Fostering Notes Weekly

Week of July 27 – 31, 2020

BACK TO SCHOOL BACKPACK GIVEAWAY

Drive-Thru

WHERE: Blanchet School
4373 Market St. NE - Salem
New location Enter on Market Street

DATE: Saturday, August 8, 2020

TIME: 10:00 a.m. - 1:00 p.m.

FEATURING:

- This fall, heading back to school will look different, but we know families need support now more than ever. The Boys & Girls Club's annual Back to School Health Fair will transition to a drive-thru, featuring:
- **BACKPACKS with School Supplies**
- Toothbrush Kits & Water Bottles
- Family Resource Kits
- *All backpacks with supplies will be given away FREE
- *For students in grades K-12
- *Walk-ups will be welcome with proper social distancing
- *Masks encouraged

Backpack giveaway is made possible by a partnership with Salem First Christian Church, Salem Alliance Church, SKEF, BGC Bingo, Salem Clinic Foundation, and Salem Rotary Literacy Committee.

BOYS & GIRLS CLUB OF SALEM MARION AND POLK COUNTIES

(503) 581-7383
http://bgc-salem.org

Health
Education

marionfosteroradopt.com

Free Haircuts courtesy of

SALEM, OR

FRONTIER

BARBERSHOP

Heart to Soles

VANS "OFF THE WALL"

Back 2 School Shoe Giveaway!

August 30th 2020

Between 12-4pm in the parking lot of the

BOYS & GIRLS CLUB OF SALEM MARION AND POLK COUNTIES

1395 Summer st NE Salem OR 97301

If you plan on coming, please RSVP with the number of children and sizes before August 15th at hearttosoles@gmail.com

Foster parent **MUST** RSVP (hearttosoles@gmail.com) by August 15th.

This year, please do not bring foster parent bio children to the event. They are trying to lower the number of people attending.

Foster parent **MUST** RSVP (hearttosoles@gmail.com) by August 15th.

To be included in the email:

- Number of children in foster care that will be attending
- If the child needs a haircut (the haircut will be at a different location)
- Age of child
- Gender child identifies as:
- Shoe Size

The foster parent will receive a time when the child can come shop for shoes. It is imperative that the foster parent keep that time.

Foster parent **MUST** RSVP (hearttosoles@gmail.com) by August 15th.

FosterClub

FosterClub's mission is to lead the efforts of young people in and from foster care to become connected, educated, inspired and so they can realize their personal potential and contribute life for their peers.

https://www.fosterclub.com/

Our approach

FosterClub's approach is to engage and empower those who have the most at stake in transforming the foster care system: young people themselves. FosterClub creates and connects young people from foster care with unique tools and programs, and engages young people to transform life for themselves, their peers, and to ultimately improve the child welfare system.

Oregon FosterYouth CONNECTION

Building a better future for individual foster youth and Oregon's foster care system.

http://www.ofyc.org/

ABOUT US Oregon Foster Youth Connection (OFYC) empowers current and former foster youth to share their voice and to be heard in key decisions affecting children and youth in foster care. With peer support, leadership skills, and civic engagement, these inspiring youth take the lead in improving their own lives and the lives of thousands of kids in Oregon's foster care system.

MISSION & VISION To improve the foster care system through advocacy, activism, and leadership. To ensure that all children and youth in the foster care system, from the youngest to those aging-out, are well cared for and empowered to succeed.

ACEs

Introduction to Adverse Childhood Experiences
Early Trauma Online Learning

FREE Online Training Click HERE

OREGON POST ADOPTION resource center

Contact us!

1-855-496-BOOK (2665)

ORPARClibrary@nwresource.org

Keep us bookmarked!
We'll be adding materials over time.
Check back frequently for new additions!

Contact ORPARC to set up your account* and get started!

Materials are available for download directly to your computer, tablet, or phone.

***Foster Parents:** Please have your provider # and certifier name ready when you call/email to start your digital library account.

We Love, We Learn

together at the ORPARC Library

Reception: 503.378.6800 | Visitation: 503.378.8021 | Child Abuse Hotline: 855.503.7233
marionfosteroradopt.com | 4600 25th Ave NE Ste 110 Salem, OR 97301 | fosteroradopt.com

https://salkeiz.k12.or.us/news/meal-site-adjustments/

SKPS Provides 2020-21 Reentry Planning Update

See attached letter from Superintendent, Christy Perry.

In October, SKPS leaders will review metrics to establish a timeline to move into blended learning mid-November.

This means students in kindergarten – tenth grade will not attend in person until the week of Nov. 16 at the earliest. November 16 is the beginning of the second quarter of the school year. Students in grades 11 and 12 will not attend in person until the second semester at the earliest, which begins on Feb. 2, 2021.

“Comprehensive distance learning will not look like distance learning from last year,” said Perry. “Comprehensive distance learning will include significantly more teacher-facilitated instruction, more independent and family-supported applied learning, daily attendance, students will earn grades and high school students will earn credits.”

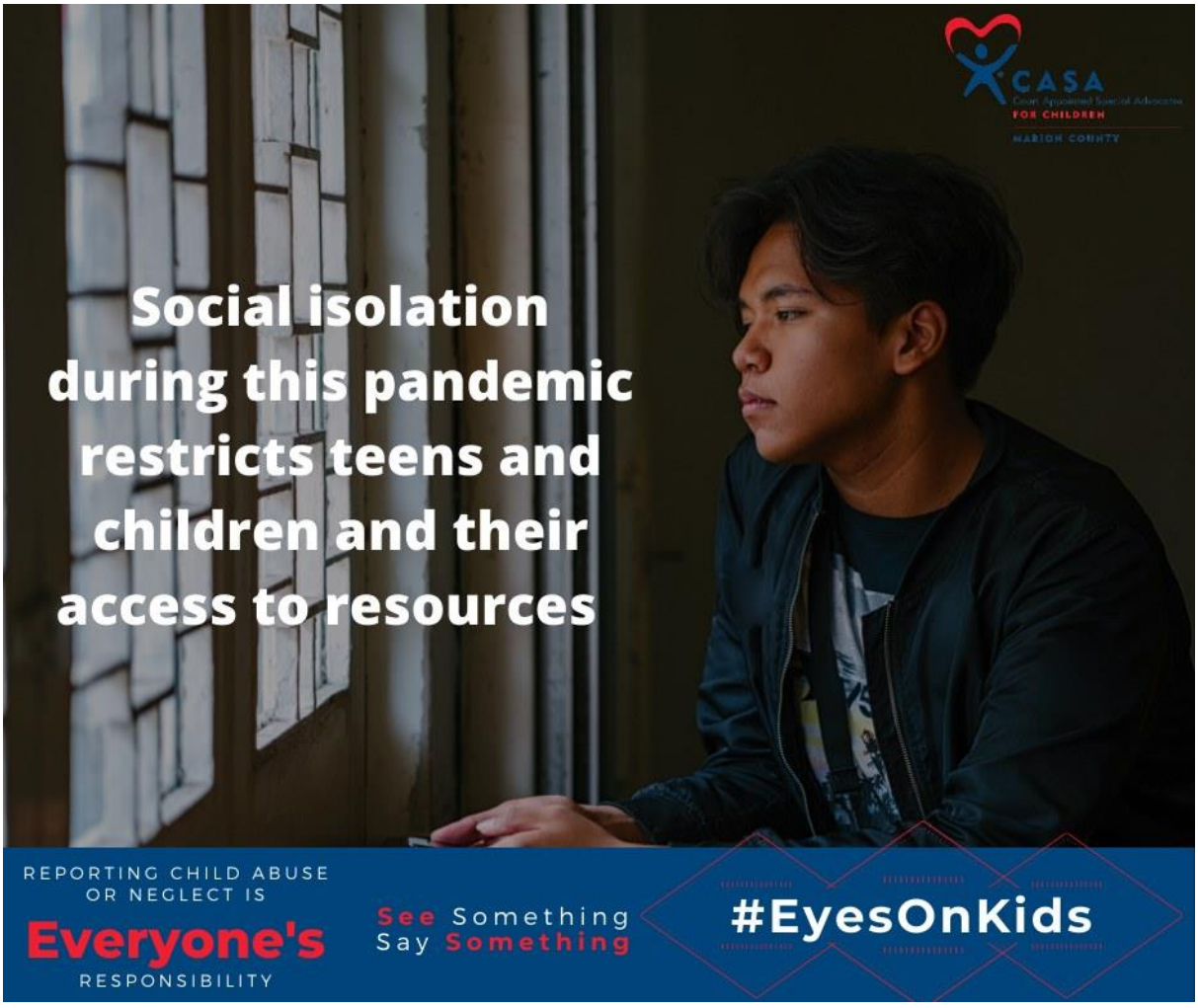
Salem-Keizer Public Schools will also implement a slow start to the school year. The week of Sept. 8 will be used to establish connections with students and families. The official start of comprehensive distance learning, including the recently announced online-only EDGE program, is set for Sept. 14, 2020.

“We struggle with this news as you do,” said Perry. “We miss our students in the schools and value in-person learning, which is where we want to be sooner than later. Know we are committed to our educators, students, and families and stand with you during this time.”

projectlemonade

Inspiring self-esteem in foster youth

Click HERE For More Details



SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions

body

lay on the ground, press your toes into the floor, squeeze playdough

5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea

self-soothe

take a shower or bath, find a grounding object, light a candle

observe

describe an object in detail: color, texture, shadow, light, shapes

breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8

distract

find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY

Community Resources

NEW Marion County Youth and Family Crisis Services for youth 0-17 years old - 503-576-4673
Home & Community Mental Health Crisis Screening and Services.

Youth & Families Crisis Services brochure (English)

Youth & Families Crisis Services brochure (Spanish)

Flyer - English

Flyer - Spanish

Santiam Canyon Resource Guide

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

RED NACIONAL de PREVENCIÓN del SUICIDIO
1-888-628-9454
prevencióndelsuicidio.org

Mid-Valley 211
2-1-1
Marion, Polk and Yamhill Counties

GETTING CONNECTED TO THE SERVICES YOU NEED IS AS SIMPLE AS DIALING 2-1-1.

- Health Care
- Energy Assistance
- Elder Care
- Volunteer Options
- Counseling/Support
- Employment Resources
- Emergency Food/Shelter
- Disability Support/Advocacy
- And more...

Your call is free, confidential, and live.

Monday–Friday, 8 a.m.–6 p.m.
Service available in more than 150 languages.

Search online at 211info.org

Psychiatric Crisis Center - PCC

503.585. 4959 (Marion, Polk, Yamhill)

Are you experiencing a mental health crisis? We are here to help, 24 hrs a day, seven days a week.

Recurso bilingüe disponible

LGBT National Help Center

Call **1-800-246-7743** for general support for LGBTQ people of all ages

Youth Talkline or call 1-800-246-PRIDE (7743)
LGBTQ Teens Online Talk Group
LGBT National Hotline 1-888-843-4564

The Trevor Project - Saving Young LGBTQ Lives

Call **1-866-488-7386** available 24/7
TrevorText — **Text "START" to 678678**
TrevorSpace — An online international peer-to-peer community for LGBTQ young people and their friends

Articles, Information, Resources & Training

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.

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

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

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

Relatives as Parents Program (55 and older)

- Contact Aging and Disability Resource Connection at (503) 304-3420 or information.nwsds@nwsds.org

Parenting a Second Time Around Support Group (Grandparents)

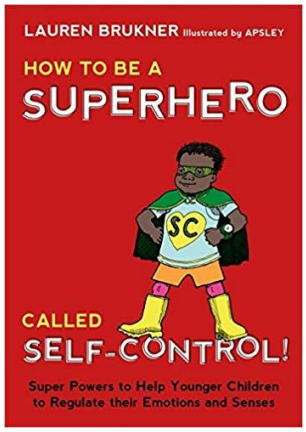
- Suzy Deeds **suzy.deeds@nwsds.org or** 503.304.3429

Free Internet – More Information Attached!

- Wave for the Woodburn area: www.Internetfirst.com.
- Comcast for the Salem Area at www.internetessentials.com.

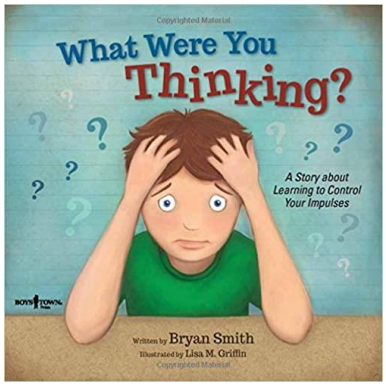
CHAT – Caregiver Happenings, Awareness and Triumphs

Latest edition sent out 7/14/2020 by email. If you did not get it in your INBOX, Check your Junk/Spam folder. NOT THERE?
EMAIL → FosterFamily.Supports@dhsoha.state.or.us



Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers.

Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.



Kids do things before they think ALL THE TIME! Help them learn self-control and reduce their disruptive behaviors with this fun story.

When you're a child, it's not easy to control your impulses. Children aren't always aware that what they are doing is inappropriate.

Third-grader Braden loves to be the center of attention. His comic genius, as he sees it, causes his friends to look at him in awe.

But some poor decision-making, like ill-timed jokes in class and an impulsive reaction during gym that left a classmate teary-eyed and crumpled on the floor, forces the adults in Braden's life to teach him about impulse control.

But will the lessons shared by his teachers and his mom really help Braden manage his impulses? Young readers will enjoy this story filled with relatable and common situations all children share.

What Were You Thinking? shows kids how to think before they act, and is part of the *Executive FUNction* series of books by author and school counselor Bryan Smith. Written for kids ages 5-10 (Grades K-5), this storybook includes tips for parents, counselors and teachers.

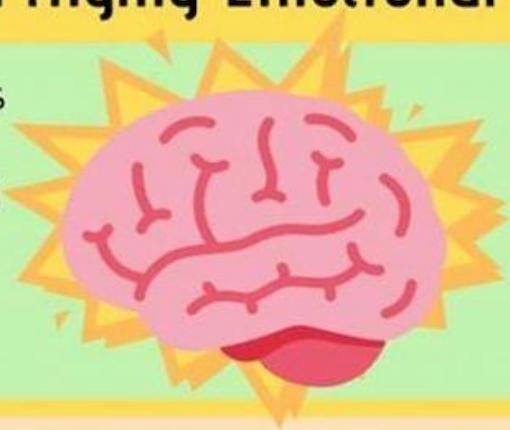
This series of entertaining books help kids develop friendships, control emotions and improve their manners.

Why Do You Think Some Kids Have Challenging Behaviors?

What I can't control
Someone Else's Decisions
Death
Who Likes Me
How Others Treat Me
Others Taking Care of Themselves
Others Being Kind
Height
Who Loves Me
Skin Color
What I can control
Doing my Homework
Respecting Property
Being Kind
Being Accountable
Studying for Tests
The Friends I Choose to Have
My Decisions
Forgiving
How I Respond to Challenges
Trying Again
How I Spend My Free Time
Doing My Chores
Taking Care of Myself
Being Honest
Asking for Help
Working Hard
Past Mistakes
How I Respond to Others
Others Apologizing to Me
Apologizing
Others Being Honest
If Someone Else Keeps Trying
Weather
Others Forgiving Me
Others Asking for Help

Understanding dysregulation: How to Support a Highly Emotional Child

Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

Remember the Three "R"s

Regulate

focus on soothing your child. Make them feel calm, safe, and loved.

Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

Reason

Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.

Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

http://www.thinkkids.org/regulate-relate-reason/ https://jessicalangtherapy.com/blog/regulate-relate-reason-brain-state/

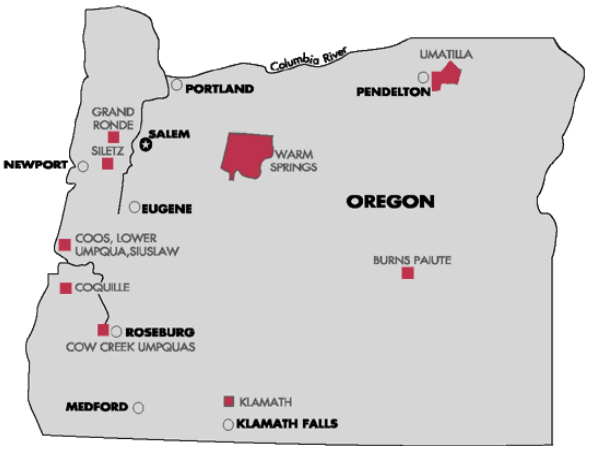
See handout in email on the 3 – R's!

A word from our ICWA Specialist Dotti Rundles

ICWA and the role that culture plays is often not fully understood. NICWA, the National Indian Child Welfare Association, recently sent out a new publication that is below for you to click on and read. This publication is 68 pages, so it will take time to even take a quick look, but I believe it does provide lots of good information. You can also find this on the NICWA website. Let me know if you have any questions on any of this.

American Indian & Alaska Native Grandfamilies: Helping Children Thrive Through Connection to Family and Cultural Identity.

Oregon Tribes



All the best,

Dottie

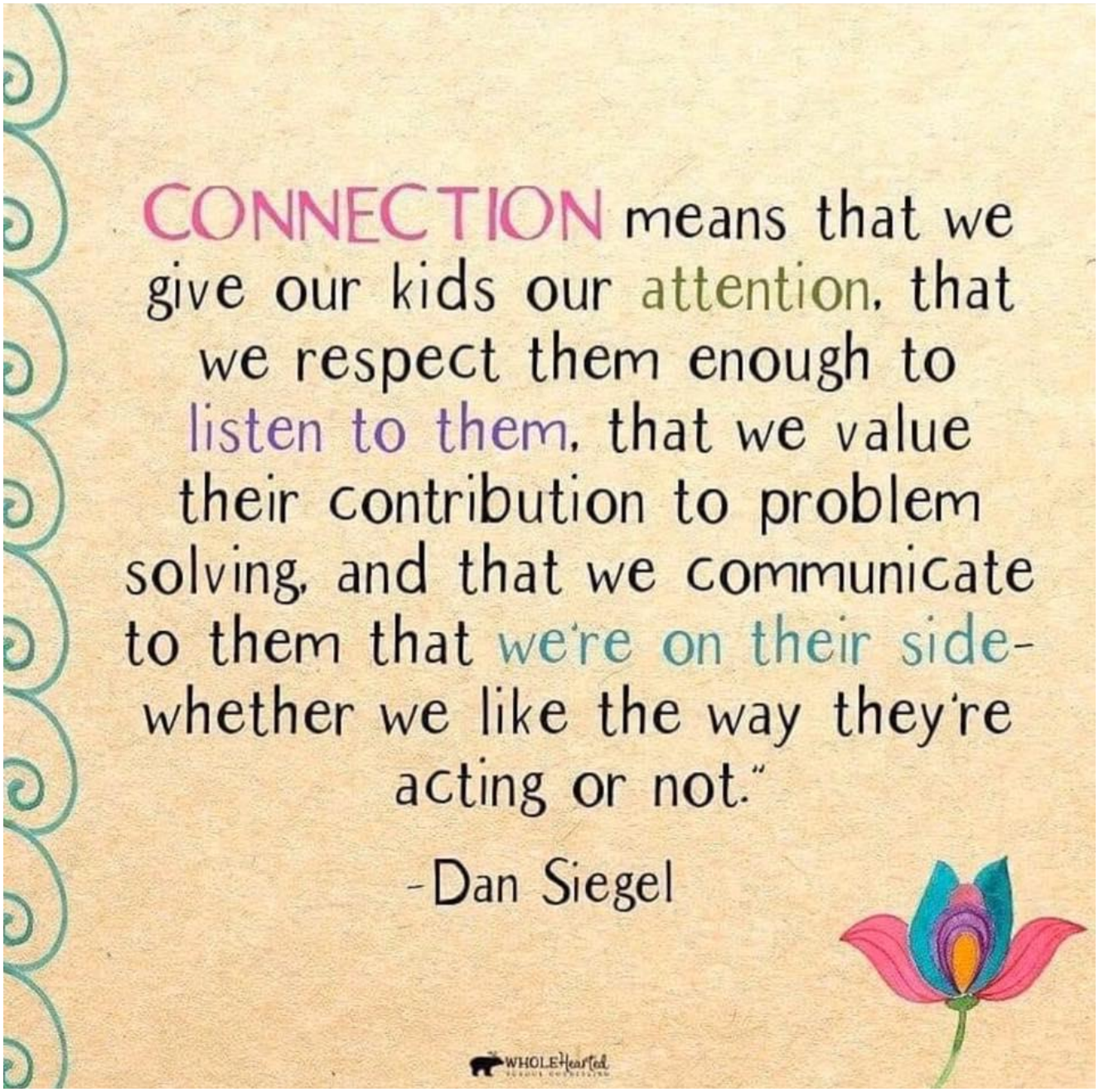
Dottie Rundles Pronouns: she/her/hers
ICWA Specialist/ Social Service Specialist 1

"Let us put our minds together and see what kind of life we can build for our children." Sitting Bull Hunkpapa Lakota

DHS (Polk, Yamhill and Marion Counties)
4600 25th Ave. NE, Ste 110
Salem, OR 97301-0338

Phone: (971)707-2582

Dorothy.Rundles@state.or.us<mailto:Dorothy.Rundles@state.or.us>

AFFIRMATION

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