

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

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Bremerton, WA



KFCA October
Dinner Meeting
Wednesday October 21
6 to 8pm

Silverdale Community Center

Menu: Cheese and Crackers; dips and chips; egg rolls; vegetable platter; little wieners; corn dogs & assorted finger foods



**Bring all the little
ghouls or boils** in your

home that are looking to have
scary good time To the har-

vest party and silent auction October 21st

at the Silverdale Community Center Fun and food will be plentiful. Treats but no tricks! Have the goblins in their costumes for prizes!



For Your Information:

The Washington State Information Services Board adopted the e-mail address naming standard, which includes the new format of **firstname.lastname@dshs.wa.gov**. This common e-mail address format for all state government employees will help citizens, business partners, and fellow state employees conduct

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
- Effective training for foster parents
- Development of coordinated & plans that strengthen services for the protection of children

Quarterly Statewide Mtg 10/7 2009 1-4 PM

Tacoma DCFS, 1949 South State St, room 291

You are invited to bring your issues in person, or be represented by Luanne Vail, Foster parent liaison (360) 990-9995 ; Elizabeth Griffin Hall (360) 990-9955 Donna or Shannon at Placement Desk (360) 475-3535

ARE YOU A GOOD ORGANIZER?

Do you have some extra time? KFCA is exploring putting together a Clothing Bank 4 foster children and families and is interested in your input, thoughts and ideas. If this is something you have an interest in or a passion for please call: 275-5725



KFCA NEWSLETTER

Kitsapfostercare.org

October 2009

Upcoming Events:

Back by popular demand. . . .

There is another Foster Parent Night Out! - scheduled for Saturday, November 14th from 5:30 PM to 9:30PM at the Bremerton YMCA. 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 (By Nov 6th). Register with Phyllis Bishop 360.275-5725 to reserve your child's spot for your night out.

It's time again . . .

to sign up your children for the KFCA holiday party on Saturday Dec 12th from 1-3 PM. Pre-registration is required so that Santa will be prepared to present your child with an appropriate gift. Sign up with Luanne Vail by Nov 18th she can be contacted by phone at 360-876-5207.

KFCA NEEDS YOU!

Additional help or volunteers wanted. Are you wanting to become more involved in the Kitsap Foster Care Association? Your special skills and talents are needed. KFCA can always use additional assistance or extra helping hands in several areas; with preparation, set up and clean up at events, monthly meetings, fundraisers, and with board tasks/committees. So if you can assist us occasionally, for a specific event or on an ongoing basis, please contact one of the board members. Your help would be greatly appreciated.

EVENTS AT A GLANCE:

OCTOBER

10/12—KFCA Board Meeting 6-8 PM

10/21—Dinner Meeting and Harvest Festival

10/24—Ghost Train

NOVEMBER

11/09— KFCA Board Meeting 6-8 PM

1/14—Caregiver's Night Out

11/18—Thanksgiving Dinner Meeting

**Help Young Adults w/ASDs
Transition to Careers!**
Career Planning 4 Youth w/ Autism Disorders
October 21-22 2009

Schedule

**Conference Schedule Day One:
Career Planning**

- A. Introduction to ASD & Career Planning
- B. Communication Skills in the Initial Interview
- C. Interview Communication Graffiti Activity
- D. Structuring the Interview Environment
- E. Interview Structure Activity
- F. Theory of Mind
- G. Building the Career Portfolio
- H. Career Portfolio Development Activity
- I. Partnering with the Business Community
- J. Business Development Activity

Career Assessment

- A. Creating the Evaluation Plan
- B. Assessment Process 4 Job Seekers w/ASD
- C. Skill/Interest Testing
- D. Assessing Social/Communication Skills
- E. Career Assessment Activity

**Conference Schedule Day Two:
Workplace Supports**

- A. Workplace Problems
- B. Natural Support Development
- C. Make/Take Workplace Supports
- D. The Classroom as Simulated Workplace
- E. Minnesota Work Adjustment Theory
- F. Environmental Analysis
- G. Work Values Graffiti Activity

Social Communication in the Workplace

- A. Social Coaching
- B. Basic Steps to Self Advocacy
- C. Courtesy Rule Card Activity
- D. Sins of the System
- E. How to Aid Understanding
- F. Conversation Speech Strategies
- G. Asking Questions and Listening Strategies
- H. Tools to Help Improve Social Communication
- I. Social Stories Activity
- J. Comic Strip Activity
- K. How to be a Competent Communicator
- L. Environmental Supports
- M. Social Interaction Checklist

Implementing the Career Plan

- A. Career Strategies in Action
- B. Final Wrap Up - Q & A Session

Details are available on the following site:
[www.SpectrumTrainingSystemsInc.com/
Conferences.html](http://www.SpectrumTrainingSystemsInc.com/Conferences.html)

Kitsap County Resources:

- 1) ABRAHAM'S HOUSE (405-0488)
<http://abrahamshouse.org>
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) Who to call for help/support if you get a licensing referral 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
- 16) Farrell's Home Health Care—Medical supplies including pull-ups free w/your child's prescription. (360) 377-0164
- 17) More dentist that accept med coupons:
Dr. Ostheller 874-6846 Port Orchard
Dentistry for Children 377-3844 Bremerton
Peninsula Comm. Health 478-2368 Bremerton
Lindquist Dental 253-853-2002 Gig Harbor

Hello All,

A lot has been going on in the Association in the last few months as we have been preparing for future events. So please mark your calendar and join us at these great events!

First, we have some exciting things happening this month with the Harvest Festival (costume party) and silent auction at our October dinner meeting on Wednesday, Oct 21st. So be creative with those costumes for a chance to win one of the prizes in the costume contest. I hope you have been saving your money for bidding on the great gift baskets and items that have been put together.

Next we have our big fall fundraiser, "The Ghost Train". This is a community event as we are partnering with the Kitsap Live Steamers and other local groups to put on a family friendly Halloween event. So come join in the fun. The Ghost Train runs through the "spooky" woods of South Kitsap Regional Park in Port Orchard on the evening of Saturday, Oct 24 (train rides are \$3.00 per person). The funds raised from this event will benefit the KFCA D.R.E.A.M. Project. If you would like more information or to volunteer at this event: please contact Barbara Holbrook at 649-0414 or Phyllis Bishop at 275-5725.

Speaking of helping or volunteering, if any of you have a special skill or talent in an area that can benefit the Association let us know. KFCA can always use additional assistance or extra helping hands in several areas; with preparation, set up and clean up at events and meetings, and with board tasks/committees. So if you can assist us occasionally or on an ongoing basis, please contact one of the board members. Your help would be greatly appreciated.

Back by popular demand, we have another Foster Parent Night Out scheduled for Saturday, November 14th from 530 PM to 930PM at the Bremerton YMCA. Child-care 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 (By Nov 6th). Register with me at 692-1927 to reserve your child's spot for your night out.

And lastly don't forget to sign up your children for the holiday party on Saturday Dec 12th from 1-3 PM. Pre-registration is required so that Santa will be prepared to present your child with an appropriate gift. Sign up with Luanne Vail by Nov 18th at resources@kitsapfostercare.org or she can be contacted by phone at 360-876-5207.

Best Regards,

Debra Converse, KFCA President

BOARD OF DIRECTORS:

Deb Converse, President
president@kitsapfostercare.org

Phyllis Bishop Vice President
vicepres@kitsapfostercare.org

Chuck Converse, Treasurer & Webmaster
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webmaster@kitsapfostercare.org

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Sharon Williams, Resource Coordinator
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childcare@kitsapfostercare.org

Deb Converse Education/ Training
education@kitsapfostercare.org

Barbara Holbrook, Newsletter
newsletter@kitsapfostercare.org

Phyllis Bishop, Special Events
360-275-5725
events@kitsapfostercare.org

Jeff Bishop, Culinary Coordinator
culinary@kitsapfostercare.org

Elizabeth Griffin-Hall, Historian
historian@kitsapfostercare.org
Region 5 Recruitment & Retention
elizanngriffin@aol.com

Luann Vail, Liaison
liaison@kitsapfostercare.org

360-990-9995 cell
Bremerton DCFS 475-3516
W/TH 8:30-2:30

RESOURCE AVAILABLE:
FOSTER CARE RESOURCE NETWORK NOW
HAS A CLOTHING BANK FOR KIDS IN
CARE—BY APPOINTMENT ONLY CALL
253.473.9252 FOR MORE INFORMATION
AND AVAILABILITY



**First Aid/CPR Training 4
Foster Parents**
www.keepthebeatcpr.net / (253)
217-1105

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:
www.familieslikeours.org
www.usfosterfamilies.com
www1.dshs.wa.gov/ca/fosterparents/
24hr support line (800) 301-1868
Info@safekids.org
This site offers information on recalls related to child
specific items as well as other kid related issues
Info@adoptionreferralservice.com
Ctboxnews@ku.edu

NOW AVAILABLE:

VIDEO TRAINING WILL GIVE CAREGIVERS INFORMATION TOOLS AND SUPPORT TO WORK
WITH CHILDREN IN THEIR CARE. EARN 6 CONTINUING
EDUCATION CREDITS. DISCUSSION TO FOLLOW.

For all foster parent/kinship care, and adoptive families. No children allowed. Video's shown are also on
our web site DATE: Monday 11/23/09 TIME: 9:00am TO 4:00pm @ DSHS 1949 S. State St rm 195

A WORD FROM ADOPTION SUPPORT.....

If you haven't met the Region 5 Adoption Support team, the Program Consultants are:

Laura Davis, 253-983-6281 for families with the last name beginning with A-K

Cindy Anderson, 253-983-6359 for families with the last name beginning with L-Z

Rachael Crosby is our secretary and handles requests for paperwork, (e.g. pre-authorization for counseling, direct deposit, review paperwork), changes of address, and is extremely helpful. Her number is 253-983-6457.

Some of the most frequently asked questions we receive are:

Q: I didn't get my Medicaid card or other Medicaid questions

A: The Medicaid number for adoption support questions is 1-800-547-3109.

Q: Who do I call if I am moving?

A: Please call your program consultant or Rachael, our secretary. Checks will not be forwarded, so if we do not have a current address, there will be a delay in receiving your adoption support check. Please try to give the program 30 days advance notice so there will be no delay/interruption in receiving your check.

Q: When are the checks issued?

A: That changes from month to month depending on the cut-off date that is set by the Office of Financial Management. Generally, checks are issued between the 20th and 22nd of the month and received by families around the 26th. However July's check is not sent out until the first week or two in July due to the change in the Fiscal year.

There are a couple of changes to the program that are new this year. For families that are currently on the program, you may have heard that we are no longer conducting 5 year reviews. The change is that we are no longer automatically sending out 5 year review paperwork. A family's ability to request a review of their adoption support has **not** changed. The scheduled reviews have been eliminated to reduce paperwork both by the program and families. If your current agreement is working, it will continue un-interrupted until one of the conditions outlined in your agreement is met. If you wish to request a change due to changed conditions in your child's needs, please call your program consultant to discuss your situation or request the paperwork from Rachael.

Another change that affects families coming on to the program is that the Adoption Support agreement will be in effect on the day of finalization instead of the first of the month following the adoption. Other services that you receive (such as foster care payments or day care) will end on the day prior to the adoption.

Your program consultants are willing to support you in any way that we can and appreciate the effort you put forth to help your children achieve success.



Ride the 2009 GHOST TRAIN!

Saturday October 24, 2009

Kitsap Regional Park @ Jackson & Lund

Festivities start @ 3pm

Rides begin @ 5pm

SPONSORED BY THE FOLLOWING LOCAL ORGANIZATIONS.

SOUTH KITSAP SCHOOL DIS-

FOSTER CARE
RESOURCE
NETWORK



Community &
Family Services
Foundation

Goldwing
Motorcycle
Association

Kitsap Regional Library

CBM Construction

Spirit Wind West



KITSAP LIVE STEAMERS

KITSAP LIVE STEAMERS

Proceeds to benefit Kitsap Foster Care Association Dream Project



THEORIES OF ADDICTION

(UPPERS, DOWNERS, ALL AROUNDERS: Physical and Mental Effects of Psychoactive Drugs Fifth Edition Darryl S. Inaba and William E. Cohen):

Addiction was most often looked at as a moral failure. However, in the past 5 decades, biological research aided by new imaging techniques, sophisticated epidemiological studies, and careful examination of users' genetic, environmental, and drug use histories has enabled society to understand addiction in a continuously changing light.

There have been three major schools of thought about addiction; some influencing the DSM and ICD categories and some influenced by those categories. One school emphasizes the influence of heredity (addiction disease model), another the influence of environment and behavior (behavioral/environmental model), and the third the influence of the physiological effects of psychoactive drugs (academic model).

ADDICTIVE DISEASE MODEL:

The addictive disease model, sometimes called the "medical model," maintains that the disease of addiction is a chronic, progressive, relapsing, incurable, and potentially fatal condition that is mostly a consequence of genetic irregularities in brain chemistry and anatomy that may be activated by the particular drugs that are abused. It also maintains that addiction is set into motion by experimentation with the agent (drug) by a susceptible host in an environment that is conducive to drug misuse. The susceptible user quickly experiences a compulsion to use, a loss of control, and a determination to continue the use despite negative physical, emotional, or life consequences.

BEHAVIORAL/ENVIRONMENTAL MODEL:

This theory emphasizes the overriding importance of environmental and developmental influences in leading a user to progress into addictive behavior. As seen in animal and human studies, environmental factors can change brain chemistry as surely as drug use or heredity. Many studies supported by scans that show brain function, suggest that physical/emotional stress resulting from abuse, anger, peer pressure, and other environmental factors causes people to seek, use, and sustain their continued dependence on drugs. For example, chronic stress can decrease brain levels of met-enkephalin (a neurotransmitter) in mice, making normal alcohol-avoiding mice more susceptible to alcohol use.

ACADEMIC MODEL:

In this model, addiction occurs when the body adapts to the toxic effects of drugs at the biochemical and cellular level. The principle is that, given sufficient quantities of drugs for an appropriate duration of time, changes in body/brain cells will occur that will lead to addiction. Four physiological changes characterize this process:

- Tolerance—resistance to the drug's effects increase, necessitating larger and larger doses;
- Tissue Dependence—actual changes in body cells occur because of excessive use, so the body needs the drug to stay in balance;
- Withdrawal Syndrome—physical signs and symptoms appear when drug use is stopped as the body tries to return to normal;
- Psychological Dependence—the effects of the drug are desired by the user and these reinforce the desire to keep using.

Currently it is the belief of more and more researchers in the field of addictionology that the reasons for drug addiction are indeed a combination of the three factors of heredity, environment, and the use of psychoactive drugs. Because individual personalities, physiology, and lifestyles vary, each person's resistance or susceptibility to excessive drug use also varies.

Hae Man Song

RESOURCE FAMILY TRAINING INSTITUTE TRAININGS 4 FOSTER PARENTS, ADOPTIVE PARENTS & KINSHIP CARE PROVIDERS

THE TAGS IN MY SHIRT ARE DRIVING ME CRAZY! TRAINING ON SENSORY INTEGRATION DYSFUNCTION With Julie Gelo

All of the information we receive about the world comes to us through our senses. For most children, the ability to integrate (make sense of) this sensory information develops in the course of ordinary childhood activities. But for some children, sensory integration does not develop as efficiently as it should. When the process of sensory integration is disordered, a number of problems in learning, development, or behavior may become evident. This workshop will offer participants the opportunity to experience situations through the senses of these children. In addition, various interventions and strategies will be discussed and experienced. Participants will be given the chance to create and take home one or two sensory tools.

Julie Gelo is the legal mother to 13 children ranging in age from 9 to 42. She and her husband are licensed foster parents. Eight of Julie's children have been diagnosed with Fetal Alcohol Syndrome or Related conditions, including all seven who live at home. Julie is the Family Advocate for the Washington State Fetal Alcohol Syndrome Diagnostic and Prevention Network core team at the University of Washington. She is also a foster parent co-trainer with the Resource Family Training Institute and Executive Director for the Washington State affiliate to the National Organization on Fetal Alcohol Syndrome (NOFAS Washington State).

Thursday 1/19/09 9:00a – 4:00p

Got Teens? Need Support & Resources?

Presented by: Rick Butt, MSW

Empower your Teen as they move into Young Adulthood; Skills to help your Teen achieve self sufficiency; Identify Transitional Living services & resources for your Teen's Positive Development

This workshop will focus on increasing improved life outcomes for adolescents in foster care by highlighting the role, influences, and contributions of caregiver's and social workers and identify services, supports and strategies that foster positive youth and young adult development.

11/10/09—9:00a to 1:00p

ALL IN THE FAMILY: THE EFFECTS OF FOSTER PARENTING ON PERMANENT CHILDREN IN FOSTER FAMILY

This 3 ½ hour interactive workshop provides foster parents with relevant research on the effects of foster parenting on their permanent children, and offers suggestions on how to ease the impact and stress on these children. Participants will explore the relationship dynamics that may be occurring in their own families, and learn methods and strategies for helping their own children cope with the grief, feelings of displacement and confusion that often accompany the fostering experience.

This training will be provided by Sheri Rego. Sheri has worked in the field of Child Welfare for more than 20 years. She has a Master's Degree in Education (Training) and is known for her participatory and enjoyable classes.

11/05/09 11:00a to 2:30p

ENGAGING FAMILIES FOR CHANGE

As a member of the team working together to help children and their biological families, GAL/CASA, counselor and others), a foster parent will learn strategies and tools for empowering families. This training is interactive and a commitment to come together and develop a skill of effectively establishing a relationship with children, parents, and other essential individuals for the purpose of sustaining healthy families that are safe for children.

Please join us as we:

- Identify principles for engaging families.
- Practice strategies for empowering families to engage in change.
- Understand how culture plays a role in the engagement process.
- Identify principles and practice steps for engagement,
- Practice strategies to stay engaged during times of conflict and resistance.
- Identify current resources or opportunities to engage families

12/16/09 9:00a to 4:00p

Location: DSHS 1949 S State St— room 195 Tacoma
PRE-REGISTRATION FOR TRAININGS IS REQUIRED.

E-MAIL: FALI300@DSHS.WA.GOV IF YOU DO NOT HAVE COMPUTER ACCESS, YOU MAY REGISTER BY PHONE: LINDA FALCOCCHIO AT 253-983-6474