**Welcome New Child Providers:**

- **June 2018**
  - Laurie & Jerry Giwoyna, Woodbury (Kin)
  - Mariah Green, Oakdale (Kin)
  - Lorrie & Scott Kuha, Forest Lake (Kin)
  - Margy & Don Pennings, Marine on St. Croix (Kin)
- **July 2018**
  - Laura and Michael Bekkerus, Oakdale (Non-Kin)
- **August 2018**
  - Kristin & Steven Doehne, Oakdale (Kin)
  - Anne & Steve Erickson, White Bear Lake (Kin)

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**Free Lunch & Food Programs**

Foster children are eligible for free lunch at school. Verification that a child is in care should be taken directly to the school the child attends. Free meals should begin immediately. If the child changes schools, give the school a quick call to verify they have the necessary information for the child to receive free lunches. Some providers have called the school and meals were begun prior to receiving the verification form. However, the form is required and needs to be signed by the case manager. You can access the form on DHS’ website: [https://edocs.dhs.state.mn.us/lfs/Server/Public/DHS6384ENG](https://edocs.dhs.state.mn.us/lfs/Server/Public/DHS6384ENG).

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**Respite/Substitute Care Policy**

The Licensing team often receives questions regarding the rules for substitute caregiving. Please carefully review the following information and contact your licensor with any questions.

**Statutory Definitions:**
- **Respite Care:** Minnesota 2960.3010 Subp. 36 – “Respite Care” means temporary care of a foster care child in a licensed foster home other than the foster home the child was placed in.
- **Substitute Care:** Minnesota 2960.3010 Subp. 41 – “Substitute care” means temporary care of foster children inside the foster home by someone other than the foster parent for overnight or longer.

**Overnight care for children by someone other than foster provider**

If overnight care of a foster care child by someone other than the foster care provider is needed, the use of respite care or substitute care is required.

**Short-Term Substitute Care:** (Minnesota Rule 2960.3090 Subp. 3)

Less than 72 hours of continuous care for a child:

- Caregiver must come into the licensed foster home.
- Placing worker and foster parent must agree the caregiver is able to meet the needs of the child.
- If medical equipment is used by the child, caregiver must have documented training from an appropriate training source.
- SUID/AHT training when children are 5 and under.
- CARS training when children are under 9 and caregiver is transporting children.

**Long-Term Substitute Care:** (Minnesota Rule 2960.3090 Subp. 2)

72 or more hours of continuous care for a child:

- Caregiver must come into the licensed foster home.
- Must be 18 years of age.
- Must have an approved background check in the past 12 months.
- Have no statutory or rule disqualifications.
- Provide documentation of medical training if necessary.
- If providing more than 30 cumulative days of care in 12 months:
  - Submit statement of good health.
  - Have experience caring for children with similar needs.
- Have Children’s Mental Health Training.
- Have Fetal Alcohol Spectrum Disorders Training.
- SUID/AHT training when children are 5 and under.
- CARS training when children are under 9 and caregiver is transporting children.

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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., November 5
6:00-8:00 p.m.
Government Center
14949 62nd St. N.
Stillwater

For more information call 651-430-8307.

Thanks so much!

Information to be Provided to Substitute Caregiver:

- The location of the fire extinguisher and first aid supplies.
- Emergency and Fire Evacuation Plans.
- Information about child abuse and mandatory reporting laws.
- Who to report in case of emergency.

Respite Care: (Minnesota Rule 2960.3090 Subp. 4)

- Any overnight care for a child outside of the foster home, must be given in another licensed foster home.
- Foster care provider must contact the licensing unit at least 14 days prior to the respite need. (Longer time is desired to have adequate time to find another provider.)
- If emergency respite care is needed, the foster care provider will notify the licensing unit as soon as possible.
- Information to be provided to the respite care provider:
  - Information about the foster child’s emotional, behavioral, medical, and physical condition.
  - Any medication the child takes.
  - Foster child’s daily routine and schedule.
  - Emergency contact information including medical providers.
- Foster care provider is responsible for paying respite care provider the daily reimbursement rate for the child. Payment is arranged between providers without the involvement of your licensor.
- Before non-emergency respite: a face-to-face pre-placement visit must occur.

Prudent Parenting Considerations

- Substitute Care/Respite guidelines do not pertain to a youth who stays overnight at a friend’s home.
- A child’s case manager may allow visits to a member of the child’s birth family. This needs to be a part of the child’s visitation plan and approved by a case manager. The visits would not be subject to Substitute Care/Respite guidelines.
- Having a child go to the home of a friend or family member of the foster provider would not pertain to Prudent Parenting. The foster provider’s friend or family member would have to be licensed or provide care in the foster home, meeting standards for substitute care.

SMOKE-FREE CHILD FOSTER CARE REQUIREMENTS

Due to the risks of second-hand smoke, foster homes for children are required to provide a smoke-free environment in the following areas:

- Inside the home
- Other enclosed spaces connected to the home, such as garage, porch, or deck
- Motor vehicles
- Outdoors, when children are present

If a foster parent does not provide a smoke-free environment for foster children, a correction order will be issued. The foster parent must return to compliance and complete the following training on the health risks of exposure to second-hand smoke: www.youtube.com/watch?v=v-Xck1nLS70&feature=youtu.be.

REDESIGNED CHILDFOSTER CARE LICENSING WEBSITE

Washington County has redesigned its website for child foster care providers. Now when visiting the site, you will be guided to the appropriate resources based upon where you are in the licensing process. We have also added the option to submit forms to complete required online trainings and register for in-person offerings. There is always room for improvement, so we hope you will take a moment to explore the new site and share your feedback.

You can visit the newly improved webpage by visiting: www.co.washington.mn.us/childfostercare.
**WASHINGTON COUNTY TRAININGS**

All trainings will be held at the Washington County Government Center in Stillwater unless otherwise noted. To register for trainings contact Tammie Belland at 651-430-8307 or tamara.belland@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, including 1 hour of Children’s Mental Health and FASD Training.

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**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:** Tues., October 30 • 6:00-9:00 p.m.

**Trainer:** Washington County Public Health Staff

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**METRO TRAINING OPPORTUNITIES**

**Beyond Consequences, Logic & Control**

Please join adoptive mother and skilled trainer, Brenda Benning, as she offers new perspectives into your child’s behaviors, while offering real life techniques that can help regulate these same behaviors. This is a specialized training for families who are or may be parenting children with traumatic histories and/or attachment issues. This 16 hour series follows the model and book by Heather T. Forbes, “Beyond Consequences, Logic and Control.” Parents and caregivers will have the opportunity to safely share their own experiences and build a support system with other families who are living with the same unique experiences often found in adoptive, foster, and kinship families. Cost of the series includes the book, “Beyond Consequences, Logic & Control” by Heather T. Forbes (one book per couple).

**Date/Time:** 8 session series: Tuesdays: September 18-November 13 (skip week of MEA) • 6:30-8:30 p.m.

**Location:** Calvary Lutheran Church, Golden Valley

**Cost:** $120/person or $220/parenting couple

**Registration:** [www.mnadopt.org/eventregister/?event_ID=1578](http://www.mnadopt.org/eventregister/?event_ID=1578)

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**Bridging the Relationship Gap: Becoming an Ally for Children Facing Adversity**

Children who have endured stressful experiences in their young lives may be especially challenging to work with. They may be overly disruptive or withdrawn. However, early in life, children are especially resilient to stress and can recover from trauma and adversity through supportive relationships with consistent and caring adults. So how can we bridge the relationship gap with children facing early adversity? In this presentation, the presenter will share scientific research and practical strategies from her award-winning book, “Bridging the Relationship Gap.” She will address one-on-one relationship-based therapeutic techniques that help build children’s resilience to experiences of trauma and stress. Participants will have the opportunity to practice these techniques with one another to see how these strategies can work. The presenter will also address contextual and societal challenges such as historical trauma, and will share promising organization-level practices that can shape early care environments to promote student learning and success.

**Date/Time:** Wed., September 19 • 9:00 a.m.-4:00 p.m.

(registration opens at 8:30 a.m.; one hour for lunch on your own)

**Location:** Maplewood Community Center, Maplewood

**Cost:** $152.15 by August 19; $179 after August 19

**Registration:** [https://fs17.formsite.com/macmh/form239/index.html](https://fs17.formsite.com/macmh/form239/index.html)

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**Trust-Based Relational Intervention (TBRI)**

TBRI training is a must for adoptive and foster parents, as well as professionals. The Trust-Based Parenting Series offers in-depth training for parents of children with trauma-based behaviors. The Trust-Based Relational Intervention® is a unique model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development. Drs. Purvis and Cross coach families through real life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI principles (Empowering, Connecting, and Correcting) to everyday life to build a stronger parent-child connection, which leads to better behavior. In this four-part series, you will get an overview of TBRI and then a deeper-dive into the three principles (Empowering, Connecting and Correcting). You will learn how to lay the foundation for deep insight regarding the impact of a child’s history on their long-term development. You will leave with an enhanced understanding about how to interpret behavior and how to respond appropriately.

**Date/Time:** 4-part series: Wednesdays: September 19 - October 10 • 6:30-8:30 p.m.

**Location:** Children’s Home Society/Lutheran Social Service, St. Paul

**Cost:** $60/person or $100/parenting couple

**Registration:** [www.mnadopt.org/eventregister/?event_ID=1580](http://www.mnadopt.org/eventregister/?event_ID=1580)

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**Surviving and Thriving: Raising a Child With Attachment Trauma**

Please join Deena McMahon and Krista Nelson during this 1-day LABS workshop (Learning Alternative Behavioral Strategies). This event 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. Over the course of the 1-day session, the following themes will be discussed: “The Mindful Parent-From Hell and Back”, “Reaction-Behavior Parent”, “How We Understand RAD Today”, “The Mosaic of PTSD, RAD, FASD, MDD, ODD”, “The Behaviors: Family Dynamics of

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Training Resources

Looking for annual training hours? There are many community resources that can provide training opportunities.

Here are a few places to look when seeking hours.

- **CEED (Center for Early Education and Development):** [http://ceed.umn.edu](http://ceed.umn.edu)
- **Foster Parent College:** [www.fosterparentcollege.com](http://www.fosterparentcollege.com)
- **MN Adopt:** [https://www.mnadopt.org](https://www.mnadopt.org)
- **MACMH (Minnesota Association for Children’s Mental Health):** [www.macmh.org](http://www.macmh.org)
- **MOFAS (Minnesota Organization on Fetal Alcohol Syndrome):** [www.mofas.org](http://www.mofas.org)
- **NAMI (National Alliance on Mental Illness):** [www.nami.org](http://www.nami.org)
- **PACER Center:** [www.pacer.org](http://www.pacer.org)

The following FREE online trainings meet the annual children’s mental health 1-hour training requirement:

- **ADHD:** [https://youtu.be/7MezNUnjRi4](https://youtu.be/7MezNUnjRi4)
- **Anxiety:** [https://youtu.be/ZU-1hfHmnAM](https://youtu.be/ZU-1hfHmnAM)
- **Depression:** [https://youtu.be/VfKplLknCa0](https://youtu.be/VfKplLknCa0)
- **OCD:** [https://youtu.be/nglIkTh7nk](https://youtu.be/nglIkTh7nk)
- **Autism:** [https://youtu.be/pmqyBlq-5G8](https://youtu.be/pmqyBlq-5G8)

If you are interested in obtaining training within a specific topic area, contact your licensor.

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Splitting, Sibling Concerns, Impact on Couple Relationship, Mom-Blame", "Educating Your Team of Helpers, Including School, Therapist, Extended Family, Social Worker, Law Enforcement, etc.", and "Self Care Commitment".

**Date/Time:** Fri., September 28 • 9:00 a.m.-3:30 p.m. (30 minute lunch - bring your own)
**Location:** Woodbury Office Center, Woodbury
**Cost:** $75/person or $135/parenting couple
**Registration:** [www.mnadopt.org/eventregister/?event_ID=1577](http://www.mnadopt.org/eventregister/?event_ID=1577)

**Meltdown Management**

Meltdowns can be a part of life for some children who struggle with emotional regulation. The presentation of a meltdown can also vary based on the age/stage of the child. This session will cover the stages of a meltdown, ways to cope, and ways to prevent meltdowns in the future for kids of all ages.

**Date/Time:** Mon., October 1 • 9:00 a.m.-Noon
**Location:** Bunker Hills Activities Center, Andover
**Cost:** $75.65 by September 1

**The ABC's of the IEP: Making the Individualized Education Program (IEP) Work for Your Child**

This workshop will help parents understand how to use the Individualized Education Program (IEP) to benefit their child. Presenters will use the PACER booklet, “Guide for Minnesota Parent to the IEP”, to help participants understand how each required part of the IEP can be developed to meet the child’s needs. Parents need to bring a copy of their child’s most current IEP.

**Date/Time:** Thurs., October 11 • 6:30-8:30 p.m.
**Location:** PACER Center, Minneapolis
**Registration:** [www.pacer.org/forms/workshops.asp?wksp=9A8FBD83-0CC9-4C3F-B633-A42309197301](http://www.pacer.org/forms/workshops.asp?wksp=9A8FBD83-0CC9-4C3F-B633-A42309197301)

**WEBINAR: Talking to Kids about Tough Stuff**

Children do best when they know the truth about their lives. Sharing difficult information with children is not easy. This workshop will give you the tools to discuss the most challenging situations (e.g. abuse, parental incarceration, death, HIV, incest, termination of parental rights) to children of all ages. Please bring your challenging questions. No topic is off limits!

**Date/Time:** Tues., October 30 • Noon-1:30 p.m.
**Location:** Online webinar
**Cost:** $18
**Registration:** [www.mnadopt.org/eventregister/?event_ID=1579](http://www.mnadopt.org/eventregister/?event_ID=1579)

4-H Youth Development Open House

Washington County 4-H is inviting families to our annual Open House to learn more about our youth development programs. This event will take place on **Saturday, October 13** at the Washington County Fairgrounds from 1:00-4:00 p.m. This event is free, open to the public, and families do not need to enroll in 4-H in order to attend the event.

4-H is a learn-by-doing youth development program where youth design and participate in their own programs and activities. Youth can participate in one time programs or events or community clubs that meet regularly to work on projects, engage in community service-learning, and develop leadership skills. 4-H offers activities in science, engineering and technology, citizenship and leadership, healthy living, and animal science. 4-H has something for everyone! 4-H is open to youth ages kindergarten through one year past high school.

To learn more about 4-H in Washington County, please visit the 4-H website at [www3.extension.umn.edu/local/washington/4-h/article/information-new-4-h-families](http://www3.extension.umn.edu/local/washington/4-h/article/information-new-4-h-families) or contact Alyssa Kruzel, 4-H Program Coordinator at [kruze008@umn.edu](mailto:kruze008@umn.edu) or 651-430-6807.
**FOSTER PARENT SUPPORT GROUP**

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, contact Tammie Belland at 651-430-8307 or tamara.belland@co.washington.mn.us.

**Dates**  
Last Tuesday of every month (except August and December)

**Times**  
Even months: 6:00-7:30 p.m.  
Odd months: 10:00-11:30 a.m.

**Location:**  
Birch Conference Room  
Ash Conference Room  
Woodbury City Hall, Woodbury

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**HOW TO SUPPORT REUNIFICATION, EVEN IF YOU DON'T WANT TO**

If you are a foster parent, you know the word ‘reunification’ comes up a lot. As it now stands, there is a federal law that mandates courts and child welfare agencies to work towards reunification with a biological parent upon children entering care. The law gives fifteen out of twenty-two months for efforts to rectify the reason that children entered care and to assure safety once placed back in the home.

People often say, “I could never foster because I could not give the children back.” This is a reasonable response, but it is possible to support the reunification process even if you do not want to. Many foster parents do this every day!

Here are a few tips on understanding, surviving, and supporting reunification:

1. **Listen intently during the training classes.** When the trainers tell you the goal is reunification for most children who enter care, believe them! You will be asked to be an active part of this process. Know your rights, but also understand the purpose of the family support team will be to restore the family in ways that deem them safe for their children’s return.

2. **Respect the goal of reunification.** You don’t have to agree with all that is going on with a case, but you do need to respect the process and act in a professional manner. If the tables were turned and you found yourself in the position of birth families, you would want whoever is caring for your children to be supportive and respectful.

3. **Realize this is going to be very hard.** In other words, take off your rose-colored glasses! You are involved in the community that works with abused and neglected children. This is hard work, people are often unpredictable, and the system is not perfect. It doesn’t feel good all the time and your heart will break more than you want it to.

4. **Work on building a relationship with the biological parents, if possible.** Simple things like assisting with transportation to and from visits allows for you to interact with them. Tell them updates about the kids, send artwork and pictures. These things will help the biological parents to feel supported. Also, choose kindness. It goes a long way!

5. **Make yourself available for meetings and visits as much as you can.** Your presence says a lot about your investment in what is going on with cases. Your input also provides essential information to the team. On that same note, offering parenting strategies and how you have successfully handled any behavioral issues will also give the biological parents insight into how they should parent once the children return home.

6. **Mentor the biological parents, if possible.** This can be tricky and will take rapport building, but foster families who try to be a mentor are ones that tend to better navigate the reunification process. The family support team will also see that you value the goal of reunification, the needs of the biological parents, and your role as a foster parent.

7. **Speak positively about your foster children’s biological family.** Sure, there are serious concerns, but there are also positives that can be pulled from learning as much as you can about them and developing a relationship with them. This helps in the reunification process as it goes to continuing and strengthening the bond between children and their biological parents.

8. **Don’t sabotage.** I know this is a tricky area for foster families and sometimes they get blamed for attempting to sabotage, even if all they are doing is addressing their concerns with the team. If you are always late for visits, the child always seems to have a fever when a visit is scheduled, it is to let things go.
or you nickpick the biological parents’ every move, that is a form of sabotage, even if you don’t realize you are doing it.

9. **Be strength-based and celebrate the baby steps being made.** This falls in line with the area of sabotage. Of course, your home is probably in better shape, cleaner, and more suitable for raising children, but it should be. You are a foster parent. You may be better able to budget, have stable employment, and don’t allow negative influences into your home. Again, this is how it should be as you are a foster parent. However, what’s important to understand is that when a biological parent loses his or her child to foster care, that parent is essentially asked to cut off all negative influences, keep or get a stable job, and have a spotless house. They are ordered to do these things ALL while trying to fit in meetings, therapy appointments, and visits. They also may be undergoing drug withdrawals and seeking to be in recovery. That is a lot to put on anyone’s plate! Negative influences and people are not ideal but they can be the only source of friendship or “family” that the biological parent has. This is not an excuse at all and biological parents must be held accountable for their actions, and who they choose to have in their lives; however, one can see how very overwhelming it must be for them. Honor the small steps they have made in attaining their goals and turning their lives around.

10. **Be a team player and do your best at fulfilling your role as a foster parent.** Adoption is never guaranteed unless termination has occurred and you have been selected as the adoptive parent. While the team is seeking reunification, remember your training and all that was discussed regarding the importance of being a member of a professional team.

Foster parenting is one of the hardest life experiences anyone can go through. Often, foster families feel as though they are not heard or supported. It is possible biological parents may feel the same way. Supporting reunification, even when you don’t feel like it is not easy, but it is possible.

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**GET MORE: IMPROVE THESE 10 QUESTIONS TO YOUR BACK-TO-SCHOOL CHILD**

We have lots of questions for our children after the first few days of school. Here are tips to get more information when talking to your child:

- Keep questions open-ended instead of asking a yes or no question.
- Ask for specific information since kids often give generalized responses.
- Keep questions open-ended instead of asking a yes or no question.
- Avoid these Questions negative influences, keep or get a stable job, and have a spotless house. They are ordered to do these things ALL while trying to fit in meetings, therapy appointments, and visits. They also may be undergoing drug withdrawals and seeking to be in recovery. That is a lot to put on anyone’s plate! Negative influences and people are not ideal but they can be the only source of friendship or “family” that the biological parent has. This is not an excuse at all and biological parents must be held accountable for their actions, and who they choose to have in their lives; however, one can see how very overwhelming it must be for them. Honor the small steps they have made in attaining their goals and turning their lives around.

By Caroline Bailey, [https://barrentoblessed.com](https://barrentoblessed.com), originally published on [https://adoption.com](https://adoption.com), 3/26/17

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**Avoid these Questions** | **Try These Instead**
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How was school? | What’s the biggest difference between this year and last year?
Did you have fun at school? | What was the best thing you did at school?
Who did you sit with? | Tell me the names of the four kids who sat closest to you!
Was your teacher nice? | • What was the most interesting thing your teacher said today?
• What class rules did your teacher say are important?
• What did your teacher say she likes to do?
Did you get your schedule? | Which days look best on your schedule?
Are your friends in your classes? | Tell me two kids you remember from each class!
Did you play with anyone at recess? | • What were most kids doing at recess?
• What was the best game at recess?
• What did you talk about at recess?
How was lunch? | • Who sat near you at lunch?
• What was the funniest thing
Did you get your locker? | • Where is your locker?
• Who has a locker near yours?
Was the work hard? | What was the best thing your teacher asked you to do in class today?