

FosterCare

SELECT

May is Foster Parent Appreciation Month!

The month of May is an exciting time. Flowers are beginning to bloom, the weather begins to warm, and we celebrate Foster Parent Appreciation Month!

Foster Care Select has planned some activities this month to honor those who have chosen to help children in our communities by providing warm, nurturing, family experiences to children who have been removed from their families.

In Batesville, there will be an appreciation dinner and recruitment opportunity held at the Batesville Library on May 7, 2008 from 6:30 p.m. to 8 p.m. Come meet Laurie Patton, our case manager for the southeast area as well as other Foster Care Select staff. Current foster parents and those who are interested in learning more about becoming a foster parent are invited to attend.

On May 16th, from 5:30 p.m. to 8 p.m. the New Castle office will be hosting an appreciation dinner at the Phillips Shelter House in beautiful Memorial Park. There will be food, door prizes and games for all ages. Reservations can be made by calling 866-521-3010.

The Indianapolis office is also having a foster parent appreciation picnic. It will be on Saturday, May 24th from noon to 4

p.m. at Shelter #5 in Garfield Park on the corner of Raymond and Shelby Streets. Reservations can be made by calling the office at 317-596-5178. This will be a great time to meet Jackie Bean and Robb Schrimshaw, our new staff in Indianapolis.

The Bedford office will be hosting two appreciation events because of the large area they cover. The first will be in the Bedford area on May 9th from 6 to 8 p.m. They will be having games, pizza and making homemade sundaes. There will also be a similar event on May 19th in the Terre Haute area. Please contact the Bedford office at 812-277-9820 for more information on these events!

We hope all of our parents are able to attend, but if you aren't please know that we appreciate the work that each and everyone of you do!



*To all of our Foster Moms.....
The staff at Foster Care Select
thanks you for all you do to make
the children you care for feel
loved and special. Hope you
have a great Mother's Day!*

A program of
Dunn Mental
Health Center,
Inc.

1416 Broad Street,
Suite 312
New Castle, IN 47362
1-866-521-3010

Volume 2, Issue 4
April/May 2008

Special points of interest:

- *FCS plans special events to honor foster parents*
- *Learn ways to identify what goals you want to teach.*
- *See all of the local opportunities to earn licensing hours*
- *FCS Paperwork Requirements.*
- *Lynne's Corner*

Inside this issue:

May is Foster Parent Appreciation Month! 1

Therapy Toolbox 2

Focus on Benefits: Crisis Management 2

Training Opportunities 2

Foster Care Select Paperwork: Monthly Requirements and Other Forms 3

Lynne's Corner 3

Things You May Need to Know 4

Therapy Toolbox

By: Cindy Royce, MSW, LCSW



What's the goal? Every time your foster child confronts you, states their opinion, asserts themselves, or demonstrates irresponsibility, take a moment and ask yourself, "What's the goal?" Moments like these are wonderful opportunities to teach our children the adult skills of communication, assertiveness, organization, time management and a having a healthy work ethic.

When your child calls from the school and says, "I have to have my library book here now!" ask yourself what it is you want your child to learn from this situation. An easy solution is to drop what you are doing and take them the book, but what does that teach the child? If the goal is to teach responsi-

bility and the consequence is a late fee, why not allow the child to experience the consequence of paying the fee from their allowance? If the goal is organization you can let them feel the logical consequence of feeling the late fee and then offer assistance in organizing their backpack each night before going to bed.

Another example is if your child does not complete assigned tasks routinely, you may want to offer a reward for accomplishing daily tasks with minimal prompts. Have the child help identify rewards that they are excited about earning and then tie them to the goal of being more responsible for completing assigned tasks without being reminded constantly. If the child does what is expected, they earn the reward, and if

they don't earn the reward, you discuss what was expected and encourage them to use that information to make good decisions for next time.

This gives the child power to make positive choices to earn their own identified rewards. If your child loves to play video games and it is interfering with their schoolwork or household duties, tie earning time to use the video games on the weekend to completing those tasks during the week.

In summary, foster parents need to be able to identify what skills it is that they are trying to reinforce with the children in their home and allow the children the opportunity to learn these skills by practicing and occasionally making mistakes. Please share examples of how you teach goals!

Focus on Benefits: 24/7 Crisis Management

A benefit that has been very helpful to many of our foster parents has been access to our staff 24 hours a day, 7 days a week to help when parents have a crisis situation or just need to talk about problems they are having in their home.

Foster Care Select utilizes a cell phone in each of the regions that is rotated weekly between our staff so that if you have questions or problems after hours, you have a number that you can call to talk to someone directly.

Occasionally, there are some glitches, but if you have an emergency and need to talk to staff and are having trouble reaching the emergency phone, you can also call Dunn Center toll free at 1-888-983-8000 and the operator has some back up numbers she can call as well.

The purpose of the emergency phone is to give foster parents access to staff when they have a situation that they feel needs to be addressed immediately, such as a foster child getting injured or needing emergency treatment for illness, a behavioral issue that is causing

an immediate crisis in the home, or similar situations. This is also the number the caseworkers call after hours to make placements. The numbers to call are listed below:

New Castle and Dillsboro Region

1-765-465-8328

Indianapolis Region

1-317-605-1924

Bedford and Terre Haute Region

1-812-675-1613

Regional Training Opportunities

May 15, 2008 11:30 a.m. to 1:00 p.m.

1.5 training hours

"Recognizing Bipolar Disorder"

Valle Vista Hospital in Greenwood, IN

May 17, 2008 8:30 a.m. to 4:30 p.m.

7 training hours

"Maintaining Placements: Intervention Strategies for Challenging Youth" by Juli Alvarado

Noah's Ark Lodge

101 Noahs Lane, Jeffersonville, IN

Register by calling 1-812-288-5404.

May 22, 2008 6:00 p.m. to 8:30 p.m.

Dave Pelzer, author of several inspirational books including A Child Called "It"

Civic Hall Performing Arts Center

380 Hub Etchison Parkway, Richmond, IN **2.0 training hours**

Doors open at 6 p.m. Books will be available for purchase and there will be a book signing. Dave will speak beginning at 7 p.m. **\$30 registration fee.**

Call Tiffany Shaw at 765-962-3616 for information.

June 7, 2008 from 10:30 a.m. to 2:30 p.m.

4 training hours

The Youth Law T.E.A.M. presents:

Educational Rights: The law and skills you need to know to be an Educational Advocate

Greenwood Public Library

310 S. Meridian St., Greenwood, IN

RSVP by calling Jill at 317-596-5178.

Foster Care Select Forms: Monthly Paperwork Requirements and Forms Used When Children are Admitted.

One of the most frequently asked questions from new foster parents is “what kind of documentation do I have to do for the foster children in my home?” Paperwork is a necessary evil in every agency, including Foster Care Select. Hopefully, after reading this article, you will understand what types of documentation we need and what the purpose is for the documentation that is so very important to the work we do.

There are a few forms that we require foster parents to have completed on every child they have in their care. Within the first 30 days of placement, we would like to have the child have a physical, eye exam, and dental exam. Children who have been neglected often have not had much “well-child” care. By having these evaluations done, we have a baseline of what the child’s current physical, dental and eye health is at the time of placement. In your FCS manual, there are **Medical Visit Forms** and **Dental Visit Forms**. A medical visit form should be taken to every doctor and vision appointment your child has scheduled. The medical visit form is also used for the vision appointments.

We also ask that you complete a **Client Inventory Log** that is used to keep track of the clients belongings when they come to your home. If the client has things that don’t fit, they can be sent back to the parents so that they don’t have to be on the initial inventory. As you purchase new clothing or toys, games etc, use additional inventories just to update what has been added. We ask that you average spending \$40 a month per child and keep the receipts in an envelope to turn in monthly.

During the month, we utilize a few forms that help us to track important information that is shared in a monthly report to the caseworker.

If your child takes prescribed medication, we use the **Medication Administration Log** to document daily that each dose was given and the time it was given. We also have a **Monthly Progress Report** that we ask you to use to document medical appointments, school information, behavioral information, visitation information, and extra-curricular activity information. It is a very simple format that has check boxes as well as some room for com-

ments. This report provides the majority of the information on progress that we use to write monthly reports from for the caseworkers. There are also **Daily Journals** that you may use to add additional detail on anything listed in the monthly report. The journal doesn’t have to have something written for everyday, just when it is needed.

Foster Care Select has an allowance policy that we utilize for children ages 4 and up. We ask that the children be allowed to earn \$10 a week and that they have one or two basic household responsibilities daily. We have parents fill out the **Allowance Log** each week and have the child sign or initial that they received their allowance. If the child would like to spend the allowance, have them keep the receipt in an envelope and staple it to the log at the end of the month.

These are all of the forms that are required for parents to fill out each month. In addition, if you would like to utilize the respite benefit, there are copies of the **Respite Approval and Respite Payment Forms** in the manual. This helps us know when you have respite needs.

Lynne’s Corner



Happy Mother’s Day! Hopefully the weather will stay warm now and we can enjoy watching the flowers bloom. Spring and early summer are great times to take family field trips. A trip to the local greenhouse can be fun and educational. Most of the staff enjoy sharing tips about growing plants. This is a great time to take day trips to the zoo, children’s museum, park, and pool. I personally love it when Memorial Day comes because it signals the opening of the drive-in movies. Drive-ins bring back great memories of family for me. My parents used to pile us in the station wagon with our jammies, pillows, and blankets to watch the G rated movie that preceded the movie geared more toward adults. It was great to pick out our special snacks and “pack” the car for the occasion. There are still a few of those family drive-in’s

Fruit Pizza

1 Roll of store bought Sugar Cookie Dough, softened.
1 8 oz package cream cheese, softened
1 cup confectioner’s sugar
Assorted fruit. I like to use strawberries, blueberries, raspberries and kiwi.
Set oven to 350 degrees. Press cookie dough into a cookies sheet. Use 2 rolls of dough for a jelly roll pan. Bake 11 to 15 minutes until firm. Blend cream cheese and sugar with a mixer and spread over cookie. Double mixture if using a jelly roll pan. Top with fruit. You can also melt 3/4 cup white chocolate chips to drizzle over the top. Slice and serve.

Tip: You can also use prebaked sugar cookies and top with cream cheese mixture and fruit for individual desserts.

Flavorful Pot Roast

5 pounds chuck roast to visit!

1 envelope ranch dressing mix
1 envelope Italian dressing mix
1 envelope brown gravy mix
1/2 cup water.

Mix dressing and gravy mixes with water. Place chuck roast in a large crock pot. Pour dressing/gravy mixture over roast and cook on low heat for 7 to 8 hours. Makes 12 to 15 servings. This is fabulous and can be cut in half if need be. Juices can be thickened for gravy as well.



A program of Dunn Mental Health Center,

1416 Broad Street, Suite 312
New Castle, 47362

Phone: 866-521-3010
Fax: 765-521-3217
E-mail: lynne@dunncenter.org

**Check out our NEW website
www.fostercareselect.org
Online forms available by
using password SELECT99**

FosterCare
SELECT

*Nurturing hope in the lives of
Children*

Foster Care Select is a child placing agency which promotes providing care of the highest quality to foster children with special needs. Started in 2007, we have grown to over 70 homes across the state in less than a year and have several more homes in the process of becoming licensed.

Our regional offices are:

- *Central Region—located in Indianapolis*
- *East Central Region—located in New Castle*
- *Southern Region—located in Bedford*

For more information on fostering through Foster Care Select, contact Lynne Carter at 866-521-3010.



Things You May Need to Know.....

WEIGHT WORRIES

Children ages 7 to 13 who are overweight or obese have a one-third higher risk of developing coronary heart disease as early as age 25, according to a new study in the *New England Journal of Medicine*. It's easy for moms and dads to miss the signs of a weight problem. More than 40 percent of parents of obsess children ages 6 to 11 believe that their child's weight is "about right," according to a recent poll from the University of Michigan. Go to www.cdc.gov to calculate your child's body mass index. All you need is the child's height and weight and it will tell you if they are underweight, the right weight or obese and some suggestions for improvement.

QUIT FOR YOUR KIDS

Lung cancer is the leading cause of cancer deaths among women. If that doesn't motivate you to kick the habit, consider how your smoking harms your kids. Babies exposed to secondhand smoke are at a higher risk of SIDS and have weaker lung function, so they are more vulnerable to illnesses like pneumonia and bronchitis. Secondhand smoke is also responsible for 40 percent of asthma cases in children younger than 2. It also causes kids to be more susceptible to ear infections.

TAX TIPS PARENTS SHOULD KNOW

Don't leave money on the table! TurboTax expert Scott Gulbransen has the 411 for your 1040.

1. **You probably know you get a \$3400 tax deduction** and a \$1000 credit for each child, but that's just

the beginning. If you work or are looking for a job, you can also deduct child care, after-school programs, and even day camp expenses up to \$1,050.

2. **If you adopted a child in 2007, you can receive a tax credit of up to \$11,390** on your costs—both international and U.S. adoptions are eligible. This is not referring to SNAP adoptions that provide the assistance with costs up front.
3. **Did you buy a new appliance with an Energy Star rating?** Or do home improvements that made your house more energy efficient? Many are deductible.
4. **File online.** You'll get your refund within 10 days as opposed to eight weeks using snail mail.