse or neglect. We were lucky. We got them. "

Kathy said that while this turn in their life has been hard, she can see a future that is brighter for these kids because of the choice she and Mike made. The children are all eligible for College-Bound scholarships. Beverly will be going to college when she graduates.

"I believe they will look back and say 'Wow, grandma, you didn't have to do that,'" she said.

Does she wish she and Mike might have taken a different path?
"Do I regret any of it? There are the sleepless nights – and the night Beverly ran. But I don't think I could do it any other way. I strongly believe God has a strong hand in the choices we made. I believe God put them on our doorstep."

KIDS IN DANGER FROM SEXUAL EXPLOITATION



Commercial Sexual Exploitation of Children (CSEC) is very long title for a very ugly problem. Basically, it refers to kids – most of them already vulnerable because of their life experiences – who are victims of ruthless “human traffickers,” most commonly referred to as “pimps.”

Here are some facts about the issue provided by Patty Erdman, Spokane, who trains on the subject for the Alliance For Child Welfare Excellence.

Two of the most vulnerable groups are kids in foster care and homeless youth, she says.

- While many people may associate this problem with other countries or other parts of this country, it also happens here.
- It happens to both girls and boys, although boys are less likely to report it because they experience a greater sense of shame.
- The average age when kids are targeted is 12 years old, although some children are recruited at a younger age.
- A child can be made to perform as many as two dozen or more sex acts a night.

“This is a significant problem and a growing problem,” Erdman said. She provides this definition for the practice: “Any time a child under 18 is promised or given anything of value for sexual activities.”

Pimps will typically target vulnerable kids and lure them into the activity with items as simple as a haircut, lunch at McDonalds or cigarettes. There is no dollar amount that defines this as a crime.

Pimps will offer them food and shelter for which the youth must do what the pimp says. “These are kids in many cases who are cold, hungry and tired,” said Doug Allison a supervisor with Children’s Administration in Olympia. “They become easy targets for the pimps.”

Children in the child welfare system are often targets for the same reasons as homeless kids on the street – they don’t have the family and social connections that provide an alternative to the seeming allure of the life offered by the pimp, Erdman said. She said many young people engage in the activity as “survival sex.” They have to do it just to get food and shelter. Some young people even “self-manage” their activity for that reason.

Kids in foster care who have moved from home to home frequently do not trust caregivers to provide them with food, shelter and adequate clothing. They feel they have to do what they can to make sure they have what they need.

“Kids in foster care have so many other issues going on,” Erdman said. “They’re already vulnerable because of family dynamics and are disconnected from their families. They are seeking relationships in unhealthy ways. They look for something that is going to make them fit in. Someone who loves them. But what they find out is that (the pimps) don’t have their best interest at heart.”

Allison agreed.

“These kids are already victims,” he said. They may have been sexually abused in their biological homes. In addition to the trauma that abuse has caused, it makes the idea of being sexually exploited look like their life experience – only they are being paid or getting something from it. They are being “re-victimized,” but they may not see it that way, he says. *(Continues on next page...)*

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KIDS IN DANGER FROM SEXUAL EXPLOITATION

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Another key element is that once they are lured into the activity by a pimp, they can be intimidated, threatened, beaten and otherwise abused if they don't do what their pimp wants. Erdman said there are no statistics about children who might have been killed in that life, but she is "absolutely certain" it has occurred. For the pimps, a huge financial incentive is involved in getting kids into this activity, she said.

"It's a huge money maker," she says. "It's supply and demand. There's a huge demand. There are men in the community who are looking for sex with young children." A child in foster care can be as vulnerable as a kid on the street, she said. She gave an example of a child who may be living in a foster home but has become the victim of a pimp, she said. The pimp may tell her that at midnight, she should use the web cam on her computer while she takes off her clothes – somebody is willing to pay to see that.

"The (pimp) will say, 'You'd better be online at a certain time. Kids will think – what's the harm? I'm in my own home. It's an easy way to make \$100.'"

For the pimps, "they are just a reusable commodity, one they can use over and over again."

As the example above points out, the huge increase in the use of social media and technology creates an enormous new layer of difficulty in combating the issue and keeping kids safe. Pimps post on social media sites for those looking for sex with children. "It's so much more prevalent that we even know," she said.

What should foster parents do to try to spot the signs a child might be the victim of a sex trafficker?

A big red flag is multiple cell phones, Erdman says. Kids may have one to keep in touch with their caregiver, another with their friends and another with their pimp.

Another is new clothing, shoes and other items the caregiver hasn't helped the child purchase. Yet another red flag is changes in behavior. They can be especially difficult to spot because caregivers may not know the kids all that well.

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

But it is important to be aware because a particularly hideous side effect of the activity is that the pimp will tell the child to recruit other children in the home. Erdman said children being recruited might be as young as eight.

It's also important to keep an eye out – even more so than caregivers already do – for signs of physical abuse inflicted on the youngster by a pimp.

So what can be done to break kids free from the grip of their pimps?

It's not easy, Erdman said: "The longer they are in the life – what they call the game - the harder it is to get out."

Allison also said there are "no quick or easy solutions." But he said the children have to be seen as victims – not perpetrators.

"If they are beaten, that is not a choice. To please your trafficker you do what they want. That is not a choice. There is no decision-making." They have suffered trauma – even before they were ensnared in the clutches of a pimp. That trauma has to be treated holistically, Allison said. Those who work in child welfare are always dealing with therapy for kids who have suffered trauma, he said.

"This should not be a big leap for us" to work on therapy for these kids – play therapy for younger kids, other kinds of therapy for older kids. "It has to be done on a case-by-case basis," he adds. "Every kid is different. Every kid handles trauma differently."

What is needed most is to make sure there is a shift in the mindset to see these kids as victims. This is not prostitution, both Erdman and Allison underscore. Allison says some people working on the issue have said anyone under age 18 should not be legally charged as a perpetrator. Once the mindset changes, then help and healing can make the greatest leap forward, he said.

"We have to change the cultural mindset around this," he said. More information about CSEC can be found at www.outlook.live.com/owa/?path=/mail/inbox/attachmentlightbox

NEW RULES REGARDING WHAT TO DO IF A YOUTH IS MISSING IN CARE



The rules for caregivers who report a child missing from their care have changed somewhat.

Previously, state policy required caregivers to notify local law enforcement officials and the Washington State Patrol clearinghouse. The new policy now requires a call to local law enforcement officials and the National Center For Missing and Exploited Children. (NCMEC).

This change was a result of new federal legislation. CA made the change because NCMEC already contacts the State Patrol once they receive a referral, said Doug Allison, a supervisor with Children's Administration.

About 350 young people, the majority of them 15- and 16-years old, are reported missing from care each year.

State policy does not require caregivers to report a child missing for six hours unless the child has been abducted. Most caregivers make a report sooner than that, he said. If a caregiver knows a youth well, and the child has left the house to blow off steam, they will not report him or her missing because they believe – based on past behavior – they are likely hanging out with their friends or someplace safe.

Much more information can be found on the subject through this link:

<https://www.dshs.wa.gov/ca/contracted-providers/children-missing-care>

INFORMATION ABOUT VACCINATIONS AND FLU SHOTS

With the start of school and the approach of fall and winter, we include information this month from Children's Administration on vaccinations for children in your care and on the importance of flu shots.



"State law requires that all children who are in foster care must have updated immunizations.

In addition, caregivers licensed to care for children two years old and younger – and all other children living in the house – must also have updated immunizations," according to state regulations.

Do you need to track down immunization records for school registration?

If the child you are caring for is a member of Apple Health Core Connections (AHCC), you can call Coordinated Care's Member Connections team at 1-844-354-9876, who can help. Coordinated Care keeps historical health data on its members. Call 1-844-354-9876 to speak to a member of the team for help finding health records for a child in your care.

Member Connections team members are available from 8 a.m. to 5p.m. Monday through Friday.

"Our goal is to make it easier!"

Here are some questions and answers about influenza and flu shots from the

"Frequently Asked Questions" section of the Children's Administration

website: www.dshs.wa.gov/ca/fp-faq

Q. What is influenza?

A. Influenza (also known as the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and can cause death. Influenza is not a cold. Influenza usually comes on suddenly. People who have influenza often feel some or all of these symptoms: fever, chills, cough, sore throat, runny or stuffy nose, body aches, headaches and fatigue. Most people who get influenza will recover in a few days to two weeks. Some people can develop complications (such as pneumonia) as a result of influenza.

Infants and small children are more vulnerable to influenza and can become seriously ill. They can get pneumonia, bronchiolitis and are more likely to die from the flu.

Anyone can get influenza (even healthy people), and serious problems related to influenza can happen at any age, but some people are at high risk of developing serious complications. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

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.

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 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 vaccine if I'm allergic to eggs?

A. Yes. There are flu vaccines that don't contain egg proteins that are approved for use in adults age 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, you should talk directly to your healthcare provider.

Please note:

Exemptions to getting the flu shot or the shot for pertussis (whooping cough) are allowed if a doctor certifies that an individual would incur medical complications if they got a shot. The doctor must complete a form, which can be accessed at

https://www.dshs.wa.gov/fsa/forms?field_number_value=10-565&title=&=Apply

The exemption applies only to the person requesting it, not to the entire family. Each individual seeking an exemption must have a form from the doctor.

NATIONAL GRANDPARENTS DAY

WILL BE CELEBRATED SEPT. 11



More than 2.5 million grandparents in the United States are raising their grandchildren, according to U.S. Census Bureau estimates.

At an age when many people are looking forward to retirement, these grandparents are starting over again the challenging day-to-day work of caring for their grandchildren. Sept. 11 has been designated National Grandparents Day.

The first Sunday after Labor Day was first set aside by President Jimmy Carter in 1978.

The resolution – passed by Congress and signed by Carter – notes that the day is designated "to honor grandparents; to give grandparents an opportunity to show love for their children's children; and to help children become aware of the strength, information, and guidance older people can offer."

We salute the grandparents taking on this task by highlighting one such "grandfamily" in Washington.

FEDERAL FINANCIAL AID (FAFSA) NOW ACCEPTS APPLICATIONS OCT. 1st

Several changes go into effect this year for students submitting the Free Application for Federal Student Aid (FAFSA) form. As noted in the name, the form is free. If you are caring for a high school senior who plans to attend college, community college or technical school next year or a student who is in one of these schools and planning to return for another year of education, please take note of these two important changes.



- Students can submit their FAFSA earlier.

Students can complete their FAFSA for the 2017-2018 academic year starting on Oct. 1 – next month.

- Students will use earlier income information.

Students will use income information from the 2015 tax year (the most recent filing) on the FAFSA form. Before these changes, students began filing the FAFSA on Jan. 1, and applicants had to estimate income and tax information based on the same year their FAFSA was being filed. The changes mean students will have information about their expected family contributions at an earlier date, which will aid them as they apply to colleges. Why is this information important?

A majority of students depend on getting some form of financial aid package to attend college or advanced schooling. Even if a student isn't expecting to ask for federal aid, most colleges and schools award their own financial aid – including scholarships – using the FAFSA form as a basis in making financial aid offers. State aid offers also use the FAFSA in their calculations. So if a student hasn't completed it or completes it months after the FAFSA can first be filed, he or she may not get as good an offer from the colleges or schools he/she applied to. When a student applies late in the process, he or she may learn the college has already awarded most of its financial aid money. The earlier the student's FAFSA is submitted, the better their aid offer in many cases.

For more information, please go to <https://studentaid.ed.gov/sa/about/announcements/fafsa-changes>

ETVs: ANOTHER FINANCIAL AID RESOURCE TO HELP YOUTH IN CARE GET MORE EDUCATION

Many students in foster or kinship care or who have been adopted from foster care state situations, and some who have aged out of care, are eligible for various financial aid programs for college and career training if they meet the guidelines of various financial assistance programs.

Among the most important are the Educational and Training Vouchers (ETVs). ETVs are state-administered, federally funded grants that will help pay for education in an accredited college, technical school or training program. In Washington, the contacts for help with ETVs are:

- ETV Coordinator: Kathy Ramsay (360) 360.902.7990; ramsaka@dshs.wa.gov
- Independent Living Coordinator: Peggy Lewis (360) 902-8063; LewisPJ300@dshs.wa.gov



To learn more about ETVs, go to :

<https://www.dshs.wa.gov/ca/adolescents/education-and-training-voucher-etv-program>



REMINDER ABOUT ADOPTION SUPPORT PAYMENTS

Monthly Adoption Support payments should be received each month, between the 25th and 31st day. You can access the Adoption Support Payment Calendar by going to www.dshs.wa.gov and searching for SSPS (Social Service Payment System) or use this link:

<http://dshsapoly8817pd/sspsmenu/Calendar.aspx#InvoiceGrid>.

Look for the Adoption Support Repetitive Payment Calendar. Please note – the dates shown on the SSPS Repetitive Payment Calendar are the dates the documentation is due from Children’s staff to the SSPS system. Once the Adoption Support checks are processed and mailed or direct deposited into your account, they will typically arrive between the 25th and 31st day of the month.

For missing or lost checks, or to establish Direct Deposit, please contact the Social Service Payment System at 360-664-6161. We encourage adoptive families to take advantage of Direct Deposit. This method ensures secure delivery of your Adoption Support payment. Call the SSPS office to get answers to your questions about direct deposit of your monthly Adoption Support payments.

TIPS FOR SUBMITTING MILEAGE REIMBURSEMENT FORMS

Caregivers, it’s time to submit your monthly mileage form to the social worker for the month your first travel took place. Your mileage should be submitted at the end of each month. Please remember that Children’s Administration does not reimburse for mileage that is over 90 days old.

Here are some answers about mileage from the frequently asked questions section of the Children’s Administration website: <https://www.dshs.wa.gov/ca/fp-faq>

Q. How do I get paid for mileage and where do I get the form to complete?

A. You can be reimbursed for allowable mileage by completing the Caregiver Monthly Mileage Form (DSHS 07-090 Rev. 1/2015) and submitting it to your child’s worker. A copy of this form is contained in your Caregiver Placement Packet. You also can request one from the child’s worker, or you can find it online at www.dshs.wa.gov/sites/default/files/FSA/forms/pdf/07-090.pdf

It helps to make several copies of the form to keep on hand. Submit your mileage to the child’s worker each month for timely reimbursement. Per CA administrative policy, mileage submitted after 90 days will not be reimbursed.

Q. How do I fill out a mileage form?

A. Review the back of the document for instructions and examples on how to complete the form and information about child-specific mileage. The form also provides information on transportation that we do not reimburse. Make sure to complete all areas on the form. If you are unsure about an item, check with the child’s worker or with a Foster Parent Liaison or Resource Peer Mentor (see the list of liaisons and RPMs at the end of the newsletter).

Always keep a copy of your signed form, in case there are questions or if your payment is delayed.

Focus Areas Coming to Health & Safety Visits for September - November

During the months of September through November, at each health & safety visit, the caseworker for the child in your care will give extra focus to a pre-identified topic. This deeper exploration of a topic will be in addition to their normal questions about health, safety, and well-being.

Areas of focus are:

September:	meeting the child’s physical/dental health needs (see information below)
October:	assessing & addressing educational needs
November:	meeting mental/behavioral health needs

We believe this approach will strengthen our identification and response to needs. We also aim to improve our documentation of these assessments and actions.

Please consider the month’s focus and bringing related information to the health & safety visit. For example: September’s theme is physical & dental needs. Consider bringing the date of the child’s last dental visit, physical exam, or WIC appointment. We value your partnership and appreciate the information and insight you are able to offer regarding the child in your care.



IN SEPTEMBER SOCIAL WORKERS WILL MEET WITH YOU TO DISCUSS ANY NEEDS OF THE CHILDREN IN YOUR CARE TO ADDRESS THEIR PHYSICAL HEALTH NEEDS INCLUDING DENTAL

Please think about the children in your care. Discuss with your worker your concerns, observations and questions. Your insights and concerns are important in making appropriate plans for the children in your care.

Your Social Worker can help; they want to hear from you!

**SEPTEMBER 2016
PHYSICAL/DENTAL HEALTH NEEDS
Focus for Health & Safety Visits**

All children and youth need their adult caregivers to be aware of their physical and dental health needs:

- Children need routine well-child checkups and immunizations as it’s important to “catch” illnesses ASAP, so proper treatment can be done early and allow medical practitioners and caregivers to ensure proper growth and development.
- Beyond regular physical check-ups and immunizations, children need other preventative health care as well; such as dental, vision and hearing checkups to ensure proper health in these areas.
- Children must be given an adequate amount of physical exercise every day in order to keep their heart health and prevent childhood obesity.
- Healthy muscles also rely on an adequate amount of physical activity. We want the children to be provided the best possible care to meet all their needs.

Tips & Resources

Department of Health has info on many health subjects:
<http://www.doh.wa.gov/YouandYourFamily/Immunization/ChildProfileHealthPromotion/HealthPromotionMaterials/MaterialsbyTopic/Development>

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Allergies or other medical alert needs? – Ask Dr. for medical bracelet for child

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Sign child up for physical activities. Check school/community resources. Ask Social Worker

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Poison Control #: 1-800-222-1222

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Keep a record of Dr. & Dentist visits

Inquire if health/dental provider has web health portal





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 in your Region.

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

We're giving Caregiver Connection a snappy new look, but we're keeping the same great content that has made the newsletter such a popular communication with our caregiver community. Distributed to more than 8,600 households in Washington state, the publication provides a wide range of helpful resources, training opportunities and feature stories that illustrate the hopes, challenges and successes of caregiving families and their children. This monthly publication is a great platform to share stories, build community and exchange ideas that promote healthy futures. We welcome your feedback on our new design (see example on next column and any suggestions you may have for future issues. Please send your comments to Erik Applebee at applebee@uw.edu.

**ON THE NEXT COLUMN IS A SNAPSHOT OF THE NEW LOOK STARTING
[IN THE NEXT ISSUE](#)**



HEALING IN A COMMUNITY OF LOVE

During the closing campfire at Camp To Belong Washington in August, counselor Crys O'Grady sent out a strong message of hope to the 88 campers and their counselors who surrounded them in a community of love. "Anything you want to be, you can be," said O'Grady, whose camp counselor name is Standust.

2015 was the first year Crys came to the camp, which reunites siblings separated because of foster, relative or adoptive placements. Her actions backed up her words, as she threw herself into all the activities, including a kickball game where campers slipped and slid around a base path made

of slick Vasqueen sheeting — coated with soap — into wading pools filled with soap bubbles (see picture). Her enthusiasm was contagious: "I just felt like it was important for me to set an example for the kids," she said. O'Grady, 25, is living proof of those words.

"You really need a community growing up and siblings are a part of that."

She was in out and of foster care in New Jersey from the age of 13, alternately in care and back with

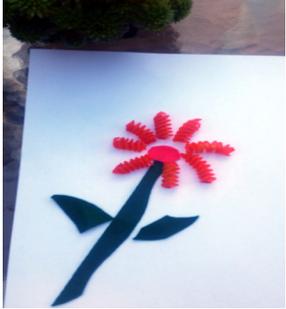
her father. "Some terrible things happened," during those years, she said. She has siblings, but has little contact with them, since they have been in and out of trouble with the law, including time in prison. Why did she succeed when her siblings did not? "I was very fortunate because I am intelligent," she said. She graduated from high school with GPA greater than 4.0 (because of credit for college-level classes she took) and earned a full ride scholarship to Stanford University.

Since college, she has worked for and with organizations that help foster youth. She heard about camp from a state leader of Passion To Action, which promotes activities and support for older youth in care and those who have experienced foster care. Crys says she loved her camp experience and wishes this kind of sibling support had existed when she was growing up. "I struggled a lot with having to cut off contact with any siblings," she said. "I wish someone could have helped us."



It may have been 60 degrees outside, but that did not stop Counselor Crys O'Grady from blowing herself enthusiastically into the Slip and Slide kickball fun to set an example for campers at Camp To Belong Washington.

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WHO KNEW!

by Deanna Partlow

After a creative dry spell, turning to the internet can spark your imagination as well as your sense of amazement at the inventiveness of your fellow human beings! Here are a couple ideas using Kool-aid® powder I discovered last week, and they're so much fun. Even better, they provide an example for children – and adults, too – for thinking outside the box – or packet, in this case!

We all remember when Kool-aid® used to be for drinking on a hot day. Now it's a nifty art supply. The bad news is that it's difficult to find all the flavors/colors nowadays. After trying several stores and coming home with only cherry and orange flavors, I'm buying a variety pack online. I did successfully use a container of Kool-aid® flavor drops for some of the dyed pasta I made by cutting down the amount of water to one tablespoonful.

I found basic directions for Kool-aid® dyed pasta and other Kool-aid® projects at numerous websites, and never really got to the bottom of who originated them.

Kool-aid® dyed pasta

If your kids help you make this colorful pasta, be aware that during the mixing process, the Kool-aid® can stain. If a zipper bag is used and is sealed tightly while mixing the “ingredients,” there's little chance it'll happen, but you may want to use paint shirts as a precaution. After the noodles dry, the color doesn't come off on small hands unless water comes into contact with them.

Any pasta left after a play session can be stored in zip-seal bags or lidded jars for another time.

Supplies: Zip-seal bags, dry pasta in various shapes, packets of unsweetened Kool-aid® packets.

Recipe: For each color you want to make, pour about two cups of dry noodles into a zip-seal bag. Mix a Kool-aid® packet with two tablespoons of hot water, then pour it into the bag, shake it gently, turning the bag over and over until the pasta pieces are evenly coated. Turn the pasta out onto a cookie sheet and allow it to dry thoroughly, several hours or overnight. The dyed pasta is very tactile, and for a while at least, smells wonderfully fruity, providing a nice sensory experience.

Here are a few ideas for your dyed pasta pieces:

For toddlers: Place the pasta pieces in a tub or big bowl so they can be handled and explored. Talk about the various shapes and pasta names; help them

separate the pasta by color and type. Help them count noodles into a bowl, and count backwards as they remove them one at a time.

Math: Give your child a bowl or mug and ask them to guess how many noodles will fit into it, then have them fill it to see how close their guess was. Use different the colors and shapes to teach patterns and sequencing by laying them out in patterns on a piece of paper.

Art: Glue noodles onto drawing paper or construction paper, then use crayons or markers to complete a work of art. Try crushing some pasta to use for creating mosaics on paper or to cover a small glass jar.

Imagination: String penne and other tubular pastas onto yarn or elastic string to create necklaces, bracelets and garlands. Use it for pretend food at a tea party.



Kool-aid® Tie-dying

This is a fun project for ‘tweens or teens. Adult supervision necessary, depending on the youth involved.



Supplies:

Glass or stainless steel mixing bowls – one for each color/flavor, two unsweetened Kool-aid® packets for each color/flavor being used, white vinegar, sturdy rubber bands or white string, plastic gloves, white cotton items to tie-dye (important: to maintain the color, shirts and other items should be 100 percent cotton), an iron.

Directions:

- Cover a table or work area in paper or plastic to protect it from any staining. Better yet, do this activity on an picnic table outside.
- Heat the vinegar in a pan or in the microwave until it's about as hot as you'd serve cocoa (not scalding and not boiling).
- For each color being used, pour one cup of vinegar into a bowl and add two packets of unsweetened Kool-aid® powder. Mix well until the powder is completely dissolved.
- While the dye is cooling, twist the fabric of the item that's going to be dyed and secure the twists well with rubber bands or string. Make twists in several places to create a wild and crazy tie-dye!
- Put on the gloves. Put on the gloves. Put on the gloves.
- Dip each twist or knot into the dye and let it absorb into the fabric. It isn't necessary to place the whole item into the bowl.
- Place the item on your plastic-covered surface or on an old terrycloth towel and allow it to dry for about two hours.
- Remove the rubber bands, strings, knots and admire your artwork.
- Set the dye by ironing the item. Be sure to spread an old towel between your ironing board and the shirt to absorb any color. (After the iron cools, clean it off with a wet rag until no more color comes off.)
- Clean up your work area. Got leftover dye? Dip a few hard-boiled eggs. Coloring eggs are fun, even when they're out of season!
- Allow the shirt to set for 24 hours, then wash it by itself, just to make sure no further color will bleed off. Dry it, wear it and let everyone tell you how cool your shirt is!



PACIFIC SCIENCE CENTER OFFERS DISCOUNTS TO CAREGIVERS

The Pacific Science Center in Seattle has established a program for low-cost access to the center for those who receive public assistance, which includes foster families. The annual cost is \$19 per family annually for all the programs at the center.

Lucas Moser, membership manager at the center, provided this information:

“The Pacific Science Center has launched a brand new program aimed at providing hands-on science education and fun to low-income families. Our Family Access Membership is a \$19 family-level membership available to anyone who receives any form of public assistance.

The membership comes with unlimited access to the Center's permanent exhibits for any named members, 15 passes to see documentary IMAX® movies, unlimited access to the Planetarium and much more.

To sign up, visit Pacific Science Center and ask about our Family Access Membership, contact the membership office at 206-443-2924, or click here to learn more about the benefits of membership.”

Lucas said the center also is working on a program for free access for foster and homeless youth. They hope to announce details of that program as early as this month.

The Pacific Science Center joins a growing list of programs offering free or discounted rates to caregivers.

Foster parents and relatives with children in state custody are eligible for:

- *Free passes to Washington State Parks.*
- *Free passes to the Seattle Aquarium.*
- *Free memberships to the YMCA for kids across the state who are placed in out-of-home care through CA – meaning it can be in foster homes or with a relative or suitable other adult when placed by Children's Administration.*

Information about the program being developed by the Pacific Science Center will be discussed in the Caregiver Connection when the program is launched.

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

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

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

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

The statewide team meets quarterly.

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

Foster Parent Association of Washington State Representatives

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

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

Team Representatives

Region 1 North
Lynsey Bilbruck:
billbruck@hotmail.com
509-560-3423;

Aimee Budrow:
aimeebudrow@gmail.com
509-846-5603;

Region 1 South
Windy Hancock
timandwindy@ymail.com
(509) 528-6392, cell; (509) 554-2377

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

Team Representatives

Region 2 North

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

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

Region 2 South

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

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

Region 3 North

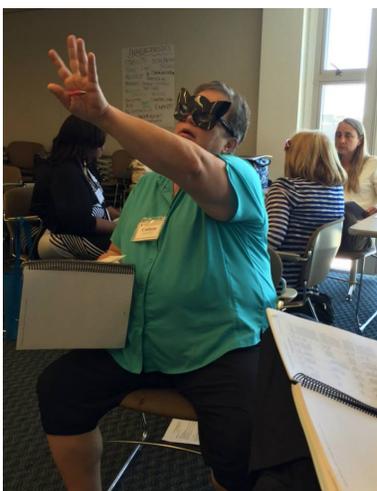
Vacant

Ashleigh Barraza
ashleigh.barraza@yahoo.com
(619) 847-8370

Region 3 South

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

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



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

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

Please pass your ideas or articles to Bob Partlow:

bpartlow1970@hotmail.com;

Tel: 360-539-7863.

Additional Resources

Washington State's Kinship Navigators

Helping grandparents and relatives raising children

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

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

Foster Intervention Retention and Support Team

FIRST

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

ALL FOSTER PARENTS STATE- WIDE PLEASE CALL:

253-219-6782

Email:

FIRST@olivecrest.org

Coordinated Care

New health plan managed care for Apple Health Foster Care.

Apple Health Core Connections is designed for:

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

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

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

FPAWS

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

Contact FPAWS at

www.fpaws.org

1- 800-391-CARE (2273).

FOSTER PARENT AND CAREGIVER CRISIS AND SUP- PORT LINE:

1-800-301-1868

Foster Care Critical Support and Retention Program

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

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

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

425-1612 ext. 1356 or

Jasmine-Hodges@olivecrest.org

Additional *Resources*

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



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

Visit them at
www.mockingbirdsociety.org.



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

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

Read more at
www.collegesuccessfoundation.org.

INDEPENDENCE FOR 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.

Meet Our Recruitment Partners

Who Support You

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

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

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



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

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

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

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

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



EWU's Staff List

Region 1:



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

Olive Crest's Fostering Together Liaisons: Region 2:

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

Olive Crest's Fostering Together Liaisons: Region 3:

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



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