**DIFFUSING CRISIS SITUATIONS SAFELY & SANely: A JOINT ADULT & CHILD FOSTER CARE PROVIDER DINNER & TRAINING**

All Adult and Child Foster Care providers are invited to attend this important skill development two-part workshop. Participants will learn how to understand anger as an unmet need, identify the stages of a developing crisis, and build the skills necessary to de-escalate a potentially volatile situation including learning to recognize the role of body language and use of personal space as tools. In addition, participants will assess how their own values, expectations, responses to anger, and personal temperament can diffuse a situation or contribute to the escalation.

Participants are required to attend both sessions to be held at the Stillwater Government Center. Both sessions will include a participant potluck with a main dish furnished by Washington County prior to the start. Part 1 is scheduled for Tuesday, September 10 from 6:00-9:00 p.m. Part 2 is scheduled for Tuesday, November 26 from 6:00-9:00 p.m. *Please note that Part 2 is replacing the normally scheduled Adult Foster Care Support Group. If you would like to participate in the potluck, please arrive at 5:30 p.m. and bring a dish to share!*

The scheduled trainer is Candance Mainville, M.A. Ms. Mainville works as a licensing social worker and trainer for Hennepin County Foster Care. Her special interest is in making a difference for the LGBTQ youth in the child welfare system.

To register, please contact Heidi Bischoff at (651) 430-6598 or Heidi.Bischoff@co.washington.mn.us

**PASSES AVAILABLE FOR MN ZOO**

Exciting things are happening at the Minnesota Zoo! They recently had an African penguin chick hatch, an Amur Tiger cub from St. Louis joined our Minnesota cub, and a baby tamandua was born. You have the opportunity to see these all free through 12/31/13! The zoo passes are a donation to allow residents in foster care to have access to the Minnesota Zoo. Call your licensor and request FREE zoo passes for your household.

**GROUP RESIDENTIAL HOUSING RATE CHANGE**

The Group Residential Housing Rate (GRH) is set by the state to pay for room-and-board costs for low-income adults who have been placed in licensed care. The amount of the Group Residential Housing payment is based on a federal/state standard of what an individual would need, at a minimum, to live in the community. In some cases, Group Residential Housing may pay a supplemental amount to the basic rate. The supplement, difficulty of care, is based on the behavior of and/or cares required by the resident. The rate is set by the legislature yearly. The changes to the rate occur on July 1. For 2013, the rate is going up to $877 per month (from $867 per month). If you receive GRH for your resident, you should see the change reflected in your checks received for care effective July 1, 2013.
**HERE COMES THE SUN—AND SUNBURN?**

The summer season is upon us and sunburn is a definite possibility. Here are some quick reminders:

- Check the sunscreen bottle for an expiration date. They really do have them!
- Apply sunscreen with a rating of SPF 15 or higher or “broad spectrum” to help prevent both sunburn and reduce the risk of skin cancer. Reapply sunscreen at frequent intervals and use clothing or hats to protect from the sun as well.
- Check the medications that your residents are taking for possible increased sensitivity to the sun. If they have these meds, they should avoid mid-day exposure whenever possible. Check those side effects sheets we make you keep!

You can find medical alerts at the office of ombudsman’s website at: [http://mn.gov/omhdd](http://mn.gov/omhdd).

**CHILD PROTECTION GUIDELINES FOR UNSUPERVISED CHILDREN**

Summer is finally here! As more of us are out and about, it is important to be sure children are receiving appropriate supervision. We frequently get asked when can a child be left alone or baby sit. Washington County has guidelines related to proper supervision.

Reports alleging inadequate supervision or child care arrangements may be screened in for a child protection response. Those reports would be related to children age:

- 7 and under who are left along for any period of time
- 8-10 who are left alone for more than three hours
- 11-13 who are left alone for more than 12 hours
- 14-15 who are left alone for more than 24 hours
- 16-17 may be left alone for over 24 hours with a plan in place concerning how to respond to an emergency

Inadequate child care arrangements may also be screened in for a child protection response. The guidelines are:

- children under age 11 should not provide child care (babysitting)
- children ages 11-15 who are placed in a child care role are subject to the same time restrictions of being left alone as listed above
- children ages 16-17 may be left alone for more than 24 hours with adequate adult back-up supervision

If a report is received by the local child welfare agency, and the circumstances fall outside of the timelines listed above, the local agency may refer the matter to local law enforcement for a child welfare and safety check.

**NEW OMBUDSMAN FOR MH/DD WEBSITE**

The Ombudsman for Mental Health and Developmental Disabilities (OMHDD) is proud to announce its new and improved website. Hopefully you will find it easier to navigate and find that it provides more information to you. If you go to our old website, you will be redirected to our new website automatically.

In July, the OMHDD will be adding new online Death, Serious Injury, and Complaint forms that will automatically be entered into the OMHDD’s new database. Also, new online forms will be posted for reporting deaths and serious injuries that you can complete and fax to the OMHDD like you have in the past.

Our new website address is [http://mn.gov/omhdd](http://mn.gov/omhdd).
ADULT FOSTER CARE BACKGROUND STUDIES

Who needs a background study? Background studies must be completed on all household members age 13 and older and all caregivers. Caregiver is defined as someone who is providing care for your residents. This could be a person you hire or a friend or family member that comes and helps you.

What if the caregiver works for another agency? If the person is acting as a substitute caregiver in your home, you will need to complete a background study. Here are a few examples. Situation 1: A PCA provides respite for you in your home. The PCA is hired through an agency and paid by a second agency (not you) to provide time away from your residents. You leave the home while the PCA is present. In this situation, the PCA is the substitute caregiver and you would need a background study. Situation 2: A Home Health Aide (HHA) from hospice comes to give a resident a bath. The HHA has the one resident in the bathroom while you are caring for your remaining residents. You are present during the entire time the HHA is there. In this situation, you would not need a background study as the HHA is not responsible for the complete care of the residents in your home. Situation 3: Your resident goes out with the recreational therapist to do activities. They are not in your home and are acting on behalf of the agency alone. They do not need a background study.

Who does the background study? Adult Foster Care Providers are responsible for completing the background studies for your caregivers and employees on the NETStudy system. The study must be entered online, paid for, and then verified by the County before the person can have supervised contact with residents. The county has to verify the information before the actual processing begins. A study is not considered submitted until it is verified by the county. In order for the study to be verified you must send in the background study form to your licensor. If you fail to send in the correct form, the study will sit on the website and not be processed. Your licensor can contact you when the study has been verified. This means that before you even start to train staff to work with clients, the NETStudy must be verified. They cannot be unsupervised until a cleared study has been returned to you or you have received a more time notice allowing the person to have unsupervised direct contact.

You will be directly informed of the results of the study by mail. A cleared study is usually on blue paper. You must read and follow any notices you receive regarding a background study. If a person is deemed to be a potential threat to residents or does not fully comply with a background study the person could be ordered to be immediately removed from the program. This means that this person must not ever have any contact with clients unless you receive further notice allowing such contact.

How do I complete the NETStudy process? Each person to be studied must complete the Release of Information for Background Study. The release of information form can be found on the Washington County Website under Licensing, Foster Care, Adult, Provider Related Forms. You must enter the information on to the NETStudy system and pay for the study. This is the website: https://bgs.dhs.state.mn.us/a/Login.asp. Once you have completed the study, send a copy of the Release of Information for Background Study form to your licensor. The Department of Human Services will not process the study until the Washington County Community Services office verifies the study. Keep a copy of the submission, confirmation, a record of when the study was verified and the release of information form for your records. Failure to have completed background studies or to allow unsupervised contact before clearance is received can result in a correction order and/or a $200 fine.

If you have questions, please contact your licensor.

ADULT FOSTER CARE PROVIDERS SUPPORT GROUP & TRAINING

Support Group meets the 4th Tuesday of every other month. The July Adult Foster Care Support Group & Training meeting has been cancelled.
FOSTER CARE RECOGNITION EVENT

The Foster Care Recognition Event, held May 23, 2013 at the Lake Elmo Inn Event Center, honored both child and adult providers. Providers are given special recognition for every 5 years of service. In addition, new providers are recognized as they start their journey in foster care. There are currently 46 adult foster care providers and 56 child foster care providers. Thank you for all you do!

New providers welcomed by commissioners Lisa Weik, Ted Bearth, and Fran Miron.

Mary Jo and Ray Dick were recognized for 30 years of providing child foster care. They received a handmade wooden bowl to commemorate their service.

The Commissioners presented Karen and Scott Elliott with their 35 years of service award.

The Commissioners presented Karla Keller with her 20 years of service award.

The Commissioners presented Barb Miller with her 20 years of service award.

The Commissioners presented Marion and Stephan Poryondo with their 5 years of service award.
FARE FOR ALL

Fare for All is a program of the Emergency Food Shelf Network which sells packages of fruit, vegetables, and frozen meat for up to 40% off retail prices. This discounted shopping program is open to everyone!

Packages range in prices from $10 to $30. Just come and shop. No registration, preregistration, or identification is required. Fare for All accepts cash, credit, debit, and EBT cards.

For dates and locations call (763) 450-3880 or www.fareforall.org.

Karen and Scott Elliott were recognized at the May 23, 2013 Foster Care Recognition for 35 years of service so it was fitting to spotlight them.

What prompted you to become licensed?
A desire to help children overcome the bad situations they were in.

What keeps you going every day?
Watching the children become stronger and more self-assured gives us the drive to finish one day with the hope that the next day will reflect our efforts.

What is something you have learned that would be helpful to other providers?
That we are never learned enough. Each child will humble us in some way.

What advice would you give to someone that is newly licensed?
To not take what the child does and says personally. It is not about us but rather a reflection of the child’s inner struggles. We can only help to lessen these struggles and improve their outlook by giving them hope.

What have been the most helpful resources for you?
Others who go through the same situations and live with the same daily trials.

What is your best memory of providing foster care?
Introducing foster children to new experiences and sharing vacation trips with them.
FACTS ABOUT ALCOHOL POISONING

Whether you are working with adolescents or adults, alcohol may become an issue with your resident or foster child. Do you know the dangers of alcohol poisoning? When should you seek professional help for your resident or foster child? If you know this may become an issue or has been an issue in the past, talk about it in a team meeting and make a plan. If there is an incident, be sure to contact the guardian, case manager, and the licensor.

Common myths about sobering up include drinking black coffee, taking a cold bath or shower, sleeping it off, or walking it off. But these are just myths, and they don't work. The only thing that reverses the effects of alcohol is time — something you may not have if you are suffering from alcohol poisoning. And many different factors affect the level of intoxication of an individual, so it's difficult to gauge exactly how much is too much. (Blood Alcohol Calculators can be found at www.collegedrinkingprevention.gov.)

Be aware of the medications your resident or foster child may be on and the interactions with alcohol. In some cases, alcohol interactions may decrease the effectiveness of medications or render them useless. In other cases, alcohol interactions may make drugs harmful or even toxic to the body. Even in small amounts, alcohol also may intensify medication side effects such as sleepiness, drowsiness, and light-headedness, which may interfere with your concentration and ability to operate machinery or drive a vehicle, and lead to serious or even fatal accidents.

What Happens to Your Body When You get Alcohol Poisoning?
Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions.

It is common for someone who drank excessive alcohol to vomit since alcohol is an irritant to the stomach. There is then the danger of choking on vomit, which could cause death by asphyxiation in a person who is not conscious because of intoxication.

You should also know that a person's blood alcohol concentration (BAC) can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

Critical Signs for Alcohol Poisoning
- Mental confusion, stupor, coma, or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness

What Can Happen to Someone with Alcohol Poisoning that Goes Untreated?
The victim chokes on his or her own vomit; breathing slows, becomes irregular, or stops; heart beats irregularly or stops; hypothermia (low body temperature); hypoglycemia (too little blood sugar) leads to seizures; untreated severe dehydration from vomiting can cause seizures; permanent brain damage, or death.

Even if the victim lives, an alcohol overdose can lead to irreversible brain damage. Rapid binge drinking (which often happens on a bet or a dare) is especially dangerous because the victim can ingest a fatal dose before becoming unconscious.

What Should I do if I Suspect Someone has Alcohol Poisoning?
- Know the danger signals.
- Do not wait for all symptoms to be present.
- Be aware that a person who has passed out may die.
- If there is any suspicion of an alcohol overdose, call 911 for help. Don't try to guess the level of drunkenness.
WASHINGTON COUNTY

All trainings will be held at the Washington County Government Center in Stillwater unless otherwise noted. To register for trainings contact Heidi Bischoff at (651) 430-6598. All trainings are free to Washington County Foster Care Providers unless otherwise noted. *Reminder: Foster parents can seek up to $100 training reimbursement per calendar year per household.

Specialty Training:  Part 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 II: Tues., August 13 • 6:00-9:00 p.m.
Trainer:  Dept. of Human Services Contracted Trainers

Child Foster Care Orientation

Required for all new providers. Feel free to complete these again even if you attended them in the past. It’s a great refresher!

Date/Time:  Session I: Thurs., August 29 • 6:00-9:00 p.m.
           Session II: Thurs., September 5 • 6:00-9:00 p.m.
           Session III: Thurs., September 12 • 6:00-9:00 p.m.

Diffusing Crisis Situations Safely & Sanely: A Joint Adult & Child Foster Care Provider Dinner & Training (2 Parts)

Potluck begins at 5:30 p.m. See front page for more information.

Date/Time:  Tues., September 10 & Tues., November 26 • 6:00-9:00 p.m.
Trainer:  Dept. of Human Services Contracted Trainers

Sudden Unexpected Infant Death Syndrome (fka Sudden Infant Death Syndrome)/Abusive Head Trauma Training (fka Shaken Baby Syndrome Training)

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

Date/Time:  Tues., September 17; Tues., Nov. 14 • 6:30-8:30 p.m.
Trainer:  Washington Co. Community Services Staff

Resource Family Training:
Cultural Issues in Placement — Module 3

Participants will learn skills in becoming culturally competent by exploring their values, attitudes, and patterns of behavior. They will learn the importance of developing and nurturing the cultural identity of children and incorporating it into their family.

Date/Time:  Thurs., September 19 • 6:00-9:00 p.m.
Trainer:  Dept. of Human Services Contracted Trainers

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

This training is required when caring for kids 8 and younger. Limited seating! No walk-ins.

Date/Time:  Tues., October 15; Tues., December 3 • 6:00-9:00 p.m.
Trainer:  Washington Co. Community Services Staff

Resource Family Training:
Family Systems and Abuse & Neglect — Module 4

Participants will begin to identify the characteristics of families where maltreatment occurs and the role of parents in preventing abuse and neglect. They will explore the contributing factors to maltreatment and learn how abused and neglected children continue to be at increased risk for abuse and neglect even after being placed in foster, adoptive, or kinship care.

Date/Time:  Thurs., October 17 • 6:00-9:00 p.m.
Trainer:  Dept. of Human Services Contracted Trainers

METRO TRAINING OPPORTUNITIES

CPR—Infant & Child

This 4-hour workshop meets DHS/licensing requirements for CPR training. Participants will be able to use their own mannequin. Certification Cards will be given out in class.

Date/Time:  Sat., September 14 • 8:00 a.m.-Noon
Location:  Peace of Mind, Woodbury
Cost:  $44/person
Registration:  www.mnstreams.org or (651) 641-3549

First Aid

This workshop is geared to your needs as the first one on the scene when someone has a medical emergency. It covers basic first aid principles and practices, injury prevention, and safety information. This four hour workshop meets DHS/licensing requirements for First Aid training. Certification Cards will be given out in class.

Date/Time:  Sat., September 14 • 12:30-4:30 p.m.
Location:  Peace of Mind, Woodbury
Cost:  $44/person
Registration:  www.mnstreams.org or (651) 641-3549
Fare for All

Fare for All is a program of the Emergency Food Shelf Network which sells packages of fruit, vegetables, and frozen meat for up to 40% off retail prices. The organization is a cooperative food purchasing program to encourage volunteerism and help stretch food budgets. Fare for All is open to everyone.

Fare for All Express comes to three locations in Washington County monthly:

- **All Saints Lutheran Church, Cottage Grove:**
  - July 18, August 15, & September 12 • 4:00-6:00 p.m.
- **Forest Lake VFW:**
  - July 31, August 28, & September 25 • 4:00-6:00 p.m.
- **Stillwater Junior High:**
  - July 23, August 20, & September 17 • 4:30-6:30 p.m.

Packages range in prices from $10 to $30. Just come and shop. No registration, preregistration, or identification is required. Fare for All accepts cash, credit, debit, and EBT cards.

For more information, visit [www.fareforall.org](http://www.fareforall.org).

Training Opportunities Focused on Adult Care

**Mental Health First Aid**

This training is designed to teach the basic first aid skills needed to help a person who is experiencing a mental health problem or crisis. It is a 12-hour course aimed at improving mental health literacy and at recognizing the signs that someone needs help. Participants will receive a course manual and certificate. (Available through NAMI Minnesota.)

- **Date/Time:** Tues. & Wed., August 13 & 14 • 9:00 a.m.-4:00 p.m.
- **Location:** Basilica of Saint Mary, Minneapolis
- **Cost:** FREE
- **Registration:** (651) 645-2948 x101 or [www.namihelps.org](http://www.namihelps.org)

**Elder Law 101**

FamilyMeans Caregiver Support Program and Mark Anderson, elder law attorney at Schmitz & Schmidt, P.A., will discuss when the power of attorney, guardianship and conservatorship make sense; how health care directives can help make sure your care wishes are understood and followed; and what long-term care payment options are available and how those options affect other family members.

- **Date/Time:** Tues., September 17 • 6:00-8:00 p.m.
- **Location:** FamilyMeans, Stillwater
- **Cost:** FREE
- **Registration:** adavis@familymeans.org or (651) 789-4007

**Powerful Tools for Caregivers**

This 6-week series will address caregivers who are feeling stretched as they care for a loved one.

- **Date/Time:** Wed., September 25, October 2, 9, 16, 23, & 30 • 4:30-6:00 p.m.
- **Location:** FamilyMeans, Stillwater
- **Cost:** $40; scholarships are available
- **Registration:** adavis@familymeans.org or (651) 789-4007