

Fostering Notes



February 2020

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Let's talk about childhood trauma for a sec.

As a child who grew up in the foster care system, I endured many traumas early in life. Abuse, neglect, losing my birth family, every move, every goodbye, all added to the long list of things no child should ever have to overcome. I'll share one memory in particular, because it's been a battle my whole life, and I've only just recently won the war.

Bread. Yup. Bread. For almost all of my adult life, I have not bought a single loaf of it. I couldn't bear to. It's a "trigger" for me.

When I was a child, I was hungry so often, I would sneak pieces of bread in the middle of the night. I chose bread because no one would notice a couple slices missing. (At four I was already thinking this way) No one ever did either. I would scurry back to my bed and lay there, sniffing it, holding out as long as I could bear, excited for my grumbling tummy. I would do my best to make the slice last as long as possible, taking tiny bites of the crust all the way around until only the good, soft part was left. Then I would take that part and fold it and roll it into a dense ball and take small bites like it was an apple. It always seemed to last longer that way. It probably didn't, but I ate it like that every time.

This continued for years, through many foster homes, and eventually branched out to sneaking and hoarding other foods. Getting in trouble only made it worse. I didn't know why I was doing it, and I

couldn't stop. Being forced to go on diets only made it worse. Food had become security for me, taking it away created a whole new host of trust issues.

Bread was the beginning of years of a horrible, unhealthy relationship with food. At the time, I didn't know it. I didn't understand the WHY behind my actions even for years to come, because the trauma I had behind it hadn't been recognized, faced and dealt with.

When I got my first apartment, I was so excited to go grocery shopping and fill my new fridge and cupboards with yummy food that I got to choose for myself, the same excitement that any young adult feels moving out of their parent's house. A loaf of bread was one of the items that made it into my cart. That evening, tired from the move and not wanting to really cook, I decided to make a sandwich. When I opened that loaf of bread, the smell of it hit me like a ton of bricks in the face.

All of a sudden, I was 4 years old again, laying in my bed, late in the night, with my painfully grumbling stomach, and my precious single slice of bread. It practically brought me to my knees on the spot. I couldn't even eat, and I went to bed with a grumbly belly and cried myself to sleep my first night in my new place. Trauma sneaks up when you least expect it.

I was 19 years old when that happened. I'm 39 now. Since that night, I haven't bought a single loaf of bread. I've since faced, understood, and worked through the hold that bread has had on me, but I still preferred to make all my sandwiches on hamburger buns because they smell different.

My husband and I have been foster parents for almost two years now. Almost a year ago, we got a call asking if we could take a ten year old and a three year old. We said yes. I knew it was time to start buying bread again. I mean, Kids love peanut butter and jelly right?! 🍪😄

Bread still has a hold over me. It's still a trigger for me. But now it triggers something different for me, something new. NOW when I smell that familiar smell, I think of the children from hard places with their own traumas, who have been entrusted to me to love and care for, even on the hardest days. The smell of that loaf of bread is a daily reminder to me that parenting kids of trauma is completely different. It reminds me to seek out the reason, the memory, the trauma behind the behavior...and to remain patient and gentle and calm as we work through the hard stuff.

Trauma doesn't just go away. There's no magic button, magic day, or magic age when it all just disappears and you're all better. There's no just "getting over it". Don't we wish it was that easy? If you've experienced childhood trauma, you know it's definitely not as easy as "getting over it". It consumes us. It seeps into every pore. It puts us into survival mode. Our thoughts, our feelings, and our actions toward ourselves, and toward others, are ALL effected by our trauma, for the rest of our lives. Trauma rewires the brain. That doesn't mean we can't heal from and cope with our trauma as adults, but at times, it can be a daily battle. There's no forgetting, there's only coping.

Many kids from hard places have gone through, seen things, and survived things that most adults can't even begin to fathom. Their worlds are spinning around them, everything about their lives has just changed, and good or bad...they've just lost the only family they've ever known. Of course they have GIANT emotions going on.

Yes, I now welcome bread into our household, and the reminder it brings to never give up on the kids who walk through my door ❤️👉 ~ FOSTER MOM

A Word from our ICWA SPECIALIST – DOTTIE RUNDLE

Did you know?

Feb. 12th is the **Youth** Pow Wow at Grand Ronde. This is a great opportunity for any Native youth. **Flyer Attached.**

Did you also know that Portland has a Native American Coffee Shop called Bison Coffeehouse. I have also attached a flyer about a talk and book signing by Dr. Lanada War Jack of the Shoshone Bannock Tribes on her book **“Native Resistance: An Intergenerational Fight for Survival and Life.”** This is on Saturday, March 7th in the evening. What a wonderful way to hear from an accomplished speaker on the history and journey for survival. I hope you can join me there.

Dottie Rundles, ICWA Specialist Phone: **(971)707-2582**
DOROTHY.RUNDLES@dhsosha.state.or.us

DOES A CHILD IN FOSTER CARE HAVE



LICE?

RN LICE REMOVAL

The **Registered Nurse** and lice removal expert who works closely with Marion, Polk, Yamhill, and Linn County Child Welfare.

“It’s easy to schedule, just text and she does the rest!”

Text: 503-749-5224 Email: RNLiceRemoval@gmail.com

SERVICES AVAILABLE:

- Professional treatment that eliminates all lice and nits (even superlice) in one treatment.
- Travel to foster home, bio home, DHS office or come in to the salon in Salem.
- Lice checks/treatment of bio siblings/parents, and foster siblings/parents.
- Assistance available for lice specific cleaning of the home.

CHAT – Caregiver Happenings, Awareness and Triumphs

If for any reason you have not been receiving the CHAT Newsletter, contact:

- FosterFamily.Supports@dhsosha.state.or.us

Current Issue ATTACHED w/ FOSTER CARE PROGRAM UPDATES

Training Opportunities

Netlinks January – FLYERS ATTACHED

FEBRUARY

Early Childhood & Brain Development, Tuesday February 25th 5:30pm

<https://ilearn.oregon.gov//DL.aspx?id=Course.A100.C02774>

Parenting a Child with Special Needs, Thursday February 27th 8:30am

<https://ilearn.oregon.gov//DL.aspx?id=Course.A100.C02288>

Instructions for ilearn Flyer Attached - staffilearn.pdf

FLYERS ATTACHED

Foster Parents in Juvenile Court in McMinnville, Feb 20th

Trauma Informed Parenting, Feb 8th in Albany

The SMART Approach to Relieving Caregiver Stress, January 15th in Albany

FOUNDATIONS

The classes necessary to become a certified foster or adoptive family are the **Foundations Sessions**. There are **8 sessions total**. **Foundations is a total of twenty-four hrs.** Thirty hours of Training is required for full Certification, you will have time to complete the additional 6 hours of training as you move through the Certification process.

- **Marion County (Salem) 6 – 9 PM**
April 20, 21, 27, 28, and May 4, 5, 11, 12, 6 – 9 PM
- **Yamhill County (McMinnville) Registration limited.**
Friday, March 6 & 13, **6 – 9 PM**

Saturday, March 7 & 14, **9 AM – 6 PM**
- **Polk County (Dallas) Registration limited.**
Friday, April 3 & 10, **6 – 9 PM**

Saturday, April 4 & 11, **9 AM – 6 PM**

WE APPRECIATE YOU

FOSTER PARENT COLLEGE

Interactive multimedia training courses for adoptive, kinship and foster parents.

- Parent Brochure Attached
- Contact Ann Ortiz-Crow to get credits to take courses through Foster Parent College, FREE!
- ANN.F.ORTIZ-CROW@dhsosha.state.or.us

ORPARC (Oregon Post Adoption Resource Center)

- Click [NEWSLETTER](#) for most recent Issue
- Click [LENDING LIBRARY](#) to check out items



SUPPORT GROUPS

Parenting a Second Time Around – Relative Caregiver Support

- **2nd Monday of each month**
- **NorthWest Senior & Disability Services office**
- 3410 Cherry Ave. NE, Salem (Upstairs Conference Room)
- Contact: Suzy Deeds
- suzy.deeds@nwsds.org
- (503)304.3429

Marion, Polk & Yamhill Foster Parent Support Group

- Last Friday Monthly, 6 – 8 PM
- 1675 Wallace Rd NW – Salem, OR 97304
- **RSVP to this email**
- 503.378.4491



Grupo de Apoyo

- First Thursday Monthly – Potluck!
- Contact: Ann Ortiz-Crow
- ANN.F.ORTIZ-CROW@dhsoha.state.or.us
- 503.378.5298

Relative Foster Parent/Relative Caregiver Support Group/McMinnville

- Contact: Jessica Payne
- jess@frontier.com
- 503.434.2942

Foster Parent Support Group/Monmouth

- First Friday of every month from 5:30-7:30pm
- Monmouth Christian Church 959 Church St W Monmouth, 97361
- (Dinner and child care provided with RSVP)
- **Contact & RSVP to Jessica Payne at (503) 434-2942**

Adoption Support Group

- Contact Kem Sunitsch
- Kem.SUNITSCH@dhsoha.state.or.us
- 971.701.3969

Monthly Coffee House Chats w/ Erma

- Contact: Erma Brundidge
- Erma.S.BRUNDIDGE@dhsoha.state.or.us
- 971.707.0562
- **See dates on our Training Calendar for more information!**

KEEP

KEEP is an award-winning, evidence-based **foster parent support & skill enhancement program** developed by the Oregon Social Learning Center. As you may have heard, this outstanding program is in the process of rolling out statewide, and Marion County is one of the next implementation sites!

KEEP is all about leveraging a peer support model combined with proven parenting techniques. This isn't a typical "class" – these groups are fun, interactive and designed to be uplifting and solution focused.

All families will benefit, especially those that:

- Are new to fostering
- Are caring for high needs youth
- Are feeling isolated or burned out
- Are "old-school" providers that typically use a more punitive approach to discipline
- Looking for a FUN and empowering way to build up training hours
- Are lacking a robust support system

Please note that these groups are specifically for providers caring for foster youth ages 3.5-12 (teen-specific groups coming TBD). Foster parents can be gen app or relative, however, they must be DHS-certified.

Participating families get:

- Free childcare for all youth in the home
- \$20 gift card for every session they attend
- 24 hours of training credits in 16 weeks
- Light meal/snacks & refreshments
- New friends, supports & respite connections
- A whole toolbox of effective parenting & behavior management skills

Contact your Certifier to get Referred or see FLYER for Self-Referral.

[SEE ALSO marionfosteroradopt.com Training Calendar](http://marionfosteroradopt.com)

Check it out



fosteroradopt.com

Articles, Information & Resources

Connect The Dots To Aces – Facebook Post



THE INVISIBLE SUITCASE

Children who enter the foster care system typically arrive with at least a few personal belongings: clothes, toys, pictures, etc. But many also arrive with another piece of baggage, one that they are not even aware they have: an “invisible suitcase” filled with the beliefs they have about themselves, the people who care for them, and the world in general. 😞

For children who have experienced trauma—particularly the abuse and neglect that leads to foster care— the invisible suitcase is often filled with overwhelming negative beliefs and expectations.

Beliefs not only about themselves . . .

- I am worthless.
- I am always in danger of being hurt or overwhelmed.
- I am powerless.

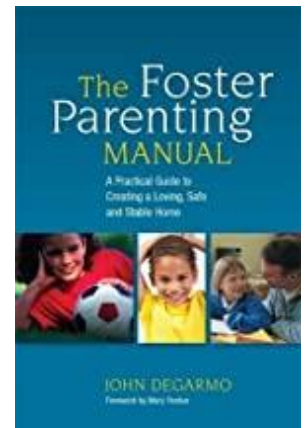
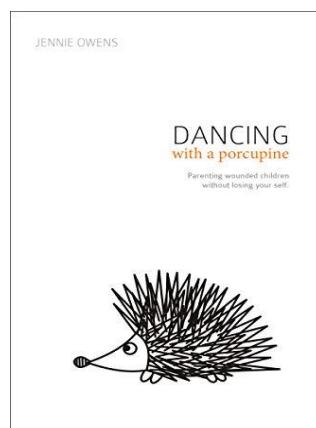
But also about you as a caregiver . . .

- You are unresponsive.
- You are unreliable.
- You are, or will be, threatening, dangerous, rejecting.

You didn't create the invisible suitcase, and the beliefs inside aren't personally about you. But understanding its contents is critical to your helping your child to overcome the effects of trauma and establish healthy relationships. 😊

Be sure to **VIEW** the pdf **ATTACHED!!**
This is critical information for you as a
Foster parent to have.
SO GOOD ❤️

❤️ **EXCELLENT pdf attached that outlines, in an easy readable format, some of the beliefs to be aware of and practical ways to help.**





FACT empowers Oregon families experiencing disability in their pursuit of a whole life by expanding awareness, growing community, and equipping families.

- Advocacy tips for navigating special education, the IEP process and healthy team dynamics, learning the lingo and acronyms (IEP, FBA, AT, LRE...oh MY!)
- What to know about Early Intervention and Early Childhood Special Education (EI/ECSE)
- Transitions...to kindergarten, middle school, high school, and adulthood
- ...and why "Charting your Vision for the Future" using your child's strengths and a One Page Profile **is critical to success!**

For more information go to or click here - [FACT OREGON](#)

Mileage Reimbursement - **UPDATED FORM ATTACHED**

Non-medical

The Department reimburses a certified family for mileage, paid at the current Department mileage reimbursement rate paid to child welfare staff.

Reimbursement is paid for the following:

Transportation for a child or young adult in order to remain in the same school he or she was attending prior to placement in substitute care; Reimbursement to and from visitation when family visitation is part of the service plan; In-state transportation by airline for children may be approved only if the cost of the air fare does not exceed all the actual costs of transporting the child by car.

- Mileage Form Attached
- Mileage Forms can be turned in to the Child's Caseworker or Front Reception
- If you have a situation that falls outside these parameters for Reimbursement, provide your Child's Worker a written explanation identifying your specific situation and why you are requesting Reimbursement and it will be reviewed.

Keep in mind that the Foster Care Base Rate should be covering a portion of transportation reimbursement.

Medical Mileage Reimbursement – NEMT

*This goes through your Foster Child's medical insurance. **As many of you know by now Pacific Source Community Solutions is the new CCO for Marion and Polk County.**

<https://communitysolutions.pacificsource.com/OregonCCO/MarionPolk>

What is NEMT?

Non-Emergency Medical Transportation is how you can get a ride to a covered healthcare appointment. This is for scheduled health care appointments, not emergencies. There are many ways we can help you get to your appointment. Examples are:

- Bus pass or taxi service.
- A ride from a volunteer driver.
- Wheelchair-accessible vehicle service.
- Stretcher vehicle or non-emergent ambulance.
- **Reimbursement for driving yourself (if you tell us before the appointment).**

[Medical Ride Program Guide](#)

Who can get a ride? You can get free rides from your NEMT provider if:

- You are covered by PacificSource insurance through the Oregon Health Plan (Medicaid) in Central Oregon, the Columbia Gorge, and Lane, **Marion**, or Polk counties.
- You are traveling to a covered healthcare appointment or other health care service, such as Health-Related Services. For members who have Medicaid and Medicare insurance, the ride can be provided to Medicaid or Medicare covered appointments.
- You need help getting there.

The NEMT provider LOGISTICARE will be able to answer questions about getting a free ride. Including how to get REIMBURSEMENT.

When to call? **Call as soon as you schedule your healthcare appointment. Call the NEMT provider below.**

Who to call?

LogistiCare

Monday-Friday, 9:00 a.m. – 5:00 p.m. (For Routine Trips)

7 days a week, 24 hrs a day (For Urgent and Discharge Trips)

Toll Free: (844) 544-1397

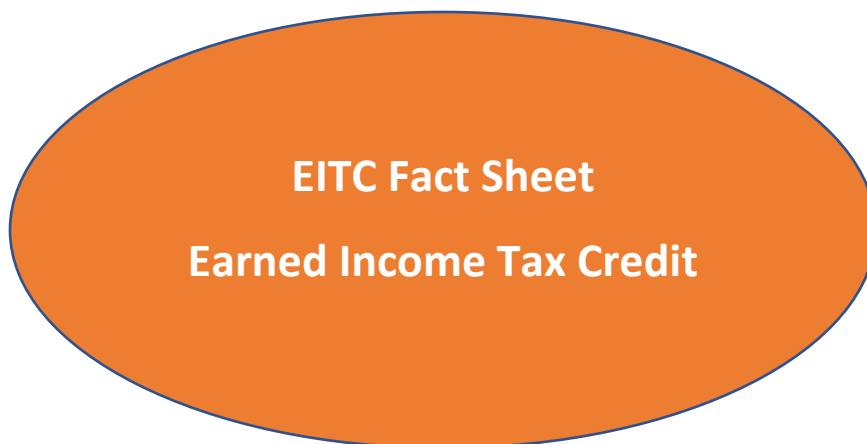
TTY Users: (866) 288-3133 <https://www.logisticare.com/transportation>

Foster Parents' Night Out (FPNO) provides foster parents one evening each month to have a break and enjoy some time to care for themselves while trained volunteers care for their children. FPNO offers meaningful support to help our community retain its valuable foster parents. It also provides children the opportunity to build healthy relationships with adults in their community who care for them in a safe, nurturing environment.

If we don't have current openings, you can get on the waiting list!

Contact Gwen Slippy if you would like to be referred to an FPNO! 503.378.4491

- **Reply to this email and reference FPNO to get the referral started!**



What is the EITC

The EITC can be a boost to you, your family and community. If you worked last year and had income of less than \$55,952 you may be eligible for the EITC.

In order to claim the EITC, you must file a federal tax return, even if you owe no tax or aren't required to file a return. You can also file for the EITC for the past three years.

EITC can mean up to a \$6,557 refund when you file a return if you have qualifying children. Workers without a qualifying child could be eligible for a smaller credit up to \$529. According to the Internal Revenue Service, the average amount credited for 2019 was \$2,504.

Who can get the EITC EITC is for workers whose income does not exceed the following limits in 2019:

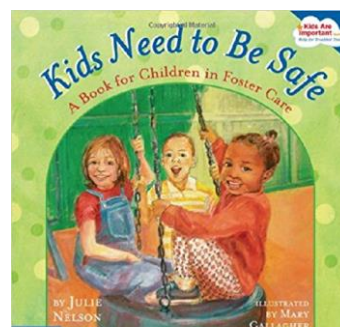
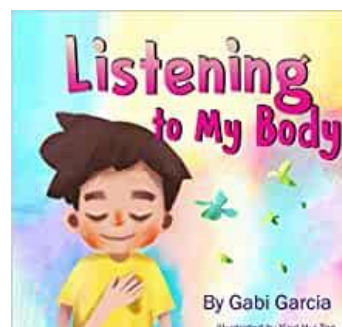
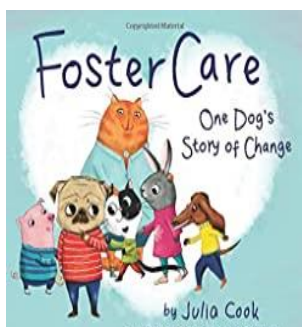
- \$50,162 (\$55,952 married filing jointly) with three or more qualifying children
 - \$46,703 (\$52,493 married filing jointly) with two qualifying children
 - \$41,094 (\$46,884 married filing jointly) with one qualifying child
 - \$15,570 (\$21,370 married filing jointly) with no qualifying children
- ** Investment income must be \$3,600 or less

Qualifying children means that children must meet certain relationship, age, residency and joint return requirements to be a qualifying child. See if your child qualifies you for EITC; see "[Qualifying Child Rules](#)" on [irs.gov](https://www.irs.gov) or [Publication 596](#).

In addition to the federal EITC, you can claim a state Earned Income Credit on your Oregon return.

A tax refund under EITC cannot be counted as income against your eligibility for TANF, SNAP, Medicaid, or housing assistance.

Who can help Use the online [EITC Assistant](#) at www.irs.gov to help you determine if you are eligible. CASH Oregon provides free or low-cost in-person tax preparation services throughout Oregon. Here are their locations, www.cashoregon.org. Also, you can call 211 to find free tax preparation sites.



A **HUGE THANK YOU** to the following people and businesses who **PARTNER** with Marion County DHS Child Welfare by providing Donations, Tangible Needs, Monetary Support, and Activities for Foster Families. **It takes a Village!**

For The Love of Pete

Wake The World

Dominate The Dunes

Deborah Loy

Olson Florist

Pemberton's Florist

FPNO – Salem Heights Church

FPNO – Our Savior's Lutheran

First Baptist Church

Osborne Books – Katie Black

AAA

Garrett Hemann Robertson P.C.

Trinity Lutheran Church Mt. Angel

Rachel Wilis

Thirty-One Danielle Abbott

Cross Hill Christian School

Northern Lights Theatre

Mia Bella Salon

Our Saviors Christian School

YMCA

Action Group International

Morning Star Church

Deborah Loy

LDS Church

Debbie Jensen Book Club

Mary Cox

Edward Willits Family

Microplant Nurseries

CASA of Marion County

Every Child of Marion County

Girl Scout Troop 12010

Salem Pediatric Clinic

Northbank Surgery Center

Witham Family and Friends

Blue Ribbon Brigade

Willamette Valley Fruit Company

Donna Cheever

Kroc Center

Salvation Army

Mission Salem

Espresso Roads Coffee

Boys & Girls Club

Lewetag Family & Friends

Donna Feldman

A **HUGE THANK YOU** to the following people and businesses who **PARTNER** with Marion County DHS Child Welfare by providing Donations, Tangible Needs, Monetary Support, and Activities for Foster Families. **It takes a Village!**

Court Street Christian

Lowes

Home Depot

Lollypops & Roses

Keizer Florist

Stayton Flower

Every Child Marion County

CASA

WE are **EXCITED** to continue to **fill this page** with all those who are coming along side to say **YES** in a variety of ways!!!



Reception: 503.378.6800

marionfosteroradopt.com

Visitation: 503.378.8021

fosteroradopt.com

Child Abuse Hotline: 855.503.7233

4600 25th Ave Ste 110 Salem, OR 97301