

Fostering Notes Weekly



Week of June 15 – 19, 2020

VISITATION

COVID-19 IN-PERSON PARENT/CHILD VISIT GUIDE FOR PARENTS AND CAREGIVERS

WHAT YOU CAN EXPECT FROM ALL DHS STAFF AND DHS CONTRACTED PROVIDERS:

- Any DHS Staff or DHS Contracted Provider that has symptoms or a positive test for COVID-19 in the last 10 days will NOT be conducting child visitation.
- ALL DHS Staff and DHS Contracted Providers will contact caregivers and parents in advance to establish expectations on how the in-person visit will be conducted (i.e. in an area outside, in the home, at a DHS office or predetermined location, arrival time, etc.).
- DHS staff will contact the parent(s) and the child's foster parent to screen for exposure to COVID-19 the day prior to the scheduled in-person visit.
- ALL DHS Staff and DHS Contracted Providers will practice good hygiene according to CDC guidelines AND will be wearing a facial covering.
- All DHS Staff and DHS Contracted Providers will follow the comprehensive guidelines set forth in the Guidance for In-Person Family Contact During Covid-19.
- DHS will provide diapers, wipes, water and snacks for visits in offices.



WHAT DHS EXPECTS FROM PARENTS:

- Tell your caseworker if you've been sick with symptoms (listed below) or you've been around someone who has tested positive for COVID-19. If so, your in-person visit will be rescheduled. Virtual visitation should continue.
 - Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Or at least two of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore Throat
 - Recent loss of taste or smell
- If you have symptoms, a positive test for COVID-19 or have been around someone with a positive test for COVID-19, virtual visits should be held until at least 10 days since symptoms first appeared AND 3 days have passed without symptoms (without the use of fever-reducing medications), or after you have received a negative test result.
- Please arrive 15 minutes prior to the scheduled visit and wait in their car or parking lot maintaining social distancing of 6 feet from others. Let DHS staff know when you have arrived.
- Please leave personal items that will not be needed in a car or put them in a plastic bag provided by DHS staff. This includes jackets, purses, bags, and backpacks.
- You must wear a face covering for your visit, unless it needs to be removed to address your child(ren)'s fears. If you do not have a face covering, one will be provided to you.
- Please do not bring food or drinks to visits. Water and small snacks can be provided by DHS staff for visits in the office.
- You may hug your children and have physical contact. Please avoid touching of faces when possible.
- DHS has developed additional guidelines to help protect the health and safety of you and your children with in-person visits. Your caseworker will talk to you about those guidelines. If you have any questions, you can talk to your caseworker.

6.1.20

WHAT DHS EXPECTS FROM CAREGIVERS:

- DHS staff will contact you ahead of the scheduled visit to plan for that visit. During that planning call, you will be asked if any member of your household has tested positive for COVID-19 in the last 10 days, has symptoms of COVID-19 (see above) or has been exposed to someone who tested positive for COVID-19. If no, the visit will proceed with appropriate safety precautions. If yes, or if the child has been determined to be immune compromised and/or medically fragile, a team meeting may be scheduled to discuss the visitation plan.
- If age-appropriate, teach the children in your care proper hygiene techniques as outlined by the CDC and inform them that adults may be wearing facial coverings, so they are not surprised. Facial coverings are not recommended for children under 2 years of age, nor for individuals who cannot safely manage their own face coverings.
- You may provide transportation for children to visits whenever safely possible and based on your availability.
- Please engage with parents at a safe social distance of six (6) feet. This is an opportunity to share information, updates, and build a relationship.
- Ensure that children are fed and well-hydrated prior to the visit to prevent the need for bringing snacks into the visitation room.
- For infants who are bottle fed, send a bottle and enough formula for the time the child will be with DHS staff and parents.
- DHS has developed additional guidelines for transportation and preparation of children for visits. The caseworker will go over the guidelines with you prior to the visit(s).

HYGIENE AND SOCIAL DISTANCING BEFORE, DURING, AND AFTER A VISIT

BEFORE A VISIT



- Wash your hands or use hand sanitizer.
- Avoid touching your face.
- Only bring items necessary for the visit to the visit. Leave any bags in your car or with staff.

DURING A VISIT



- When possible, maintain the recommended 6 ft. social distance between people.
- Face coverings must be worn during child transport, and indoor visits.
- Avoid placing belongings on tables, counters, floors or touching surfaces.

AFTER A VISIT



- Wash your hands or use hand sanitizer.
- Avoid touching your face.
- Clean the following items regularly: phone, pen, keys, any additional supplies.



Foster Parent Resources Click [HERE](#)

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



Oregon
Family Support
Network

4275 Commercial St. SE, Suite 180
Salem, OR 97302
<http://ofsn.org/>

Follow us on Twitter @OregonFSN

Like us on Facebook!

QPR

For Suicide
Prevention

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Registration for this free training is required.

Register here:

<https://conta.cc/3eKIADr>

Or contact Frankie at:

frankiel@ofsn.net – 503.363.8068

Date: Tuesday, June 23rd, 2020

Time: 11:30 am – 1:00 pm

Location: Online

**Zoom link information will be sent with your confirmation email*

Cost: Free!

OFSN is approved by the Oregon Health Authority to provide Continuing Education Units to all traditional health workers (Community Health Workers, Personal Health Navigators, Doula Peer Support Specialists, and Peer Wellness Specialists). This OFSN training is approved for 1.5 continuing education hours.

If you require accommodations, please let us know at least one week prior to the event.

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SEE ATTACHED REGISTRATION FORM IN THE EMAIL

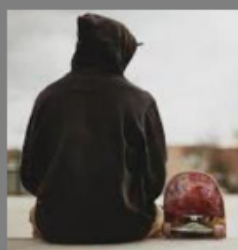


DOERNBECHER
CHILDREN'S HOSPITAL
Oregon Health & Science University



Think:Kids
RETHINKING CHALLENGING KIDS

Collaborative Problem Solving™



FREE!
Class meets online
via **ZOOM**

Facilitated by the
OHSU CPS Project



Are you a Child Welfare Certified Foster Parent?

Do you have youth in your home
who struggle with challenging
behaviors?

Then this class is for you!

Wednesday Nights 6 – 7:30pm

Session 1: Aug 19
Session 2: Aug 26
Session 3: Sept 2
Session 4: Sept 9
Session 5: Sept 16
Session 6: Sept 23

Those who attend all 6 sessions will receive a
certification of completion and 9 training hours.

*Think:Kids is a program in the Department of Psychiatry at MGH.

- ✓ Learn why children and youth placed in foster care sometimes struggle with daily expectations.
- ✓ Learn how to address conflicts in a way that improves relationships, addresses trauma, and builds problem solving skills.
- ✓ Practice addressing problems before things become escalated between you and your foster youth.
- ✓ Connect with other foster providers in a compassionate and nonjudgmental setting.

Slots are limited.
Register NOW!

Submit your
completed registration
form to cps@ohsu.edu
no later than
August 1, 2020

BOOSTER SESSIONS

Want to check in and
get some extra
support once class
ends?

First Wednesday
of the month
12-1pm

#1: Oct 7
#2: Nov 4
#3: Dec 2

Receive a **\$20 gift
card** if you attend
**all classes & 2
booster sessions!**



Disclaimer: The facilitator is Think:Kids CPS Certified and receives ongoing supervision from Think:Kids. This group is independent of and has no direct affiliation with Think:Kids or Massachusetts General Hospital (MGH). Information shared by the facilitator reflects their best understanding of the CPS approach.

KEEP group for foster parents caring for LGBTQIA+ teen foster youth!

Affirming/knowledgeable foster parents currently caring for LGBTQIA+/gender non-conforming foster teens (12-18 y/o)

Foster parents unexperienced/potentially non-affirming who are open to learning more about affirming LGBTQIA+/gender non-conforming foster teens currently in their care

Open to foster parents statewide (will fill up quick!) with LGBTQIA+/gender non-conforming teen foster youth

Please send questions and/or referrals to: Lisa Daley (lisad@oslc.org)

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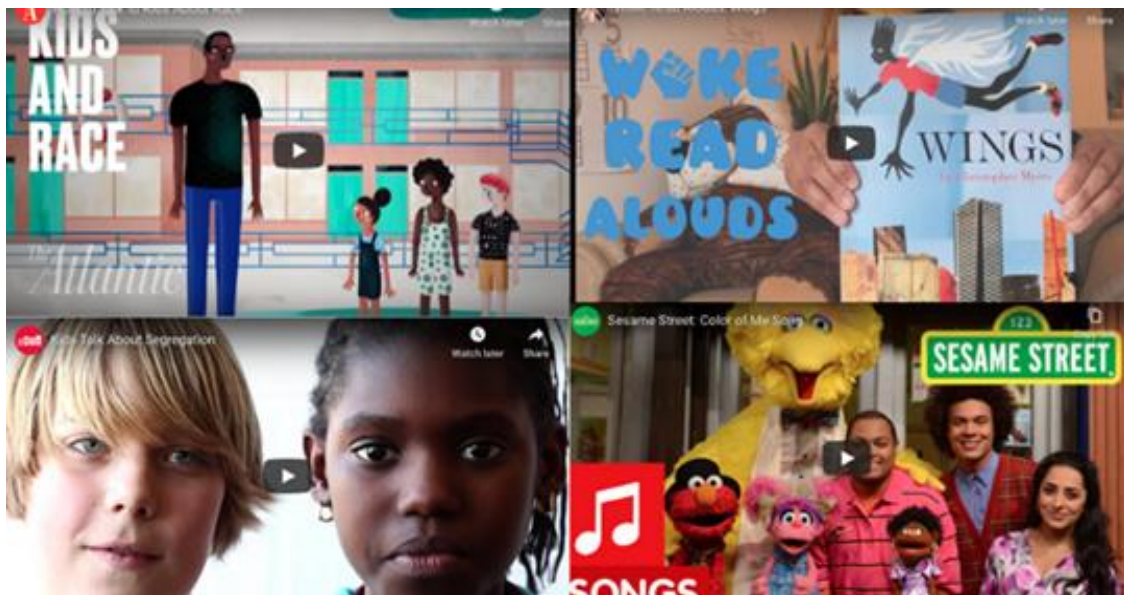
FosterClub's mission is to lead the efforts of young people in and from foster care to become connected, educated, inspired and represented so they can realize their personal potential and contribute to a better life for their peers.

<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.

21 Anti-Racism Videos To Share With Kids



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Don't let your kids miss this amazing opportunity!

Join Simone Biles on Facebook as she reads her favorite picture book, *The Rainbow Fish*, by Marcus Pfister, to your kids on **Friday, June 26 at 11am EST.**

Simone Biles is a 4-time gold medalist and the most decorated World Championship American gymnast with 10 gold metals, 2 silver metals and 2 bronze metals...14 in all!

At the age of 3, Simone was placed in foster care, having started life with her biological mother who suffered from drug and alcohol abuse. By the age of 5, Simone was adopted by her grandparents who ultimately became her parents and her biggest supporters in all of her endeavors.

We encourage you to share Simone's story of strength with your children. Show them the incredible video posted above. Set a reminder to join us on C.A.S.E.'s [Facebook](#) page for Simone's Story Time.

Click [I'm Interested!](#) to share this great opportunity with your friends on Facebook!



Simone Biles

The Center for Adoption Support and Education is a national leader in mental health services for the

**FOSTER & ADOPTION
CARE COMMUNITY**

<https://adoptionssupport.org/>



nurture.
inspire.
empower.

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



**Free Meal Sites for Any
Child 18 and Under**



Food Box Distribution In Partnership With Marion Polk Food Share

- Monday (11 a.m. to 1 p.m.): Chávez Elementary, 2400 Walker Road NE, Salem
- Tuesday (2 p.m. to 4 p.m.): Walker Middle, 1075 8th Street NW, Salem
- Wednesday (11 a.m. to 1 p.m.): Four Corners Elementary, 500 Elma Ave SE, Salem
- Friday (11 a.m. to 1 p.m.): Washington Elementary, 3165 Lansing Ave NE, Salem

The boxes are often filled with cans of food, so if you are picking up a box, we recommend having a way to carry the box.

For additional meal options, Marion Polk Food Share has multiple food pantry sites around the community. [Visit the Marion Polk Food Share website](#) to view more locations.



Students To Keep Chromebooks Over Summer

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YOGA FOR YOUR NERVOUS SYSTEM

simple self-care practices in high-stress times.

ZERO flexibility or prior knowledge required. Chantal facilitates these classes that are influenced by traditional yoga postures. She uses these gentle supported shapes and a variety of other practices to help individuals explore what best helps them reset and de-stress their unique nervous system. We use pillows and chairs for props in these restorative practices. Each person is different and none of these techniques are a one size fits all, so we'll have discussion around how to recognize what is most supportive to you.

JUNE 11TH, 18TH, 25TH & JULY 2ND

9-9:40am - Yoga Practice

9:40-10:00am - Discussion



WWW.CHANTALBARTONYOGA.COM - BARTONCHANTAL@GMAIL.COM



FREE!! It Counts as Training Hours!!

YOGA 4/ YOU

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Pandemic-EBT Information for Foster Families

Pandemic EBT (P-EBT) is additional food support for children who are eligible for free or reduced-price school meals, including youth in care, during the COVID-19 pandemic. Caregivers of school-age youth in care will receive \$5.70 per child per day for every day schools were closed from March 16-June 30 to buy food.

Important Facts about these Food Benefits

- Students in foster care who were eligible for free or reduced-price school meals at a participating National School Lunch Program school between March 16 – June 30, 2020 are automatically eligible for P-EBT benefits. There is no need to apply or complete any forms.
- Not all foster students will not be eligible for P-EBT. Students must be enrolled in a qualified school to receive benefits. A full list can be found on the ODE website under [Pandemic Electronic Benefit Transfer](#).
- Oregon Trail Cards will be issued in the child's name and mailed to the caregiver's address on file with Child Welfare, so that the card is available to the primary person who purchases food and cooks for the child.
- Oregon Trail Cards will be mailed throughout the month of June and July.
- If you receive an Oregon Trail card for a child no longer in your care, please return it to either the child's caseworker or SSP, so it can be sent to the child's new address. Child Welfare caseworkers can send it to the new address, without having to go through SSP. If the child has returned home, the card can be sent to the parent caring for the child.
- Eligible children will receive up to \$384 in food benefits.
- Caregivers that receive Supplemental Nutrition Assistance Program benefits for children in their care will have the additional food benefits automatically deposited on their Oregon Trail Card on their regular June allotment date. Separate Oregon Trail cards may be received for children that are not on the caregivers SNAP case.
- Students can still pick-up the to-go meals at schools and get P-EBT benefits. They do not have to choose between them.
- Oregon Trail Cards can be used to buy food at most grocery stores and farmers markets.
- Oregon Trail Cards can be used to purchase food online at Amazon and Walmart.
- More information about P-EBT and food benefits: <https://oralert.gov/benefits>.

Please reach out to Oregon's P-EBT team with questions or if there are issues activating the card:

- Phone: (503) 945-6481
- Email: ebt.schoolmeals@dhsosha.state.or.us

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](#)



**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

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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@dhsola.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 opportunities in May – Click link below.

- [Netlinks via PSU CWP](#)

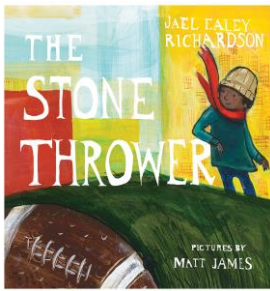
Free Internet – More Information Attached!

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

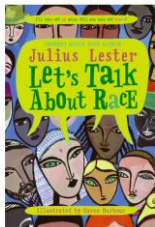
EMAIL  FosterFamily.Supports@dhsola.state.or.us



Written by Jael Ealey Richardson and illustrated by Matt James, Greenwood Books (AGES 4-9) A children's version of a book Richardson wrote about her dad, Chuck Ealey, *The Stone Thrower* tells the story of Chuck's life growing up as black kid in a then-racially segregated Portsmouth, Ohio. Chuck loved football, and though he faced many challenges, including poverty and racial taunts, he had an unbeaten record as a quarterback in both high school and university due to his determination. Even with all of this talent, he wasn't chosen to play that position in the NFL because of his race. Instead, he became a quarterback in the Canadian Football League, and in his first year, led his team (the Hamilton Tiger-Cats) to win the Grey Cup in 1972. \$19, houseofanansi.com



Written by Katie Kissinger; photographs by Chris Bohnhoff, Redleaf Press (AGES 3+) *All the Colors We Are* takes a kid-appropriate, demystifying and scientific look at why people have different skin colours (spoiler alert, it's because of who our ancestors are, the sun, and melanin), and introduces the idea that skin colour is just one part of who we are. This smart book also includes activities to help with further discussions about this topic. \$19, amazon.ca



Written by Julius Lester and illustrated by Karen Barbour, HarperCollins (AGES 4-8) In *Let's Talk About Race*, Lester gets right to the heart of the matter. He's black, but there's more to him than his race. While it's important for kids to understand that people have many different skin tones, it's also essential for kids in this age group to see the similarities between people of different races, religions and cultures to help them connect with them and push past biases and stereotypes they may encounter. As Lester says, "I am a story. So are you. So is everyone." \$9, indigo.ca



[FASD: Videos & Podcasts](#)

Stewards of Children® Sexual Abuse Prevention Training



[Darkness To Light Training Information Click HERE](#)



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.

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Salem Public Library has closed due to COVID-19. Patrons are asked to keep materials at home until reopening. No fines will be charged. Staff are still available for you. [Learn more](#) about how to reach us and [virtual services](#) that are available 24/7. Check the City's [COVID-19 information center](#) for all City service impacts.

Sign up for the **IMAGINE YOUR STORY 2020** Summer Reading Program Now!

[Summer Reading Club page](#)



How the Summer Reading Club works

1. Visit Beanstack to [sign up for the Summer Reading Club](#). You will need to create a Beanstack account the first time you sign in. If you already have an account from last year, you can use it again!
2. (Optional) Print out a paper reading log to keep track of the time you spend reading or listening to stories.
 - [Preschool Listening Log](#)
 - [Preschool Listening Log – Spanish](#)
 - [K – 5 Elementary Reading Log](#)
 - [K – 5 Elementary Reading Log – Spanish](#)
 - [Teen Reading Log](#)
 - [Teen Reading Log – Spanish](#)
 - [Adult Reading Log](#)
 - [Adult Reading Log – Spanish](#)
3. Track and report reading time, earn badges, and enter prize drawings [online](#).
4. Beginning in August, visit the Salem Public Library at Broadway to claim prizes.

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A word from our ICWA Specialist Dotti Rundles

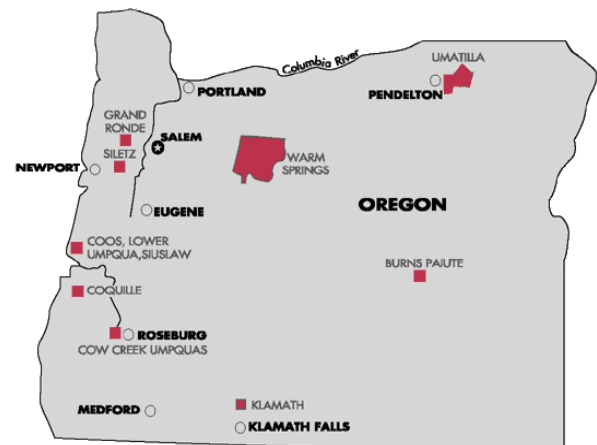
Thanks to Joshua May, WAHONE Leadership Council, for sharing this video from Alaska.
Culture is healing ~

<https://www.youtube.com/watch?v=CjpwbBAC3is>

YouTube Videos:

1. Heart of ICWA – Becky <https://www.youtube.com/watch?v=tYMG13pKq4Y&t=107s>
2. Heart of ICWA – Fawn <https://www.youtube.com/watch?v=tYMG13pKq4Y&t=107s>
3. Heart of ICWA- Lucas <https://www.youtube.com/watch?v=quYwcvZQVEM>
4. Heart of ICWA – Rhonda <https://www.youtube.com/watch?v=oTNNjA-yJBY>
5. Indian Child Welfare Act - Educational Resource Video - <https://www.youtube.com/watch?v=VJCqeauLvY8>
6. ICWA LAW CENTER- https://www.youtube.com/watch?v=PDYD_DdPRX0
7. Faces - <https://www.youtube.com/watch?v=BIQG65KFKGs>

Oregon Tribes



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

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

Phone: (971)707-2582

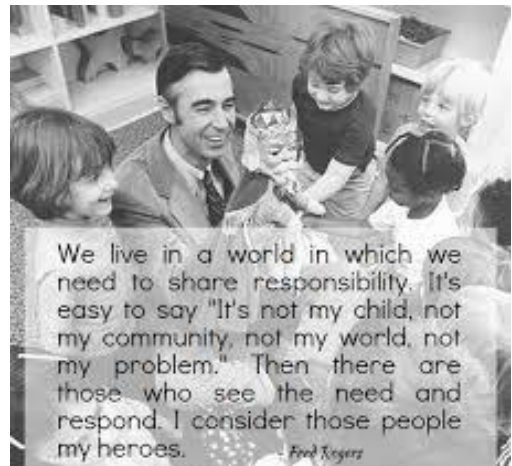
AFFIRMATION

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

"As foster parents,
we are asked to not only care
for the basic needs of a child,
but also sit alongside them
as they digest the hurt
and damage they have
undeservingly experienced."

-Carrie Dahlin
www.CarrieDahlin.com

Every child has...
...the right to be
respected
...the right to **dream**
...the right to be loved and
cared for
...gifts that should be recognized and
valued
...the right to achieve their God-Given
potential
...the need for
unconditional love



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