

FosterCare

SELECT

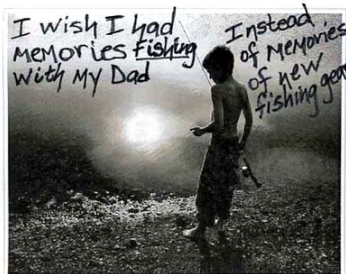
Wrap Up of Foster Parent Appreciation Activities

Wow! May was a great time to celebrate Foster Parent Appreciation Month and Foster Care Select had a great time honoring our foster parents across the state! From picnics to pizza parties, ice cream sundaes to fruit pizza, we had a great turnout at all of our events.

We also would like to thank all of the people and businesses that donated door prizes and gift certificates. We were able to give out some great gift baskets, tickets to meet Dave Pelzer, author of [A Child Called It](#), Comedy club passes from Morty's, spa treatments, haircuts, movie passes and other great prizes. The Indianapolis office would also like to extend a special thank you to Trish Turner Locke whose altruism was instrumental in soliciting and coordinating many of the door prizes that were available at Indy's event.

I'm sure many of you enjoyed the food, fellowship, and fun as much as we did. It is great to be able to bring our foster families, staff and kids together to celebrate and we appreciate everyone who made time in their schedule to attend. Our foster parents are what make our program so successful.

For those of you who were not aware,



Foster Care Select just passed our first year anniversary a few months ago. We have continued to grow and strengthen our foster parents' skills so that many DCS' and probation offices call us first. Our program continues to attract new families and families that are experienced in fostering, but are ready to take on the challenge of therapeutic foster care. It is great to hear that we have families that are willing to have the staff at Riley Children's Hospital teach them how to regulate a child's insulin or feed an infant with a feeding tube. It is also wonderful to hear stories from our kids' therapists about foster parents that have worked closely with them to implement behavioral strategies in the home. The willingness to seek and participate in training is what will make our program shine. Thanks to all of you for making that possible!



*To all of our Foster Dads.....
The staff at Foster Care Select thanks you for all you do to be an appropriate male role model for the kids in your care. Happy Father's Day!!*

A program of
Dunn Mental
Health Center,
Inc.

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Volume 2, Issue 5
June 2008

Special points of interest:

- *Read about our Appreciation Events*
- *Learn about getting kids involved outside this summer.*
- *See all of the local opportunities to earn licensing hours*
- *Find ways to get kids interested in the outdoors.*
- *Lynne's Corner*

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Therapy Toolbox

By: Cindy Royce, MSW, LCSW



Now that summer is here, it is time to turn off the TV and video games and get kids involved in outdoor activities. Save TV for when the weather is cold and rainy.

It is important to get kids involved in a variety of activities in the summer. Some great options are summer sport teams or camps, day camp, church camp, scouts, youth groups, community service activities, swim lessons, etc.

As foster parents, we ask that you involve the children in your care in these types of activities to give them opportunities to develop special interests and to socialize with other children. Even if your child has medical or behavioral issues that occasionally crop up, most youth centered activities are run by

adults that are willing to work with your children's issues provided that they are aware of them ahead of time and there is a plan in place to manage them.

It is important for children to have the opportunity to learn to socialize in other environments besides school. We want them to learn age appropriate leisure skills and the value of working cooperatively. It is also a good way to have your child around peers that can be a positive influence.

For our children that are hyperactive or that have trouble sleeping at night, outdoor activities are a natural way for children to burn off excess energy and be ready for a good nights sleep. Think about how tired you feel after doing

yard work.

The trick to having your child be successful outside is to not just push them out the door and tell them to go play. As a parent, you need to be involved in teaching them how to play. That can be everything from showing them how to play with the family pet without hurting it, to tossing a ball back and forth. Teach children some of the games you used to play with your friends outside. Making crafts, catching bugs, collecting rocks, and blowing bubbles are some simple things to do that kids will love. If you love to surf the internet, go to google and type in outdoor kids activities. It will take you to sites with thousands of suggestions to fill your days.

Challenge yourself to plan something for your kids outside today!

Focus on Benefits: Training Opportunities

A benefit that has been very helpful to many of our foster parents has been access to local and regional trainings. In order to be a licensed special needs or therapeutic home, you must have 20 hours of continuing education each year. It is very important that you keep track of your hours, because ultimately the responsibility for getting training completed annually is yours.

Training can come in many forms. The training that is most recommended is face to face training or workshops that have to do with fostering, child develop-

ment, legal issues in foster care, or educational issues. We will list trainings each month in the newsletter and the number of credit hours you can receive. Twelve of your hours must be done in this format.

Alternative training hours can be earned by reading or listening to approved books or viewing approved videos. There are also two approved websites you may complete training through. They are fosterparents.com and fosterparentcollege.com. You can earn up to eight hours using these

methods.

The other way to earn continuing education is through college courses. You must get these cleared ahead of time. To receive credit, you must provide a transcript with a passing grade and a syllabus to show that the course is related directly to children and their care, development, or special needs. For a 3 hour college course, you will receive 6 hours of in-service credit.

If you have any questions about in-service credit, call your FCS office.

Regional Training Opportunities

FAKT Pre-Service Training

Training will be held in the New Castle Foster Care Select office in June.

Thursday, June 19th 5-8 p.m.

Friday, June 20th 5-8 p.m.

Saturday, June 21st 9 a.m.—5 p.m.

Monday, June 22nd 5-8 p.m.

Tuesday, June 23rd 5-8 p.m.

July at the Batesville Library on the 10th, 14th and 15th. The 11th and 12th will be held at the HR conference room in Mary Margaret Hospital.

Thursday, July 10th 5-8 p.m.

Friday, July 11th 5-8 p.m.

Saturday, July 12th 9 a.m.-5 p.m.

Monday, July 14th 5-8 p.m.

Tuesday, July 15th 5-8 p.m.

Training will be held in Batesville in

Please RSVP to Jamey at 866-521-3010 for any of the FAKT trainings.

New Castle Foster Parent Support Group

The support group meets at the New Castle YMCA on the last Tuesday of every month. This month's meeting is:

Tuesday, June 24th 6:30 to 8 p.m.

All Foster Parents are invited to attend! This is a great opportunity to network with other parents. We will be offering 1 credit for training. The YMCA will allow youth 8 and older to use the gym or participate in open swim. Contact Tonya at 765-529-7832

10 Commandments to Build Excitement About Outdoor Activities

How do you get kids to put down the remote or the video games and get them excited about the outdoors? How do you prove to kids that success comes from persistence and logic that the outdoors can teach and doesn't come from pushing buttons? Try these 10 commandments as lessons to get kids excited about enjoying the summer season.

1. Trips with children should be to places where there is guaranteed to be action. Camp where there is wildlife to be seen, fishing, swimming, or hiking. Kids want action, not solitude.
2. Enthusiasm is contagious. If you aren't excited, the kids won't be either. Point out everything as if it is the first time you've seen it.
3. Always be seated when talking to someone small. Being on the same level and teaching, instead of giving orders, is important.
4. Always show how to do things whether it is gathering kindling or tying a knot. Kids tune you out when you start lecturing, but they learn behavior patterns and outdoor skills by watching adults.
5. Let kids be kids. Be flexible and don't force a plan. If they are sidetracked by watching chipmunks play or chasing butterflies, that may be more fun than sitting in one place waiting for a fish to bite.
6. Expect young children's attention span to be short. Instead of getting frustrated, use it to your advantage. Bring along some snacks, a squirt gun, or a surprise activity and when the action lulls, pull out something new.
7. Make certain if you are camping overnight that the child's sleeping bag is clean, dry, and warm. Nothing is worse than being uncomfortable and you want them to get a good night's sleep.
8. Kids relate quickly to outdoor ethics. They will enjoy building a safe campfire, picking up their litter, and not wasting natural resources and take a sense of pride in what they do. Take an extra bag when hiking and have a contest on who can pick up the most trash along the way.
9. If you want children to be hooked on the outdoors, keep a camera handy and take close up photographs of them holding the fish they caught, building the campfire or completing other outdoor activities.
10. Make sure that you ask kids what they think and focus on letting them know you are proud of them when they accomplish a new skill.

Keep in mind that many of the children that come into our care are experiencing some of these activities for the first time. Many of them have been raised by a television or video games and need to be involved in structured family outdoor activities because they don't know what to do to entertain themselves appropriately when they are outside. When you send them outside to play, they often see it as a punishment and are bored because they don't know what to do. This is a perfect time to teach children how to use their imaginations to play. Show children how to operate the zippers on a tent or the doors on the camper and practice camping in the living room or in the backyard before going on a camping trip so they can be successful later.

Lynne's Corner



Happy Father's Day! June has brought us a lot of warm weather and rain. A great summer activity as the days begin to dry out a little more is camping. I have always liked "roughing it" in a tent as long as I had "real" bathrooms and showers! Many people enjoy using campers. No matter what type of camping you prefer, there are some great recipes that can be made over the campfire.

Camp Stew

- 2 lbs ground beef
- 1 large can stewed or crushed tomatoes
- 1 cup elbow macaroni
- 1 cup water
- 1 can corn
- 1 can carrots
- 1 can diced potatoes

- 1/2 c. chopped onion
 - 2 cups shredded cheddar cheese.
- Brown ground beef in a Dutch oven or kettle and drain. Add other ingredients and cook until hot. Add cheese before serving.



S'mores

Toast a marshmallow over the fire until gooey and place it between two graham crackers with a piece of chocolate bar. Eat as a sandwich! YUMMM!

Pocket Meals

Tear off a large square of heavy duty aluminum foil. Place a couple of thin slices of lemon in the bottom to prevent burning. Then place a hamburger patty or chicken breast on top of the lemon, a thin slice of onion, some thin potato slices, salt, pepper, and garlic powder to season, and a scoop of canned baked beans. Seal foil packet well and put in hot coals for 30 to 45 minutes. Remove with tongs, open and enjoy!

Choco-nana

Tear off a piece of foil. Peel and slice a banana long ways and lay on the foil. Down the center, put chocolate chips or pieces of chocolate bar. You can add mini marshmallows if you want as well. Seal and place in hot coals for about 10 minutes until the banana is soft and the chocolate is melted.

A program of Dunn Mental Health Center,

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

FosterCare
SELECT

*Nurturing hope in the lives of
Children*

Dear Shawna....

Dear Shawna,

I have been licensed almost a year. Is there anything I need to do to continue my license?

From, Trying to be Ahead of the Game

Dear Trying to be Ahead of the Game,
When you become a licensed foster parent, you will notice on your license that it has an expiration date that is 4 years out. Each license is good for four years, but annually must be reviewed to insure that foster parents are completing the things that need to be done on a yearly basis. You also are "evaluated" by your agency and the agencies that have had children in your care for that previous year.

Annually you must have the following done:

1. Have a current physical environment check completed. Your home must be clean and in good repair.
 2. A water check if you don't have city water.
 3. Current documentation of pet vaccinations.
 4. A current financial profile to show that you have income separate from the child's per diem.
 5. Sign the substitute care agreement that outlines your responsibilities as a foster parent.
 6. Documentation of at least 20 hours of continuing education.
 7. Current local and state background checks, sex offender checks, and CPS checks.
 8. Annual Report completed by your agency and agencies that have children that have been in your care in the last year.
 9. Current CPR/First Aid/Universal Precaution certification.
- Prior to your license expiring on that 4th year, you must do the above things **AND** have:
- Current fingerprint/FBI checks
 - Current physicals for everyone in the home.
 - Home study update.
 - Current attestation form.
 - Current application on file.
- It is your responsibility to stay on top of these requirements and have them complete. If you have questions about when they are due, speak with your development specialist. They will also send you a reminder letter.

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.

