

# Fostering Notes Weekly



Week of April 13, 2020

My NeighbOR is an emergency response system.

Serving Oregon's most vulnerable children and youth.

We are connecting goods and services from community members to foster families and youth in foster care.

You can provide supplies, create a Flash Box, purchase a gift card for a foster family, or give funds to help us meet the needs of foster families.



Toiletries



Baby Items



Groceries



Gift Cards



Educational  
Support/  
Activities



Invest

<https://everychildoregon.org/need/>

## How it works:

When you have a tangible need, please fill out this form [HERE](#) with your request.

Upon receiving your request, we will reach out to various local community connections to help fulfill your requests. Once we have a local match for your request, we will contact you and direct you to a local Anchor Site. Anchor Sites are designated, sanitized, and trusted business, church, or organization with designated staff and/or volunteers that will be open for item pick up during set days/times each week.

## Is it safe?

Yes! We are taking extra precautions for your safety. All items delivered will be sanitized and stored with a label indicating the date of drop off, your expected pick up date range, and your name.

During pick-up, a volunteer will greet you wearing disposable gloves, and the item will be wiped down again outside, before being given to you.

**All sites are considered “essential services” by the Governor and DHS Leadership.**

## What do I need to bring for pickup?

Driver's License and foster family paperwork, if possible.

In this midst of this unprecedented time we want you to know this without a doubt:

**We see you. We respect you. We stand with you.**



## Distance Learning Information

<https://salkeiz.k12.or.us/distance-learning/>

### Instructional Videos to Support Distance Learning

Please take the time to review [our series of instructional videos below](#) to help get you started with distance learning. We will continue to provide new ways to support you and your child throughout this process and help create as much normalcy as possible.

On April 13, 2020 we will begin learning like we never have before. On March 30, the Oregon Department of Education (ODE) announced the statewide change to “[Distance Learning for All](#)” in response to the Coronavirus (COVID-19) pandemic, which has closed our schools since March 16.

### Equity for Student Learning

As we adapt to Distance Learning, equitable outcomes for all students remains our focus, and we will continue to hold equity at the center of our work, while supporting the academic, mental and social-emotional needs of our students. Salem-Keizer Public Schools’ Distance Learning plan aligns with guidance from ODE and provides for synchronous and asynchronous learning as well as a commitment to providing access to educational materials through multiple modes, such as virtual classroom and printed learning packets.

### Stay Connected

One of the most important aspects of helping to make distance learning successful is staying connected. Without our families, distance learning would not be possible.

Each week teachers will share assignments and activities through **Google Classroom (K-12)** or **Seesaw (K-5)**, and provide multiple opportunities for students to virtually collaborate and connect with their peers and teachers.

Help your child where possible, talk positively about distance learning and reach out to your teacher when you run into challenges. **Communication is key to our success**; but remember, everyone’s best is different and everyone’s best is okay. We must provide grace and understanding as we all learn how distance learning works best for us.

### Internet Safety

As the primary mode for distance learning will be held through online platforms, it’s important to keep internet safety in mind with your children. Please be sure to review our [internet safety tips](#) that are useful anytime your child has access to an internet-connected device.

## Message from DHS Child Welfare Foster Care Program,

### Billy Cordero, Foster Family Retention and Recruitment Manager

Dear Foster Parents and Relative Caregivers:

I wanted to update you on some recent changes that have been made to provide additional reimbursement funding to foster parents and relative caregivers for supervision needs due to the COVID-19 stay at home directives. You may know “childcare” as defined in our certification and payment rules is specific to when the supervision needs are for work or school. Additionally, the childcare provider must meet certain criteria in order to access the up to \$375/month childcare reimbursement. This new alternative care funding is an additional reimbursement of up to \$375 with different stipulations, as explained below.

Due to COVID-19 and the stay-at-home directives, we have heard of circumstances where foster parents are needing alternative caregiving that does not align with the current childcare rule, and utilizing providers who do not fit the strict categories defined in the childcare rules. Questions have been asked if the foster parent or relative caregiver can be reimbursed for the costs incurred due to these supervision needs.

Some examples are (but are not limited to):

- If a foster parent/relative caregiver has necessary errands (grocery store, etc.) and pays an individual to care for the children
- If a foster parent/relative caregiver needs to help supervise/facilitate a meeting with a child’s therapist/parent/caseworker and needs help with other children in the home and pays an individual to care for the children
- If a foster parent/relative caregiver is working from home, utilized child care previously, and pays 17 year old neighbor to come to the home to care for the children while foster parent works
- If a foster parent/relative caregiver is assisting with distance learning requirements and utilizes an individual to help supervise children

To that end we have drafted rule language and procedure for “Alternative Care” specific to a state of emergency.

*Oregon Administrative Rule:*

#### *(6) Alternative Care*

*During the declaration of any state of emergency, a supervisor may approve the use of an alternative care provider, and the certified family may be reimbursed for payments made to the approved alternative care provider for the care provided. The alternative care provider may include, but not be limited to respite provider, a child care provider, or a babysitter as defined in 413-200-0260 A supervisor may approve alternative care providers that do not fit within the above definitions if the alternative care is needed to meet the safety, permanency or well-being needs of the child or young adult.*

Beginning April 1<sup>st</sup> 2020, and extending through the current pandemic, DHS has made these Alternative Caregiver funds available for certain reimbursements for additional supervision costs incurred due to the COVID-19 crisis.

## Message from DHS Child Welfare Foster Care Program, Continued.....

The reimbursement must be approved by either your caseworker, certifier or a supervisor. A form will need to be completed with the name of the person who has been paid. That person will need to sign an invoice (provided by the department) that they were paid and the amount they received. Payments made during the month of April are eligible for reimbursement. The MAXIMUM amount to be reimbursed for Alternative Care is \$375 per month per child.

Reimbursement for alternative care provided outside of the Child Care OAR and Child Care Procedure is intended to provide additional financial support to foster parents and relative caregivers who, due to a state of emergency in their community, require support regarding the supervision of the foster children placed in their home.

As a foster parent or relative caregiver, please contact your child's caseworker or your certifier to discuss your supervision needs related to this current crisis. There is an approval process they have to complete and will need information from you. To receive reimbursement you will need to complete an invoice form (provided by DHS) and the individual you have paid will also need to sign. This is so the department can track the spending and supervision needed.

Thank you for all you do for the children in Oregon's Child Welfare system.

Billy Cordero, Foster Family Retention and Recruitment Manager

### A Message from Our Child Welfare Director Rebecca Jones Gaston

Dear All,

I wanted to share with a link to my [video message](#) for you, as well as send an update on visitation guidelines. In an effort to continue to align our expectations with those of our Governor, we will extend the guidelines for visitation that were given on March 23, 2020 through the end of April. We know this is a true hardship for some of the children and families that we serve, and I implore you to find creative and innovative ways for children and young people to stay connected to their parents and relatives.

We also expect that formal guidance from OIS will be coming soon to assist with teleconference technology.

Many thanks for all you are doing.

Warmly,

Rebecca

### CHAT – Caregiver Happenings, Awareness and Triumphs

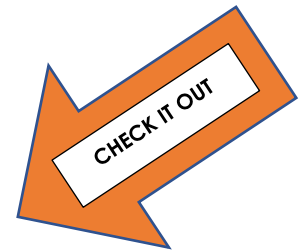
Latest edition sent out 4/14/2020 by email. If you did not get it in your INBOX, Check your Junk/Spam folder. **NOT THERE?**

EMAIL



[FosterFamily.Supports@dhsosha.state.or.us](mailto:FosterFamily.Supports@dhsosha.state.or.us)

## Training Opportunities/Support Groups/News



### How to install and use Skype for Business

- Instructions for Iphone and Samsung 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@dhsoha.state.or.us](mailto:ANN.F.ORTIZ-CROW@dhsoha.state.or.us)

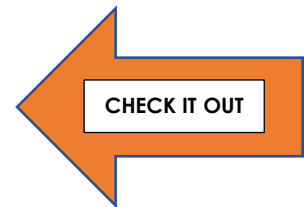
### ORPARC (Oregon Post Adoption Resource Center)

Foster and Adoptive Parent LENDING LIBRARY includes Digital Material

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

### Oregon Department of Human Resources Covid-19 Information and Resources.

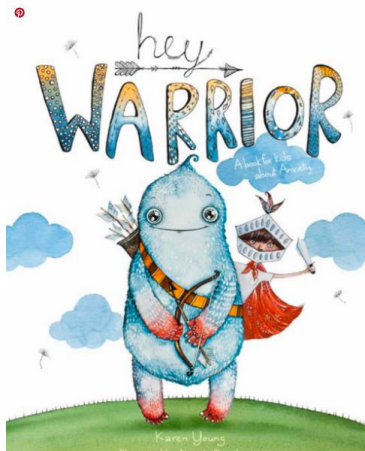
- <https://govstatus.egov.com/or-dhs-covid-19>



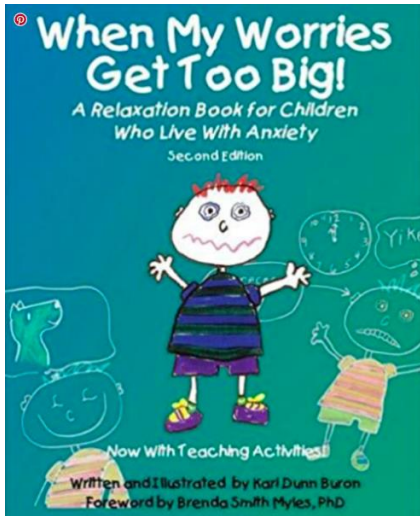
### Netlink opportunitites coming up in May – Click link below.

- [Netlinks via PSU CWP](#)

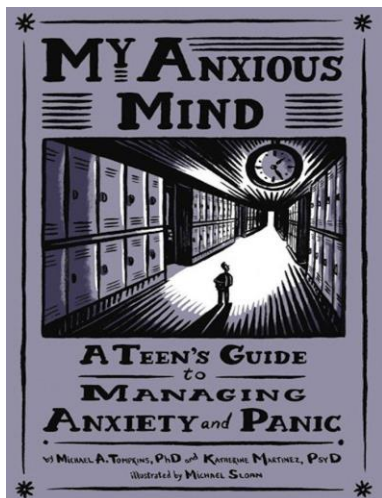
### Book Recommendations



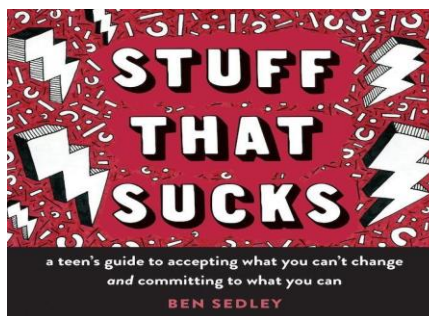
A fantastic book to help children understand what actually happens in their brain when they experience anxiety. Kids can do amazing things with the right information. Understanding why anxiety feels the way it does, and where the physical symptoms come from, is a powerful step in turning anxiety around. This book is an amazing resource for kids 5 years and above who feel anxious and overwhelmed by those feelings. Available at <http://www.heysigmund.com/product/hey-warrior/>



More than any other issue, 'losing control' can cause major problems for children. Through the irresistible character of Nicholas, this book gives young children an opportunity to explore with parents or teachers their own feelings as they react to events in their daily lives while learning some useful relaxation techniques. Children who use the simple strategies presented in this charming book, illustrated by the author, will find themselves relaxed and ready to work or play. Available on Amazon for US at [<http://amzn.to/2iWkhtU>]



*My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* also made the Coping Cat Parents list. Michael A. Tompkins, Ph.D., and Katherine Martinez, Psy.D., both licensed psychologists, wrote it to help older readers facing anxiety. (Buy [here](#))



In *Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can*, clinical psychologist Ben Sedley helps teens sort through their emotions. Lisa W. Coyne, Ph.D., who is an assistant professor at Harvard Medical School and the founder and director of the [New England Center for OCD and Anxiety](#), recommended it as she uses it with her patients. (Buy [here](#))

**Regretfully, this has been CANCELLED due to Covid-19**

**FOSTER PARENT APPRECIATION**  
**May 8, 6- 8 PM**  
**Keizer Community Center**





In this time of unprecedented service closures, I'm grateful and excited to announce that the KEEP program will continue to provide outstanding support and skill-enhancement for our dedicated foster parents and relative caregivers. **KEEP teams across the state are working diligently to migrate current participants to virtual groups via ZOOM videoconferencing and will continue to launch new groups on an ongoing basis.**

KEEP is a powerful antidote to the isolation and stress of these times. Now more than ever, foster parents will find solace, guidance and community connections with KEEP!

#### **What does KEEP offer?**

- A toolkit of highly effective skills for managing behaviors, reducing caregiver stress and building on youth strengths
- Lasting connections between foster parents, leading to respite sharing, emotional support and community building
- \$20 gift card for attending each session
- Up to 24 training credit hours in 16 weeks
- A positive, non-judgmental safe space for foster parents to share their struggles and find REAL solutions

#### **What are foster parents saying about KEEP?**

- *"I learned a large amount of tools to help with our foster children. The program is extremely valuable. I wish this had come earlier in my foster career."*
- *"Super helpful, actual tools. Really helped us balance our lives. Very good for all foster parents can use."*
- *"KEEP" up the good work. These training groups are helpful and remind you that everyone can learn new tools. KEEP taught parents tools and new balance of parenting. Teaches encouragement and positive engagements."*
- *"This is the best group ever!!"*

#### **Who is eligible?**

- All **DHS-certified** foster parents (gen-app, kin/kith)
- Must have a **current foster youth** between the ages of 3-12
- Teen groups coming TBD

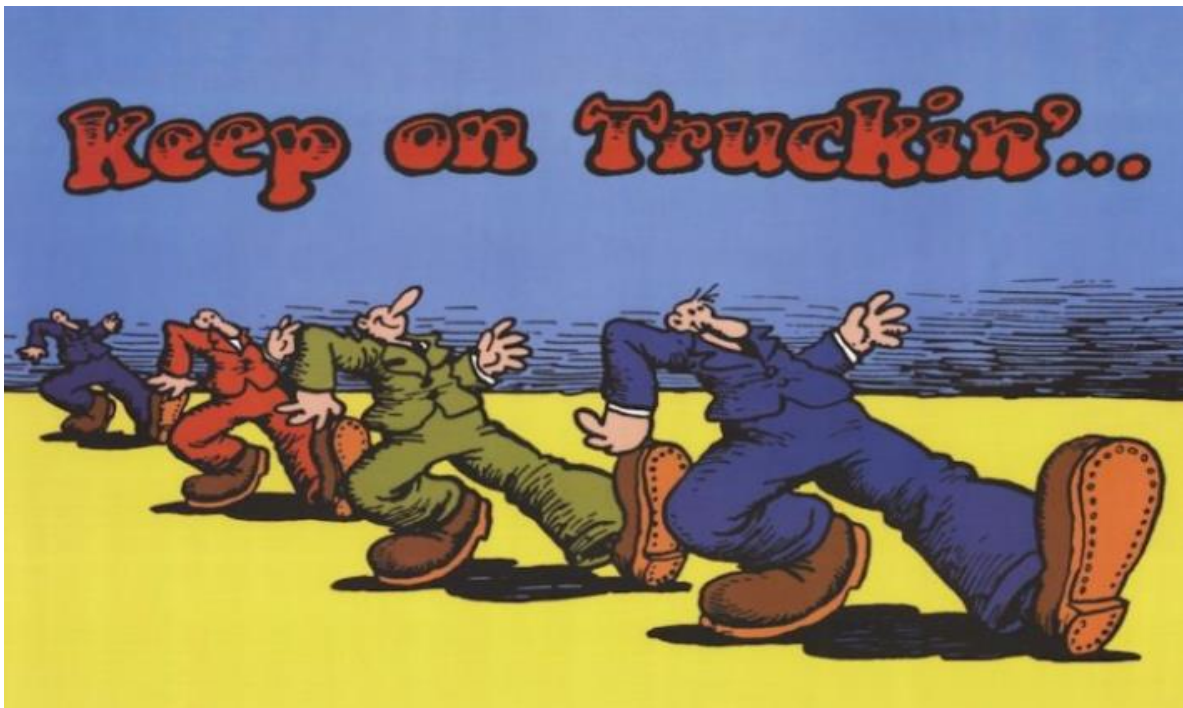
**Foster Parents Can Self-Refer Here:**

<https://www.keepfostering.org/keep-in-oregon/>

# AFFIRMATION

The action or process of affirming something. To encourage or provide emotional support.

*Wow! What else can I say? I am completely amazed by our foster provider's abilities to adapt to this ever-changing situation with grace and patience! We are asking a lot from you, and you are coming through like champions every day. The outpouring of love and attention that you devote to our community's children is beyond astounding! We appreciate you much more than you could ever know! Please feel free to reach out to us if you need any extra support during this time. I am showing my age by saying this, but... Janice Spees, Marion CW Certification/Adoption Supervisor*



Reception: 503.378.6800

[marionfosteroradopt.com](http://marionfosteroradopt.com)

Visitation: 503.378.8021

[fosteroradopt.com](http://fosteroradopt.com)

Child Abuse Hotline: 855.503.7233

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