Welcome New Child Providers:

November 2017
• Gina & Daniel Church, White Bear Lake (Kin)
• Diane Taylor, Oakdale (Kin)

December 2017
• Julie Henthorne, Oakdale (Kin)
• Stephanie & Jason Ives, Forest Lake (Kin)
• Cheryl Klesel, Woodbury (Kin)
• Shanet Mathis, Cottage Grove (Kin)
• Marilyn Rios, Oakdale (Kin)

January 2018
• Shannon Christon, Forest Lake (Kin)
• Karynn Cummings, St. Paul (Kin)
• Regina Donald, Oakdale (Kin)
• Amber & Michael Seeger, Stillwater (Non-Kin)

APRIL IS CHILD ABUSE PREVENTION MONTH - REMINDER TO REPORT

Every April, we are reminded of our dedication to helping children succeed and to ensuring that every child grows up in a safe, stable, and nurturing environment that is free from abuse and neglect. As foster care providers, you are legally required to report suspected abuse or neglect if you know or have reason to believe a child is being or has been abused or neglected. When in doubt if a call should be made, report to child protection. A skilled intake worker will be able to determine what needs exist.

Report to Child Protection in the county where the child resides:

• Anoka County: 763-422-7125
• Chisago County: 651-213-0324
• Dakota County: 952-891-7400
• Hennepin County: 612-348-3552
• Ramsey County: 651-266-4500
• Washington County: 651-430-6457
• EMERGENCY: 911

DIRECT DEPOSIT PAYMENT OPTION

If you would prefer to receive your monthly foster care reimbursement through direct deposit, please email AF-AP@co.washington.mn.us to request the set-up of direct deposit. If you have any questions, please contact your licensing worker.

NEW SENIOR CHILD FOSTER CARE LICENSOR

Hi, my name is Jessica Lentz. I am the new Senior Child Foster Care Licensor for Washington County. For the past three years, I have been an Adult Foster Care Licensor for Washington County. I received a Bachelor’s of Science degree in Criminal Justice from North Dakota State University. Prior to Washington County, I was working as a case manager for all ages. I enjoy traveling with my husband, paddle boarding with my dog, and doing pottery. Although I have much to learn for child foster care regulations, I am happy to work with such a great team of people. I admire what each of you do for our community and am excited to meet you.

NEW CASE AIDE

Hello, my name is Tammie Belland. I am the new Case Aide for Child Foster Care for Washington County. I have been with the Community Services department for 13 years. I enjoy traveling with my husband of 33 years. I enjoy watching my two adult daughters grow into wonderful women and being able to participate in my three grandchildren’s lives.

Among other duties, Tammie will be taking over the responsibilities of placement requests. When we are informed of children needing placement, Tammie will contact potential foster families to discuss the placement needs.
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., May 7
6:00-8:00 p.m.
Government Center
14949 62nd St. N.
Stillwater

For more information call 651-430-8307.

Thanks so much!

FOSTER PROVIDER LIABILITY INSURANCE

The Minnesota Joint Underwriting Association (MJUA) offers child and adult foster care providers peace of mind by offering liability insurance that may help with the payment of damages as a result of injury or damage that occurred in the course of providing foster care.

What’s covered:
- Injury caused by a foster client
- Injury to client for alleged negligent care by the foster provider
- Damage to someone else's property by foster client
- Damage to foster client's own property

What’s not covered:
- Damage to property owned, rented, or leased by the foster provider
- Damages resulting from an act or omission that a reasonable person would know is likely to result in injury or property damage
- Injury or property damage results from operation of an auto, aircraft, or watercraft
- Damages resulting from sexual abuse or molestation

You can receive further details by visiting www.mjua.org or by contacting Dan Haldorson of MJUA at 952-641-0262.

FINANCIAL ASSISTANCE FOR POST-SECONDARY EDUCATION

The Minnesota Education and Training Voucher (ETV) Program provides funds to help current and former foster youth pay for post-secondary education. Eligible youth can receive up to $5,000 per school year for post-secondary education at college, university, vocational, technical, or trade schools. The money does not need to be paid back.

The ETV Program is accepting applications through June 1, 2018.

Eligibility:
All students applying to the ETV program must be accepted into an accredited, Federal Pell Grant-eligible institution of higher education. Students must be eligible to receive financial aid. At time of application, students must have their FAFSA award letter, school acceptance letter, and class schedule available.

First-time applicants:
You may qualify if you are under age 21 and at least one of the following describes your situation:
- You were in foster care for 30 consecutive days between your 17th and 18th birthdays
- You were adopted from foster care after your 16th birthday
- You were in foster care on or after your 16th birthday when the juvenile court ordered a transfer of custody to a relative
- You were under state or tribal guardianship on your 18th birthday

Renewal applicants:
You may reapply if you are under age 23 and you:
- Participated in the ETV program on your 21st birthday
- Are making progress toward completion of your education

Additional information and application instructions can be found online: https://mn.gov/dhs/people-we-serve/children-and-families/services/adolescent-services/programs-services/education-and-trainingvoucher.jsp. Questions about the ETV program can be directed to Jill Von Holtum, ETV Program Coordinator, Minnesota Department of Human Services, at dhs.etvcoordinator@state.mn.us, or 651-431-4663.
WASHINGTON COUNTY TRAININGS

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.

Caring for Traumatized Children Training Series

Come learn practical, hands-on parenting tips from trauma-informed therapists! Children in the foster care system frequently experience trauma and disrupted attachments during a critical period of development. These children are more likely to suffer harmful long-term consequences, including serious impairments in mental and physical health, emotion and behavior regulation, and attachment. Through this training you will increase your understanding of the impact of trauma on child development and learn how to effectively respond to and minimize its effects.

Date/Time:  Session I: Tues., April 17 • 6:00-8:00 p.m.
           Session II: Tues., April 24 • 6:00-8:00 p.m.
Trainers:  Megan Berling and Rachel Milan, Canvas Health

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 a different session.

Date/Time:  Thurs., April 19 • 6:00-9:00 p.m.
Trainer:  Washington County Public Health Staff

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., May 5 • 12:30-3:30 p.m.
Location:  Eden Prairie Community Center, Eden Prairie
Cost:  $45
Registration:  Register by April 28.

Rethinking Challenging Kids: The Collaborative Problem Solving Approach

Ed Morales, a single foster parent of two amazing sisters, has put Collaborative Problem Solving to the test in his own home and credits the approach with maintaining peace and stability through even the most turbulent times. As a therapist, Ed works closely with foster and adoptive families to support Collaborative Problem Solving in homes around the state.

Date/Time:  Tues., May 8 • 6:30-8:30 p.m.
Location:  Roseville Lutheran Church, Roseville
Cost:  FREE
Registration:  www.mnadopt.org/eventregister/?event_ID=1558

Just Trying to Feel Something Else: Chemical Abuse in Adopted Adolescents

Mental health symptoms and chemical abuse are more common during teenage years. When these concerns are combined with attachment disruptions, special challenges face the teen, but also their family and clinician. Attendees will learn the basics of the adolescent brain, attachment-based parenting, and the negative effects of chemical abuse; explore the common reasons adolescents abuse chemicals; process the complex relationship between attachment disruptions and chemical abuse; and learn interventions for addressing chemical abuse in adolescents using an attachment and trauma-informed lens.

Date/Time:  Thurs., May 10 • 10:45 a.m.-12:45 p.m.
Location:  Children’s Home Society/Lutheran Social Svcs., St. Paul
Cost:  FREE
Registration:  www.mnadopt.org/eventregister/?event_ID=1560

First Aid - Pediatric

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

Date/Time:  Sat., May 5 • 9:00 a.m.-Noon
Location:  Eden Prairie Community Center, Eden Prairie
Cost:  $45
Registration:  Register by April 28.


www.developtoolmn.org/app/EventDetail.aspx?EVID=270838

www.mnadopt.org/eventregister/?event_ID=1564

www.mnadopt.org/eventregister/?event_ID=1558

www.mnadopt.org/eventregister/?event_ID=1560
February 2018
• Eileen Aanenson, Oakdale (Kin)
• Ann & Gregory Gerding, Hugo (Non-Kin)
• Melissa Tyler & Clarence Froberg, Forest Lake (Kin)

March 2018
• Andrea & Bill Bolin, Scandia (Kin)
• Melissa & Joshua Montgomery, Oakdale (Kin/Non-Kin)
• Dawn & Andy Plessel, Cottage Grove (Kin)
• Liliana & Bryan Rodriguez, Oakdale (Kin)
• Janice & Dennis Wenker, Woodbury (Kin)

Supply Bags for Foster Children
Safe Haven Foster Shoppe is a non-profit organization that provides children in foster care with supply bags at the time of placement. Bags are age and gender-specific and can be customized for the specific needs of each child. At a minimum, bags include one outfit, pajamas, socks, underwear/diapers, toothbrush/toothpaste, shampoo/conditioner, body wash, blanket, a book, and a stuffed animal. Bags for infants include items such as bottles and pacifiers, and bags for teens include items such as feminine products for girls.

When a child is placed in your home, contact Anita Olson 763-742-7799 to request a placement bag. Safe Haven will personally deliver the bag to your home!

Webinar: A Different Lens: Retooling Parenting Relationships for Children with FASD & Trauma
When parents discover their child has a FASD, they often receive well intended but limited advice on “what to do.” FASD is a complex diagnosis and in many cases, the child has experienced trauma which changes the game. This workshop will help participants tap into their parenting strengths and discover how parenting responses can help or hinder a successful relationship with their child. The workshop will help participants understand how the “hot/cold” neurological systems are activated causing physical and psychological responses which affect both parent and child.

Date/Time: Wed., May 23 • Noon-1:30 p.m.
Location: Online, live webinar
Cost: FREE
Registration: www.mnadopt.org/eventregister/?event_ID=1565

NEW ONLINE TRAINING OPTIONS
The Minnesota Department of Human Services has created additional online trainings which meet the annual children’s mental health 1-hour training requirement:

- ADHD: https://youtu.be/7MezNUnlRj4
- Anxiety: https://youtu.be/ZU-1hfHmnAM
- Autism: https://youtu.be/pmqyB1q-5G8
- Depression: https://youtu.be/VfKplLknCa0
- OCD: https://youtu.be/nzqlkT-D7nk

Contact your licensor if you have any questions about training requirements.

FOSTER PARENT SUPPORT GROUP
The decision to provide foster care can be an intimidating undertaking. Just as a decision to start a biological family, foster care is something you enter into with thoughtful dedication. Washington County Licensing understands this and wants you to know we are here to help and support you. Just as it takes a village to raise a biological child, it takes a village full of support and guidance to raise a foster child. Washington County Licensing provides group sessions aimed at educating, shaping, and supporting each other as we all navigate the foster care experience together. Please consider joining us for our sessions to experience the support and community of Washington County Foster Care. If you have any questions, feel free to contact Lisa Hofmann at 651-430-4167.

Dates: Last Tuesday of every month
Times: Even months: 6:00-7:30 p.m. Odd months: 10:00-11:30 a.m.
Location: Birch Conference Room Ash Conference Room

SOCIAL MEDIA SUPPORT GROUP UPDATE
We have received feedback on multiple occasions of a desire for social media access for support for foster care providers in Washington County. At this time, we do not have the ability to develop a Facebook, Twitter, or other social media account for this purpose. Washington County as a whole does have both a Facebook (www.facebook.com/WashingtonCountyMN) and Twitter (https://twitter.com/WashingtonCoMN) account for general information about the county. Foster Care Licensing will be able to use these avenues for recruitment of foster care needs and information sharing.

We, in Licensing, value the work you do and recognize the need you have for support, both from the agency and each other. Please join us for monthly in-person support meetings to get support from one another. See the article above about support groups for details. If you prefer to gain support from your licensor electronically, please feel free to email them questions or concerns. If you are feeling you need additional support, please make sure to contact your licensing worker, we are here to help.
Household Prescription Drug “Take Back” Event

April 28 · 10am - 1pm

Mahtomedi

Mahtomedi School District
Education Center
1520 Mahtomedi Avenue
Mahtomedi, MN 55115

No Medications from Businesses Accepted

Accepted at Drop Box
Prescription, over-the-counter, and pet medication from households.
- Pills & capsules
- Blister packs
- Creams & gels
- Unused Epipens
- Inhalers & patches
- IV bags & vials
- Liquids/powders & sprays

NOT accepted at Drop Box
- No needles, used Epipens, syringes, lancets or thermometers
- No liquid chemotherapy drugs

Items above accepted at the Environmental Center
4039 Cottage Grove Drive
Woodbury, MN, 55129

Preparing for drop-off
- No need to cross off your name - drop-off is anonymous (no ID required)
- Keep medications in original container
- If you don’t have the original container, place in small bag

Questions? Call 651-275-7475

Year-round Drop boxes: Open Monday – Friday (8am – 4:30pm)

FOREST LAKE:
Headwaters Service Center
19955 Forest Rd N

COTTAGE GROVE:
Washington County Service Center
13000 Ravine Pkwy S

STILLWATER:
Law Enforcement Center
15015 62nd St N

WOODBURY:
Woodbury Service Center
2150 Radio Drive

Sponsored by the Washington County Sheriff’s Office and the Washington County Department of Public Health and Environment.

For more information go to: www.co.washington.mn.us/meds
EMPOWERING TEENS FOR TRANSITIONING MEDICAL CARE

The journey from early adolescence to adulthood is full of exciting milestones. Many of us remember taking the driver license test, going to prom, and preparing for our first job. Part of these years is assuming new roles and responsibilities. However, many overlook that when a young adult turns 18 years old, they become the primary decision-maker for their healthcare and are legally the only person who can access their healthcare information unless their permission is given. Neglecting health needs can interrupt aspirations for learning, working and living safely in the community (Shapland, 2006).

To help facilitate success into adulthood, teens, families, medical and dental providers need to make a plan to transition from pediatric to adult healthcare.

Providers and caregivers should start discussing transition readiness by age 14 with the focus on needs and goals for self-care. The provider will spend more time talking with teens alone and will encourage teens to consider their medical choices. Understanding of medical conditions, medications, and tasks necessary for healthcare management (such as making appointments and picking-up prescriptions) will also need to be discussed. Transition includes identifying an adult provider, transferring medical records and facilitating teens to communicate their needs to their own provider. Here are some tips for caregivers to help teens transition to adult care:

Caregiver's Role

- Help your teen choose a provider they are comfortable with (male/female, location, specialty) by showing them how to use the clinic websites to see pictures and read the bios of the providers.
- Encourage teens to take time alone with the provider so they have the opportunity to ask their own questions.
- Help them prepare for a visit by making a list of their questions and concerns, and let them take the lead at their next appointment.
- Let teens have a role in scheduling appointments and picking up prescriptions, including keeping the contact numbers in their phone.
- Help them compile a list of their allergies, medications, and medical conditions/history and keep it updated on their phone.


www.gotttransition.org

NEW CHILDREN'S BOOK

SOMETIMES... is a book to help foster children feel safe and accepted in the midst of what can be a scary transition to their foster home. The author, Keri Vellis, is an experienced foster parent in Sonoma County, California. Her goal in writing the book was to help children who are transitioning to another home feel good about themselves, and understand that there can be loving people around them as well as happiness in their lives. Available at [www.kerivellis.com](http://www.kerivellis.com) and other booksellers.