

Wright County Human Services Child Foster Care

April 2011

Wright County Human Services, 1004 Commercial Dr, Buffalo, MN 55313 ~ 763-682-7400
<http://www.co.wright.mn.us/department/humanservices/childfoster.asp>

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May is National Foster Care Month

May is National Foster Care month. As we were thinking of ways to honor and celebrate foster parents, this story came to mind. Your love and cherished time can truly make a difference for a lifetime.

The Starfish Story

Original Story by: Loren Easley

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean.

*Approaching the boy, he asked, "What are you doing?"
The youth replied, "Throwing starfish back into the ocean.
The surf is up and the tide is going out. If I don't throw them back,
they'll die."*

"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference."

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said..."

"I made a difference for that one."

***"Fostering is the
hardest job you'll ever
love."***

~ Unknown

Host County Concurrence

Host county concurrence is a process by which another Minnesota county requests to place a child into a Wright County foster home. The requesting county is required to provide detailed information regarding the child's strengths and needs as well as a copy of their case plan and any relevant assessments. Once this information is received, Wright County licensing staff and supervisor review the information to seek an appropriate foster home match.

*Spring is nature's way
of saying, "Let's party!"*

~Robin Williams

When cross-county placements occur, the county who requested the placement would continue to be responsible for oversight of the child's services. They would be expected to supply and monitor the child's case plan, support services, and medical assistance. Court hearings would continue to be held in the county from which the child came from. The requesting county also holds financial responsibility for the placement. Therefore, payments to foster care providers as well as payment for any specific support services would be paid for by this county.

Relatives as Parents Program

Are you raising the children of a family member or close friend?
We are here to help!

Child Care Choices Relatives as Parents program can provide support in a variety of ways including information and referrals to resources (legal, financial, newsletters, literature lending library, etc.), and connecting caregivers with workshops and educational opportunities.

<http://www.childcarechoices.net/RAP.aspx>

We also offer a discussion group that meets once a month in Buffalo. Dinner and child care will be provided on May 10th to discuss free, low cost and fun family activities. The group meets from 6:00-7:30 at Discover Center (301 2nd Ave NE) in Buffalo. Please call to RSVP.

If you are raising a grandchild, niece, nephew, or other close friend or family member, and would like information or to sign up to attend the Buffalo Discussion group please call Crystal at (320) 251-5081 ext. 18.

*** Please note ~ This can be applied to training hours!*

Healthy Relationships and Teen Dating Violence

What is a healthy relationship? According to KidsHealth, the components of “healthy relationships are: mutual respect, trust, honesty, support, fairness/equality, separate identities, and good communication.” Simple? Right? For children in foster care, these foundational qualities may be skewed or lacking. As foster parents and professionals, we can assist children as they work toward reaching a level where they can recognize what a healthy relationship is and maintain it.

The Centers for Disease Control and Prevention (CDC) defines teen dating violence as “the physical, sexual, or psychological/emotional violence within a dating relationship.” By helping the children in your care learn what a health relationship looks like, we can break this cycle of violence.

KidsHealth <http://kidshealth.org/>
CDC www.cdc.gov/violenceprevention

Rule & Statute Reminders

245A.175 MENTAL HEALTH TRAINING REQUIREMENT.

Prior to a nonemergency placement of a child in a foster care home, the child foster care provider, licensed after July 1, 2007, must complete two hours of training that addresses the causes, symptoms, and key warning signs of mental health disorders; cultural considerations; and effective approaches for dealing with a child's behaviors. At least one hour of the annual 12-hour training requirement for foster parents must be on children's mental health issues and treatment. Training curriculum shall be approved by the commissioner of human services.

Each child foster care license holder is required to complete 12 hours of training each year. This section of statute requires 1 of these 12 hours to be training focused on mental health issues and treatment. It further requires that the training be approved by the state of Minnesota Department of Human Services.

As you may recall, Wright County Human Services recently purchased a set of training DVDs through Foster Parent College. Each of these DVDs has been approved to meet this mental health training requirement. Because we now have this resource readily available, we will be expecting license holders to monitor your individual training logs to ensure this mental health requirement is fulfilled on an annual basis.

Please contact your licenser should you have any questions or need more information. We would be happy to discuss this information further.

Grief within Child Foster Care

Each individual involved in a child foster care situation can experience grief. When a child is placed in foster care, both their family of origin and the child suffer significant losses. The birth parent(s) cope with losing the gift of caring for their child as well as feelings of shame that often result from involvement with the child welfare system. Despite abuse and neglect, the child (no matter what age) still loves their parents and is mourning the loss of not having them as their primary caretaker. In addition to this loss, the child is often also taken away from friends, familiar community and school settings, and extended family and expected to adapt to completely new surroundings, routines, smells, and family norms.

Many say that grief can be seen in stages, but it is also cyclical. An individual may work through the following stages, but not necessarily in a linear fashion. They may initially have feelings of shock and denial and move through to anger, only to return to feelings of despair once again. Grief is a process that can take many years to work through. It is healthy to acknowledge feelings of grief. Understanding the normal phases of grief can help prevent “over-pathologizing” a child’s reactions to being separated from their family members.

Shock & Denial: Cannot believe a situation is happening.

Despair: Feelings of helplessness.

Anger: Feelings of frustration.

Mourning: Feelings of sadness regarding their losses.

Guilt: Questioning how they may have done things differently.

Acceptance: Ability to see the significance of the loss and its impact on oneself.

Foster parents also experience grief. As foster parents, you are expected to bond and care for children and then be able to let them go. This can be extremely difficult. Foster parents go through phases of grief in their own way. There can be feelings of despair and anger, should you feel the court process is failing a child. Foster parents mourn the loss of having the child in their home or feel guilt, wishing they could have done something better for a child. Often foster parents have seen a child make progress and are fearful that the child may lose ground after leaving their home. Finally, there is also acceptance and ability to be happy for what you have provided for a child and to see them move forward in their lives.

It is healthy for all involved with the child foster care process to discuss and acknowledge losses that have impacted them personally. As children move in and out of your homes, you will continue to ride the emotional roller coaster.

Article continued on the next page

Grief within Child Foster Care, continued

Here are a few suggestions to help cope with grief:

- Continue to educate yourself about foster family grief and loss.
 - Spend time thinking about which losses seem to effect you most significantly.
 - Find out how the other members of your household are grieving and what has been important for them.
- Plan how you want to say good-bye to foster youth leaving your home (good-bye party, give/take pictures, etc).
- Discuss with the social worker and family, whether or not continued contact would be in the child's best interest.
- Be aware that some foster youth will not be able to leave your home in a positive manner. Some youth may need to make a "hostile departure" as a result of their inability to balance their grief and anxiety of leaving your home and being reunited or moving on to another placement.
- Utilize support services such as local support groups and other child foster care providers who may understand your feelings of loss.
- Communicate with your licensor regarding how you are moving through this transition.

Article by Jill Marzean

Sources:

Foster Parent College (2009). Grief & Loss in the Care System - Viewer Guide. Northwest Media, Inc. www.fosterparentcollege.com

Foster Parent Resources

"Education is the movement from darkness to light." ~ Allan Bloom

Wright County Training:

Foster Parent College DVDs - contact Jill Marzean or Kris Carlson

Child Foster Care Provider Corner

<http://www.co.wright.mn.us/dept/humanservices/cfcprovidercorner.asp>

Foster/Adoptive/Kinship Care Training

Therapeutic Training and Support Groups

<http://www.co.wright.mn.us/department/humanservices/cfcmeetingtraining.asp>

Recommended Reading:

[Behavior with a Purpose](#) by Richard Delaney and Charley Joyce

[Troubled Transplants](#) by Richard Delaney and Frank R. Kunstal

[The Healing Power of the Family](#) by Richard Delaney

April is Child Abuse Prevention Month

As stated by Prevent Child Abuse Minnesota (PCAMN)...

Our mission is to prevent child abuse and neglect by promoting positive parenting, healthy families, and supportive communities where children are respected and valued.

PCAMN offers many resources on their website, but also a variety of printable handouts. As mandated reporters sometimes it's uncomfortable as how to react when seeing abuse in a public place. PCAMN offers the following helpful hints:

If you see a child being abused in public, do what you can to help:

- Divert the adult's attention.
- Start a conversation with the adult. Offer sympathy. For example, you could say, "Shopping with children can really try your patience, can't it?" Talk to the child.
- If the child is acting out or misbehaving, start a friendly conversation to distract him or her. Praise the parent or child.
- Find something positive to say about the child or the parent. For example, "That's a pretty dress your daughter is wearing. Where did you get it?" Offer to help.
- For example, if a child has been left unattended in a grocery cart, stay near him or her until a caretaker returns. Avoid negative looks or comments.
- This may only increase the adult's anger, making things worse for the child.

For more information, please visit PCAMN's website at: <http://www.pcamn.org/index.php> or the national website at <http://www.preventchildabuse.org>

If you have knowledge of a child being abused or neglected, please contact Wright County Child Protection at 763-682-7400. After business hours, you will be able to speak to an on-call Wright County social worker.

"When we help children do better today, we all do better tomorrow."

PATH Crisis Nursery Fundraiser

Friday, May 6th

The Buffalo Civic Center, 1306 CR 134, Buffalo

BBQ Buffet 5:30-7:30 pm

TICKETS: \$25 in advance, \$30 at the door

For more information:

PATH Crisis Nursery

Serving Wright County

9766 Fallon Ave NE #104

Monticello, MN 55362

Phone: 763-271-1674

Understanding

Teen Dating Violence

Fact Sheet

2010

Dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual.

- **Physical**—This occurs when a partner is pinched, hit, shoved, or kicked.
- **Emotional**—This means threatening a partner or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.
- **Sexual**—This is forcing a partner to engage in a sex act when he or she does not or cannot consent.

Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a “normal” part of a relationship. But these behaviors can lead to more serious violence like physical assault and rape.



Why is dating violence a public health problem?

Dating violence is a serious problem in the United States. Many teens do not report it because they are afraid to tell friends and family.

- 72% of 8th and 9th graders reportedly “date”.¹
- 1 in 4 adolescents report verbal, physical, emotional, or sexual abuse from a dating partner each year.¹
- About 10% of students nationwide report being physically hurt by a boyfriend or girlfriend in the past 12 months.²



How does dating violence affect health?

Dating violence can have a negative effect on health throughout life. Teens who are victims are more likely to be depressed and do poorly in school.³ They may engage in unhealthy behaviors, like using drugs and alcohol³, and are more likely to have eating disorders.⁴ Some teens even think about or attempt suicide.⁵ Teens who are victims in high school are at higher risk for victimization during college.⁶



Who is at risk for dating violence?

Studies show that people who harm their dating partners are more depressed and are more aggressive than peers. Other factors that increase risk for harming a dating partner include:⁷

- Trauma symptoms
- Alcohol use
- Having a friend involved in dating violence
- Having problem behaviors in other areas
- Belief that dating violence is acceptable
- Exposure to harsh parenting
- Exposure to inconsistent discipline
- Lack of parental supervision, monitoring, and warmth



www.cdc.gov/violenceprevention



Understanding Teen Dating Violence



How can we prevent dating violence?

The ultimate goal is to stop dating violence before it starts. Strategies that promote healthy relationships are vital. During the preteen and teen years, young people are learning skills they need to form positive relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood.

Prevention programs change the attitudes and behaviors linked with dating violence. One example is Safe Dates, a school-based program that is designed to change social norms and improve problem solving skills.



How does CDC approach prevention?

CDC uses a 4-step approach to address public health problems like dating violence.

Step 1: Define the problem

Before we can prevent dating violence, we need to know how big the problem is, where it is, and whom it affects. CDC learns about a problem by gathering and studying data. These data are critical because they help decision makers send resources where they are needed most.

Step 2: Identify risk and protective factors

It is not enough to know that dating violence is affecting a certain group of people in a certain area. We also need to know why. CDC conducts and supports research to answer this question. We can then develop programs to reduce or get rid of risk factors.

Step 3: Develop and test prevention strategies

Using information gathered in research, CDC develops and evaluates strategies to prevent violence.

Step 4: Assure widespread adoption

In this final step, CDC shares the best prevention strategies. CDC may also provide funding or technical help so communities can adopt these strategies.

For a list of CDC activities, see www.cdc.gov/violenceprevention/pub/ipv_sv_guide.html.



Where can I learn more?

Choose Respect Initiative
www.cdc.gov/chooserespect

National Domestic Violence Hotline
1-800-799-SAFE (7233)

National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Sexual Violence Resource Center
www.nsvrc.org

Dating Matters: Understanding Teen Dating Violence Prevention
www.vetoviolence.org/datingmatters



References

1. Foshee VA, Linder GF, Bauman KE, et al. The Safe Dates project: theoretical basis, evaluation design, and selected baseline findings. *American Journal of Preventive Medicine* 1996;12(Suppl 2):39-47.
2. Centers for Disease Control and Prevention. Youth Risk Behavioral Surveillance—United States, 2009. *MMWR* 2010;59(No.SS-5).
3. Banyard VL & Cross C. Consequences of teen dating violence: Understanding intervening variables in ecological context. *Violence Against Women*. 2008;14(9):998-1013.
4. Ackard DM & Neumark-Sztainer D. Date violence and date rape among adolescents: Associations with disordered eating behaviors and psychological health. *Child Abuse and Neglect*. 2002;26:455-473.
5. Centers for Disease Control and Prevention. Physical Dating Violence Among High School Students—United States, 2003. *MMWR* 2006;55:532-535.
6. Smith PH, White JW, Holland LJ. A longitudinal perspective on dating violence among adolescent and college-age women. *American Journal of Public Health*. 2003;93(7):1104-9.
7. Foshee VA, & Matthew RA. (2007). Adolescent dating abuse perpetration: A review of findings, methodological limitations, and suggestions for future research. In DJ Flannery, AT Vazjoni, & ID Waldman (Eds.), *The Cambridge Handbook of Violence Behavior and Aggression* (pp. 431-449). New York: Cambridge.

For more information, please contact:

Centers for Disease Control and Prevention

National Center for Injury Prevention and Control

1-800-CDC-INFO • www.cdc.gov/violenceprevention • cdcinfo@cdc.gov

Wright County Human Services presents....

Foster Parent College

Training for Adoptive, Kinship and Foster Parents

<http://www.fosterparentcollege.com/>

Wright County Human Services recognizes the hard work and dedication that it takes to be a Child Foster Care Provider. As you know, children in foster care have a variety of needs. The Foster Parent College DVD library is available for you as a resource.

Foster Parent College states the following: "We provide innovative, research-based, interactive online workshops for foster, adoptive, and kinship parents."

"We strive to give foster, adoptive and kinship parents the knowledge they need to raise children who will thrive in today's world."

How to access the library:

1. Contact Jill Marzean or Kris Carlson to request a DVD.
2. Pick up the DVD or it will be mailed to you.
3. Return the DVD in 2 weeks.

Jill Marzean - 763-682-7484
jill.marzean@co.wright.mn.us

Kris Carlson - 763-684-2311
kris.carlson@co.wright.mn.us

TOPICS INCLUDE:

Anger Outburst
Eating Disorders
Fire-Setting
Sexualized Behavior
Lying
Sleep Problems
Wetting and Soiling
Running Away
Stealing
Self-Harm
Positive Parenting 1
Positive Parenting 2
Positive Parenting 3
Safe Parenting
Reactive Attachment Disorder (R.A.D.)
ADHD/ADD/ODD
Kinship Care
Working with Birth Parents 1:
Visitation
Working with Schools
Childhood Anxiety Disorders
House Safety
Children with Autism
Anger Pie
Grief and Loss
Culturally Competent Parenting
Child Safety & Supervision
Substance Exposed Infants

Tips for Kids

What to do About Abuse or Neglect

Teaming up to keep kids...



Safe at Home™

Physical Abuse

If anyone is hurting you, it's okay to tell someone about it, like ... a parent, a teacher, a friend's parent or a neighbor. So don't be afraid to ask for help.

Remember, you are a valuable person and you deserve to be treated that way.

You have a right to be safe. Other people don't have the right to hurt you, just like you don't have the right to hurt other people. Hitting doesn't solve problems, but talking about them can.

You're not alone. There's help out there for you.

Sexual Abuse

Your body belongs to you, and you have a right to decide how and when anyone touches you!

If somebody tries to touch you in ways that don't feel good or seem right, say no! And be sure to tell somebody, too!

Don't forget, if the first person you tell doesn't believe you, keep telling until you find someone who does!

And remember, if this happens, it's not your fault!

Adapted from "Spider-man" comic books on Physical Abuse, Sexual Abuse and Emotional Abuse. ©1993 Marvel Comics. ©1994 Prevent Child Abuse America

Verbal Abuse

Sometimes people say, "sticks and stones may break my bones, but words can never hurt me!" But, it's not true. Words can hurt us.

If your parents' words are hurting you, try to find a time to talk it over with them. Write your parents a note. Or talk with someone you know and trust, like a teacher or a counselor or a friend.

If something is happening in your family that hurts, it's okay to tell someone.

You deserve to be treated as the valuable person you are.

You have a right to be safe. Other people don't have a right to hurt you.

And remember, you're not alone. There are other children like you who have gotten help.

So reach out!

200 S. Michigan Ave., 17th Floor
Chicago, IL 60604.2404
1-800-CHILDREN
mailbox@preventchildabuse.org
www.preventchildabuse.org

Shopping with Your Children

Anyone who has shopped at a grocery store or mall with children, especially young children, knows that the experience can be trying, and sometimes, stressful! Here are some tips that may prove useful on your next shopping trip:

Before You Go...

- How is everyone feeling? Is your child too tired or hungry to shop? Are YOU? It's best to go when you are rested, don't wait until the end of a tiring day. If possible, postpone your trip or arrange for a sitter.
- Have a talk with your child before you go shopping. Let your child know that it is a special outing to go shopping with you. You can go shopping and have fun, as long as you both understand your family's shopping rules.
- Make your expectations clear. For instance, "Stay close to me", "Use your quiet voice", "When we leave, you can select a special treat if you remember the rules"!
- One last thing before you go: wear comfortable shoes and clothes (you and your child). If the climate calls for a winter coat, you may want to remove outerwear once in the store so that no one overheats.

Now you're ready to shop. Just a reminder, keep your children within sight in the store. Hold hands. Put them in the basket or let them hold onto the cart with you.

At the Store...

- Give your child some choices. When possible, allow your child to make some decisions. "Do you want red apples or green apples?"
- Give your child a responsibility. "Can you help me pick out the hardest apples?" Or let your child steer the cart.
- Never leave your child unattended in a shopping cart!
- Reinforce good behavior. Say things like, "You are being so helpful!" Talk and play with your child. A hug can be reassuring and say more than words sometimes!



13th Annual Spring Fundraiser Friday May 6, 2011

PATH Crisis Nursery Serving Wright County

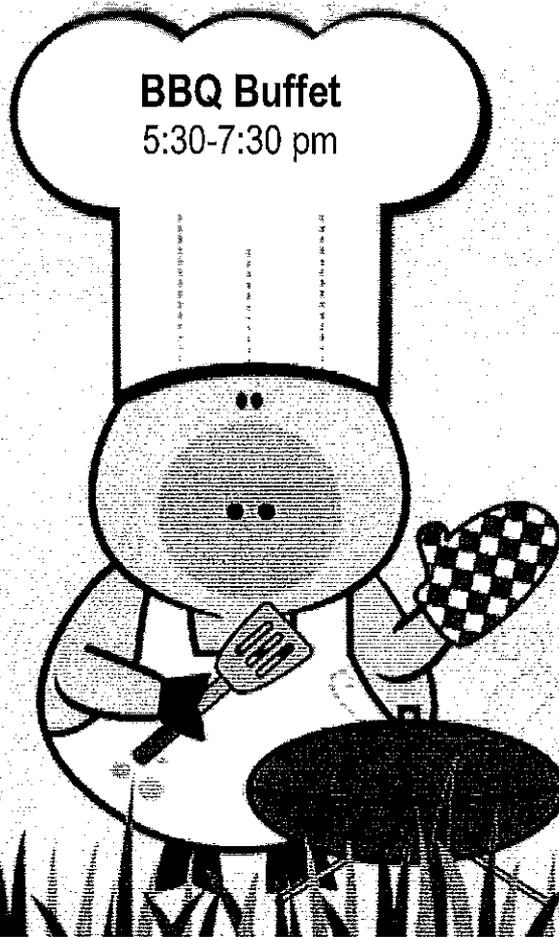
Come Join Us at.....

The Buffalo Civic Center, 1306 CR 134, Buffalo

Serving:

Albertville
Albion*
Annandale
Buffalo
Chatham*
Clearwater
Cokato
Corinna*
Dayton
Delano
Franklin*
French Lake*
Hanover
Howard
Lake
Maple Lake
Marysville*
Middleville*
Monticello
Montrose
Otsego
Rockford
St. Michael
Silver Creek
South Haven
Southside*
Stockholm*
Victor*
Waverly
Woodland*

*Denotes township



BBQ Buffet
5:30-7:30 pm

Your Support Will Make a Difference!

PATH
Minnesota, Inc.

How You Can Help

- Become a sponsor
- Donate cash,
- A new auction item,
- Or a gift certificate for the auction by calling:
Jill @ 763-271-1674

TICKETS

\$25 in advance

\$30 at the door

Available at:

- BJ's Deli in Buffalo
- Any Advisory Committee Member
- PATH Office in Monticello
- Or by calling:

PATH Crisis Nursery
Serving Wright County
9766 Fallon Ave NE #104
Monticello, MN 55362

Phone: 763-271-1674
1-800- 965-1430