

APRIL 2018

# Caregiver Connection

A monthly resource for family caregivers, and foster and adoptive families in Washington state



**April is National Child Abuse Prevention Month.**

**Protect a foster child by providing a safe, loving home.**

**Become a foster parent.**



Of the many kinds of abuse suffered by children, one of the most hidden and shocking is that of child sexual abuse.

For Child Abuse Prevention Month in April, the Caregiver Connection is focusing on the issue to help caregivers and others understand it a little better; how to spot it if it is occurring or has occurred; and how some prevention measures.

Our feature story focuses on “commercially sexually exploited children,” a long name for a big problem. The next story describes a 90-minute training on the subject offered to caregivers by the Alliance For Child Welfare Excellence. The final story of the series examines the size of the problem as exposed in the movie, “Spotlight.”

Caregivers are among the first responders to stand in the way of predators who target the vulnerable children in their care.

Like social workers, teachers and others in helping professions, caregivers have a responsibility to protect and serve those in their care.

Let us continue to do all we can – not just in April, but all year long, to send our children forward into that time we will not see with messages of hope, compassion and well-being. Let them remember that someone stood up for them when they could not stand alone.

And let them remember that someone in their young lives stood passionately for the wisdom spoken by Nelson Mandela: “There can be no keener revelation of a society’s soul than the way in which it treats its children.”

**“Children are the living messages we send to a time we will not see.”**

**– President John F. Kennedy**

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 **Washington State**  
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*Transforming lives*

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## ➔ Inside this issue

April: Child Abuse Prevention Month . . . . .	1
Tax Information . . . . .	2
Commercially Sexually Exploited Children . . . . .	3
The Human Side of Commercial Sex-Trafficking of Children . . . . .	4
A Problem Bigger than Most People Recognize . . . . .	6
Shining a Spotlight on Child Abuse . . . . .	7
Kinship Corner – Financial Options for Kinship Caregivers . . . . .	8
“Unsung Heroes” Honorees include Caregivers . . . . .	8
Here’s the Pitch! We Are Family Day . . . . .	9
Upcoming Events . . . . .	9
Driving into the Future . . . . .	11
Coordinated Care – Family Connections . . . . .	12
Some Eggs-cellant and Eggs-citing Ideas! . . . . .	13
Caregiver Training from the Alliance . . . . .	16
Meet Our Recruitment Partners Who Support You . . . . .	20

# Tax Information for Foster Parents

As income tax deadline approaches later this month, caregivers who have not yet filed their report may want to use this information about the tax implications of their reimbursement for caring for children.

This information was provided to the Children’s Administration staff by Acting Children’s Administration Secretary Connie Lambert-Eckel.

“Foster parents and kinship caregivers may claim a tax deduction on certain foster care payments for children who have been placed in their care for more than half of the tax year. Exceptions apply for a foster child who was born within the tax year; caregivers will need to check with their tax advisor in these situations.

Children’s Administration (CA) staff should process the application for a newborn or infant’s Social Security number (SSN) as quickly as possible when the child enters care, if one has not already been issued. A child’s social security number should be provided when requested by the caregiver for tax purposes. A written request from the caregiver is not necessary.

CA staff members cannot provide tax advice to caregivers. Instead, caregivers are advised to check the following resources online:

The Internal Revenue Service (IRS), 1-800-829-1040 or [www.irs.gov](http://www.irs.gov). Look for IRS publication 501, which provides information on exemptions related to dependents and qualifying children.

The DSHS Office of Accounting Services tax desk – 1-866) 563-8155 or [taxinfo@dshs.wa.gov](mailto:taxinfo@dshs.wa.gov) – can help providers and vendors with:

- Requests for copies of tax documents sent by DSHS to the provider.
- Address changes.
- Adjusting tax documents to reflect repayment of overpayments.
- IRS correspondence the provider has received about DSHS payments.
- Another resource for caregivers can be found at this webpage:

[chronicleofsocialchange.org/opinion/yes-the-adoption-tax-credit-is-for-foster-care-adoptions/23606](http://chronicleofsocialchange.org/opinion/yes-the-adoption-tax-credit-is-for-foster-care-adoptions/23606)



# Commercially Sexually Exploited Children

## What it means and how you can help stop it

By Dae Shogren, Program manager, Children's Administration

**WARNING:** The following article includes graphic and direct language that may be upsetting to some readers.



Dae Shogren

Currently, hundreds of children and youth are sexually exploited in Washington every day. Especially vulnerable to becoming sexually exploited are those children who experience abuse at home, have mental health issues or experience homelessness.

Although sexual exploitation occurs across all genders and ethnicities and all education and socio-economic levels, Washington's marginalized communities are disproportionately impacted.

Research shows that children of color, particularly African-American, First Nations, Latinx, multi-racial and LGBTQ+-identified youth are currently experiencing higher rates of commercial sexual exploitation than their white-identified counterparts.

Children slip through the cracks when adults fail to recognize that they are at risk of being commercially sexually exploited or who are actually being commercially sexually exploited. These children are ultimately left without the supports and resources necessary to achieve healing.

**80%**  
of trafficking involves sexual exploitation

**600,000 to 800,000**  
people are trafficked across international borders every year

**26%** of victims are children



**\$150B**  
The global human trafficking industry produces \$150 billion annually



**20%**  
of trafficking involves labor exploitation

"Human trafficking is a form of modern-day slavery. This crime occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will."

NATIONAL HUMAN TRAFFICKING RESOURCE CENTER



**55%**  
of victims are women and girls

**20 to 30 million victims**  
in the world today



[bonsecours.com/richmond/find-a-facility/st-marys-hospital/forensic-nursing](https://bonsecours.com/richmond/find-a-facility/st-marys-hospital/forensic-nursing)



[safeharborshelter.com](https://safeharborshelter.com)

Courtesy of Bon Secours Richmond System and Safe Harbor.

CONTINUES ON NEXT PAGE

## Commercially Sexually Exploited Children continued

### Who are commercially sexually exploited children (CSEC)?

Children who have been sexually exploited or sexually trafficked are victims of commercial sexual exploitation.

Under the federal Trafficking Victims Protection Act of 2014, the federal government defines a commercial sex act as “any sex act on account of which *anything of value* is given to or received by any person.” A sex act may include being prostituted, exotic dancing/ stripping, pornography, ‘survival sex’ – sex in exchange for things necessary for survival like food or shelter, phone sex lines, gang-based prostitution, or internet-based exploitation.

The phrase *anything of value* is key, as it covers the wide variety of things that an exchange could involve: a place to stay, new clothes or even a sandwich; it does not limit “exchange” to only the exchange of money.

The law also clarifies that a third-party exploiter (also known as a pimp) does not need to be involved, nor does law enforcement need to prove that force, fraud or coercion occurred to charge a buyer with sexually exploiting a minor.

### What has Children’s Administration (CA) accomplished?

On September 29, 2014, the federal Preventing Sex Trafficking and Strengthening Families Act was passed to prevent and address sex trafficking of children in the foster care system. The new law directed child welfare agencies to identify, assess and offer services to children in care who are victims of commercial sexual exploitation.

Since the enactment, Children’s Administration (CA) has been diligently phasing this directive in through:

- Developing and implementing a CSEC screening tool,
- Updating policies,
- Creating and providing mandatory training,
- Providing ongoing case consultation.
- Strengthening collaborative relationships with community providers and stakeholders.

CA has developed and put into place a new screening tool to determine if a child has been commercially or sexually exploited.

The creation of this tool was a joint effort between CA staff and partners Leslie Briner, a national expert on the subject, and The Center for Children and Youth Justice.

The tool collects data around indicators of commercial sexual exploitation and any previous confirmation of it, and it provides screening results. CA caseworkers focus on a child’s strengths and recognize the trauma they have experienced when completing the screening tool. If there are significant indications or confirmation of commercial sexual exploitation, CA staff members respond in a gender-appropriate and culturally responsive manner to successfully address the child’s immediate, critical and practical needs.

CA also has developed a specific policy that directs its staff to screen any child, using the screening tool, who displays any CSEC indicators, or who returns from being on the run, or is entering care for 30 days or longer and is 11 or older. The screening is completed by a CA child health and education-track screener.

Within 24 hours, CA staff members are required to report to law enforcement any child who has shown indications or is confirmed as having been commercially sexually exploited, and a follow-up shared planning meeting must be held. Additional updates have been made to other policies, such as the intake policy.

CONTINUES ON NEXT PAGE

## Hear about the Human Costs of Sex Trafficking from Survivors

To learn more about the human costs of sex trafficking, go to [thelifestory.org](http://thelifestory.org) Once you have watched the introduction, click on each of the subjects in the circle to learn more about the specific times when young women become vulnerable to being commercially sex-trafficked.

The life story project is supported by the NoVo Foundation ([www.novofoundation.org](http://www.novofoundation.org)), a social justice foundation created by Jennifer and Peter Buffett. NoVo works for a world where no girl or woman has to face the physical, emotional or psychological violence that is inherent to the sex trade. The video is being shared with their permission.

Please remember, that while the circle here features only young women, boys and young men can and do become victims of commercial sex-trafficking.

## Commercially Sexually Exploited Children continued

### How can you help?

The Alliance For Child Welfare Excellence at the University of Washington currently offers both online and classroom training for caregivers. The training provides a high-level framework for understanding this issue and how it greatly impacts children and youth in child welfare. The training also helps caregivers identify and support survivors of CSEC. (See story on the following page)

They will become familiar with CSEC red flags. If a child:

- Comes back (usually from running away) with unexplained bruises or injury and no explanation of how it occurred.
- Is chronically truant or chronically running away.
- Experiences homelessness or consistently hangs out on the streets.
- Is gang-involved.
- Shows dramatic personality changes, especially if there is a new partner or group of friends.
- Has new expensive items, but no income to pay for them.

Starting the recovery process with commercially sexually exploited survivors begins with our ability to foster a compassionate and non-judgmental connection with each child by modeling acceptance.

As you, an adult, talk to a CSEC survivor, you should:

- Ask questions in a respectful and affirming way,
- Possess compassionate and non-judgmental attitudes.
- Follow through on what they say they will do.
- Provide information relevant to each situation.
- Respond to CSEC as survivors (not victims).
- Help identify healthy relationships. *-or-*
- Connect them to appropriate resources.

A good technique to use in engaging a young person is called Motivational Interviewing (MI). Motivational Interviewing is a directive, client-centered style for supporting behavior change by helping someone explore and resolve ambivalence.

Motivational interviewing encourages using the “OARS” approach:

- **Open-ended questions.** *Example: “Tell me your favorite and least favorite parts about your old school” versus “Did you like your old school?”*
- **Affirm what the young person is feeling and is doing right.** *Example: “It sounds like you’ve been trying really hard to get to school on time.”*
- **Reflective listening.** *Example: “What I hear you saying is ...”*
- **Summarize what the person is saying to ensure you understand and to let them know you heard them.**

End conversations by summarizing the main points of the discussion and any outcomes or next steps that have come from the conversation.

**Every day across our state, CA staff join with families and community partners to strengthen our communities. If you have any questions regarding how you can better support survivors of CSEC, please contact CA CSEC Regional Leads**

➔ **Region 1 CSEC Lead:**

Chris McLaughlin  
[mclaucc@dshs.wa.gov](mailto:mclaucc@dshs.wa.gov)

➔ **Region 2 CSEC Lead:**

Norene Roberts  
[norene.roberts@dshs.wa.gov](mailto:norene.roberts@dshs.wa.gov)

➔ **Region 3 CSEC Lead:**

Sydney Doherty  
[sydney.doherty@dshs.wa.gov](mailto:sydney.doherty@dshs.wa.gov)

➔ **Department of Licensing Resources CSEC Lead:**

Becky Taylor  
[rebecca.taylor@dshs.wa.gov](mailto:rebecca.taylor@dshs.wa.gov)

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[dae.shogren@dshs.wa.gov](mailto:dae.shogren@dshs.wa.gov)  
360-688-6237.



## A Problem Bigger than Most People Recognize



Lisa Ball,  
curriculum  
developer

When Lisa Ball left a training on how children are commercially sexually exploited, she remembers what she thought.

“I remember just being overwhelmed” at the depth and breadth of the problem, said Ball, a curriculum developer for the University of Washington’s Alliance For Child Welfare Excellence.

The Alliance offers a 90-minute online training on the subject and a 3 hour classroom version.

Recent years have seen many changes in the way kids are exploited, and while we have greater awareness on one hand, we know that perpetrators have greater ease in finding and enticing children than in the past.

“It’s changing in terms of people’s ability to recognize that it’s an issue, and it happens in all our communities, not just urban areas,” she said. “This is the case for a lot of rural kids and (the children) do get moved around.”

The internet has proven a boon to those who would prey on children, luring them into a life of “using their bodies for sex,” she said. “It’s just mind-blowing how much web traffic is occurring – the number of people who are looking for this. It’s just astronomical. It’s happening a lot more than we think.”

She said a police officer described the size of the problem this way; “Any hotel you stay in, somebody is using it that way tonight.”

As horrible as the life is for children being exploited, those children who are part of it may see it differently, making it more difficult for them to get out because they see it as a way to make money.

“Once you have learned the transaction skill (using your body to make money), it’s hard to compete with that,” she said. She said one young person involved in “the life” told a social worker, “I make more money in one week than you do in a month.”

Youth in care are especially vulnerable. Often without any stable supportive connections, they become easier to steer in the direction of being exploited.

Many of the kids run away. Often, caregivers may be too busy to give the extra time and attention to kids made vulnerable by the transient nature of their life and other circumstances.

“These kids are just in this very difficult situation,” she said. “So they run away,” becoming much easier targets for those whose goal is exploitation, Ball said.

**This training will teach you to:**

**Know the legal definition of commercially sexual exploitation of children.**

**Understand how commercial sexual exploitation might happen to a youth.**

**Understand how experiencing commercial sexual exploitation may impact a youth.**

**Be able to spot signs that youth are at risk for becoming (or are) commercially sexually exploited.**

**Have strategies for caring for youth who are at risk for becoming (or have been) commercially sexually exploited.**



Pinwheels on the Washington State Capitol Campus - Photo courtesy of Thurston Talks

## Shining a Spotlight on Child Abuse

By **Bob Partlow, Former foster parent** *Reprinted from 2016 Caregiver Connection*

“If it takes a village to raise a child, it take a village to abuse one.”

Those words are taken from the Oscar-winning movie “Spotlight,” a powerful account of child sexual abuse by Catholic priests in Boston.

It tells the true story of a small group of people – in this case reporters – relentlessly pursuing a story of massive child abuse in their city and seeking to right the wrongs of a system of abuse that was well-known to many people in power there.

While the details vary, tales of sexual exploitation and abuse are all too familiar to those who work to keep our children safe, those who have personally witnessed the horror of child abuse and its effects on young victims.

One of the most disturbing parts of the movie comes at the end, when screen after screen lists the cities and countries where this type of sexual abuse has been documented, a huge list that can only document the hundreds of locations, not the thousands or millions of victims.

But we know these young people.

Theirs are the young lives who fill our homes, wrench our hearts, challenge our souls and test our resolve, but who also, when we are successful, renew our faith in the resilience of the human spirit.

**In the words of one former foster child: “We can’t wait one more day to keep one more child from being abused or neglected.”**

We also know that what happens to those most vulnerable among us is not confined to one city, town or rural area, one country or one occupation, nor is it confined to one ethnic group, one socio-economic sphere or one gender.

All the pinwheels planted this month to symbolize the child abuse problem cannot possibly begin to convey its breadth.

It is as broad as the countless young children who are kidnapped and coerced into sex slavery across the globe. And it is as individual as one parent viewing his or her child as property – beating that child

mercilessly behind the closed doors of homes in every kind of neighborhood.

Worldwide, we are swamped in a sea of human suffering, a tsunami of human wreckage that can make us cry out in anguish the Breton Fisherman’s prayer

“Oh, God, thy sea is so great and my ship is so small.”

But no matter the vastness of the ocean, those who volunteer to be the voices of the voiceless and defenders of the defenseless have all committed to these children that we will pledge our lives to help save theirs.

We are their human pinwheels, the living symbols of what needs to be done to prevent child abuse. And we know the urgency of the task before us.

For all of us, that is a message that resonates 365 days a year, not just 30 days in April.



## Kinship Caregivers in Children's Administration: Financial Support Options

### Provided by Children's Administration

Caring for children is expensive, and often, relative caregivers and others caring for children don't know the various types of help available to them. But financial support options for kinship caregivers, relatives and suitable others, are available. They type and the amount depend on a variety of factors, with the most financial support going to caregivers who become a licensed foster parent. Here is a breakdown of the basic kinds of assistance available.

### Licensed Kinship Caregivers

Kinship caregivers can choose to become licensed foster parents and receive foster care payments.

**Who is eligible:** Caregivers, who must complete the foster care licensing process.

**What is paid:** Monthly funds for the children in their care.

**Amount:** Basic foster care rates per month and per child appear below. Children with documented special needs may have higher rates.

AGE OF CHILD	RATE
0 to 5 years	\$562
6 to 11 Years	\$683
12 & Older	\$703

### How to apply to become a licensed foster parent:

Visit online: [fortress.wa.gov/dshs/f2ws03apps/cafptrainingpub/ca/fosterparents/questionnaire.asp](https://fortress.wa.gov/dshs/f2ws03apps/cafptrainingpub/ca/fosterparents/questionnaire.asp)

You should receive a response within 48 hours. Or call 1-888-KIDS-414.

### Unlicensed Kinship Caregivers are eligible for:

Child-only TANF (Temporary Assistance for Non-Needy Families) Grants

**Who is eligible:** Unlicensed caregivers with children placed in their care by a state or tribal child welfare agency. Caregiver income is not considered, but child income, such as child support, foster care payments and social security must be verified.

**What is paid:** Monthly, ongoing funds for qualifying relative children in your care.

**Amount:** Child-only TANF rates are based on the number of children placed in your home.

NO. OF RELATIVE CHILDREN	RATE
1	\$332
2	\$420
3	\$521

How to apply for TANF funds: The application is online, [www.washingtonconnection.org](http://www.washingtonconnection.org). You can also apply in person at your local Community Services Office. To find your local office online, click on [www.dshs.wa.gov/find-dshs-office-or-resource](http://www.dshs.wa.gov/find-dshs-office-or-resource), or call 1-877-501-2233.

*Note: When a child is placed with a relative by a state or tribal child welfare agency, the TANF grants funds do not prevent the parent from getting a TANF grant or cause child support payments for the parents. Parents and relative caregivers may each receive grant funding for up to 180 days if the child's plan is reunification. The Division of Child Support must pursue child support collection regardless of whether or not relatives receive these funds.*

## Relative Support and Service Funds (RSSF)

**Who is eligible:** Unlicensed caregivers, with placement of a child or children involved with the child welfare system.

**What is paid:** Placement-support funds that are not ongoing in nature.

**Amount:** Amounts vary. Funds may be used to pay rent or utility bills in a crisis, as long as the caregiver is otherwise able to maintain the payments on a regular basis. Funds may also be used to purchase concrete items such as beds, furniture or safety items such as baby

gates, cupboard latches or outlet covers. They may pay a school fee or an item related to a child's special needs. Funds can also be used to purchase items to complete a home study, or to become a licensed foster home.

**How to apply for funds:** To apply, talk to your assigned caseworker or Division of Licensed Resources (DLR) licensor, who can make the necessary referral and request approval. Items are purchased and delivered to the family, or payments are made directly to a landlord, utility provider or other service.



# Here's the Pitch!

## We Are Family Day will be a Great Day for Renae Cox and Other Washington Kids



Renae Cox, 13, will throw out the first pitch at We Are Family Day, May 20

### Try to imagine how 13-year-old Renae Cox will feel on May 20.

Thousands of eyes will be on the Nooksack Valley Middle School student from rural Everson in Whatcom County as she throws out the ceremonial first pitch at We Are Family Day at Seattle's Safeco Field.

**"It's a once in a lifetime thing to be pitching off the Mariners' pitching mound," she says. "It will be amazing."**

Renae has been part of Katie and Loren Hoekema's family for about three years. They plan to adopt her. And while she plays right field on her school's team, her life may take another direction. "I love math and science," she said. Possible future jobs? "I've thought about being a zoologist or marine biologist," she said.

One of her teachers told Katie Hoekema about the opportunity to throw out the pitch and Renae was chosen by Children's Administration for the honor. This year marks the 10th anniversary of the collaborative We Are Family Day event by the Seattle Mariners and CA.

The day begins with a pre-game ceremony at the Outside Corner near Section 330, followed by baseball, as the Mariners take on the Detroit Tigers. Discounted tickets can be purchased for \$13 for the 300-level and \$31 for the ground-level. Last year, about 3,100 people attended the event.

Tickets can be purchased at [www.mariners.com/WeAreFamily](http://www.mariners.com/WeAreFamily)

## Upcoming Events

### S'more time to apply for sibling camp

Applications are being accepted for Camp To Belong Washington, a camp specifically designed to bring together brothers and sisters and increase sibling bonds. The camp is for siblings age 8-18 who are separated due to foster, relative or adoptive care.

**The camp, also celebrating its 10th year, will be June 25-30 at Miracle Ranch in Port Orchard. It is free – and lots of fun!**

For more information and applications to be either a camper or a counselor, click on [www.campbelongwa.org](http://www.campbelongwa.org)

### Get educated, get friendly, get soaked and have fun at FPAWS Conference at Great Wolf

The 9th annual Pacific Northwest Caregiver's Conference for caregivers and their families will be May 4-6 at Great Wolf Lodge near Centralia. A broad range of trainings are on the roster. Kids Kamp, childcare for older children, is currently sold out, but openings may still be available for the toddler Kids Kamp. Caregivers may want to bring their own

Please take time to nominate outstanding social workers, elected officials and others in the caregiver community for their outstanding work. Honorees will be honored at the annual Nigh of Shining Stars awards ceremony and dinner, Saturday, May 5.

To register, or to nominate someone for an award, go to the FPAWS website, [www.fpaws.org](http://www.fpaws.org)

## Unsung Heroes: Honoring the Better Angels of Our Nature

Each February, the electronic magazine Seattle's Child honors one outstanding parent a day under the banner of "Unsung Heroes." In partnership with Washington's Department of Early Learning, they take nominations from people who have personally witnessed the great work these people do and how they often step up to help others and their communities.

They are stories of inspiration that speak to what Abraham Lincoln called "the better angels of our nature."

Often, the parents honored have a background in foster, relative or adoptive care. Theirs are stories of an adult who have done extraordinary work to comfort children whose lives have been afflicted by negative circumstances.

*This year is no exception. Fifteen of the 28 parents honored have a background in foster care, kinship care or adoption. They are:*

- FEB. 1** Kevin Rutherford, Olympia, a kinship caregiver and guardian.
- FEB. 4** Breeze Garrett, Moses Lake, a foster and adoptive parent.
- FEB. 7** Katy Lyle, Tulalip, a kinship caregiver.
- FEB. 8** Shannon Love, Yakima, a foster parent.
- FEB. 10** Trista Mason, Olympia, a foster parent.
- FEB. 11** Ricardo Del Bosque, Shelton, a foster parent.
- FEB. 13** Sarah Gammons Reese, Ferndale, a foster and adoptive parent and guardian ad litem.
- FEB. 15** Tim Kavanaugh, Graham, a kinship caregiver.
- FEB. 16** Karen (no last name given), Washougal, a kinship caregiver and Children's Administration employee.
- FEB. 20** Rita Swanson, Renton, a foster and adoptive parent and guardian.
- FEB. 23** Sherry Marshburn, Sunnyside, a foster parent.
- FEB. 24** Janet Grant, Renton, a kinship caregiver.
- FEB. 26** Hortencia Ramirez de Gomez, Lacey, a kinship caregiver.
- FEB. 27** Julia and Moises Palomares, Tenino, kinship caregivers.
- FEB. 28** Meagan Caswell, Spokane Valley, a foster parent.

Being a parent is probably the hardest work we do in life. So on those days when the burden seems too much to bear, take a few minutes, go online and read these stories and those of the other parents were honored.

They are proof that together, we do change the world one child at a time.

To link to stories, go to: [goo.gl/BastRW](http://goo.gl/BastRW)

## Driving into the Future

The 2017 Washington Legislature provided money to help youth in state care obtain their driver's licenses and pay for added vehicle insurance costs.

Children's Administration has created a system called the Driver's Assistance Program to provide the money for caregivers to meet the costs of obtaining driver's licenses for youth in their care.

Treehouse, a private agency based in King County, was chosen to oversee the program.

Here are some details about how the Driver's Assistance Program works.

### The program provides funds to pay for our youths':

- A Washington State ID card.
- An enhanced Washington ID card.
- A driver's education course.
- A Washington learner's permit.
- A Washington driver's license.
- An enhanced driver's license.
- Liability Automobile Insurance.

### Who is eligible for the program?

- Washington foster youth or youth under jurisdiction of a tribal court.
- Those youth who are dependent and between the ages of 15 and 21.
- Only those youth who reside in the state of Washington.

### How is eligibility verified?

Eligibility must be verified by Treehouse through Children's Administration Regional Independent Living Program consultants or Indian Child Welfare directors before services are provided.

### How do I make a request?

- To learn more or to make a request, please go to [www.treehouseforkids.org/driversassistance](http://www.treehouseforkids.org/driversassistance)
- A Driver's Assistance Program request does not require a general Treehouse referral.

### Who can make the request and how long does it take?

- Social workers.
- Caregivers.
- Eligible youth.

Requests take anywhere between 5 and 7 business days to process.

### More questions? Please contact:

**Patrick Nickell**  
Treehouse licensing coordinator,  
Resource Services  
206-267-5161

**Sandy Duron**  
Education Program consultant  
253-328-2696

**Peggy Lewis**  
Independent Living Program manager  
360-902-8063

## Connecting families

“Children tend to do better in their well-being – intellectual, emotional, social, (physical) health, and mental health—when they have connections,” says Sarah Greenblatt, ACSW, director of New Haven, Conn.-based Casey Family Services’ Casey Center for Effective Child Welfare Practice.

For children in foster care to feel connected to the world as they grow into adults, they need to know where and from whom they came from.

The rules for each child may vary for the contact they can have with their biological family. There are creative ways you can keep a child connected. It can range from recognizing that a child has another family, to supervising visits and mentoring the child’s biological parent. If you are unsure if something is allowed, talk with your caseworker.

Here are some ideas to get you started. These ideas are adapted from the Alaska Center for Resource Families’ “One Family to Another: Keeping Children Connected to Birth Families” ([acrf.org](http://acrf.org))

- Ask for pictures of the child’s family to put up in their room.
- Talk with the child about memories they have of their family.
- Help them remember Mother’s/ Father’s Day with handmade gifts.
- Learn about the child’s culture and let them participate in events (church, powwows, etc.).
- Have the child make pictures or write a story to share with their parents at visits.
- Allow the child to call their parents.
- Host or arrange visits with their siblings.

Keeping parents connected can also help the child in your care. There are many things you can do to help.

- Learn about and respect the parent’s culture.
- Send them current pictures of the child.
- Refer to the child as “your child” in their presence.
- Ask the parents about the child’s schedule or food preferences.
- Share copies of homework and report cards.
- Ask for parents’ input on clothes, toys or behavior changes.
- Include parents in school conferences, parent nights and school activities.

One foster parent said, “We have found the best thing we can do for the children in our home is to be kind to their parents.”

You provide food, clothing, love, support and nurturing. You have a powerful opportunity to impact a child’s well-being through connections with a child’s family. Thank you for all you do for the children in your care!

*Apple Health also helps answer questions or concerns about whole-person health. Please send your questions to [fostercaremgmt@coordinatedcarehealth.com](mailto:fostercaremgmt@coordinatedcarehealth.com) We will use your questions to build future trainings and a question-and-answer list.*

### GET HELP WITH HEALTH CARE COORDINATION

**Need help with health care coordination? Have questions about healthcare, including behavioral health? Call Apple Health Core Connections at 1-844-354-9876.**

**We are here to help!**

**Our 24/7 Nurse Advice Line is available for health-related questions and concerns for Apple Health Core Connections members: 1-844-354-9876 (TTY/TDD: 711).**



# Some Eggs-cellant and Eggs-citing Ideas!

by Deanna Partlow

Don't throw those plastic Easter eggs away yet! The internet is full of fun ideas for using them, and you can probably think of others to keep all those plastic eggs from taking up space in the closet or landfill.

Many of you already know about using plastic eggs for counting and alphabet activities. If you don't, here's what you do. For counting and number recognition, use a permanent ink marker to mark a number on one-half the egg. On the other, make a corresponding amount of big colored dots. Help your young kids match the two that correspond together, and when they get the idea, let them practice. Do the same thing with letters of the alphabet and words beginning with a corresponding letter. You can add a sticker with a picture of the word, too, helping your child make a visual association with the word.

Here are a few other ideas:



## Homemade lip gloss containers

Kids love to mix things, so help them mix up a batch of homemade lip gloss and then store it in plastic eggs. Here's a simple lip gloss recipe from Creative Kids at Home, [www.creativekidsathome.com](http://www.creativekidsathome.com). There are several more simple lip gloss recipes online if you don't like this one. It would also make a great activity for birthday or spa parties, or simply a boredom-breaker on a rainy day.

### For each batch, you'll need:

1. Tbsp. vegetable shortening, such as Crisco® (not the buttery kind).
2. 1 tsp. honey.
3. Kool-Aid® or similar drink mix, food coloring and/or vanilla.
4. Hot water.
5. Small bowls, spoons and leftover plastic eggs, washed well and dried.

CONTINUES ON NEXT PAGE

## Homemade lip gloss containers continued

### Directions:

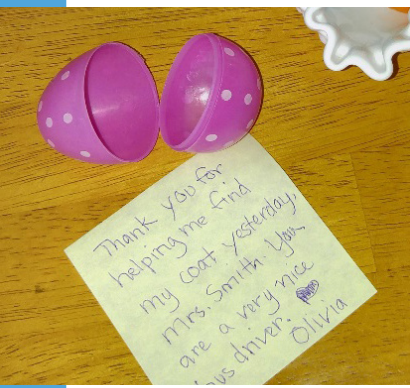
Place 1 Tbsp. shortening in a small bowl. Mix in 1 tsp. honey until it is well-blended.

In another small bowl mix about a teaspoonful or more of drink mix in ½ tsp. hot water until it is dissolved. (The more you can dissolve in the water, the more flavorful the lip gloss will be.)

Add the water mixture to the shortening/honey bowl a drop at a time and mix well. Repeat this until the color/flavor combination tastes just the way you like it.

**Alternatives:** You can substitute a few drops of vanilla or even hot cocoa mix for the drink mix. If using vanilla or another flavor concentrate, you can add a drop or two of food coloring. The writer on this website also suggested using crushed Pop Rocks®. Another idea gleaned from several websites is using cake glitter to make sparkly gloss.

When the lip gloss is mixed well, pour the mixture into one of the plastic egg halves and pop on the other half. Store them in the refrigerator. They have a limited shelf life, probably no more than a week, but it's so fun to make, your kids will want to make more.



## Happy notes

Keep a supply of leftover eggs on hand to hold little notes. Write your child a note, put it in an egg and slip it into your kids' lunchboxes, under their pillow or somewhere else. On the note, you can write a small message of love or encouragement, add a coupon for some special treat – even a knock-knock joke – to brighten their day or evening. If you want, slip in a chocolate kiss or a couple jelly beans, too.

## Kindness notes

This is akin to the idea above. Talk to your children about people in their lives who have helped them with some particular problem or just made their day better recently. Then ask each child to write a “kindness note.” The note could be to a teacher, school janitor, scout leader, coach, caseworker, even a sibling!

In the note, they can thank that person for something they did to help the child or someone else, or they can just write a note about something they admire about that person. The notes go into the plastic eggs and get delivered by the kids.

Even toddlers can dictate a note and if they're old enough, draw a small picture on the note. Then you can help them deliver it.

The kindness note is a variation by the writer at Coffee Cups and Crayons, [www.coffeecupsandcrayons.com/acts-of-kindness/](http://www.coffeecupsandcrayons.com/acts-of-kindness/). She has some other wonderful ideas for random acts of kindness. I will share some with you in a later column, or you can check them out now.

Both the kindness eggs and the happy eggs can be decorated after the notes are safely tucked in. Have a supply of stickers, pom-poms and other supplies on hand for your young artists.

## Hanging bird feeders

**Materials:** Plastic eggs, peanut butter, bird seed and string, ribbon or yarn.

**Directions:** Cut a piece of yarn about a yard long. At one end, tie a loop that's large enough to go over a branch or hang from a hanger outside.

About a foot down from the loop, clip the egg halves together so that the yarn runs through the egg. If your kids want, add another egg or two, but keep them about 6 inches apart and don't add too many or the project gets messy.

Next, place a length of waxed paper on the table or counter, or use a cookie sheet to lay the egg/string on. Using a butter knife or small spatula, carefully cover one side of the egg with peanut butter, then roll it in bird seed.

Turn the egg over to expose a non-coated side, and repeat the process until the egg is coated in peanut butter and bird seed. A few raisins, raisins or sunflower seeds can be poked into the surface to make an extra-special bird treat.

Hang your egg-feeders outside a window and see who comes for lunch.

# Bring Your Issues to Consultation Team Members

Since 2007, statewide meetings have brought together top-level managers of Children’s Administration and foster parents who are members of the Children’s Administration Foster Parent Consultation Team, informally known as the 1624 team – a number that reflect the legislative bill number that created the committee. Foster parents serving on the team were selected at the end of 2017 by their peers in each region.

If you, as a foster parent, have questions or concerns you would to have discussed at the meeting, contact a team member from the list at the back of the issue.

The committee discusses issues of statewide concern to foster parents. The regional members also help set dates for regional consultation meetings so local issues can be discussed.

Anyone interested in filling the vacancies in Region 1 South, which is the southern portion of Eastern Washington, should contact Meri Waterhouse, [meri.waterhouse@dshs.wa.gov](mailto:meri.waterhouse@dshs.wa.gov); 360-902-8035.

## CA Foster Parent Consultation Team (1624) Foster Parent Regional Representatives 2018

Name	E-mail	Phone
Victoria O’Banion, Reg. 1 North	<a href="mailto:vnkobanion@gmail.com">vnkobanion@gmail.com</a>	308-991-5663
Alla Mishin, Reg. 1 North	<a href="mailto:allamishin@gmail.com">allamishin@gmail.com</a>	509-847-4210
<i>Reg. 1 South no. 1 rep., vacant</i>		
<i>Reg. 1 South no. 2 rep., vacant</i>		
Lisa Page, Reg. 2 North	<a href="mailto:lisa.page@gmail.com">lisa.page@gmail.com</a>	206-351-2699
Ray Deck III, Reg. 2 North	<a href="mailto:Raydeck3@gmail.com">Raydeck3@gmail.com</a>	518-290-0729
Shanna Alvarez, Reg. 2 South	<a href="mailto:Shanna.alvarez@gmail.com">Shanna.alvarez@gmail.com</a>	206-852-5425
Aaron Edwards, Reg. 2 South	<a href="mailto:aaron@varium.com">aaron@varium.com</a>	206-229-6256
Teena Williams, Reg. 3 North	<a href="mailto:Meandmybeau13@yahoo.com">Meandmybeau13@yahoo.com</a>	253-905-8156
Krista Piger, Reg. 3 North	<a href="mailto:kristapiger@gmail.com">kristapiger@gmail.com</a>	253-548-6353
Amy Gardner, Reg. 3 South	<a href="mailto:michaelamy52@msn.com">michaelamy52@msn.com</a>	360-200-2102
Stephanie Vombaur, Reg. 3 South	<a href="mailto:stephvombaur@yahoo.com">stephvombaur@yahoo.com</a>	360-241-3534
Beth Canfield, FPAWS	<a href="mailto:bethcanfield@comcast.net">bethcanfield@comcast.net</a>	360-990-1011 (c) 360-377-1011 (h)
Mike Canfield, FPAWS	<a href="mailto:mkbeth@comcast.net">mkbeth@comcast.net</a>	360-990-1255 (c) 360-377-1011 (h)

## Caregiver Training from the Alliance

Explore our wide variety of caregiver training options designed to increase understanding and strengthen skills. These upcoming in-person classroom sessions provide in-depth information on relevant topics for the caregiver community at convenient locations across the state.

### Trainings offered in Region 1: Eastern Washington

#### April [LEARN MORE](#)

- Caring for Children Who Have Experienced Trauma
- Fostering Children and Youth Through Transition, Grief, and Loss: Helping Children With Their Feelings
- Introduction to Adoption from Foster Care
- Minimizing the Risks of Allegations
- Talking With Children About Race
- So You Have a New Placement...Now What?
- Verbal De-Escalation

#### May [LEARN MORE](#)

- ABC's of Autism, Behavior, and Coping Strategies
- Cultural Diversity for Foster Parents and Caregivers: Being Culturally Responsive to Our Children and Youth of Color
- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Eating Disorders and Beyond
- Indian Child Welfare
- Introduction to Adoption from Foster Care
- Kinship 101: Information for Relatives and Suitable Others
- Paper Trail: Documentation Training for Caregivers
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What?



## Caregiver Training from the Alliance continued

### Trainings offered in Region 2: I-5 corridor north of Seattle to Whatcom County

#### April [LEARN MORE](#)

- Bullying: Prevention and Intervention
- Caregiving for Children with Sexual Behavior Concerns (formerly Sexually Aggressive Youth)
- Caring for Children Who Have Experienced Trauma
- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Emotion Coaching
- Enhancing Resiliency and Safety for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Youth
- Introduction to Adoption from Foster Care
- Introduction to the Indian Child Welfare Act (ICWA), for Caregivers
- Invitation to Aggression Replacement Training
- Kinship 101: Information for Relatives and Suitable Others
- So You Have a New Placement...Now What?
- Verbal De-Escalation

#### May [LEARN MORE](#)

- African American Hair and Skin Care
- Caregiving for Children with Physically Aggressive Behavior Concerns (Formerly Physically Aggressive Youth)
- Caring for Children Who Have Experienced Trauma
- Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
- Enhancing Resiliency and Safety for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Youth
- Healthy Engagement With Children of Trauma
- I-LABS: Early Music Experience
- I-LABS: Foundations of Literacy
- I-LABS: Temperament in Early Childhood
- I-LABS: Understanding Emotion
- Introduction to Adoption from Foster Care
- Introduction to Positive Discipline
- Kinship 101: Information for Relatives and Suitable Others
- Parenting the Positive Discipline Way
- Paper Trail: Documentation Training for Caregivers
- Post-Traumatic Stress Disorder
- Resilience Trumps Adverse Childhood Experiences (ACES)
- So You Have a New Placement...Now What?
- Verbal De-Escalation: Parenting Behaviorally Challenged Children

Caregiver Training from the Alliance continued

## Trainings in Region 3: Olympic Peninsula and I-5 corridor south of Seattle, (including Tacoma)

### April [LEARN MORE](#)

- As They Grow: The Drug Impacted Child
- Caregiving for Children with Physically Aggressive Behavior Concerns (Formerly Physically Aggressive Youth)
- Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
- Emotion Coaching
- Introduction to Adoption from Foster Care
- Knowledge and Skills to Help Children Heal
- Parenting the Positive Discipline Way
- Resilience Trumps Adverse Childhood Experiences (ACES)
- So You Have a New Placement...Now What?
- Verbal De-Escalation

### May [LEARN MORE](#)

- Caregiving for Children with Sexual Behavior Concerns (formerly Sexually Aggressive Youth)
- DLR/CPS Allegations: An Overview of the Investigation Process for Caregivers
- Fostering Children and Youth through Transition, Grief, and Loss: Helping Children With Their Feelings
- Indian Child Welfare for Caregivers
- Introduction to Adoption from Foster Care
- Parenting the Positive Discipline Way
- Post-Traumatic Stress Disorder
- So You Have a New Placement...Now What?

## Your Child Welfare Training Team for Region 1

### Eastern Washington

Michael Tyers . . . . . 425-268-9375 [tyersm@uw.edu](mailto:tyersm@uw.edu)  
(Caregiver Education and Training Administrator)

Renee Siers . . . . . 509-363-3399 [siersr@uw.edu](mailto:siersr@uw.edu)

Patty Orona . . . . . 509-834-8535 [po5@uw.edu](mailto:po5@uw.edu)

Ryan Krueger . . . . . 509-660-0350 [krry300@uw.edu](mailto:krry300@uw.edu)

Sherry Colomb . . . . . 509-322-2552 [scolomb1@uw.edu](mailto:scolomb1@uw.edu)

Join us on Social Media for  
inspiration, tips, trainings, the  
latest events and to be part of  
a caregiver community



## Your Child Welfare Training Team for Region 2

### King County and North to Whatcom County and Island County

Yolonda Marzest . . . . . 206-923-4955 [ymarzest@uw.edu](mailto:ymarzest@uw.edu) (Manager)

Joan Sager . . . . . 360-594-6744 [sagerj2@uw.edu](mailto:sagerj2@uw.edu)

Cara Mbaye . . . . . 206-923-4914 [mbayec@uw.edu](mailto:mbayec@uw.edu)

El-Freda Stephenson . . . 206-923-4922 [elfreda@uw.edu](mailto:elfreda@uw.edu)

## Your Child Welfare Training Team for Region 3

### Pierce County & South to Clark County plus the Olympic Peninsula & Coast

Arthur Fernandez . . . . . 206-276-4549 [sart300@uw.edu](mailto:sart300@uw.edu) (Manager)

Penny Michel . . . . . 360-725-6788 [mpen300@uw.edu](mailto:mpen300@uw.edu)

Stephanie Rodrigues . . . 206-321-1721 [steph75@uw.edu](mailto:steph75@uw.edu)

Robert Judd . . . . . 360-344-3003 [juddre@uw.edu](mailto:juddre@uw.edu)

Gracia Hahn . . . . . 253-983-6362 [hahng@uw.edu](mailto:hahng@uw.edu)

## Your Registration Help Desk

Registration Help . . . . . 866-577-1915 [help@acwe.on.spiceworks.com](mailto:help@acwe.on.spiceworks.com)

# Meet Our Recruitment Partners Who Support You



**Olive Crest's Fostering Together program supports the west side of the state (Regions 2 and 3) through foster care Liaisons.**

**Eastern Washington University's Fostering Washington program supports (Region 1) the east side of the state through Resource Peer Mentors (RPMs),**

Children's Administration (CA) works in partnership with two separate agencies to provide foster parent recruitment and retention / support services to prospective foster parents, current foster parents and relative caregivers in all areas of Washington. Our goals are to:

- Increase the numbers of safe, quality foster families to meet the diverse needs of children and youth placed in out-of-home care in Washington State, and
- Offer support to foster parents and relative caregivers

Prospective foster parents are welcome to license through either CA's Division of Licensed Resources (DLR), or any private child placing agency licensed in Washington. Our recruitment partners serve all families, regardless of where they choose to become licensed. Prospective foster parents are welcome to license through either CA's Division of Licensed Resources (DLR), or any private child placing agency licensed in Washington. Our recruitment partners serve all families, regardless of where they choose to become licensed.

The Liaisons or RPMs provide information, help and guidance for you from your first inquiry, through training, and throughout the licensing process to become foster parents. Liaisons and RPMs both answer questions and share helpful information during your foster care journey. They offer:

- Support at your first placement,
- Support groups , (some with training hours available and some provide a meal and / or child care)
- Mentoring,
- Training, and
- On-line Facebook groups

All supports are designed with our caregivers in mind.

We want to help you connect with other caregivers, obtain additional training, and find answers to questions. Both Olive Crest and Eastern Washington University offer information and referral services to foster parents and relative caregivers. The regional liaisons or peer mentors also help resolve issues foster parents may experience in their local area. Contact the liaison or RPM listed for your area with any questions you might have.





# Eastern Washington University Fostering Washington



Position/ Area Covered	Name	E-mail	Phone
Director All Counties	Kim Fordham	kfordham@ewu.edu	(208)-659-7401
Associate Director All Counties	Mon Ra' Muse	mmuse@ewu.edu	(509) 359-0791
Recruitment Coordinator Ferry, Pend Oreille, Spokane, Stevens Counties	Amber Sherman	asherman4@ewu.edu	(509) 359-0874
Recruitment Coordinator Benton, Franklin, Yakima Kittitas, Klickitat, Counties	Tyann Whitworth	twhitworth@ewu.edu	(509) 731-2060
Recruitment Coordinator Asotin, Columbia, Garfield, Walla Walla, Whitman Counties	Katie Stinson	mstinson2@ewu.edu	(208) 699-8419
Recruitment Coordinator Adams, Chelan, Grant, Douglas, Okanogan	Hayley Stoebner	hstoebner@ewu.edu	(509) 322-1191
FIRST Program Mngr. All Counties	Dru Powers	Dpowers8@ewu.edu	(509) 928-6697

Fostering Washington's website [www.ewu.edu/css/fostering-washington](http://www.ewu.edu/css/fostering-washington) can help you locate your local foster parent Resource Peer Mentor (RPM) from the county map on their website.

Click on: → *County where you live*

## Olive Crest's Fostering Together: 1-866-958-KIDS (5437)



Position	Name	E-mail	Phone
Shala Crow	Program Director	(360) 220-3785	<a href="mailto:Shala-Crow@olivecrest.org">Shala-Crow@olivecrest.org</a>
Leeann Marshel	Critical Support	(855) 395-7990	<a href="mailto:Leeann-Marshel@olivecrest.org">Leeann-Marshel@olivecrest.org</a>
Patrice Vansligtenhorst	Program Coordinator	(425) 462-1612 x 1308	<a href="mailto:Patrice-Vansligtenhorst@olivecrest.org">Patrice-Vansligtenhorst@olivecrest.org</a>
Megan Harp	FIRST Coordinator	(425) 350-3839	<a href="mailto:Megan-Harp@olivecrest.org">Megan-Harp@olivecrest.org</a>

Fostering Together's website [fosteringtogether.org](http://fosteringtogether.org) can help you locate your local foster parent liaison.

Click on: → *Region where you live* → *Find Your Liaison*