

Wright County Human Services Child Foster Care

July 2014

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

14th Annual {Wright County}

FOSTER CARE PICNIC

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Date: 8/20/14

Time: 5:30 p.m.

Upper Sturges Park Shelter in Buffalo

Rain or Shine

**All you need to bring is a side dish with
12 servings to share**

This year Wright County will be providing: Hot Dogs, Hot Dog Buns, Tableware, Condiments, Ice Water, Baked Beans, and Desert

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

~ Unknown

**RSVP with number attending or with regrets
by August 11th to:**

**Tamara Romer
763-682-7488**

tamara.romer@co.wright.mn.us

Child Foster Care Family Support Groups

Support Groups are offered for Wright County Child Foster Care Providers along with their own children and/or foster children from ages 0-18.

There will be an adult support group along with two skills groups for children ages 6-12 and 13-18.

Please note, child care will be provided for children 0-5 years old.

Preregistration is required one week prior to session to ensure the needs of all participants are met and that there is appropriate staffing available.

Please contact Marisa Ferguson at 763-682-7484 or marisa.ferguson@co.wright.mn.us to register.

All of the groups will be held at the Wright County Human Services Center from 6:30 p.m. to 8:00 p.m.

Date	Registration Deadline
August 25 th , 2014	August 18 th , 2014
September 22 nd , 2014	September 15 th , 2014
October 27 th , 2014	October 20 th , 2014
November 24 th , 2014	November 17 th , 2014

Top 10 Ways to Keep Your Relationship Strong With Your Partner While Providing Foster Care

1. **Make couple time a priority with weekly or bi-weekly date nights.** (If you can't get away for a date night, consider meeting for lunch, or spend time together after kids go to bed. Date nights and respite care can go together. (See #10)
2. **Be wise about manipulation.** Manipulating can be a survival skill for kids. Keep communication open with your partner. Check in with each other about decisions that are being made. Staying on the same page and informed leaves less room for the manipulation to put a wedge in your relationship.
3. **Try not to argue in front of the children.** Especially if it is about them, the court process, the social worker, or anything foster care-related.
4. **Take care of yourself.** Take time to do things you enjoy, like hobbies or lunch with friends. It will help keep your spirits and mood lifted. (Remember to put on your oxygen mask first, before you help others! Those airlines are on to something!)
5. **Remember not to take your foster child's behaviors personally.** Taking things personally only adds stress to you and your family. The child may be reacting to things that happened long before they entered your care. Like #2....the behaviors may be a survival skill. Find opportunities to talk to other providers about ways to cope with some of these behaviors.
6. **Work together to agree on discipline.** Discuss ideas and options before telling the foster child your decision. Working as a team will help to keep your relationship strong.
7. **Remember to communicate with your partner.** Make time to check in with each other often and discuss feeling and needs. Find out what communication strategies works best for the two of you.
8. **Get help when needed.** When things seem to not be going well, consider getting help for yourself and your relationship. Providing foster can take a toll on partner relationships. It's perfectly normal to seek help to keep your relationship strong.
9. **Remember to vent to your friends.** Sometimes a good cry when things are stressful can be helpful. If you can build friendships with others who do foster care, that is a bonus. Venting to others who understand the challenges of being a provider can be extra helpful.
10. **Don't forget to utilize respite.** Even if you don't want a break, your family may need the time, so take it!

Continued on page 4

Top 10 Ways to Keep Your Relationship Strong With Your Partner While Providing Foster Care, cont.

Talk to your foster child's social worker or your licensor if you find yourself in need of additional support for your relationship.

Our in-home therapy and skills team at Wright County Human Services may be able to provide you with further support in order to strengthen your relationship.

We are here to help keep you strong and healthy, so you can continue to provide foster care!

Source: <http://adoption.about.com/od/marriage/a/toptenmarriage.htm>

Author: Carrie Craft. Carrie has worked in the field of adoption and foster care since 1996.

Information shared by Christine Treichler, MSW, LICSW, Wright County Human Services Agency In-Home Therapist

Emergency shelter coverage needed!!

For those of you who are new, or may have not heard about our Shelter program, we are in need of additional shelter providers!

Shelter providers are on-call nights, weekends and holidays when Wright County Human Services is not open. Shelter providers can choose to care for children ages 0-11, teen boys or teen girls. The schedule is set up for three month periods and 10 day rotations. We are respectful of your family and work schedule.

When on shelter, we ask you to be within one hour of your home and to have your phone by you at all times. Typically Law Enforcement will be contacting shelter providers to coordinate bringing a foster child to your home. Foster children come into care after hours for a variety of reasons.

If a child is placed into your home for shelter, they typically stay for 72 hours, not including weekends and holidays. A foster parent would have to stay home with that child during the 72 hours. The reimbursement rate for shelter is a flat rate of \$63.00 a day. We are always looking for homes to provide shelter care!

If you are interested in more information,
please contact Marisa Ferguson at 763-682-7484.

NEW Wright County Website

Marisa and Kris will continue to provide helpful information and resources through the Child Foster Care webpage. Below is the direct link to the Child Foster Care page as well as instructions on how to navigate to the page.

- <http://www.co.wright.mn.us/> (Main page of Wright County website)
- <http://www.co.wright.mn.us/348/Child-Foster-Care> (Main page of Child Foster Care website)

This message appears on my screen:

This site is optimized for modern browsers. For the best experience, please install the latest version of [Chrome](#), [Firefox](#), [Safari](#), or [Internet Explorer](#)

Please decide if installing the latest version of your internet browser is appropriate for your family. The layout of the website may be different depending on the browser version you are currently using. You must click *Do not show this message again* in order to move forward.

1. Click on or hover over **Services at the top of the website**
2. Click on **Child Foster Care**

Child Foster Care

- ✓ The main page outlines what foster care is, the types of foster care provided, and the licensing laws, statutes, and rules
- ✓ Marisa Ferguson and Kris Carlson's direct contact information can be found on the right or the bottom
- ✓ The FAQ section may be accessed on the right or the bottom
- ✓ Access Schedules/Training Dates on right or the bottom, under Most Requested Services

Becoming a Provider (on the left)

- ✓ Prospective applicants learn how to contact the appropriate individuals and the steps to becoming licensed
- ✓ The FAQ section may be accessed on the right or the bottom
- ✓ Access Schedules/Training Dates on right or the bottom, under Most Requested Services
- ✓ Access Schedules/Training Dates on right or the bottom, under Calendar

Provider Forms & Information (on the left)

- ✓ All the information from the Provider Corner can be found here
- ✓ Click on each topic to expand the tab
- ✓ Child Foster Care Newsletter is located at the bottom of this page
- ✓ The FAQ section may be accessed on the right or the bottom
- ✓ Marisa Ferguson and Kris Carlson's direct contact information can be found on the right or the bottom
- ✓ Access Schedules/Training Dates on right or the bottom, under Most Requested Services
- ✓ Access Schedules/Training Dates on right or the bottom, under Calendar
- ✓ As always, if you find a helpful resource that would be applicable to other providers, please send it to Marisa or Kris to include on the Provider Forms and Information section

- ❖ *Please note that the Agendas & Minutes and Online Payments located on the left of each Child Foster Care page are not applicable to Child Foster Care. See the Calendar section for information regarding Notify Me.*

NEW Wright County Website, cont.

3. Calendar and Schedules/Training Dates

- ❖ View All Calendars is the default. Choose *Select a Calendar* (on the right) to view a specific calendar.
 - ✓ The calendars specific to Child Foster Care are:
 - C.A.R.S. (Children & Restraint Systems)*
 - Child Foster Care Orientation Meeting Schedule*
 - Child Foster Care Training & Support*
 - SUID/AHT Training*
 - ✓ The calendar can be used to search one or multiple classes at once
 - ✓ Providers may alter the start and end date on the calendar to search a date range for classes
 - ✓ Providers can change the months to search classes
 - ✓ Feel free to utilize the Notify Me and Subscribe to iCalendar features. Please note that Marisa and Kris are not familiar with these features and are not able to provide technical assistance.

Please see page 2 of this newsletter to see a complete list of the NEW Support Groups being offered at Wright County Human Services. Child care is included for the Support Groups!

Legislative Change, May 2014

At the end of the May 2014 Legislative session, changes were made in Statute regarding exposure to secondhand smoke for children in foster care.

We have yet to receive information from the Minnesota Department of Human Services regarding implementation and follow through about this change. Wright County is asking that you review the culture of your family and smoking. We do know that the following pieces are in Statute...

Minnesota Statutes 2012, section 260C.215

Subd. 9. Preventing exposure to secondhand smoke for children in foster care.

(a) A child in foster care shall not be exposed to any type of secondhand smoke in the following settings:

- (1) a licensed foster home or any enclosed space connected to the home, including a garage, porch, deck, or similar space; or
 - (2) a motor vehicle while a foster child is transported.
- (b) Smoking in outdoor areas on the premises of the home is permitted, except when a foster child is present and exposed to secondhand smoke.
- (c) The home study required in subdivision 4, clause (5), must include a plan to maintain a smoke-free environment for foster children.

***This will be reviewed at your next relicensing visit.*

As Wright County learns more information about this statutory change, Marisa and Kris will pass on the information.

Website Resources

The following are website resources that you may find helpful. They are listed under the corresponding tab on the Provider Forms and Information section of the new website (see page 5 of the newsletter):

MENTAL HEALTH

Families and Trauma from the National Child Traumatic Stress Network

<http://www.nctsn.org/resources/topics/families-and-trauma>

Helping Teens with Traumatic Grief: Tips for Caregivers

http://www.nctsn.org/sites/default/files/assets/pdfs/helping_teens_with_traumatic_grief_caregivers_final.pdf

Helping School-Age Children with Traumatic Grief: Tips for Caregivers

http://www.nctsn.org/sites/default/files/assets/pdfs/10things_schoolage_ctg.pdf

CHILD DEVELOPMENT AND PARENTING

Essentials for Parenting Toddlers and Preschoolers

<http://www.cdc.gov/parents/essentials/index.html>

Parenting a Child Who Has Experienced Abuse or Neglect

https://www.childwelfare.gov/pubs/parenting_CAN.cfm

Parenting a Child Who Has Been Sexually Abused: A Guide for Foster and Adoptive Parents

https://www.childwelfare.gov/pubs/f_abused/index.cfm

Long-Term Consequences of Child Abuse and Neglect

https://www.childwelfare.gov/pubs/factsheets/long_term_consequences.cfm

HEALTH

Teen Pregnancy

<http://www.cdc.gov/teenpregnancy/Teens.html>

Protecting Children From Secondhand Smoke

<https://cbexpress.acf.hhs.gov/index.cfm?event=website.viewArticles&issueid=158&articleid=4252>

PERMANENCY

Helping Your Foster Child Transition to Your Adopted Child

https://www.childwelfare.gov/pubs/f_transition.cfm

GENERAL RESOURCES

Serving Young Children with Special Needs

<https://cbexpress.acf.hhs.gov/index.cfm?event=website.viewArticles&issueid=154&articleid=4120>

Social Media: Youth in Foster Care

https://www.childwelfare.gov/pubs/smtips_youth.cfm

Social Media Foster Parents

https://www.childwelfare.gov/pubs/smtips_parent.cfm

Money Management Tip Sheet for Youth

<https://cbexpress.acf.hhs.gov/index.cfm?event=website.viewArticles&issueid=151&articleid=4038>

CULTURAL RESOURCES

Tips for Professionals Serving LGBTQ Youth

<https://cbexpress.acf.hhs.gov/index.cfm?event=website.viewArticles&issueid=158&articleid=4253>

If you have a resource that you think is helpful and would like to share it with other, please contact Marisa or Kris!

Tie blankets for foster children available

FIRST COME, FIRST SERVE!

We have 9 tie blankets available for children in care for either gender. If you would like one for a current foster child or would like one on hand for a future placement, please contact either Kris Carlson or Marisa Ferguson.

These blankets were donated by different Girl Scout and other service groups in the Wright County area. Thank you for caring about the children of Wright County!

If there are blankets left, they will also be available at the foster care picnic in August.

Journey Bags

We have had extremely positive feedback about the Journey Bags, introduced in April 2014, from children, foster parents, and social workers.

If shelter providers would like to keep a few Journey Bags on hand in your home, please contact Marisa or Kris.

Thank you to Amber Perry, with The Forgotten Initiative, for this wonderful resource!

<http://www.theforgotteninitiative.org/>

Ideas, Thoughts, Comments?

Do you have anything you would like to see covered in the next Child Foster Care newsletter?

Is there a piece of valuable information and experience that you would like to share with other providers?

Do you have any questions for the licensing team?

Please contact Marisa or Kris for newsletter topics and any ideas you have.