Welcome Becky Barnhart - Our New Licensing Unit Supervisor

It is my greatest pleasure to write to the amazing Washington County foster care providers as the new supervisor for the Licensing Unit. I was able to work with some of you directly as a child foster care licensor and was able to meet others at the annual Foster Care Recognition Event. For the rest of you, I hope to meet each of you in our future years of service to the children and vulnerable adults of Washington County.

I have so much passion for foster care. My first job as a social worker was in the licensing units of Hennepin County. I have worked in child foster care in Olmsted County and in Pierce County in Wisconsin. I did pursue other social work opportunities but eventually returned to the world of foster care. I intend to stay here working side-by-side with the wonderful social workers who are your licensing workers.

Thank you for the work you do. You are an integral part of the child protection team when you give children a safe home until they can return home. You allow our elder adults to live with pride and dignity in a home setting. You allow youth and adults to live in a family setting when they could otherwise be in a more restrictive environment. The Recognition Event was exciting to be a part of. You are deserving of the recognition of the work you do every day. Remember throughout the year, we appreciate you every day.

I am so honored to be the new supervisor for this unit. I look forward to meeting you.

Becky Barnhart,
Licensing Supervisor

Welcome Katie Olsen - Our New Child Foster Care Licensor

Hello! My name is Katie Olsen, and I’m the new child foster care licensor at Washington County. I received my Bachelors of Social Work degree from Loyola University - Chicago and my Masters of Social Work degree from the University of Minnesota. Prior to coming to Washington County, my most recent work experience was as an international adoption social worker. I am passionate about child welfare, and I look forward to meeting our child foster care providers! When I’m not working, I enjoy spending time with my husband, Eric, our 6 month-old son, Bjorn, and our two dogs. I also enjoy reading, photography, DIY home projects, and traveling.
Foster Parents Needed!

Word of mouth is one of the best forms of recruitment to get new foster parents in Washington County. If anyone has said to you, “I’ve always thought about becoming a foster parent” or you know of someone who is good with kids, wants to help the community, and you think has what it takes to become a foster parent, please send them our way!

We need people who can provide care to a variety of youth, such as teens, sibling groups, children with mental health diagnoses, developmental disabilities, and everything in between.

We need foster parents in all areas of the county. Whether families can only commit to one or two weekends per month for respite care or be a placement resource, we have a need for both!

Please pass the word on so we can keep kids in our local foster homes.

OUR NEXT CHILD FOSTER CARE INFORMATIONAL MEETING:
Mon., July 11
6:00-8:00 p.m.
Government Center
14949 62nd St. N.
Stillwater

For more information call 651-430-6455.

Thanks so much!

CHILD FOSTER CARE CORRECTION ORDERS

Rules, rules, rules. These days that seems to be the theme. We can feel that way in fostering too. Rules are there to protect ourselves along with protection of the children in your care. Correction orders are given if the provider has not complied with a law or rule of fostering. Orders are used only if the failure to comply does not pose an imminent danger to the health, safety, or welfare of the children served.

Correction orders must:
• state what the condition is that is a violation of the rule or law;
• identify the specific rule or law violated;
• indicate the time allowed to correct each violation.

A license may be conditional, meaning you can continue to provide care only under certain circumstances. The length and terms of the conditional license must be outlined.

Items which may be a basis for a correction order include, but are not limited to:
• failure to complete the required 12 hours of training per year (one of which needs to be mental health);
• having had a new person move into your home without notifying your licensor and seeing that a background study was completed;
• not having your fire extinguisher tagged and up-to-date;
• inadequate supervision.

Always contact your licensor if you have questions regarding what may be a possible correction order and what may not, or review the Family Foster Care State Licensing Rule (2960.3000-2960.3340).

CHILD FOSTER CARE SUBSTITUTE CAREGIVERS

There are often questions about substitute caregivers. A caretaker who is with the child/ren for less than 72 hours is considered a short-term substitute caregiver. The agency and foster parent need to agree that the person providing the care is able to meet the needs of the child.

A long-term caregiver, who the case manager agrees to, is required to be at least 18 years of age and complete a background study within the past 12 months with no disqualifiers. They must have a signed statement stating they are in good physical health and able to care for the foster child. Six hours of training are required related to caring for children which may include car seat and/or SUID/AHT training. Be sure to give any substitute caregiver all information related to the child’s health, safety, and welfare, including instructions for any medications the child may be taking, location of the fire extinguisher, first aid supplies, and phone numbers to contact in case of emergency.

NEWSLETTER UPDATES

Later this year we will be issuing separate newsletters for adult and child foster care providers. Our hope is that we will be better able to address the different needs of providers in separate issues. The adult issue will be published twice a year with a joint issue in the summer. In addition, we are adding a provider news page to the adult provider webpage. The child issue will be published quarterly.
**WOMEN, INFANT, AND CHILDREN (WIC)**

WIC is a supplemental nutrition program for women, infants, and children. Foster parents are able to partake in this program if they are caring for children age birth to five. If the child is on medical assistance, they will automatically qualify.

WIC can help a family obtain foods such as: juice, milk, breakfast cereal, cheese, eggs, fruits and vegetables, fish, whole wheat bread, peanut butter, and legumes, dry or canned.

If the mother is already on WIC, it may be a transfer of vouchers. If not, it may require a visit to the WIC office. Call 651-430-6658 and ask to speak with someone in the WIC office. They will guide you through the process.

**WHAT IS THE CHILD FOSTER CARE RULE?**

When children are placed in foster care, it is important that the agency supervising a child’s placement, the parent(s), and foster parents, work together to ensure that a child is safe, that they have permanency and stability in their living situation, and that their well-being needs are being met. To ensure these outcomes, parent(s), foster parents, and agencies share responsibility for the care of a child. All must work together to ensure that the standards and policies set forth by law, and by the Commissioner of the Minnesota Department of Human Services, are understood and met. Parent(s), foster parents, and the agency need to understand not only what is expected of them, but what they may expect of each other.

We are highlighting a few bullet points from the Agreement Between Foster Parents and Placement Agency that foster providers are expected to adhere to. We will continue to highlight the rest of the expectations in future newsletters so be on the lookout for more to come.

The foster parents may expect the agency to:

- Consider foster care a temporary living situation for a child. A child will be safely reunited with their parent(s) as soon as possible. If a child cannot return safely to his or their parents, county/tribal social service staff will seek families, first considering relatives and kin, to permanently care for a child.

- Diligently search and consider a child’s maternal and paternal relatives and kin to care for them. When a child is placed in a non-relative foster home, the agency will continue to search until a relative who can care for them is found, or continue the search for at least six months. If a child is not reunified with their parent(s), the agency will search and consider relatives again at the time of permanency decision making, unless the court relieves the agency of this responsibility.

The agency may expect the foster parents to:

- Allow representatives of the supervising agency, or the commissioner of the Minnesota Department of Human Services, to visit their home for the purpose of foster care planning, placement, and supervision.

- Accept for foster care placement only children who are placed by the supervising agency, or placed in connection with a plan approved by the supervising agency.

**MACMH TRAINING OPPORTUNITIES**

The Minnesota Association for Children’s Mental Health (MACMH) offers a variety of training opportunities. Upcoming trainings include Communication-Based Strategies for Self-Regulation, Understanding Attachment and Rethinking Behavior: Healing for Children Who Have Experienced Trauma, and ADHD Secrets: Interventions that Work. For more information and to view additional training opportunities, visit [www.macmh.org/event-page/summer-2016-training-series/?instance_id=80#7](http://www.macmh.org/event-page/summer-2016-training-series/?instance_id=80#7).

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**DID YOU KNOW?**

**BURNS**

Sunburns, hot water (bath, shower, sink), hot moist materials (such as moist or wet towels heated for treatment or therapy), and personal heating devices (such as a heating pad) cause most of the burn injuries reported to the state.

Water temperature time required for a third degree burn to occur:

- $155°\text{ F} = 1 \text{ second}$
- $148°\text{ F} = 2 \text{ seconds}$
- $140°\text{ F} = 5 \text{ seconds}$
- $133°\text{ F} = 15 \text{ seconds}$
- $127°\text{ F} = 1 \text{ minute}$
- $124°\text{ F} = 3 \text{ minutes}$
- $120°\text{ F} = 5 \text{ minutes}$
- $100°\text{ F} = \text{ Safe temperature for bathing}$

**FIRE EXTINGUISHERS**

Please remember to maintain your fire extinguishers! Per policy set forth by the MN Department of Human Services, dry chemical fire extinguishers need to be inspected and tagged annually. This means the fire extinguisher should be serviced by a fire extinguisher servicing company to have it checked. An alternative to annual servicing of fire extinguishers is for the license holder to purchase a new fire extinguisher each year and provide verification of the purchase.
The 2016 Foster Care Recognition Evening was held May 19 this year. Hosted by the Community Services Licensing Unit, the event was held at the Lake Elmo Event Center. Fifty-two adult and 19 child/kin providers attended, along with 43 staff. The banquet hall was beautiful with small rose bouquets and candle centerpieces. The heavy hors d’oeuvres and lavish dessert bar are always a favorite. Handing out door prizes is always a good way to start the celebration. That aside, the heart of the evening is to acknowledge and show appreciation to the adult and child foster care providers who do such difficult work throughout the year caring for others. It is their night to shine.

Becky Barnhart, Licensing Unit supervisor, hosted the event with Sarah Amundson doing the welcome. Dan Papin quizzed us and shared the names of the famous people who have been in care. The tone became serious when acknowledging the gravity of issues facing providers today.

Commissioners Miron, Bigham, and Weik presented special recognition awards to newly licensed providers, as well as those who have fostered for five, 10, 15, 20, 25, and 35 years. County Administrator Molly O’Rourke, as well as Judges Miles and Jude were also present.

It is heartwarming to see the providers mingle with one another, smile and laugh on their night off. The Licensing Unit would like to sincerely thank all those who assisted and attended the event. By the look on the faces of people as they left, I think the event was a hit.

Ann Maudal
DID YOU KNOW?

SUN TIPS/REMINDERS

• Some medications, such as neuroleptics and antibiotics, put clients at particular risk for sunburn.
• Reduce exposure to the sun with umbrellas, hats (especially if bald or have thin hair), long-sleeved summer clothing, etc.
• Protect eyes with sunglasses that are labeled to offer 99-100% UV protection.
• Limit time in the sun; especially between the hours of 10:00 a.m.-2:00 p.m., when the sun’s rays are most intense.
• Use broad spectrum sunscreens with SPF values of 15 or higher regularly, as directed.

Tips for applying sunscreen:
> Apply the recommended golf-ball sized amount (about one ounce) evenly to all uncovered skin, especially your lips, nose, ears, neck, hands, and feet.
> Apply sunscreen 15 minutes before going out in the sun.
> Reapply at least every two hours, more often if you’re sweating or jumping in and out of the water.


ADULT FOSTER CARE FORMS
We are in the process of updating a number of adult foster care forms. We will address some of the changes at the next AFC Provider Training Group on July 26. You can find the current version of forms on the Washington County Adult Foster Care website.

BRAIN INJURY TRAININGS
The Minnesota Brain Injury Alliance provides free or low-cost educational opportunities for all people affected by brain injury, including family and friends. All classes take place in the Education Center at the Minnesota Brain Injury Alliance. For more information visit the their website at www.braininjurymn.org.

• Brain Injury Basics: Adjustment to Brain Injury
  Participants will be able to describe the life changes that occur with brain injury, including: the process of adjustment, emotional aspects of changes, and adjustment challenges for individuals with brain injury and their loved ones.
  Date:  Thursdays: July 28 & October 27 • 5:30-7:30 p.m.

• Brain Injury Basics: Caregiving
  Participants will be able to describe how brain injury not only impacts the person who sustained the injury, but also all individuals in their lives; how caregivers play an important role in enhancing quality of life and promoting adjustment to life after brain injury through their caregiving; and how to support the individual with brain injury and their caregiver.
  Date:  Thursdays: August 25 & November 17 • 5:30-7:30 p.m.

• Brain Injury Basics: Introduction to Brain Injury
  Participants will be able to describe basic facts about the brain and brain injury, living with a brain injury, and its effects. Participants also will be able to interpret information about many brain injury resources.
  Date:  Thursdays: September 22 & December 15 • 5:30-7:30 p.m.

ADULT FOSTER CARE PROVIDER TRAINING GROUP
Trainings are held at the Government Center in Stillwater unless noted differently.

Topic: American Diabetes Association & Norvo Nordisk
Each year 1.4 million Americans are diagnosed with diabetes and that number is growing. Did you know approximately 25% of the elder population are diagnosed with this? What are the symptoms? What is the difference between Type 1 and Type 2 diabetes? Is it preventable? How do I manage this if I or a client already have diabetes? The American Diabetes Association training answer these questions and more.
   Date:  Tues., July 26 • 6:00-8:30 p.m.

Topic: VA Mandated Reporter
All adult foster care providers are required to complete Vulnerable Adult training annually. Topics include: VA Act definitions, process of reporting and investigating, record keeping, required training, and a question and answer session.
   Date:  Tues., Sept. 27 • 6:00-9:00 p.m. (*note: 3 hour session)
Adult Foster Care Providers Needed!

When life gets difficult... ...can you help? As a Washington County Adult Foster Care provider, you can make a difference in the lives of adults with a mental health diagnosis who are unable to live independently. Many choose to live in a family setting and simply need the support and stability of foster care to manage the demands of everyday life.

Who needs care?
• Over 18 years old
• Individuals with a mental health diagnosis
• Need a safe, caring environment
• May be involved in programs during the day such as school, work, or organized day program
• May stay with you for a long time, but most are short-term

What is adult foster care?
Licensed individuals or families provide adult foster care in their own home. The adults in care need a safe and supportive environment in which to thrive and learn independent living skills.

Please pass the word on so we can keep adults in local foster homes. OUR NEXT ADULT FOSTER CARE INFORMATIONAL MEETING:
Mon., August 1
6:00-8:00 p.m.
Government Center
14949 62nd St. N.
Stillwater

For more information call 651-430-6455.

ADULT FOSTER CARE PROVIDERS AND RESIDENT CONFIDENTIALITY

As we all know, confidentiality is a crucial part of all of our jobs while dealing with so much sensitive information for our residents. However, with this ever changing world of technology and paperless ways to communicate, where does that leave us with confidentiality? It is important to remember when asking ourselves this question, that we ask one more: Do I have written approval, or a “release of information” to share this information or picture? In most cases the answer will be that we do not. It is a violation of the resident’s rights if we post things about them online through Facebook, Twitter, Instagram, a website, newsletter, etc. without their approval. If a client is not able to give consent then a Release of Information must be signed by the guardian. This also applies to sending Christmas cards or telling a friend or neighbors the progress of a resident. Your licensor can help you develop a release form.

If you feel that someone else is violating this right of your resident or if you are unsure about your own actions, please call your licensor.

ATTRACTION ADULT FOSTER CARE PROVIDERS GROUP RESIDENTIAL HOUSING AGREEMENTS ARE DUE FOR RENEWAL

The Minnesota State Legislature has made policy changes to the group residential housing program (GRH) that will go into effect July 1, 2016. This will only affect Adult Foster Care Providers receiving GRH payments. So what is new? The Minnesota Department of Human Services has standardized the GRH agreement to provide more uniformity across the state. You will also be receiving a form called a Vendor Profile. Please make sure you check the accuracy of the profile and make any necessary changes. If you currently receive or have received GRH payments, you will be receiving a letter soon with all this information and instructions. As the agreements go into effect on July 1, 2016, you will be asked to return the documents no later than July 15, 2016. We understand this is a quick turnaround, so please watch your mail!

CHANGES TO ELDERLY WAIVER RATES & CASE-MIX CAPS

Effective July 1, 2016, the case-mix caps for elderly waiver will increase by 21.3%. This will allow case managers to plan and authorize additional services within a person’s budget. Also, beginning July 1, Elderly Waiver rates will use a daily rate instead of a monthly rate. This will simplify the authorization and billing process. For more information see DHS Bulletin #16-25-01.

www.dhs.state.mn.us/main/groups/publications/documents/pub/dhs-287549.pdf

GROUP RESIDENTIAL HOUSING RATES UNCHANGED

Each year the state legislature reviews and sets the reimbursement rate for group residential housing. As of July 1, 2016, the rates will be unchanged. The room and board base rate remains at $891. Personal needs remains at $97.
WASHINGTON COUNTY

All trainings will be held at the Washington County Government Center in Stillwater unless otherwise noted. To register for trainings contact Katie Olsen at 651-430-6646 or katie.olsen@co.washington.mn.us. All trainings are free to Washington County Foster Care Providers unless otherwise noted.

*Reimbursement Reminder: Foster parents can seek up to $100 training reimbursement per calendar year per household.

*Training Reminder: 12 hours of training is required yearly. One hour needs to be mental health related.

SUID (Sudden Unexpected Infant Death) / AHT (Abusive Head Trauma) Training

This training is required when caring for kids 5 and younger.

Date/Time: Mon., August 8 • 6:00-8:00 p.m.
Trainer: Washington County Staff - MNCPD certified

Mandated Reporter Training

As a foster parent, you are a member of a group of people designated by the state and federal legislatures to be mandated reporters. This training will discuss what it means to be a mandated reporter and how this impacts your role as a foster parent.

Date/Time: Wed., August 10 • 3:00-4:00 p.m.
Trainer: Washington Co. Child Protection Staff

CARS (Children and Restraint Systems) Training

This training is required when caring for kids 8 and younger. Limited participants! No walk-ins. Anyone arriving more than 15 minutes late will need to attend another session.

Date/Time: Tues., August 23 • 6:00-9:00 p.m.
Trainer: Washington Co. Public Health Staff

special education and other educational supports, and discover community and county resources available to you and your child. Sponsored by NAMI.

Date/Time: Thurs., August 11 • 9:30 a.m.-12:30 p.m.
Location: St. Louis Park Library, St. Louis Park
Cost: FREE
Registration: www.eventbrite.com/e/special-education-workshop-st-louis-park-registration-25934077524

Special Education Workshop

This workshop provides information to parents of school-age children about special education services, the evaluation process, Individualized Education Programs (IEP), 504 plans, accommodations, and modifications. Sponsored by NAMI.

Date/Time: Thurs., August 18 • 5:00-7:00 p.m.
Location: Whittier School, Minneapolis
Cost: FREE
Registration: www.eventbrite.com/e/special-education-minneapolis-registration-26148350420

CPR - Infant and Child

Designed for child care providers, teachers, parents, child foster care parents, and others who care for children, this 3 hour course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children. This course meets child care licensing requirements.

Date/Time: Sat., August 20 • 9:00 a.m.-Noon
Location: Guardian Angels Catholic Church, Oakdale
Cost: $33
Registration: 651-641-3549 or www.developtoolmn.org/app/default.aspx

First Aid - Pediatric

This 3 hour course will help you recognize and deal with emergencies, injuries, and sudden illnesses in your child care and child foster care setting. Class covers basic first aid principles and practices, injury prevention, and safety information. This course meets child care licensing requirements.

Date/Time: Sat., August 20 • 12:30-3:30 p.m.
Location: Guardian Angels Catholic Church, Oakdale
Cost: $33
Registration: 651-641-3549 or www.developtoolmn.org/app/default.aspx
**WASHINGTON COUNTY FOSTER CARE STAFF**

**Ann Maudal**  
Senior Worker/Child Foster Care Licensor  
651-430-6485  
ann.maudal@co.washington.mn.us

**Sarah Yang**  
Child Foster Care Licensor  
651-430-4108  
sarah.yang@co.washington.mn.us

**Katie Olsen**  
Child Foster Care Licensor  
651-430-6646  
katie.olsen@co.washington.mn.us

**Vacant**  
Child Foster Care Recruiter

**Robbin Ann Rosén**  
Adult Foster Care Licensor  
651-430-4169  
robbin.rosen@co.washington.mn.us

**Jessica Lentz**  
Adult Foster Care Licensor  
651-430-6550  
jessica.lentz@co.washington.mn.us

**Becky Barnhart**  
Supervisor  
651-430-6476  
rebecca.barnhart@co.washington.mn.us

**Adult Foster Care Email:**  
ComSvsAFCLicensing@co.washington.mn.us

**Child Foster Care Email:**  
ComSvsCFCLicensing@co.washington.mn.us

Visit us on the Washington County website at:  
www.co.washington.mn.us/fostercarelicensing

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**PROVIDER SPOTLIGHT**  
**SHERI LUNDERQUIST**

Sheri lives in Forest Lake. While newly licensed, she is providing respite for girls and teens. Sheri is an excellent example of a single person providing a greatly needed service - respite.

**What prompted you to become licensed?**  
I haven't been licensed long so I don't have as much tenure as other providers may have, but in the short time I have been taking in children as a respite provider, it's been a pleasure to have children in my home. I have a desire to help children. I hope that by being patient, kind, loving, and a good mentor I can make a difference in their life. I also believe I can provide a safe, stable, and caring home for kids that are in a difficult situation through no fault of their own.

**What keeps you going every day?**  
My faith.

**What is something you have learned that would be helpful to other providers?**  
Children are creative, fun, and can go from happy to sad in a minute. As a foster provider, remember that their "stuff" is not your stuff so don't take the ups and downs personally, be patient, and count to 1,000 before you respond to a difficult situation.

**What advice would you give to someone that is newly licensed?**  
It's both rewarding and challenging, don't expect too much, take it one day at a time, and make it fun! The kids appreciate a happy face, positive attitude, the time you spend with them, and hamburgers and french fries (but try to promote the apples instead).

**What have been the most helpful resources for you?**  
My licensor at Washington County. I definitely recommend taking advantage of all the free training classes the county offers - well worth the time!

**What is your best memory of providing foster care?**  
In the short time I have been doing this, I have too many to name. But if I see a smile on their face and we share a few laughs together, I feel I've made some progress with the kiddo!

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**THROWING THE FIRST PITCH**

The Washington County adult and child foster care providers joined other foster providers in the metro area at a St. Paul Saints baseball game. One foster provider from each county was invited to throw the first pitch. Andrew "Andy" Morcomb attended for Washington County. The photo on the left shows Andy with staff member, Ann Maudal. The photo in the lower right shows Andy on the field; he's the one pitching on the far left.