Welcome New Child Providers:

November 2016
• Teresa & Ron Brantner
  Oakdale (Kin)
• Jennifer & David
  Steigenberg
  Forest Lake (Kin)

December 2016
• Renee & Richard
  Pryor
  Cottage Grove (Kin)
• Kristine Thell
  Woodbury (Kin)
• Earnestine Watson
  Cottage Grove (Kin)

January 2017
• Kathrine Plumbo-
  Fogarty & Stephen
  Fogarty
  Lake St. Croix Beach (Kin)
• Nina & Aaron Miller
  Cottage Grove (Kin)
• Margaret Mooney
  Cottage Grove (Kin)
• Amy Rostron-Ledoux
  Oakdale (Kin/Non-Kin)

WHAT'S IN THE CHILD FOSTER CARE RULE?

In previous editions of The Star, we have been highlighting sections of the Agreement Between Foster Parents and Placement Agency. This is a form you sign each licensing period that outlines what we expect of you and what you can expect from the agency. It is important that you understand what you are signing, so this portion of the newsletter is dedicated to highlighting the bullet points of this form.

The Agreement says:

The foster parents may expect the agency to:

Help foster parents make informed decisions as to the suitability of their home to care for a particular child before placement, and provide them with the following information before placement, or as the information becomes available:

• Provide all information about a child and their family that is pertinent to the foster parents’ ability to effectively carry out their role
• Describe a child’s behaviors and needs
• Describe the plan for a child, including such things as estimated length of placement, concurrent permanency goals, and the visitation plan that will preserve a child’s family, cultural and community connections
• Inform the foster parents that a decision not to take a particular child will not jeopardize either the continuance of their license, or consideration of their home for other children
• Inform the foster parents of their role in supporting reunification efforts, preserving a child’s connections and permanency planning

This means:

This section of the agreement addresses the foster care providers who take children unrelated to them. We receive requests for emergency placements, planned placements, and respite care. In an emergency placement scenario, often the agency does not have much information on the children

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NEW CHILD FOSTER CARE LICENSOR

Greetings! My name is Annie Poole and I’m pleased to join the child foster care team at Washington County. I received my Bachelors of Social Work degree from Bemidji State University and I’m in the process of finishing my Masters of Social Work from University of Minnesota-Duluth. I recently transferred to Licensing from working in Family Assessments for Washington County. Prior to working for Washington County, I lived in Alaska and I worked in on-going case management on an Alaska Native Families Services Unit in Anchorage, Alaska. The unit specialized in working with families who qualified under the Indian Child Welfare Act (ICWA). One of the most unique experiences, as a social worker, was jumping on a small airplane to do my monthly home visits out in rural Alaska Native villages. I also have experience working as a family case manager for the Leech Lake Band of Ojibwe in northern Minnesota. Child welfare has always been a passion of mine and I look forward to meeting and getting to know our foster care providers. I’m a mother to 3 beautiful children, Emma, 12, Claire, 8, and Jack is 18 months old. My husband, Dan, and I love finding and traveling to memorable “hidden destination” spots that are middle-of-nowhere gems.
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., March 6
6:00-8:00 p.m.
Government Center
14949 62nd St. N.
Stillwater

For more information call 651-430-6455.

Thanks so much!

Continued from What’s in the Child Foster Care Rule on front page

needing placement. You will often receive a phone call from an agency worker asking if you would be willing to take a child(ren) that day, often as soon as possible. Each time you are presented with a need for placement, you need to make the best decision for your family based on the information provided. We will do our best to give you the above mentioned information, but may not have it. We will also support the decision you make for your family. You can say no to us multiple times, but that will not be a factor if we call you again for the next placement. In the case of a planned placement or respite care placement, we will give you the initial information we have. If you have additional questions, we will make sure you have an opportunity to speak with the child’s case manager. If you still want to move forward based on the information we have, we will set up a pre-placement visit in your home so you can meet the child and the family. If at any time during this pre-placement process, you feel it’s in the best interest of your family to decline placement, we will support you.

The Agreement says:

The Agency may expect the foster parents to:

Report to the supervising agency any serious family illness, and any serious illness or accident involving a foster child.

This Means:

You are required to notify your licensing worker of any family illness or illness or accident involving a foster child through the incident report form. This form documents the incident and documents how you intervened in the incident. The foster care team reviews the incident reports on a weekly basis to determine any further follow up, and then the forms are filed in your foster care file. These forms can also protect you and your family if you are questioned about the incident in the future. If you need an incident report form, please contact your licensing worker.

NEW ANNUAL TRAINING REQUIREMENT

The annual training requirements for child foster care licensing were recently amended by the State of Minnesota. In addition to obtaining 1 hour of children’s mental health training, providers now must also obtain 1 hour of training on fetal alcohol spectrum disorders (FASD) annually. Within the first 12 months of licensure, this 1 hour training requirement is in addition to the 12 hour annual training requirement. This means providers will need to complete a total of 13 hours of training within the first year of licensure. After the first 12 months of licensure, training on FASD may be included as part of the 12 hours of required annual training.

A training video that meets this training requirement is available on our website: www.co.washington.mn.us/2557/Fetal-Alcohol-Spectrum-Disorders-FASD-Tr. If you would prefer to attend an in-person training, Washington County will be offering an FASD training later this year. Watch future newsletters and training flyers for more information!
Child Foster Care Training

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.

Introduction to Mental Health for Resource Families

This course provides an introduction to a number of common mental health diagnoses that foster and adoptive children often present within the child welfare system. Each diagnosis is discussed in terms of origins, symptoms, behaviors, treatment, interventions, and cultural considerations. It also includes information and helpful tips about common co-occurring or dual diagnoses. This course meets the training requirement in 245A.

Date/Time: Tues., March 7 • 6:00-9:00 p.m.

Trainer: Dept. of Human Services Contracted Trainers

CARS (Children & Restraint Systems) Training

This training is required when caring for kids 8 and younger. 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 a different session.

Date/Time: Thurs., April 6 • 6:00-9:00 p.m.

Trainer: Washington County Public Health Staff

Relating to Primary Families

Foster parents often facilitate visits and participate in other forms of interaction between foster children and their birth families. There is an expectation that foster parents will actively support primary parents in their reunification efforts. The goal of this workshop is to provide information about why the involvement of foster caregivers with primary families is critical for the child and for both families. This training will also enhance skills of foster caregivers in engaging primary families, managing conflict, diffusing issues, developing strategies of support, and expediting permanency for children.

Date/Time: Part I: Tues., April 11 • 6:00-9:00 p.m.

Part II: Tues., Apr 25 • 6:00-9:00 p.m.

Trainer: Dept. of Human Services Contracted Trainers

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

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

Date/Time: Tues., April 4 • 6:00-8:00 p.m.

Trainer: Washington County Staff - MNCPD certified

METRO TRAINING OPPORTUNITIES

Social Media & Bullying: Using Technology to Keep Kids Safe

PACER’s Simon Technology Center (STC) and National Bullying Prevention Center (NBPC) will discuss the technology young people use and the technology parents can use to keep them safe and raise responsible young digital citizens.

Date/Time: Mon., March 6 • 6:00-7:30 p.m.

Location: PACER Center, 8161 Normandale Blvd., Mpls.

Cost: FREE

Registration: www.pacer.org/forms/workshops.asp?wksp=2836FE85-C306-4AAA-909A-B85E0B3EDE1F

Reactive Attachment Disorder: How to Thrive and Survive Beyond the Diagnosis

Join Deena McMahon and Krista Nelson during this 2-day RAD LAB (Reactive Attachment Disorder Learning Alternative Behavioral Strategies) series. This training is specifically designed to address the support and education needs of those parenting children with significant impairments and/or trauma issues with an emphasis on good self-care and humor! This training explores the unique experiences going on in your home and implements role play scenarios and class participation.

Date/Time: Fri., March 10 • 6:30-8:30 p.m.

AND Sat., March 11 • 9:00 a.m.-3:30 p.m.

Location: Wilder Foundation Center, Auditorium A, St. Paul

Cost: $100 per person/$180 per parenting couple

Registration: Contact Janet Hammer at 612-746-5125.

CPR - Infant and Child

Designed for care providers, teachers, parents, and others who care for children, this course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children.

Date/Time: Sat., March 18 • 9:00 a.m.-12:00 p.m.

Location: Guardian Angels Catholic Church, Oakdale

Cost: $33 - $38

Registration: www.developtoolmn.org/app/default.aspx

First Aid - Pediatric

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

Date/Time: Sat., March 18 • 12:30-3:30 p.m.

Location: Guardian Angels Catholic Church, Oakdale

Cost: $33 - $38

Registration: Register by March 16.

Special Education & the Important Role You Play for Your Child

Participants will learn how to use their rights and abilities to advocate for their child and work effectively with the school.

Date/Time: Tues., April 4 • 6:30-8:30 p.m.

Location: Cottage Grove

Cost: FREE

Registration: www.pacer.org/forms/workshops.asp?wksp=EE02A85D-5ADF-45DD-A8B9-AB714849A76C
**PAYMENT FOR FOSTER CARE**

The start of the New Year seems like a good time to review billing and payment. Also, there are some new options available which may streamline the process for you.

Bills should be submitted at the end of each month or when a placement ends. Payments are processed twice a week. Monthly bills cannot be processed until after the last day of the month. When the invoice is received, will determine when it can be entered. It may need to wait for the next payment cycle. If there are holidays, the payments may be delayed. Bills may be submitted online by emailing the completed billing form to Patricia.Figg@co.washington.mn.us.

If a foster parent would like to enroll in the direct deposit program versus receiving checks, please:
- Send an email to: AF-AP@co.washington.mn.us
- Enter ‘Direct Deposit’ in the subject line
- Request to enroll in our direct deposit program
- Include your name and address
- AF-AP will send you an invitation to enroll in the direct deposit program

*Note: Due to security reasons, your bank and email information will be stored on the Wells Fargo Bank site versus us keeping it on site. Payments are made through Wells Fargo.

If this method is used, you will receive payment on the same day the check is cut, rather than waiting for mail delivery.

If you do not receive your payment in a timely manner, please contact Patricia Figg (651-430-6051 or Patricia.Figg@co.washington.mn.us) for assistance.

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The child care licensing team is excited to be partnering with Washington County Public Health to bring you news and information about services available to foster families through our Public Health Department. We will be featuring articles from the Public Health team in this issue and future newsletters.

**FOSTERING HEALTH**

For the first time in America’s history, we may see a generation with a shorter life expectancy compared to their parents because of health factors related to chronic diseases. Foster children have even higher rates of chronic and complex illnesses making it imperative that they receive unique and comprehensive medical assessments.

Foster children are required to have a 12 month physical exam prior to initial placement or 30 days after placement. From the understanding of health as an essential foundation to success, Washington County offers foster care children to be a participant in the Child and Teen Checkups program (C&TC) which provides the necessary detailed exam and follow-up treatment.

C&TC provides free regular comprehensive wellness exams for Medical Assistance recipients from newborn through age 20. It is Minnesota’s program for the 1967 federal Medicaid child health component. The goal is to promote health through early detection allowing for more efficacious treatment, disease prevention, and education on healthy habits.

C&TC is a head to toe assessment that includes mandatory screenings at different age intervals: vision and hearing, developmental, mental and behavioral, lead levels, immunizations, lab tests, and dental referrals. This is also an opportunity to establish or continue a relationship with a primary care provider who your foster child feels comfortable with to discuss thoughts, feelings, relationships, and questions.

If you want more information on how to schedule a C&TC checkup, find a medical or dental home, get transportation, or use an interpreter for a medical appointment, call the customer service number on the back of your child’s insurance ID card or contact Washington County Public Health at 651-430-6750 or PHEMailbox-CTC@co.washington.mn.us. Visit us at www.co.washington.mn.us/1205/Child-and-Teen-Check-Ups.


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The preservation of health is easier than the cure of the disease.
–BJ Palmer

He who has health has hope and he who has hope has everything.
–Arabian proverb
Healthy communities create opportunities for all Minnesotans to live longer, healthier lives.

Across the state, communities are working together through the Statewide Health Improvement Partnership (SHIP) to expand opportunities for active living, healthy eating and tobacco-free living.

**Why SHIP is important**

Chronic diseases are among the leading causes of death in Minnesota. SHIP works on preventing chronic disease by strengthening the capacity of communities to create their own healthy futures. Good health is created where people live, work, learn and play.

**Where SHIP works**

- At nearly 2,300 partner sites

**Making progress!**

- **MN ADULT OBESITY RATE**
  - 27.6% IN 2014
  - 26.1% IN 2015
  - Source: CDC Behavioral Risk Factor Surveillance System

- **MN ADULT SMOKING RATE**
  - 16.1% IN 2010
  - 14.4% IN 2014
  - Source: Minnesota Adult Tobacco Survey

**Making a difference!**

- Farm to School efforts at 144 schools are serving 88,866 students.

- 575 school partner sites are increasing physical activity opportunities during and outside the classroom, reaching 326,188 students.

- 473 employers are leading workplace wellness initiatives, reaching 148,932 employees.

- 104 health care sites are strengthening community connections to ensure that patients are referred to evidence-based programs in their area.

- Communities are enjoying 64 new or enhanced farmers markets, increasing access to fresh fruits and vegetables, including for low-income residents.

- 82 communities are working on comprehensive planning so their communities are more walkable.

- 183 child care providers are increasing physical activity for babies and toddlers.

- 375 housing partners are going smoke free, protecting 39,360 residents from the dangers of tobacco smoke.
**Children's Dental Services**

Washington County hosts Children's Dental Services once a month at our WIC clinics.
- For children (birth to 26 years old) and pregnant women of any age.
- Dental care including: examinations, X-rays, cleanings, fluoride treatments, plastic sealants, fillings, crowns, extractions, and other treatments, if needed.

The 2017 dates of service in Washington County are:
- Cottage Grove WIC: January 13, April 14, July 14, and October 13
- Forest Lake WIC: February 3, May 5, August 4, and November 3
- Stillwater WIC: March 8, June 14, September 13, and December 13

**CALL FOR APPOINTMENT** (Se habla español):
612-746-1530 or 866-543-6009

We accept:
- Medical Assistance
- MinnesotaCare
- Private Insurance
- Sliding Fee Scale Applicants

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**Child Passenger Safety Training**

One of the training requirements for child foster care providers who take children age 9 and under to attend a Child Passenger Safety (CARS) training once every 5 years. Washington County is able to offer this class 5 times each year. These 5 classes are also offered to family child care providers of Washington County. Each class is limited to 25 participants; this maximum capacity is firm. Recently, we have seen each of the classes fill up. We do create a small waiting list for the class so if we have a cancellation, another person needing the class will have the opportunity to go. If you sign up for a CARS class and are unable to attend, please let your licensing worker know so another person on the waiting list can attend and we are providing each class at full capacity.

If you would like other options for CARS classes in the metro area, you can visit the following website.
Talk with your licensing worker about having the cost of the class reimbursed if you attend elsewhere.

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**Resource Corner**

Welcome to “Resource Corner” - a section we will periodically feature in our newsletter. Our goal is to recommend books, movies, articles which may be helpful in caring for the children you foster. In the future, we would be happy to add any you have come across and found beneficial. Please feel free to forward them to your licensor.

**Grandparents as Parents: A Survival Guide for Raising a Second Family**
by Sylvie de Toledo and Deborah Edler Brown
Learn effective strategies to help you cope with the stresses of parenting the second time around and caring for vulnerable grandchildren. www.amazon.com/Grandparents-Parents-Second-Survival-Raising/dp/1462509150

**Beyond Consequences, Logic, and Control**
by Heather Forbes
Tired of traditional discipline techniques that seem ineffective with your foster children? This book presents a model of relational parenting that fosters connection and healing for children with a history of trauma. www.amazon.com/Beyond-Consequences-Logic-Control-1-ebook/dp/B003WUYVD2. The content of this book is also available via an online parenting course: https://heathertforbes.infusionsoft.com/app/storeFront/showStoreFront.