



KFCA Newsletter

www.kitsapfostercare.org

January 2008

KFCA CURRENT EVENTS

*** NOTE THE CHANGES ***

The January 2008 KFCA Dinner Meeting will be the 5th Wednesday, rather than the 4th...AND...the Dinner Meetings for the remainder of 2008 will be the 3rd Wednesday of the Month!

Please join us on January 30, 2008 at the KFCA Dinner Meeting. Greg Malone, from A.D.O.P.T.S. (Therapy Addressing Distress of Post Traumatic Stress) Program, of Bethany Christian Services will speak about "How Does Trauma Impact A Foster Child Placement?"

<http://www.bethany.org/washington>

The menu this evening includes your choice of bean/ham soup, chicken & rice soup, or clam & potato soup served in a bread bowl; fish sticks, tatter tots, mini corn dogs, and rice crispy treats

Bowling @ Bremerton Lanes!

Sunday, January 13, 2008 1:00pm to 3:00pm

Please join us for an afternoon of bowling; fun for the whole family, good conversation, and an opportunity to get out of the house!

Family Skate Night!

February 24, 2008 5:00pm to 7:00pm

Let's all meet at Skate Land in Bremerton for a few hours of skating, fun, and snacks!

(The two events listed above are hosted by KFCA and CFSF)

Just a reminder...Kitsap Foster Care Association Membership fees are due in January 2008!

It's difficult to believe that I have been putting the newsletter together since October 1999, after Rick asked me to "fill in for a few months" until someone permanent started...

So, eight years later, I am saying good-bye to my quiet little position of newsletter and handing it off to Barbara, who will be a wonderful addition to KFCA! I would like to thank everyone affiliated with KFCA who I have worked with; Board Members, foster parents, relatives, community members and of course the kids! You have all enriched my life in many ways! Happy New Year...I look forward to our paths crossing again!
Jennifer



KITSAP FOSTER CARE ASSOCIATION MEMBERSHIP INFORMATION

- **GENERAL MEMBERSHIP MEETINGS**
- **Where:** Silverdale Community Center, 9729 Silverdale Way NW, Silverdale, WA 98383
- **When:** Third Wednesday of each month, Dinner 6pm, Guest Speaker and Discussion 7pm.
- Free child care available on site.
- Members pay \$4 for dinner (50% off) and receive a free raffle ticket to win great prizes (additional raffle tickets may be purchased in support of KFCA).
- **BOARD OF DIRECTORS MEETINGS**
- **Where:** Changing locations, contact any board member for this month's location.
- **When:** First Monday of each month @ 6:00pm.
- KFCA Board Meetings are open, and all are welcome to attend. If you'd like to add an item to the agenda, please contact Debra Converse two days prior to the meeting.

(registration form on page 8)

Foster Parent Liaison Teresa Walton

is there to assist with your needs. Are you getting all your foster care needs met, payments on time? Do you know how to access resources in your community? Do you know how to get a hold of your social worker? Do you know how and when you can get mileage paid for?

Call your Liaison Teresa Walton
360 990 9995

BOARD OF DIRECTORS

Debra Converse, *President*
president@kitsapfostercare.org

Phyllis Bishop, *Vice President*
vicepres@kitsapfostercare.org

Chuck Converse, *Treasurer*
treasurer@kitsapfostercare.org

Erin Bowman, *Secretary/Membership*
secretary@kitsapfostercare.org

Sharon Williams, *Historian*
historian@kitsapfostercare.org

Lesa LeClair, *Child Care*
childcare@kitsapfostercare.org

Chuck Converse, *Webmaster*
webmaster@kitsapfostercare.org

Debra Converse, *Education/Training*
education@kitsapfostercare.org

arara Holbrook, *Newsletter*
newsletter@kitsapfostercare.org

Phyllis Bishop, *Special Events Coordinator*
Phone 275-5725
events@kitsapfostercare.org

Laura Marshall, *Culinary Coordinator*
culinary@kitsapfostercare.org

Mary Jones, *Legislative*
792-0249

Teresa Walton, *Foster Parent Liaison*
Cell (360) 990-9995
liaison@kitsapfostercare.org



Upcoming Training

Sexually Aggressive Children & Youth

January 9-10, 2008
6:00pm to 9:00pm

Physically Aggressive Children & Youth

January 30-31, 2008
6:00pm to 9:00pm

Introduction to Brain Gym & Reflex Integration

February 1, 2008, 5:30pm to 9:30pm &
February 2, 2008, 10:00am to Noon

Engaging Families for Change

February 6, 2008
9:00am to 4:00pm

Eating Disorders

February 9, 2008
9:00am to 4:00pm

The Casey Life Skills Program

February 13, 2008
10:00am to 1:00pm

The above trainings will take place at
Bremerton First Methodist Church
1150 Marine Dr., Bremerton, WA

To register, contact Hildegard Stone
475-3499 or 800-423-6246
Sthi300@dshs.wa.gov

Engaging Low-Income Populations in Depression Treatment:

A Review of the Evidence

Tuesday, January 8, 2008
9:30am to Noon

UW School of Social Work – 3rd floor commons
4101 15th Ave NE; Seattle, WA 98105

Register @ www.tinyurl.com/2bkcq6
Questions; call Diane Klindt @ dianek4@u.washington.edu

Grow and Go...Online Workshops for Foster Parents

www.pierce.ctc.edu/distance/ofpe/
Check this website for 2008 updates!

First Aid/CPR Training for Foster Parents

www.keepthebeatcpr.net
Or call (253)217-1105

DSHS Electronic Forms Link

<http://www1.dshs.wa.gov/msa/forms/eforms.html>

Check out these web sites:

www.familieslikeours.org
www.usfosterfamilies.com
[www1.dshs.wa.gov/ca/fosterparents/
Info@safekids.org](http://www1.dshs.wa.gov/ca/fosterparents/Info@safekids.org)

(for information on recalls related to child
specific items, as well as other issues)

Info@adoptionreferralservice.com
Ctboxnews@ku.edu

(The Community Tool Box has a new look!
With over 7,000 pages of free material on
essential skills for building healthy
communities, we heard from users that the
website has been very useful. Now, with
feedback from many users, we have made
the CTB even better)





Kitsap County Resources...

- 1) **ABRAHAM'S HOUSE (405-0488)**
*free furniture, household goods, etc.
- 2) **DR. CHARLES BROWN (779-7115)**
*children's dental care with med coupon
- 3) **FIRST** (foster intervention prevention support team) 1-800-391-2273
- 4) **KITSAP FOSTER CARE ASSOCIATION (692-1927)**
*free duffel bags for foster children
WWW.KITSAPFOSTERCARE.ORG
- 5) **MARY BRIDGE Center for Child Safety (360-662-1198)**
*Free child safety seat checks, bicycle helmet sales & fitting, free loaner life jackets
- 6) **NK FOSTER PARENT SUPPORT GROUP (206-842-2362) or Sufisher@aol.com**
*meets as needed, call for support
- 7) **NORTHWEST ENTERAL SUPPLY (1-888-885-2386)**
*free pull-ups for foster children
- 8) **OLYMPIC PHARMACY & HEALTH CARE (1-253-858-9941)**
*free delivery of diapers, medical supplies
- 9) **PATHWAYS TO SUCCESS (337-4738)**
*Youth Services Program
- 10) **SKILLS CENTER (478-5168)**
*free hair cuts for foster children
- 11) **Anointed Hands Hair Care (782-2409)**
*Dewanda Evans welcomes any/all questions re: African American hair care. Located on 6th Street in Bremer-ton.
- 12) **Christine Njoroge (475-3527)**
*For foster/relative care providers needing support for FASD children.
- 13) **Center for Children with Special Needs**
*www.cshcn.org
- 14) **www.kidsdirectory.com**

Calendar of Events

January 2008:

- 7: KFCFA Board Meeting
- 8: Engaging Low Income...
- 9: Sexually Aggressive Youth
- 11: Art Contest Deadline
- 13: KFCFA Bowling Party
- 14: Quarterly Region 5 Consultation Meeting
- 30: Physically Aggressive...
- 30: KFCFA Dinner Meeting

February 2008:

- 1: BRAIN GYM
- 4: KFCFA Board Meeting
- 6: Engaging Families...
- 9: Eating Disorders
- 13: Casey Life Skills
- 14: Happy Valentines Day!
- 20: KFCFA Dinner Meeting
- 24: Family Skate Night!

Crisis counseling for flood victims

People interested in mental health services and counseling should call:

Lewis County	1-800-559-6696
Grays Harbor County	1-800-685-6556
Pacific County	1-800-884-2298
Mason County	1-800-627-2211
Thurston County	1-800-627-2211
Kitsap County	1-800-843-4793
Snohomish County	1-800-584-3578
Jefferson County	
East county	1-800-659-0321
West county	1-360-374-5011
Nights, weekends	1-360-374-6271
Clallam County	
East county	1-360-452-4500
West county	1-360-374-5011

As many of you have heard, Washington State is now offering the College Bound Scholarship which covers the cost of college tuition, fees and books for low-income students who sign a pledge in 7th or 8th grade promising to graduate from high school (with at least a 2.0 GPA) and to demonstrate good citizenship. Students income eligibility will be checked again during their senior year to verify that they are still eligible. Students will still need to apply to and get into college (and fill out the FAFSA), but this scholarship assures them that they will not need to have finances be a stumbling block to attending. I've been a part of the planning committee for this scholarship, so if you have any questions or concerns please let me know. The website below does not yet have all of the details on it, but the application on it has been finalized and can be filled out by families ASAP.

Please let any eligible kids and families that you work with know about this great opportunity. Additionally, please make sure that your schools, community centers, libraries and anywhere else that you find yourself personally and professionally know about this new scholarship. HECB (Higher Education Coordinating Board) is doing a lot to market this to schools, etc., but the more people out there talking it up the better! I should have hard copies of the College Bound Scholarship materials shortly (once they're finalized and printed), so I'll let you know as soon as I receive them.

<http://www.hecb.wa.gov/paying/waaidprgm/CollegeBoundScholarship.asp>

Laurie Bohm

Coaching-to-College Middle School Coordinator

Treehouse

2100 - 24th Avenue South, #200

Seattle, WA 98144

Direct Phone: 206-267-5146

Fax: 206-767-7773

laurie@treehouseforkids.org

<http://www.treehouseforkids.org>

**Notice of Regional Quarterly
and State Wide**

Foster Parent Consultation Meetings

Recently, you received a letter about the implementation of new legislation requiring Children's Administration to consult with foster parents. The goal of the legislation is to ensure foster parents participate directly or through a representative selected by foster parents, and have a meaningful opportunity to offer input at each stage of ongoing work regarding:

- Recruitment of foster homes.
- Retention of foster homes
- Effective training for foster parents
- Development of coordinated and comprehensive plans that strengthen services for the protection of children

**The Quarterly Region 5
Consultation Meeting**

January 14, 2008 – 10:00AM to 12:00 Noon
Tacoma DCFS Office
(Centennial I Bldg, Conf. Rm. 195)
1949 South State Street
Tacoma, WA 98405

You are invited to bring your issues yourself or be represented by Debra Converse, the Kitsap Foster Care Association President (360) 692-1927, or by Teresa Walton, Foster Parent Liaison (360) 990-9995, or Donna at the Placement Desk (360) 475-3535, or by your licenser.

If you have questions about this please call Cherrie Druffel at (253) 983-6235.

The Statewide Consultation Meeting

January 14, 2008 – 1:30 PM to 4:30 PM
Tacoma DCFS Office
(Centennial I Bldg, Conf. Rm. 195)
1949 South State Street
Tacoma, WA 98405

Host Region: Region 5

KFCA Survey 2007

In attempt to improve our services, better serve our membership, and plan for the upcoming year, Kitsap Foster Care Association is conducting a survey. Your opinions, ideas, and suggestions are important to us. To participate, please answer the questions below and return to KFCA by turning it in to your favorite board member at a KFCA event, e-mailing to president@kitsapfostercare.org, or mailing to:

Kitsap Foster Care Association,
PO Box 4542,
Bremerton, WA 98310.

What about the Kitsap Foster Care Association benefits you the most?

- | | |
|--|---|
| <input type="radio"/> Clothing donations | <input type="radio"/> Dream Project |
| <input type="radio"/> Monthly events | <input type="radio"/> Networking with other Foster Care Association members |
| <input type="radio"/> Newsletter | <input type="radio"/> Training opportunities |
| <input type="radio"/> Website | <input type="radio"/> Other (Please specify) _____ |

What is the best way to notify you of upcoming events?

- | | | |
|---------------------------------------|---------------------------------------|-----------------------------------|
| <input type="radio"/> Newsletter | <input type="radio"/> Website | |
| <input type="radio"/> Electronic mail | <input type="radio"/> Special mailing | <input type="radio"/> Phone Tree? |

How did you first hear about Kitsap Foster Care Association?

- | | | |
|---|--|----------------------------------|
| <input type="radio"/> Word of mouth | <input type="radio"/> Pre-Service Training | <input type="radio"/> Newsletter |
| <input type="radio"/> Website | <input type="radio"/> Booth at Blackberry Festival | |
| <input type="radio"/> Booth at Whaling Days | <input type="radio"/> Other (Please specify) _____ | |

What other support, services, or events would you like to see?

What support, services, or events should we eliminate?

Do you have any suggestions for trainers we should invite or training topics we should cover at future trainings?

Do you have suggestions to improve the Newsletter or Website?

How would you feel about adding advertisements to the website or newsletter to help cover the costs?

When planning for KFCA events, what days/times work best for your schedule?

Are you an association member? If so, what convinced you to join? If not, what would help convince you?

Do you have suggestions for future meal items to add or avoid?

Does KFCA meet your needs/expectations?

How can we serve you better?

Do you have any other comments or suggestions?

FOR MORE INFORMATION:**Doug Porter, Assistant Secretary, Health and Recovery Services Administration, 360-725-1867****Heidi Robbins Brown, Deputy Assistant Secretary, HRSA, DSHS, 360-725-1040****Richard Kellogg, Director, Mental Health Division, HRSA, DSHS, 360-902-0783**

Residents in flood areas may need crisis counseling, other mental health services for months to come

OLYMPIA -- Washington residents in areas still soggy from last week's flooding aren't really flood survivors -- yet.

In fact, they and their families can expect to be affected weeks and months from now as their bodies and minds continue to react to the trauma they have undergone.

Mental health crisis counseling services are available now in Lewis and Grays Harbor counties as well as other flood-affected counties. These crisis lines were established by regular community health programs and are available now for people who need immediate help dealing with their experiences, the Department of Social and Health Services (DSHS) reported.

In addition, the state is setting up federally funded outreach and crisis counseling teams in Lewis and Grays Harbor counties -- as well as other counties in the region if the federal government expands its disaster declaration.

Experts say the counseling meets a natural need in the wake of tragedies like the recent floods.

"It's very common for people to have a wide range of emotional reactions to life- and property-threatening events like flooding or personal trauma," said Karie Castleberry, a mental health professional with experience in disaster outreach counseling, who is establishing the crisis counseling teams in the federal field office being set up for disaster relief in flood-affected areas.

"That doesn't mean everyone will have a need for therapy, but many will -- and they should simply recognize that this is something that happens to ordinary people in extraordinary circumstances."

"These aren't emotions that easily go away just because the threat to physical well-being has passed with the tragedy or the trauma," Castleberry said. "They linger on, disguised with other symptoms. They underlie other emotions and can affect our relationships with family and friends -- even the way we feel about ourselves. And they can come and go, like flashbacks of the trauma itself."

Castleberry said the federal funds in Lewis and Grays Harbor counties will help pay for expanded outreach efforts in the hardest hit areas, getting counselors out into the communities where they can meet with individuals and groups. She said she hopes to have that operation up and running by the holidays.

Castleberry said the state is also applying for an additional grant so that the extra services can be provided over a longer period. She said it may be months before some flooding victims are able to start dealing with some of the deep-seated emotions they have shrugged off for now.

Castleberry said people who experienced life-threatening moments during the flooding should look for these signs of continuing trauma:

- Trouble concentrating or remembering things.
- Difficulty making decisions.
- Repeated flashbacks and memories of the flooding and panic they experienced.
- Feeling depressed, sad or down; easily irritable or short-tempered or often upset.
- Tension with other family members.
- Difficulty sleeping; changes in appetite; problems sleeping.

She said parents need to be particularly sensitive to children's post-traumatic reactions. Bedtime problems, tantrums, stomach aches or other vague illnesses, flashback memories -- all of these can signal a deeper problem that may need to be addressed by a mental health professional.

NEWS EDITORS, ASSIGNMENT EDITORS: To set up an interview with Karie Castleberry or other members of the DSHS crisis response team, please contact Jim Stevenson, 360-725-1915 or e-mail steveh2@dshs.wa.gov

FOR ADDITIONAL BACKGROUND, INFORMATION: (contact numbers on page 4)

Jim Stevenson, Communications Director, HRSA, DSHS, 360-725-1915 (Pager 360-971-4067)

Are you a foster/kinship care provider interested in receiving support from and networking with other foster parents in our community OR are you interested in offering support to local foster parents???

Kitsap Foster Care Association Membership is open to all foster/kinship care providers, as well as others interested in foster care.

Annual dues of \$15, entitle you to a monthly dinner/training meeting, Annual events, such as The Back to School Event and Holiday Party, as well as monthly newsletters, other events supportive of foster families, and ample opportunity to network with and provide/receive support while parenting local children in need!

Name: _____

Address: _____

Email: _____

Phone/Cell: _____

Foster Parent

Kinship Provider

Other: _____

(Make check payable to: KFCA, PO Box 4542, Bremerton, WA 98312)

Art Contest for Children or Youth in Foster Care



We need your help!

Children's Administration & our Foster Care partners are soon to launch the "STAR Card" in support of foster parents & relative caregivers. The STAR Card will provide discounts on goods or services from local merchants in Region 5. Children or youth from Region 5, up to age 21, who reside in foster care, or with a relative care giver are eligible to submit one entry which must be original artwork on white paper, no larger than 8-1/2 X 11 inches. The entry must be in the form of a LOGO for the STAR Card. "STAR" stands for: "Success Takes All Resources". All art forms (i.e. pencil, pen & ink, computer generated, etc.), are acceptable.

The person submitting the winning entry will be notified on 1/22/08 and receive a **\$100 gift card from Target provided by the FCRN.**

The winning entry may be considered for use as the Logo for the STAR Card program.



**Mail entries to: Lyn Okarski
Foster Care Resource Network
PO Box 9573
Tacoma, WA 98409**

Entries must include:
child's name, address,
& phone
also, the name of the
child's caregiver & the
child's social worker.



**Entry Deadline: Entry must be postmarked
No later than Friday, January 11, 2008 to be
eligible.**

SPONSORS:



**Foster
Care
Resource
Network**



**Foster Family
Connections**

From the President...

Wow!! Is the New Year here already? I hope your holiday season was a joyous one. With the changing into the New Year the Association will be seeing a few changes.

The first of which is the newsletter will now be written by Barbara Holbrook (newsletter@kitsapfostercare.org) as Jennifer Martin has chosen to step down from the newsletter committee position. I'm not sure how many of you know or realize that Jennifer has been doing a great job writing and putting together the monthly newsletter for 8 years!! We will miss you Jennifer and wish you the best in your other endeavors. Even with this change, items for the newsletter need to be submitted in writing to Barbara by the 15th of the month for the next month's newsletter, with the goal to have the newsletter published by the 20th of the current month. We look forward to working with Barbara in the capacity of an active board member in addition to all the behind the scenes work she has historically done for the Association. Welcome on board, Barbara!

A second major change in this New Year is a schedule change. Due to some scheduling conflicts and double bookings of the community center the Association monthly dinner meeting dates has changed. In January, our member dinner meeting will be on January 30 (5th Wednesday of month) and starting in February the member dinner meeting will be on the **THIRD** Wednesday of each month. Please note these changes and we apologize for any inconveniences this may cause. Regarding these schedule changes please help us get the word out that the monthly dinner meeting date has changed. Thanks, we would really appreciate the help.

If you haven't taken the time already, please fill out a member survey. We plan on using this survey to gather feedback on how we are doing and what you would like to see the Association do or the focus of the association to be. Please take time to think about this for your feedback is important to us. As we try to improve and build on what the Association currently does in the way of support and activities for KFCA members and Kitsap County foster families. Your input and feedback is greatly appreciated as we once again start the planning process for future events.

Just a quick reminder of upcoming events, please mark your calendar. On Sunday, Jan 13, 2008 1-3 P.M. is bowling at Bremerton Lanes. Then on Sunday, February 24th, 2008 5-7 P.M. is Skating and Pizza party at Skateland in Bremerton. Both of these activities are paid for by KFCA and CFSF. We hope to see you there! One last item to note is the first weekend in May 2008 is the Third annual "Kitsap Style" Fashion Show in Kingston to benefit the KFCA Dream Project. If you are interested in working behind the scenes or being a model (all ages and sizes), Let me know and we will get you involved in the benefit.

We are excited about all the upcoming activities and events planned during the year and look forward to your involvement. We hope to see you there.

Sincerely,
Debra Converse, KFCA President
President@kitsapfostercare.org

KFCA Newsletter
P.O. Box 4542
Bremerton, WA 98312

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