**NATIONAL CHILD ABUSE PREVENTION MONTH**

April is National Child Abuse Prevention Month, a time to recognize that we each can play a part in promoting the social and emotional well-being of children and families. According to the U.S. Department of Health & Human Services, there are six protective factors that are linked to a lower incidence of abuse and neglect. Those factors are: Nurturing and Attachment, Knowledge of Parenting and Child Development, Parental Resilience, Social Connections, Concrete Supports for Parents, and Social and Emotional Competence of Children.

What can you do to help prevent abuse while increasing those protective factors for your community? Start by doing something as simple as meeting your neighbors or participating in a community activity at your local library or community center. Continue to volunteer your time by providing respite to families or start a playgroup for kids in your neighborhood. Discipline your children thoughtfully, especially while out in the community. Your positive parenting skills can show other parents that conflicts and difficult issues can be settled without hitting or using physical punishment.

Always remember that as child foster care providers, you are mandated reporters. Report suspected abuse or neglect right away; the child protection intake number for Washington County is (651) 430-6457. These suggestions are just a few of the many ways you can get involved. For additional tips and information on the six protective factors, please visit: [www.childwelfare.gov](http://www.childwelfare.gov).

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**DREAMS**

Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.

Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

- Langston Hughes

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**SAVE THE DATE: 2013 FOSTER CARE RECOGNITION EVENING**

May 23, 2013 • 6:00 pm • Lake Elmo Inn Event Center

The Recognition Evening celebrates, acknowledges, and thanks the licensed foster care providers who care for our children and vulnerable adults. This is a night for you to dress up (business casual), leave the kids at home, and enjoy!

We hope to see as many licensed providers as possible to celebrate the joy of fostering! There will be delicious food, kindred socializing and meeting those who share your love of human kind, door prizes, and awards.

Watch for your invitation in the mail.
Balancing Safety & Privacy

As the population of the residents in our home change so does the monitoring. We have more options available to us; baby monitors now have video, wireless door and window alarms, home systems that can now be viewed via the internet. We have to be able to balance the rights of the residents with the need to monitor their safety. Some homes are difficult to supervise or providers choose to use monitors to ensure they can hear a resident’s request from other parts of the home.

Some questions to consider before getting monitors of any type: Why do you need to monitor your resident? Will the monitor infringe on their privacy in any way? Is it necessary to see the resident or will an audio monitor serve your purposes? Will the video monitor be placed in an area considered to be private such as a bedroom? If so, what is the purpose? Could it be considered an invasion of privacy? Do you need to monitor all your residents to the same level? Maybe you can justify having a monitor in one resident’s bedroom but not another higher functioning resident. Look at it from the outsider’s point of view; does it seem like a reasonable precaution or does the monitor feel like an invasion of privacy? Common sense is the best guide.

If you choose to use a monitor, Minnesota Statute 245A.11 Subd. 7b governs the use of monitors. Here are the guidelines set forth in the statute:

1. Monitoring cameras in the bathroom are not allowed. This is a Vulnerable Adult report waiting to happen and it is against the law.
2. Cameras must not be hidden from the residents.
3. If you choose to use electronic monitoring, audio or video, you must give notice to your residents. The notice must include:
   a. the fact that there are monitors,
   b. the type of monitor,
   c. the purpose of the monitoring and
   d. if the monitor is recorded, you can only keep the recording for 5 days. The exception to this requirement is for maltreatment allegations only. See the statute for details.
4. Although not required by the Statute, we recommend that you get signatures on your notice to the residents. It may also be to your advantage to disclose the monitoring in your Program Abuse Prevention Plan.

The trick to monitoring is to balance privacy with care. We want to be safe but need to respect privacy. You do not need to jump to the highest level of monitoring just because it is available. Sometimes the ‘cool gadgets’ are not the best ones for the situation. Reasonable precautions should be taken to protect the residents, but not at the expense of privacy. If you have any questions, please contact your licensor.

Reduced Fee ID

Many of your residents may qualify for a reduced fee ID. To qualify, your resident must be developmentally disabled, serious and persistently mentally ill, or physically disabled. The cost would be .50¢. A portion of the form must be completed by a medical professional or case manager. To review the qualifications for serious and persistent mental illness go to: www.revisor.mn.gov/statutes/?id=245.462. Here is the language for who would qualify as physically disabled: www.revisor.mn.gov/statutes/?id=245.462. The form can be found at: https://dps.mn.gov/divisions/dvs/forms-documents/Documents/ReducedFeeIdentificationCardEligibility.pdf

Submitted by: Donna Sloan, Washington County Adult Foster Care Licensor
Revised Adult Forms for Physician Statement, History & Physical

We have revised the adult History and Physical form and created a new form for medication administration. The new History and Physical form is now only two pages long. We removed the section on medications. We also removed the physical assessment sections as most physicians were not completing this section but were attaching their own documentation. You will need to make sure the physician does attach his/her exam notes.

During visit reviews, we have found that the physician’s statement was either missing or vague. The new Physician’s Statement for Medication Administration Assistance form should now make it clearer exactly what assistance the resident does require with their medication. A list of the client’s current medications should be attached or written on the back of the sheet. Be sure to update the physician’s statement using this form when your residents have a physical.

Both of these forms are on the county website or contact your licensor for copies. Please start incorporating these forms into your programs. If you have any specific questions about the use of the forms, please contact your licensor.

Important Billing Changes for Providers of Waiver Services

Many adult providers receive payment for their residents care through a waiver program; DD, CADI, or BI. There are big changes coming if and when the legislation for Phase 2 of 245D passes. The state MN-ITS system is preparing for this by having providers of waivered services complete a record review by July 1. To complete the Provider Record Review go to the website at the state: www.dhs.state.mn.us/main/idcplgIdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_017530#P39_2126.

There are webinars on a monthly basis as well as a Waiver/AC Provider Record Review Presentation you can review. Check out the link below: www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_174692#. The next webinar is on April 30th.

For more information on 245D legislation go to the Office of the Revisor of Statutes website; the House bill is HF 1233. The 245D stuff mostly starts on page 239. http://wdoc.house.leg.state.mn.us/leg/LS88/HF1233.0.pdf. The companion Senate bill is SF 1034. These bills have not yet passed but are likely to pass. There are many requirements in this bill that will affect how you as providers will do business.

DID YOU KNOW?

Email Announcements
Email has become a quick, easy tool for communication. It doesn’t cost much to contact a lot of people. Many organizations have found email lists an effective way to quickly disperse information. The Minnesota Department of Human Services has several lists that could be helpful to you as providers. Consider signing up for the Department of Human Services Disability Services Division email announcements. The Disability Services Division sends out email announcements regarding updates to the DHS website, new or changed policy, potential policy changes, training Information, or other announcements. You can sign up by visiting this webpage: https://webmail.mnet.state.mn.us/mailman/listinfo/dsd-stakeholder.

To find out about other notices available from DHS visit this webpage: http://mn.gov/dhs/general-public/information-center/publications/. It will take you to a page with more information about publications and email notices from DHS.

Adult Foster Care Providers Support Group & Training

Support Group meets the 4th Tuesday of every other month. The upcoming meeting date is:

Title: Ombudsman for Mental Health & Developmental Disabilities
Date: Tuesday, May 28 • 6:00-8:30 p.m.

This training will cover:
- Overview of the Office of the Ombudsman for Mental Health & Developmental Disabilities
- Who may call the Ombudsman
- What to expect when you call
- What information to include on Serious Injury Reports

Flyers will be sent out with more information regarding these trainings.
Welcome New Child Providers:

February 2013
• Jessica & Justin Bell, Woodbury (Child)

March 2013
• Charlene Dixon, Oakdale (Kin)
• Kelly Erickson & Michael Moss, Forest Lake (Child)

DID YOU KNOW

CAR/BOOSTER SEAT RECYCLING
Now is the time to get rid of those unsafe car and booster seats! AAA is conducting a special drop-off car and booster seat recycling event at two Twin Cities locations:
• AAA—Burnsville
  600 W. Travelers Trail
• AAA—St. Louis Park
  5400 Auto Club Way

The recycling events will be Fri., April 26 from 9:00 a.m.—5:00 p.m. and Sat., April 27 from 9:00 a.m.—Noon

CHILDREN’S DENTAL SERVICES
The Forest Lake Public Health WIC clinic will be offering Children’s Dental Services (CDS) the first Wednesday of each month from 8:00 a.m.—3:30 p.m. starting in April through the end of 2013.

A full range of dental care services will be provided. Those eligible are children from birth—21 years old and pregnant women of all ages.

Call for an appointment: (612) 746-1530
(866) 543-6009

MAY IS NATIONAL FOSTER CARE MONTH

May is National Foster Care Month, a nation-wide campaign designed to bring awareness of the year-round needs of the nearly 400,000 children and youth who spend at least some time in a foster care setting each year. It is also a time to honor and thank foster parents for their hard-work, dedication, and sacrifice. Foster parents provide child and youth, whom have been abused and neglected or have special needs, with safe, caring, and nurturing homes and families. We, here at Washington County, wanted to take a moment and thank you and your dedicated family members for the care that you provide and recognize our adult and child providers. We know that being a foster parent can be hard work but that it can also bring joy and laughter into your homes. As foster parents, you truly know that laughter can be the best medicine. With that in mind, we bring you, the extraordinary foster parents of Washington County, the following:

Top 10 ways to know you are a foster parent:

10. You know the exact temperature of the hot water in your home.
9. You can tell everyone where to get the best deal for tagging your fire extinguisher.
8. You are on a first name basis with the entire doctor’s office from the receptionist to the doctor.
7. You go through 4 gallons of milk during the week and still go out for more.
6. The principle of the neighborhood public school locks the door when he sees you coming.
5. Your extended family never knows how many are coming to dinner.
4. You pick up caps, mittens, and school supplies on clearance “just in case”.
3. All your kids are grown but you still have a car seat in the car.
2. You have three parent teacher conferences, all for the same day, all for the first grade, at two different grade schools.
1. Your heart is bigger than your brain.

Please join us as we salute you at the May 23 Recognition Event!

RESOURCES FOR YOUNG ADULTS

Young adults in care are faced with many issues as they move toward independence. They may have missed out on skills development, such as washing their own clothes and managing money. There are many resources available to help foster providers (also referred to as caregivers) identify and assess young adults’ skill level. California has a website dedicated to this population. Several tools are available at: www.cafosteringconnections.org/resources.html. These forms or tools can be used as is or as a starting point for discussion. Feel free to change/adapt the forms in a way that works for you and the young adult in your care.

Try starting with a Supervised Independent Living Placement (SILP) Readiness tool. This form is designed to be used with a social worker or probation officer and the young adult. It can easily be completed with the young adult and the caregiver. It reviews the financial knowledge and daily skills needed to live on one’s own. This can identify the areas of skill and areas yet to be mastered. The Shared Living Agreement can be used to identify assistance the young adult will receive from the caregiver. It can be used to identify specific rules, set boundaries, and talk about issues that might become a problem in the future. Other resources are available in the community. Canvas Health offers Life Skills groups designed to teach skills. They have a career group that covers topics like resume writing, dressing for success, and applying for and keeping a job. They explain resources available in the community and online for employment.

Talk to the case manager for details on services available to your young adult. Youth aging out of care are eligible for Minnesota Care until age 21 regardless of income or employment. Funds are available through the Chafee/SELF Program for a variety of needs. There may be other resources available regarding education, training, or employment to help these youth get a good start in life.

*Many of these resources will be highlighted at the May 7 & June 18 Working with Adolescents training!*
MANDATED REPORTER TRAINING

**NOTE:** This training is designed for child foster providers and Mandated Reporters who are interested in learning more about requirements for reporting child abuse and neglect.

*If you have not had this training in the last 4 years, the information you have is out-of-date.

**Date/Time:** Thurs., April 25 • 6:30-8:30 p.m.

**Training:** Don Pelton, Child Protection Intake Supervisor

CHILD FOSTER CARE SUPPORT GROUP

Meet with other providers to support and share your experiences in foster care. Get credit for 1/2 hr. of training!

**Date/Time:** Tues.: May 7/June 4 • 10:00 a.m.-Noon

SPECIALTY TRAINING: PART I & II: WORKING WITH ADOLESCENTS

**Adult providers welcome!** Adolescence is a unique, complex, and difficult time in life. For young people that are involved in the foster care system, life and development can be even more dynamic. This training, which is designed for caregivers of young people, will assist you in understanding "typical" adolescent development and behavior as well as the unique attributes of youth involved in the foster care system.

**Date/Time:** Part I: Tuesday, May 7 • 6:00-9:00 p.m.

**Date/Time:** Part II: Tuesday, June 18 • 6:00-9:00 p.m.

**Trainer:** Dept. of Human Services Contracted Trainers

RESOURCE FAMILY TRAINING: PERMANENCY ISSUES FOR CHILDREN — MODULE 11

Participants will learn the unique aspects of becoming a permanent home for a child who will not be returning to their biological parents. They will begin to understand how post-placement issues such as loss, identity, and loyalties can be complicated for these children and begin to prepare for them. Caregivers will explore the supports for parents and children in their community.

**Date/Time:** Thursday, May 9 • 6:00-9:00 p.m.

**Trainer:** Dept. of Human Services Contracted Trainers

RESOURCE FAMILY TRAINING: PERMANENCY ISSUES FOR FAMILIES — MODULE 12

This training helps participants recognize the long-term adjustment to adoption for the parent and the child. This includes dealing with grief, loss, identity, control, divided loyalties, and fertility issues as well as the fantasy of being a "dream family."

**Date/Time:** Thursday, June 13 • 6:00-9:00 p.m.

**Trainer:** Dept. of Human Services Contracted Trainers

METRO TRAINING OPPORTUNITIES

**Beyond Consequences**

This is a specialized training for families who are or may be parenting children with traumatic history and/or attachment issues. It will provide hands-on skills training based on Heather Forbes’ work.

**Date/Time:** Thurs., April 25, May 2, 9, 16, & 30, June 6, 13, & 20 • 6:30-8:00 p.m.

**Location:** Hilton—Minneapolis Airport, Bloomington

**Cost:** $15/person or $30/couple for each session

**Registration:** [www.mnadopt.org](http://www.mnadopt.org) or contact Janet Hammer with questions at (612) 746-5125

**Beyond Consequences: Helping Families Heal**

This training will examine how stress and trauma affect a child’s ability to regulate behaviors and how a history of trauma compromises a child’s ability to respond and develop reciprocal relationships.

**Date/Time:** Sat., June 1 • 9:00 a.m.-3:00 p.m.

**Location:** Radisson BLU, Mall of America, Bloomington

**Cost:** $25/person

**Registration:** [www.mnadopt.org](http://www.mnadopt.org) or for questions (866) 303-6276 or info@mnadopt.org

**Sudden Infant Death Syndrome/Shaken Baby Syndrome Training**

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

**Date/Time:** Wed., June 19 • 6:30-8:30 p.m.

**Trainer:** Washington Co. Community Services Staff

**Location:** Washington Co. Community Services Staff

**C.A.R.S. (Children and Restraint Systems) Training**

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

**Date/Time:** Thurs., June 13 • 6:00-9:00 p.m.

**Trainer:** Washington Co. Community Services Staff

**Location:** Washington Co. Community Services Staff

**Registration:** [www.mnadopt.org](http://www.mnadopt.org)

**Cost:** $25/person

**NIGHTS OUT-training opportunities**

**Caring for Children Who Have Experienced Trauma**

MN Adopt is presenting a conference on promoting survival in traumatized children and families.

**Date/Time:** Sat., May 18 • 9:00 a.m.-3:00 p.m.

**Location:** Marriott Mpls. West St. Louis Park, Mpls.

**Cost:** $25/person

**Registration:** [www.mnadopt.org](http://www.mnadopt.org) or for questions (866) 303-6276 or info@mnadopt.org

**Coping with Stress and Grief in Foster Care Families**

This training will examine how stress and trauma affect a child’s ability to regulate behaviors and how a history of trauma compromises a child’s ability to respond and develop reciprocal relationships.

**Date/Time:** Sat., June 1 • 9:00 a.m.-3:00 p.m.

**Location:** Radisson BLU, Mall of America, Bloomington

**Cost:** $25/person

**Registration:** [www.mnadopt.org](http://www.mnadopt.org) or for questions (866) 303-6276
What prompted you to become licensed?
I wanted my (bio) children to know that even if my foster people are adults, they still need some guidance and help from people like me. I remember when we lived on Gresham Avenue North that a nearby family had 2 grade school age foster boys that would get on the school bus with all the other kids, etc. When things went haywire one of the neighbor kids would tell those foster boys that they didn’t belong there and they should go back to where they came from. My kids thought that was awful to tell those kids they didn’t belong.

What keeps you going every day?
My husband is from a huge family so I am used to a lot of people being around. Ted helps out with a lot of the cooking. I sit down and chat with my clients quite a bit. They like to be listened to and what they have to say is also important to me. One client likes to sit down with me and have a coffee break a couple times a day. Also, the same one (client) likes to take a break with Ted early in the morning down stairs and out in the four season porch with some juice or something before getting his morning cares done, before going to work, etc.

What is something you have learned that would be helpful to other providers?
Be very patient with everyone. It takes them longer to tell you what they want, takes them longer to tell you something, etc. I try not to put words in their mouth. I give them time to tell me what they want or what they want to say. It can seem like things are going slow motion so that is when you need to be patient with people.

What advice would you give to someone that is newly licensed?
Start with one client and get comfortable and at ease. Get used to an extra person living in your house. It probably took me about ten years to get licensed to take four people. I don’t always have four people. Right now I have two people.

What have been the most helpful resources for you?
Washington County has a great group of people that are very helpful when we need them and they seem to like to help us with solutions and help us figure things out. Social Services has very nice case managers and licensing social workers as well. We also have classes on subjects that help with our clients.

What is your best memory of providing foster care?
This story makes me grin every time I think of it. Ted was mixing up some chocolate milk for this lady and he put it in a Tupperware container so he could shake the powder and the milk together. I told him to hold onto the lid but he said oh this is Tupperware—he didn’t need to hold the lid on as it fits snug, etc. That it won’t fly off. Well, guess what? The lid flew off, the chocolate drink went all over this very chesty lady, shirt was soaked and so was her face and hair, etc. Poor Ted for a few seconds he didn’t know how the heck he was going to get out of this situation! The look on his face was worth a million dollars, I kid you not. Finally he said to this lady, here, you take this towel and wipe off the chocolate milk and then go to your room and shut the door and put on some dry clothes and that he would clean the chocolate milk up off the floor. End of the story. I think he made her a new glass of chocolate milk after the mess was cleaned up.

Another short story: I had a client that did not like talking about death whether it came over TV or whatever—she didn’t even want to hear about it. So one day I said to her, “For Pete’s sakes it only happens to you once. Everybody gets one turn at death!” She looked at me in surprise and said, “Only once!” I said, “Yes.” Then she said, “Well that’s not so bad then.”

One last story: I had a client that thought they were getting old. Then I made a remark that, “Oh, you’re only one year older than your teeth.” They got a laugh out of that one.