



KFCA January Dinner Meeting
 Wednesday January 21, 6 to 8pm
 @ Silverdale Community Center

Menu: Soup Kitchen Special 3 kinds of soup—
 Ham and bean; chicken and rice or clam chowder
 served in a bread bowl. Tater tots; mini corn dogs
 & fish sticks for the kiddies.
 Yummy rice crispy treats for dessert.

2009 Dues are now due!

Dues are now \$20—please fill out the form on
 page 4 and bring it with \$20 for annual dues to
 the next event or meeting. You get a great value
 for your money!

Effective January 1, 2009, the mileage rate will decrease to .55 per mile for privately owned vehicles.

NOTE FROM Office of Financial Management
 The Internal Revenue Service (IRS) recently announced
 the 2009 standard mileage reimbursement rate
 (Revenue Procedure 2008-72). The rate is reduced
 from the current \$0.585 per mile to \$0.55 per mile. The
 Office of Financial Management is limited by statute to a
 maximum of the IRS reimbursement rate in RCW
 43.03.060. Since the State of Washington is currently at
 the maximum IRS rate we will be reducing the
 reimbursement rate to \$0.55 per mile effective January
 1, 2009. A formal OFM Directive will be issued soon.
 See page 6 for transportation guidelines.

WHO IS LUANNE VAIL?

Luanne Vail is your new foster care liaison through
 the Foster Care Resource Network for the
 Bremerton DCFS office. Luanne comes to you with
 a wealth of knowledge and experience. She has
 been a licensed foster parent for many years.
 Luanne has been a vital force in the past in the
 Kitsap Foster Care Association. She has worked
 tirelessly to bring you to the Mariner's games and
 is hugely instrumental in the yearly Christmas
 party.
 Luanne is here to help you with any questions or
 concerns you have regarding fostering. She is the
 'go-to' person if you have issues you have been
 unable to resolve with your social worker or just
 plain need more information.
 Luanne is in the Bremerton office two days per
 week—Wednesdays and Thursdays from 9am to
 3pm. Of course you can reach her via email and
 the telephone at other times as well. See page 7
 for her contact information. WELCOME LUANNE!

KFCA NEWSLETTER

Kitsapfostercare.org



January 2009



Upcoming Events:

SKATE PARTY! SKATE PARTY! SKATE PARTY!

Tired?..... No Money?.....Kids Bored?.....

KFCA has the answer! Roller Skating at
 Skateland in Bremerton Sunday, January 25,
 2009 from 5-7 pm

Free Skating and Pizza for Foster Families
 Relative and Kinship Caregivers Members of
 Kitsap Foster Care Association

Sponsored by Kitsap Foster Care Association &
 Community Family Services Foundation

SKATE PARTY! SKATE PARTY! SKATE PARTY!



Mark your calendars.

It is that time of year again!

Caregiver Night Out! Saturday, Feb 14th
 (and May 9th 2009) from 5:30-9:30 PM has
 been scheduled with the Bremerton YMCA.
 Registration is recommended as we have
 limited space. Call Debra Converse 692-1927
 to register your child between age of 4 weeks
 to 12 yrs old. The registration deadline is one
 week prior to the event.

CAN WE TALK?

All foster parents and relative caregivers are in-
 vited to join DCFS Area administrators Barb Gei-
 ger; Tom Stokes, & Linda Thomas
 for coffee and conversation!

This is an opportunity to get to know the decision
 makers; ask questions, provide suggestions & get
 feedback.

Where: Bremerton DCFS 3423 6th St.

When: Wednesday, April 22, 3:00—5:00

Thursday, July 30, 11:00 – 1:00

We

look forward to seeing you!

[American lack of civics knowledge alarming](#)

A study by the Intercollegiate Studies Institute finds that Americans are "alarmingly uninformed about the country's history, founding principles, and economy, reports USA TODAY. Of the 2,508 Americans given the 33-question civics quiz, only half could name all three branches of government, and 54 percent knew that the power to declare war belongs to Congress (almost 40 percent incorrectly said that it belongs to the president). Only 21 percent knew that the phrase "government of the people, by the people, for the people" comes from Lincoln's Gettysburg Address, and just 54 percent could correctly identify a basic description of the free enterprise system. "Without knowledge of your country's history, key texts, and institutions, you don't have a frame of reference to judge the politics and policies of today," says Richard Brake, head of the American Civic Literacy Program. Other key findings: 71 percent of the quiz takers earned an F; the average quiz score was 49 percent; and **civic knowledge declined in proportion to time spent using passive media, such as TV. TURN OFF YOUR TELEVISIONS!**

Read more: http://www.usatoday.com/news/education/2008-11-19-civics_N.htm

More analysis: <http://www.spectator.org/archives/2008/11/24/civically-illiterate>

See the report: <http://www.americancivilliteracy.org/>

Take the quiz: <http://www.americancivilliteracy.org/resources/quiz.aspx>

Who to contact at CA If You need help

Children's Administration staff is committed to being responsive to the needs of foster parents and relative caregivers. Your needs are important to us and our goal is to provide you with prompt and responsive answers to your questions and concerns.

If you have a question or need assistance from your social worker, give them a call. If you don't reach them when you call, leave a message so they can follow up on your specific concerns. If you don't receive a call back within 24 hours, call their supervisor. If you still don't receive a response call from the supervisor within 24 hours, call the area administrator. It's okay to move up the chain of command so that the needs of the child in your home are met. If supervisors and administrators don't know a social worker isn't calling back, we can't intervene to help you. Remember, our goal is to get your question answered so you can provide for the child in your home.

In the Bremerton office you can contact:

Resource Unit Supervisor-

Barb Bofinger (360) 475-3612
boba300@dshs.wa.gov

Placement Desk Social Workers

Donna Smith (360) 475-3560
smdm300@dshs.wa.gov
Shannon Dempewolf (360) 475-3562
dmpps300@dshs.wa.gov

Foster Parent Liaison

Luanne Vail (360) 990-9995
W/TH 475-3516

Foster Parent Association Representative

Debra Converse (360) 692-1927
president@kitsapfostercare.org

Relative Support Program Manager

Tewannah Johnson
(360) 475-3571
joht300@dshs.wa.gov
Albo300@dshs.wa.

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**
*free duffel bags for foster children
WWW.KITSAPFOSTERCARE.ORG (692-1927)
- 5) **MARY BRIDGE Center for Child Safety**
(360-662-1198)
*Free child safety seat checks, bicycle helmet sales & fitting, free loaner life jackets
- 6) **North Kitsap 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 Bremerton.
- 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**
- 15) **Child Care Referral 1- (800) 300-1247**

ATTACHMENT & THE FOSTER CHILD

Presented by Scott Hanauer, MA

TOPICS covered in this 6 hour training are:

- ◆ Trauma and it's impact
- ◆ How Trauma and Attachment effect behavior
- ◆ Running Away
- ◆ Power Struggles
- ◆ Defiance
- ◆ Tools for Caregivers to address behaviors
- ◆ Strategies to improve attachment and behavior
- ◆ Parenting Skills

When: January 26th, 2009

Who: foster; adoptive; kinship and Puyallup Tribal Families. Please do not bring children—there is NO DAYCARE!

Lunch is provided

Where: Puyallup Tribe Spirit House—Kwawachee Center 2209 East 32nds Street, Tacoma 9a to 4p

How: Contact Helen Hook 253.37.9626 or Tanya Coates @ 253.680.5532

RFTI: Linda Falcocchio, MSW @ 253.983.6474
Fali300@dshs.wa.gov or Sheri Humphrey @ 253.341.0169

ATTENTION DEFICIT DISORDERS

Presented by: Randi Hankins, CSW, CMHS
Foster parents and relative caregivers are increasingly called upon to deal with Attention Deficit Disorder for children placed in care. This training will focus on hands-on techniques to circumvent, defuse, and redirect acting out behaviors to reduce conflict and drama, while increasing communication and cooperation within the home.

THURSDAY 01/15/09

9:00 AM to 4:00 PM

DCFS (CA) Building Room 406
Centennial II 2121 S, State Street
Tacoma, WA 98405

There is no charge for this training. Please do not bring children as **NO** child care is available. Refreshments will be served.

To register contact:

Linda Falcocchio, MSW

fali300@dshs.wa.gov or call 253-983-6474 or contact Sheri at 253-341-0169

Training Opportunities Resource Family Training Institute

Orientation for Licensing:

1st Wed of the month, 10:00a – 12, at DCFS Bremerton and offered online - free of charge!
register @ 360-475-3598 or 475-3598

Pride Pre-Service Training for Caregivers:

1/12—1/19 Tacoma 5:30 to 9:30 + 1 Saturday 9-4
12/1—12/10 Tacoma 5:30 to 9:30 + 1 Saturday 9—4
01-06—1/15 Tacoma—evenings

12/1—12/5—Bremerton Days 9am to 4pm
2/3—2/19 Bremerton days 10am to 3pm

2/2008—2/26, 3/3, 5, 10, 12th, 5:30pm - 9:30pm & Sat. 3/14 9:00am - 4:45pm

On Site Classes for Relative Caregivers in Kitsap:

1/15—1/31 5:30—9:30 & 9a—4p Saturday

Parenting Physically Assaultive Children & Youth:

Jan. 8 & 9th, 5:30pm - 8:30pm. 8 hrs. credit.
Feb. 24 & 25th, 5:30pm - 8:30pm. 8hrs. credit.

Ansell-Casey Life Skills—call or check website for date
5:30 -9:30pm. 4hrs. credit.

Engaging Biological Families for Change

April 1 & 2nd, 5:30pm - 8:30pm. 6hrs. credit.

<http://www1.dshs.wa.gov/ca/fosterparents/>

There is no charge for classes.

classes are at Bremerton 1st Methodist 1150 Marine Dr.
Register w/ H. Stone, 360-475-3586; 800 423-6246, or sthi300@dshs.wa.gov

FREE On-Line classes thru Pierce College for **Foster & Relative/Kinship Caregivers**

Topics include: Online Learning, Addiction Basics; Alcohol & chemical Abuse, Behavior Management, Care-giving for children w/Extreme Behavioral Issues, Cultural Identity:

Self-Esteem, Educational Advocacy for Caregivers, Introduction to Children's Administration for Kinship Caregivers, Maintaining a Connection: Importance or Birth Families, Multiple Placements-Impact on Children, Stuck in the Middle - Guide for Kinship Caregivers, Success Beyond Foster Care, Working with Developmentally Disabled Children.
Register @ <http://www.pierce.ctc.edu/distance/ofpe>

Useful Links 4 Relative & foster caregivers:

DSHS Electronic Forms Link

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

Check out these helpful web sites & numbers:

First Aid/CPR Training 4 Foster Parents

www.keepthebeatcpr.net

Or call (253)217-1105

JOIN KITSAP FOSTER CARE ASSOCIATION!

Are you a foster/kinship care provider interested in receiving support from & networking with other foster parents our community OR 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 youth and foster care!

Annual dues of \$20, entitle you to a monthly dinner/training meeting; Annual events, such as:

The Back to School Event & Holiday Party as well as the monthly newsletters; other fun activities supportive of foster families, ample opportunity to network with and provide/receive support while parenting local children in need!

Name: _____

Address: _____

Email: _____

Phone: _____

Cell: _____

Are You: (check all that apply)

Foster Parent

Kinship Provider

Other: _____

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

Quarterly Regional & State Wide Foster Parent Consultation Meetings

House Bill 1624 is 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 chance 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 & plans that strengthen services for the protection of children

Quarterly Regional Consultation Meetings 01/05 (Bremerton DCFS)

3/16; 6/15 & 9/21 2009

Tacoma DCFS—1949 South State Street—
Room 348

Quarterly Statewide Consultation Meetings

1/13; 4/8; 7/8 & 10/7 2009 1:00-4:00 PM

Tacoma DCFS 1949 South State Street—
room 291

You are invited to bring your issues in person, or be represented by Debra Converse, KFCA President (360)692-1927 or Donna or Shannon at the Placement Desk (360) 475-3535

Questions?: Call Cherrie Druffel @ (253) 983-6235.

Looking for an easy recipe for a home cooked meal?

Try this easy to follow recipe for a hot meal with little work!

TACO STEW

submitted by Luanne Vail

- 1 pound hamburger
- 1 can tomato soup
- 1 can water
- 1 package taco seasoning
- 1 can corn—undrained
- 1 can dices tomatoes w/peppers or green chilis

Brown hamburger and drain grease.

Add all ingredients in the slow cooker

Cook on low for 6 to 8 hours

Serve with cheese, fritos or tortillas and sour cream—Ole!

GOOD INTERVENTIONS FOR YOUTH WITH FASD

Reprinted from FAS Times, Spring 2008

By Jocie DeVries

Before any program or service can be successful, FASD must be diagnosed or at least acknowledged as highly likely and then taken into account as modifications are made. Assessments need to be made as to whether or not more than one "T" issue is involved.

1. Traumatized Teens with FASD: When a youth has problems that severely interfere with daily life or they repeatedly display disruptive behavior without any obvious predatory intent, a complete mental health evaluation needs to be made to determine the cause of the presenting issues, whether it be abandonment, current or past abuse, and/or some other trauma. Standard approaches to healing these memories may work. Some parents report excellent results with alternative/complimentary approaches that work through the subconscious.

2. Topsy Teens with FASD: Outpatient treatment programs may work for a few teens with substance abuse problems, as long as they are cognitively able to understand it and willing to cooperate with changes in their environments, activities and friends that have contributed to the situation. If not, or if withdrawal is a concern, inpatient treatment program may be necessary. Either way, long term supports, like supervision and accountability will be needed. 12-Step programs can be helpful, if they connect with a trained mentor.

3. Truant Teens with FASD: Diversion programs can be very effective with realistic requirements, good supervision and accountability, with the understanding that if they violate the terms, they will go to jail for a few days. If school truancy is involved, then their academic and school-based social issues also need to be addressed. Many times the reason teens with FASD fail in school is more social/behavioral than academic.

4. Troubled Teens with FASD: When co-occurring mental health disorders are suspected, we recommend a full neuropsych evaluation, done by a neuropsychologist who understands FASD. Follow-up therapy can be provided by any mental health professional who understands FASD and co-occurring disorders. It works best when professionals gather information from and consult with the family in this process. Based on the evaluation and consultation results, professionals can recommend the type and length of medical treatment and/or psychiatric therapy with specific timelines and goals, not to just "stabilize them" and send them home with more medications and no behavioral supports.

5. Treacherous Teens with FASD: Since violence and predatory behavior are not core FASD traits, if this type of pattern exists, a secured facility will be needed to keep themselves and others safe until the co-occurring disorders can be addressed and treated. The most important things to remember are (1) just because they are violent at this time, it doesn't automatically mean they can't change with appropriate treatment and (2) it is critical that a family member or someone continues to love them through this process. Unconditional love makes miracles possible!

A study by the Education Trust indicates that American students today are less likely than their parents to graduate from high school, the Associated Press reports, making the United States the only industrialized nation where that is the case. Under the No Child Left Behind Act, states are required to meet graduation targets every year, but states set the targets themselves -- and they set them low. Bob Balfanz, a researcher at Johns Hopkins University, explained that state and school officials -- required to improve test scores to avoid penalties -- got a break on graduation rates and seized it. "A lot of states said, 'Well, we're under a lot of pressure; let's not make this too hard on ourselves,'" Balfanz says. "They were given a loophole, and they took it." Meanwhile, lax tracking of who actually graduated was found to be masking the dropout crisis. The federal government is expected to mandate soon that states use a common tracking system, and schools will be judged not only on their overall graduation rates but also on the percentage of black and Hispanic students who graduate. Among minority students, more than one in three drops out of school..

See the report at <http://www2.edtrust.org/NR/rdonlyres/6CA84103-BB12-4754-8675-17B18A8582AC/0/CountingonGraduation1008.pdf>

**CHILDREN'S ADMINISTRATION REGION 5
REGIONAL EXPECTATIONS AND PROCEDURES**

SUBJECT: Foster Care Transportation and Mileage Reimbursement for Foster Parents, Relative Caregivers and to private child-placing agency licensed foster parents of CA-placed children.

AUTHORIZING SOURCE: CA Practices & Procedures Guide 4538-45384
WAC 388-25-0090, 0100, 0125
SAAM – Chapter 12-Transportation; 20-Auditing
WAC 392-141-190

EFFECTIVE DATE: Feb 1, 2009

SUNSET REVIEW DATE: Feb 1, 2011

PURPOSE:

This protocol ensures a uniform and coordinated approach within Children's Administration (Region 5) for processing and approving foster care transportation and mileage reimbursement for foster parents or relative caregivers.

SCOPE:

This protocol applies to all foster parents and relative caregivers seeking reimbursement for travel services for children under their care and to private child-placing agency licensed foster parents of CA-placed children. This protocol also applies to all Region 5 field offices and staff responsible for processing and approving foster care and relative caregiver reimbursement.

PROTOCOL:

This document reviews and implements current practice and guidelines for Foster Care Transportation and Mileage Reimbursement – SSPS Code 3233 for all of Region 5.

- A. Foster parents and Relative caregivers may be reimbursed for **case related transportation activities**:
1. Court Ordered Visitation
 2. Court Hearings
 3. Medical, dental, counseling sessions.
 4. Attendance at meetings at the request of the social worker.
- B. Transportation activities, that are **typical, parenting and/or age appropriate activities** are **not** reimbursable:
1. Transportation for haircuts
 2. Sports events
 3. Vacation
 4. Birthday parties
 5. Daycare
 6. School
 7. Recreational activities, practices or lessons
 8. Shopping
 9. Transportation to/from respite
 10. WIC

PROVIDERS:

- A. Providers must submit for reimbursement on a monthly basis. Travel reimbursement forms must be submitted within 90 days of travel per **DSHS Administrative Policy 19.10.02. Any mileage submitted after 90 days will not be reimbursed.**
- B. Multiple trips to the same location on the same day for the convenience of the driver will not be reimbursed. The trip must be necessary in relation to the foster care case, which makes it state business.
- C. Transporting more than one child to the same destination constitutes a single trip and will only be reimbursed for one of the children.
- D. Reimbursement must be claimed only on the Region 5 Mileage Reimbursement form attached. Mileage will be paid at the effective rate at the time of travel as defined by the Office of Financial Management.
- E. Provider must sign and date each claim certifying accuracy.

PAYMENTS:

- A. Routine transportation reimbursement payments of \$100.00 or less may be approved by the social worker handling the case.
- B. Routine transportation reimbursement payments of \$101.00 to \$300 must be approved by the social worker and the social worker's supervisor.
- C. Routine transportation reimbursement payments of \$301.00 - \$500.00 must be approved by the social worker, the social worker's supervisor, and the Area Administrator.
- D. transportation reimbursement payment over \$500.00 must be approved by the Regional Business Manager.

A message from the President:

Hello all,

Hope you had a joyous holiday season, even with the abundance of snow and cabin fever some of the kiddos (and adults) experienced. Due to the snow and bad road conditions this last month, the Regional Quarterly Consultation (HB1624) meeting in December was cancelled. It has been rescheduled on January 5th at 1:30PM at the Bremerton DCFS office, room TBA. Please mark your calendars and we hope to see you there. **You are invited** to attend or if you can not attend please get your concerns or feedback to me prior to the meeting. These meetings are an effort to improve, fix, voice concerns, and give feedback to Children's Administration (CA) on how things are working or not working for local foster and relative care caregivers related to fostering in Region 5.

Mark your calendars, KFCA is sponsoring another Foster Parent Night out at the Bremerton YMCA on Saturday, February 14th from 530 PM to 930PM. Childcare is paid for by KFCA for children 4 weeks old to 12 years old so that their caregivers (you) can have an evening out. Children must be pre-registered one week prior to the event as space is limited. Register with me at 692-1927 to reserve your child's spot for your night out.

Don't forget that in January KFCA dues for 2009 are due. The dues are \$20.00 for the year per family. A great deal with all the benefits of the meetings, trainings and activities KFCA provides. We also request that you please take this time to update any mailing/email addresses and phone numbers as we need to keep our directory up to date. Thank you for your assistance with this necessity as we try to keep our records current.

Best wishes in this New Year,

Debra Converse
KFCA President
President@kitsapfostercare.org

BOARD OF DIRECTORS:

Debra Converse, *President*

president@kitsapfostercare.org
(360) 692-1927

Phyllis Bishop, *Vice President*

vicepres@kitsapfostercare.org

Chuck Converse, *Treasurer & Webmaster*

treasurer@kitsapfostercare.org /
webmaster@kitsapfostercare.org

Jenny Brusco—*Secretary/Membership*

secretary@kitsapfostercare.org

Sharon Williams, *Historian*

historian@kitsapfostercare.org

Lesa LeClair, *Child Care*

childcare@kitsapfostercare.org

Debra Converse, *Education/ Training*

education@kitsapfostercare.org

Barbara Holbrook, *Newsletter*

newsletter@kitsapfostercare.org

Phyllis Bishop, *Special Events*

(360) 275-5725
events@kitsapfostercare.org

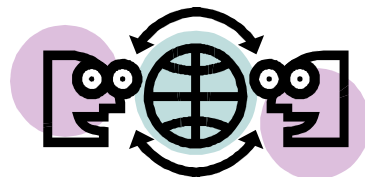
Laura Marshall, *Culinary Coordinator*

culinary@kitsapfostercare.org

Luann Vail, - *Liaison*

LVail@hotmail.com—interim email contact
(360) 990-9995 cell

Bremerton DCFS 475-3516 Wed/Thur 9-3



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

Presort Standard
U.S. Postage Paid
Per # 0015
Bremerton, WA