

Fostering Notes



March 2020

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A Word from our ICWA SPECIALIST – DOTTIE RUNDLE

Did you know? That NARA, the Native American Rehabilitation Association of the Northwest, Inc., has programs for Native adults and youth. Their mission statement says: "Our mission is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need."

Their adult and youth programs combine best practices along with a traditional approach to culture and spirituality to assist people in their journeys toward health. For more information see www.naranorthwest.org.

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

CLICK ON THE LINK BELOW

[Talking to Children About COVID-19 \(Coronavirus\):
A Parent Resource](#)

Training Opportunities

NETLINKS

MARCH

Connections: Children, Birth Families, & Caregivers

Thursday March 12th 8:30am

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

Ayudando a los niños con las visitas

Miércoles, 18 de marzo, 5:30 - 9:00PM

- <https://ilearn.oregon.gov//DL.aspx?id=Course.A100.C02826>

APRIL

Child Development: The Tween Puzzle

Thursday April 2nd 8:30am

- <https://ilearn.oregon.gov//DL.aspx?id=Course.A100.C03664>

Helping Children with Visitation

Tuesday April 21st 5:30pm

- <https://ilearn.oregon.gov//DL.aspx?id=Course.A100.C02066>

Child Welfare Partnership Training

Trauma Informed Parenting, March 7th in Salem

- Flyer Attached

Promoting and Maintaining Cultural Identities of Youth, March 10th in Salem

- Flyer Attached

Loving and Letting Go, March 18th in Albany

- Flyer Attached

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)

Foster and Adoptive Parent LENDING LIBRARY includes Digital Material

- <https://www.orparc.org/library-request-materials.php?tn=4>

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

A note from Suzy Deeds:

Parenting a Second Time Around group is excited to have Joan Dingle join us on Monday, March 9th from 10:00-12:00. Joan Dingle, author of books on relatives as parents, will be speaking on the topic, "Putting Yourself in a Time Out." If you are a grandparent raising grandchildren or other relative parent please join us at NorthWest Senior and Disability Services at 3410 Cherry Ave NE; Salem from 10:00-12:00. (See attached flier for additional details.)

I will be on vacation March 3rd through the 6th. If you have questions about this support group contact LaDena Borchers at (503) 304-3429 or ladena.borchers@nwsds.org or Julie Mendez (503) 304-3432 If you have [questions](#) regarding programs NWSDS offers or resources in your community please contact the Aging and Disability Resource Specialist at (503) 304-3420 or information.nwsds@nwsds.org. If you have a question about reimbursement contact LaDena Borchers at (503) 304-3429 or ladena.borchers@nwsds.org.

Marion, Polk & Yamhill Foster Parent Support Group

- Last Friday of the Month No meeting in March due to Spring Break
- Next Support Group will be on: April 24, 6-8 PM
- Guest Speaker: Tammy Chatfield – Local Trauma Therapist
- 1675 Wallace Rd NW – Salem, OR 97304
- RSVP to this email in April
- 503.378.4491

Grupo de Apoyo

- Primer jueves de cada mes-¡Comida de traje!
- Contact: Ann Ortiz-Crow
- ANN.F.ORTIZ-CROW@dhsosha.state.or.us
- 503.378.5298

Relative Foster Parent/Relative Caregiver Support Group/McMinnville

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

Adoption Support Group

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



Monthly Coffee House Chats w/ Erma

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

You can also check the **Training Calendar** at marionfosteroradopt.com for more specifics on upcoming Training and Support Groups!

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



Articles, Information & Resources

Crib Safety

- Flyer Attached
- More Information at United States Consumer Product Safety Commission
CLICK ~ [CRIB SAFETY](#)

SAFE KIDS WEBSITE

- <https://www.safekids.org/>
- Car Seat Safety Flyer ATTACHED

WHAT is a PODCAST ANYWAY



Podcast. The name "**podcast**" combines the **terms** iPod and broadcast into a single catchy word. As the name suggests, **podcasts** are audio and video broadcasts. **Podcasts** are often distributed in "episodes," meaning new **podcasts** are made available on a regular basis.

A podcast is an episodic series of digital audio files that a user can download in order to listen. Platforms such as iTunes, Spotify, and Google Podcasts provide a convenient and integrated way to manage a personal consumption queue across many podcast sources and potential playback devices. They are often FREE! Click - [HOW TO LISTEN TO A PODCAST EASILY ON ANY DEVICE](#)

Below are some PODCASTS that may be of interest!

You can also go to the OREGON FOSTER PARENT ASSOCIATION FACEBOOK PAGE for other PODCAST SUGGESTIONS FROM FOSTER AND ADOPTIVE PARENTS. **LOOK FOR MY (GWEN SLIPPY) QUESTION about favorite PODCASTS on the FORUM!**

The Adoption Connection -Helpful tools and tips on the go, hosted by two adoptive moms who represent all three parts of the adoption triad. The podcast is Christian based and uses Trust Based Relational Intervention perspective.

- <http://www.theadoptionconnection.com/listen/>

A good place to start, episode #54, What Should I Look For In A Mental Health Professional?

- <http://www.theadoptionconnection.com/episode-54/>

The Honesty Adoption Podcast – Mike and Kristin Berry, foster and adoptive parents, the podcast offers a wide range of topics from transracial adoption and hair, to foster care issues regarding first families. The couple who host are Christians and reference faith at times, but the overall information is not religious.

- <https://confessionsofanadoptiveparent.com/>

A good place to start, Emotional Regulation series, Episodes 114-117.

- <https://confessionsofanadoptiveparent.com/why-is-emotional-regulation-so-important/>

Adoptees On – A podcast by adoptee's for adoptee's that gives foster and adoptive parents the opportunity to listen and learn from their voices.

- <http://www.adopteeson.com/episodes>

A good place to start, Triggered Triage Kit with Pamela Cordano, MFT

- <http://www.adopteeson.com/listen/hstriggered>

Attachment Theory in Action, Clinical Podcast. This podcast is dedicated to professionals working from an attachment perspective but has episodes with useful information for parents.

- <https://attachmenttheoryinaction.podbean.com/>

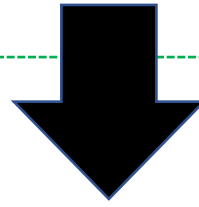
A good place to start, Raising the Challenging Child with Debbie Reed and Karen Buckwalter.

- <https://attachmenttheoryinaction.podbean.com/e/debbie-reed-karen-buckwalter-raising-the-challenging-child-part-1/>

Names of PODCASTS:

Foster The Family. Real Mom Podcasts. A Fostered Life. Sensory Project. A Fostered Life. TEDTALK on TRAUMA. Believed. Adoptees On. The Empowered Parent Podcast. Honestly Adoption. Twisted Sisterhood. Born in June Raised in April.

**CHECK THIS
OUT!!!**



Equine-Assisted Therapeutic Sessions for Children in Foster Care

- Therapeutic activities involving horses have been proven to help many individuals struggling with grief, trauma, and PTSD.
- Horses of Hope Oregon and Spirit Mountain Community Fund have partnered together to provide equine-assisted therapeutic sessions for children in the Oregon Foster Care system.
- Through a grant from SMCF, each child is eligible for 12 sessions at Horses of Hope between now and July, 2020. Sessions are scheduled either weekly or bi-weekly.
- Sessions are tailored to the client, and may include riding, grooming, groundwork, or other interactions with our therapy herd.
- Sessions can be scheduled by calling our office at 503-743-3890.
- *Horses of Hope Oregon seeks to provide equine-assisted therapeutic sessions to individuals who may otherwise not have this unique opportunity. We have adaptive equipment for those with physical challenges, and our staff is trained to accommodate individuals who have unique challenges. Our priority is keeping our client, our horses, our staff and volunteers safe while providing a quality experience for everyone. We are happy to discuss your unique situation, just give us a call!*

www.horsesofhopeoregon.org
2895 Cloverdale Dr SE

503-743-3890
Turner, OR

info@hohoregon.org
97332

RESPIRE CARE FUNDS ARE AVAILABLE FOR USE!!

413-200-0371

Responsibilities and Notification Requirements for Selection and Use of Respite Care Providers and Babysitters – updated 1/01/2020

DEFINITION OF RESPITE

A formal planned arrangement to relieve a certified family's responsibilities by a person temporarily assuming responsibility for the care and supervision of a child or young adult in the home of the person or certified family. Respite care must be less than 14 consecutive days.

Respite Providers

The certified family is responsible for identifying safe and responsible respite care providers for a child or young adult placed in the certified family's home and must take into consideration:

- The age, special needs, attachment, and individual behaviors of each child or young adult; and
- The length of time that the child or young adult will be with the respite care provider

When identifying respite care providers, the certified family must select respite care providers who –

- Are at least 18 year of age;
- Are capable of assuming childcare and supervision responsibility, including meeting the safety, health, and well-being needs of each child or young adult in the certified family's' care; and
- Will comply with OAR 413-200-0358 regarding discipline

IMPORTANT:

You must provide to the certifier the **names, addresses, and telephone numbers** of the prospective respite care providers and **receive Department approval** under OAR 413-200-0281 (criminal history check) **prior to using the respite care provider.**

Respite Care Funds

The intention of foster and relative caregiver respite care funds is to support the caregiver with funds for respite care through an approved DHS respite provider under OAR 413-200-0281. The funds are intended to reimburse the foster parent or relative caregiver for the cost of the respite care.

Respite care is child specific.

It is intended for the child or youth with needs that require a break.

For the foster parent or relative caregiver to maintain placement, or to retain the foster parent or relative caregiver.

Payment for respite care:

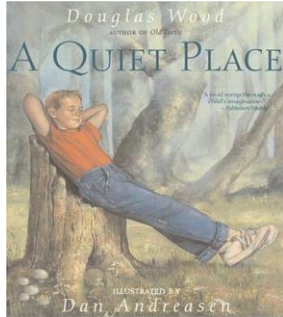
\$55 per day for up to three days per month, per child. Program Manager may approve more than three days of respite care. **CONTACT YOUR CERTIFIER.**

BANDWIDTH

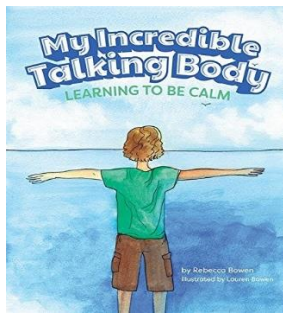


REFRAME THE BEHAVIOR

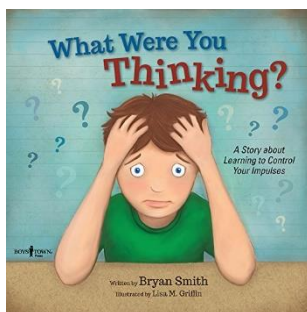
See EXCELLENT Article Attached About This Topic!



[A Quiet Place](#) – This book is a relaxing one to read at the end of a hectic day. It is about finding your own quiet place — by the shore, by the pond, on a mountain, in the snow — or maybe the one just inside of you. This is a great book for showing your child that everyone has a quiet place inside themselves. Teaching your child that they can go to that quiet place is a giving them the gift of peacefulness.



[My Incredible Talking Body](#) – This book teaches children the first step in being mindful — awareness of the body and how emotions feel physically. *“It tells me I am sleepy when my eyes are droopy and I just can’t stop yawning.”* The book goes through the feelings of hungry, thirsty, sleepy, angry, sad, scared and calm. *“When I am calm, my muscles feel relaxed like my arms and legs have turned into spaghetti noodles. My breathing is slow and deep like when I blow up a balloon.”* The book also discussed how to return to calm after feeling anger or sadness and give strategies for calming down. Learning to listen to the body is a good first step in mindful awareness and emotion regulation.



[What Were You Thinking? A Story about Learning to Control Impulses](#) – This book follows a day in the life of Braden, a 3rd grader who is learning how to control his impulses. Braden wants to be funny and blurts out things he shouldn’t, reacts to things he believes to be unfair without thinking, and eats a bunch of cupcakes without thinking about who or what they might be for. Luckily, Braden has some pretty understanding adults in his life who give him some tips on how to start controlling his impulses: Stop, Think and decide if your actions will make the situation Better or Worse.

To: All Child Welfare Caregivers

From: Rebecca Jones Gaston, Child Welfare Director

This email is about COVID-19 and includes prevention guidance.

The Oregon Health Authority has identified the first presumptive positive cases of COVID-19, the illness caused by the novel coronavirus, in Oregon. State and local health officials are following up with people connected to Oregon's first few cases. COVID-19 is spread from person-to-person through droplets in the air and on surfaces that people touch.

Health officials continue investigating as they urge good hand hygiene, covering coughs and staying home if you are sick.

Please share the below link to a fact sheet and prevention information with all contracted providers, staff, caregivers, household members, and children in your care. The fact sheet can be found at

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/LE2356.pdf>.

The prevention information can be found at

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/LE2681.pdf>.

In addition, please review the Oregon Health Authority Resources list for families and schools for additional information about prevention and what to do if you believe you or a child in your home may be impacted <https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Coronavirus%20Schools%20Announcement%2003-01-20.pdf>.

If a child in your care has symptoms of COVID-19, please first contact their health care provider, and then their caseworker. Likewise, if you or another caregiver have symptoms, contact your health care provider, and then your certification worker.

For more information

- For general information, call 211, **text** your zip code to 898211 (TXT211), or go to 211info.org.
- OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus
- CDC COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC travel notice: <https://wwwnc.cdc.gov/travel/notices>
- WHO page: <https://www.who.int/westernpacific/emergencies/novel-coronavirus>

Our top priority is the health and wellness of the children in our care and we thank you for following the guidance included in this message. The best way to protect yourself, your family, and the children in your care is to follow the prevention advice included in this message.

As the situation around COVID-19 continues to evolve in Oregon, I and Heidi Beaubriand, Child Welfare Health and Wellness Services program manager, will be monitoring it closely. When necessary, DHS will share further updates and information. In the meantime, the Oregon Health Authority is providing regular updates at www.healthoregon.org/coronavirus.

Sincerely,
Rebecca Jones Gaston, MSW
Child Welfare Director, Oregon Department of Human Services

Check It Out



fosteroradopt.com

foster parenting

(verb)

1. loving whomever is entrusted for however long they are entrusted; standing in the gap.
2. risking the protection of one's heart for the protection of a child.

WE APPRECIATE YOU

To: All Child Welfare Caregivers

From: Oregon DHS Child Welfare, Foster Care and Youth Transitions Program

This email is about the 2020 Census Day starting April 1, 2020

Dear Foster Parents and Relative Caregivers:

The United States Census Bureau is currently gathering data for the 2020 Census; see [this link](#) to the US Census Bureau for a helpful overview related to counting children.

The following information is provided in effort to ensure a common understanding and consistent reporting as well. We ask that certified foster families/relative caregivers report the number of children and young adults placed in your home at the time the census information is requested.

Q: Should I include any foster children in my home or residential program in my response?

A: Yes, foster children should be counted at their foster placement, where they live and sleep most of the time. If you are not sure, count them at the address of the place where the child was staying on April 1, 2020.

Q: I have received a request from a census worker to collect surveys from youth, should I allow them on-site?

A: No. Census forms can be completed independent from a site visit for youth served in foster care or a residential setting. If a young adult, 18+, resides in a Transitional Living Program or Supervised Independent Living residence, they may complete their own census form.

Further information can be found on Oregon's state committee and website:

<https://www.oregon.gov/gov/policy/Pages/2020census.aspx>

A video regarding the 2020 Census can be accessed [here](#).

Thank you and if you have any questions, please feel free to reach out to us at

FosterFamily.Supports@dhsosha.state.or.us

Oregon DHS Child Welfare
Foster Care and Youth Transitions Program
FosterFamily.Supports@dhsosha.state.or.us

SPANISH INFORMATION ATTACHED

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

Deborah Loy

Wake The World

LDS Church

Dominate The Dunes

Debbie Jensen Book Club

Deborah Loy

Mary Cox

Olson Florist

Edward Willits Family

Pemberton's Florist

Microplant Nurseries

FPNO – Salem Heights Church

CASA of Marion County

FPNO – Our Savior's Lutheran

Every Child of Marion County

First Baptist Church

Girl Scout Troop 12010

Osborne Books – Katie Black

Salem Pediatric Clinic

AAA

Northbank Surgery Center

Garrett Hemann Robertson P.C.

Witham Family and Friends

Trinity Lutheran Church Mt. Angel

Blue Ribbon Brigade

Rachel Wilis

Willamette Valley Fruit Company

Thirty-One Danielle Abbott

Donna Cheever

Cross Hill Christian School

Kroc Center

Northern Lights Theatre

Salvation Army

Mia Bella Salon

Mission Salem

Our Saviors Christian School

Espresso Roads Coffee

YMCA

Boys & Girls Club

Action Group International

Lewetag Family & Friends

Morning Star Church

Donna Feldman

Court Street Christian

Lowes

Home Depot

Kroc

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!**

Keizer Florist

Gilbert House

Family Life Church Salem

The Confederated Tribes of Grand Ronde

Stayton Flower

Enchanted Forrest

Horses of Hope Oregon

Lollypops & Roses

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