

Caregiver Connection

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

National Social Work Month: Honoring the Contributions of our Caseworkers



Mike Canfield
Executive Director
Foster Parents Association
of Washington State

Social work is hard work.

That's one reason national attention is focused one month each year on the profession – what caseworkers do and what motivates them in their difficult work.

“It’s actually an impossible job,” said Mike Canfield, executive director of the Foster Parents of Washington State (FPAWS). Noting its overwhelming demands,” he said “It’s not a job people can do,” adding that despite the difficulty, an army of people across our state do it every day and do it well.

In Washington, programs are in place to help caseworkers as they train to balance the demands of juggling multiple cases, making monthly visits to children on their caseload, appearing in court and attending various meetings to discuss their cases, all while documenting each step they perform for the children and families they serve.

- All newly hired caseworkers complete an eight-week course called Regional Core Training (RCT) before they receive a full caseload. They not only learn in a classroom setting, but also through field experiences observing current caseworkers and common case activities, completing eLearnings, and engaging in 1:1 or small-group coaching.
- Some new workers also specialize in child welfare while getting their Master’s in Social Work with training, provided through the University of Washington’s Child Welfare Training and Advancement Program (CWTAP).
- All workers gain more skills and continue to develop professionally through in-service training opportunities, such as the University of Washington’s Alliance For Child Welfare Excellence training called “Partners Make Better Decisions.” The course is designed to create strong relationships between caregivers and caseworkers so they can best meet the best interests of children in care.

What motivates these special people to work the long hours and perform the incredible feats they do, all the time knowing they are literally making life-and-death decisions?

The answers given by caseworkers are akin to those given by foster parents.

“It’s the compassion they have for others,” said Rick Butt, CWTAP director in Tacoma. Butt, himself, became a caseworker in 1988. “They are natural helpers.”

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**NATIONAL
SOCIAL WORK
MONTH**

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Courtney Covington
Recent CWTAP trainee

“I’ve always been interested in working with kids and families,” said Courtney Covington, 28, Tacoma, who is finishing her CWTAP studies and will begin duties as a caseworker March 18.

She did her undergraduate work in psychology, but during her CWTAP training, she realized she could work with a “social justice lens” to help many children and families who have lived in difficult circumstances.

Caseworkers, Advocates to be Honored at Night of Shining Stars



Caseworkers across DCYF work diligently, pouring their time and heart into their work.

That’s why the Foster Parents Association of Washington State (FPAWS) has been honoring some of the outstanding caseworkers for the past 10 years at its annual conference.

Those who work closely with foster parents find the greatest success in working for the best interests of children, explained FPAWS Executive Director Mike Canfield.

“Part of why we honor good social work is to break down the myth that [caseworkers] and foster parents can’t get along,” he said. “Anybody doing this work needs to do a good job. We want to identify and honor people who are doing a really good job.”

Outstanding caseworkers and others being honored for work in child welfare will take center stage May 4 at FPAWS’ Annual Night of Shining Stars banquet. The event, held at Grand Mound’s Great Wolf Lodge, is part of FPAWS Pacific Northwest Caregivers Conference. As part of the awards ceremony, FPAWS arranges for each awardee to have an actual star named in his or her honor.

Those receiving awards are chosen by FPAWS from nominations made across the state. Individuals or groups will be honored in the following categories:

Luminary Award: One caseworker from each of the DCYF’s six regions will be given an award for going above and beyond to support and advocate for foster or kinship caregivers.

Elected Official of the Year Award: Given to an elected official who has been an advocate and supporter of Washington caregivers.

Best Practices in Foster Care Award: Given to an organization that best advocates and supports caregivers in Washington.

Best Practice in Kinship Care Award: Given to a member of the kinship care world who best supports and advocates for kinship caregivers.

Nominations are being taken now.

To nominate an individual or group for an award, visit

www.fpaws.org/content/2019-night-shining-stars-nomination-form.

For more conference details and reservations, visit www.fpaws.org.

Strengthening Partnerships to Help Children

The Alliance offers a training call “Partners Make Better Decisions: Caregivers and Social Workers Working Together”. This training brings caseworkers and caregivers together for a four hour session on effective collaboration and the opportunity to view teamwork from one another’s perspective. This popular training reaffirms that despite differing roles, everyone shares the common interest of taking the best care of young people in state custody. This course is co-trained by a caregiver trainer and a caseworker coach.

Spokane foster-adoptive mom and Alliance Caregiver Trainer Kebbie Green said the relationship between caseworkers and foster parents can sometimes be challenging. Green, who co-teaches the “Partners Make Better Decisions” course for the Alliance, said the friction is “a very real thing.”

“Foster parents and caseworkers can get frustrated with each other. That’s why the Alliance addresses that issue so early.”

Each group may not see or understand the hard work of the other, she explained.

“You (as a foster parent) don’t see how overwhelmed [caseworkers] are with their caseloads,” said Renee Siers, a resident of Spokane, former caseworker and current Alliance Coach who co-trains “Partners Make Better Decisions.”

On the parenting side, Green says all the training and education a caseworker receives on issues related to children in care, may not translate to a real-life situation such as a child blowing up at two in the morning.

“You may have gone to school to do it, but I’m living it,” Green said of such experiences.

Butt called social work “a very difficult job.”

“The expectations are much greater than they were 31 years ago when I started, he said. “There was a lot more support for [caseworkers], I hear that from [caseworkers] all the time.”

To work together, mutual respect is required,” said Alissa Copeland, who is the lead curriculum developer for Regional Core Training, the eight-week program required of each new caseworker.

“We call it out all the time (in training). It’s so important to have respectful relationships,” said Copeland. “We’re definitely aware it’s a major concern.”

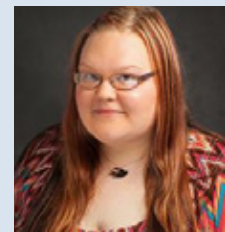
According to Copeland, about 250 new workers went through the program between July 2017 and June 30, 2018.

Canfield, who has more than three decades experience in foster parenting and child welfare, said communication is key to making the relationship flourish. Bridging the divide between the two populations can be a success when there is an understanding of the complexities and challenges of the caregiver’s 24/7 duties and the caseworker’s multifaceted caseload of children and families.

“We have expectations for each other and we need to communicate them,” said Canfield. “It’s gotten better. There are pockets of really good work around the state.”

But relationship-building requires constant attention, practice and a recognition that everyone in child welfare work needs to understand what a complicated human endeavor it is. As with foster parents, individual caseworkers bring a variety of skills and abilities to the task of their work, he said.

Alissa Copeland,
trainer, Workforce
Curriculum Developer,
Alliance For Child
Welfare Excellence





One Caseworker's Legacy is Improving the Lives of Kids in Care

Caseworkers often make a huge difference in the lives of children through their chosen profession.

One such caseworker, Alan Naiman, 63, left a huge legacy behind. Through his frugality, Naiman accumulated almost \$11 million before his death in January 2018.

He left it to various children's organization, including Treehouse, a King County-based foster care agency that will use its portion of his bequests to take its programs statewide.

Here is how Treehouse described him in a news release, posted on their website.

FROM TREEHOUSE FOR KIDS

"Despite his relatively modest salary working for the State of Washington's Child Protective Services, Alan Naiman quietly amassed an \$11 million fortune that he left behind to children's charities when he passed away earlier this year.

"The way Alan lived, nobody would have ever suspected that he was going to leave this gigantic legacy," said Shashi Karan, a longtime friend. "He lived such a simple life, and his frugality was legendary."

Naiman drove the same used pickup truck for years and rarely spent money on himself unless he had to. As a former accountant, he was smart with his money and, just like his hero Warren Buffet, knew how to make it grow through investments. He was as hard-working as he was frugal and often had as many as three jobs at a time.

Still, Alan never hesitated to help a friend in need. A foster parent and mentor to dozens of youth through a variety of programs, he dedicated his life to the most vulnerable population among us. Perhaps that's why Alan chose to dedicate his estate to continue his life's work.

His friends had no idea that he was secretly planning to leave an even larger lasting impact.

"He asked for ideas of places that he could donate to, but I had no idea how much,"

said Mary Monahan, a longtime friend and colleague. "I am overwhelmed by the amount of good he did and continues to do. He just kept it so secret. It wasn't anything he ever talked about."

Much of how Naiman built his fortune is not known. It's clear that his father had a major impact on him. Also frugal and famous for wearing duct-taped shoes to get a little extra wear out of them, his father left Naiman a portion of the money when he passed away. How much and the rest of the details are not accessible.

Alan Naiman passed away in his Seattle home on Jan. 8, 2018, surrounded by friends and family. He was 63 years old.

Not only will Naiman's gift provide essential support to youth in foster care and children in vulnerable situations, it will also provide life-changing wishes for children with critical illnesses, equine-assisted therapies and activities, and medical care to thousands of children across Washington state and beyond."

One of those programs is Graduation Success, which places Education Specialists in schools in several counties. \$900,000 was left in his will for Treehouse

The money will be used to expand the Graduation Success Program statewide, said Treehouse Spokesperson Jess Colman. Data shows that children in foster care have poorer educational outcomes than their peers who are not in foster care.

Former Gov. Gary Locke often said, "Education is the great equalizer."

The Graduation Success Program is designed to give young people in care an equal opportunity to reach their academic goals by using education specialists to help youth in care

The list of school districts served by the education specialists funded through Treehouse is listed below. By the early 2020s, the goal is to have the program in all school districts.

OVERVIEW OF GRADUATION SUCCESS

Our youth-centered academic program, Graduation Success, helps youth in foster care engage and invest in their education and future. Treehouse education specialists work one-on-one with Graduation Success students to:

- Create their own plan for high school graduation and beyond.
- Build problem-solving and self-advocacy skills.
- Connect to resources like tutoring, credit retrieval and college and career prep.
- Recognize and develop available support systems around them, from caregivers, to caseworkers, to school teachers and counselors.
- Resolve education barriers like school transitions, special education needs, disciplinary actions and credit retrieval.

GRADUATION SUCCESS COUNTIES AND SCHOOL DISTRICTS:

Benton County: Richland.

Franklin County: Pasco.

King County: Auburn, Bellevue, Enumclaw, Federal Way, Highline, Issaquah, Kent, Lake Washington, Northshore, Renton, Riverview, Seattle, Shoreline, Snoqualmie Valley, Tahoma, Tukwila.

Pierce County: Bethel, Clover Park, Franklin Pierce, Puyallup, Tacoma.

Skagit County: Burlington-Edison, Mount Vernon, Sedro-Woolley.

Spokane County: Central Valley, Cheney, Deer Park, East Valley, Mead, Spokane, West Valley.

Snohomish County: Everett, Marysville.

Thurston County: North Thurston, Tumwater.

Whatcom County: Bellingham.



Sen. Curtis King,
R-Yakima

Proposals seek more Support for Kinship Caregivers

Both in the Washington Legislature and within the Department of Children, Youth, and Families, activities are occurring to provide more support for relatives taking care of children.

That was the message from speakers at the annual Kinship Advocacy Day event at the state Capitol in February. About 40 people attended the event.

Sen. Curtis King, R-Yakima, told the gathering: “We want to do everything we can to provide support (for caregivers), whether they are licensed or not.”

The day included substantial discussion about the differences in supports available to licensed kinship caregivers, unlicensed kinship caregivers, and kinship caregivers caring for a kinship child who came to be in their care without direct child welfare involvement.

Janet Grant, a kinship caregiver from Renton caring for two nieces, told King she agrees more help is necessary.

When a child leaves his or her biological home for reasons of abuse or neglect, he or she is the same child whether living with relatives or foster parents, kinship care advocates say.



Photo by Michael Morse from Pexels

Kinship Navigator Lynn Urvina provided a powerful summary of the day’s message:

“No matter what door kids come in through, they should be treated the same.”

Voices of Children Contest Underway

Entries are now being accepted for the 16th annual Voices of Children Being Raised by Grandparents or Other Relatives.

The contest is for children who are currently or were previously being raised by a relative other than their parents.

Statewide, children in age categories 5-7, 8-12 and 13-19 can submit a written contest entry or artwork that depicts the positive effects on their life of living with grandparents or other relatives. Written essays should be 200 words or less; poems 21 lines or less.

The contest is sponsored by Olympia-based Family Education and Support Services, Twin Star Credit Union, the Area Agency on Aging and the Department of Social and Health Services.

Winners receive \$100, a free night’s lodging for a family of four at Great Wolf Lodge in Grand Mound, near Olympia, and will be honored at a ceremony at the Washington Governor’s Mansion.

Entries also will be included in a Voices of Children booklet.

To submit an entry, click on www.familyess.org

Contact Lynn Urvina, 360-754-7629 or lynn@familyess.org for more information.

Winners will be announced in early May.

Women's History Month Gives Opportunity to Focus on Building Resilient Girls

To celebrate National Women's History Month this month, we provide two resources on how to support resiliency in young women and girls.

The history of this country is built in part on the history of women who have overcome barriers based on their gender.

Strong, resilient women have the best opportunity to develop in environments where they know they truly can become anything they want to be.

Two websites in particular provide guidance to parents on how to raise strong, resilient girls. For the population of girls who are

in the care of those in child welfare, such guidance is particularly helpful.

One website is called "A Mighty Girl." Find it at www.amightygirl.com/

A recent blog on the website outlined some factors in raising strong, resilient girls. Here's their short list:

- Foster a growth mindset.
- Teach them to assess their abilities realistically.
- Let them challenge themselves — even if they struggle.
- Know when and how to step in.

- Have them show you their plan.
- Model what resilience looks like.
- Encourage self-care.

You can read the entire blog at www.amightygirl.com/blog?p=22587

Another website containing resources for raising strong girls is "Girls Leadership." See it at girlsleadership.org/resources/

And for more information on National Women's History Month, link to www.womenshistorymonth.gov/

Register Now for Camp to Belong Washington

"If I had the choice of spending a year in Hawaii or 45 seconds with my brother, I would choose my brother."

Those words spoken by a child in care at a campfire at Camp To Belong Washington speak to the strength of sibling bonds.

The camp helps strengthen the bonds that are frayed when brothers and sisters are separated from each other due to foster, relative or adoptive care.

Registrations are now being accepted for the 6-day camp, which is a partnership between the Department of Children, Youth, and Families and Camp To Belong Washington, part of a network of camps in 12 states and Australia.

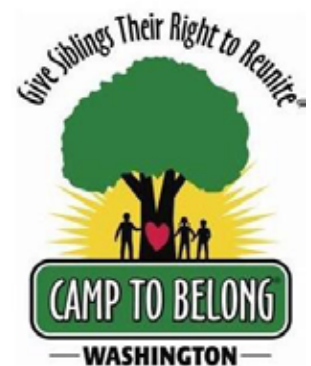
More than 1,000 siblings have been reconnected in the previous 10 years at Camp To Belong Washington. Many siblings in care rarely see each other through the year.

This year's camp is June 24-29. Held at Miracle Ranch on the shores of Horseshoe Lake in Port Orchard, the camp is free to separated siblings ages 8-18. One hundred camper spots are available. Counselors and other volunteers also are needed.

Along with usual summer camp pursuits, camp programming includes activities specially designed to strengthen sibling bonds, encourage healing and build hope for a bright future.

"Miracles happen here." –Andrew

For those who have witnessed the effects of this life-changing camp, the feeling was summed up by Andrew, a camper who later became a counselor. Speaking to campers at the opening night campfire, he urged them to get all they could from the experience.



To register, to volunteer or for more information, visit www.camptobelongwa.org. You also can follow Camp To Belong Washington on Facebook.

Youth Advocacy Day: Young People Speaking for Themselves



Braving sub-freezing temperatures and an impending snowstorm, about 150 young people and their supporters gathered at the state Capitol Feb. 8 as part of the Mockingbird Society's annual Youth Advocacy Day.

"You are the most powerful people here today," said Ross Hunter, secretary of the Department of Children, Youth, and Families. Hunter is a former legislator who said lawmakers listen when people such as these youth talk.

"Be insistent," when talking to legislators. "Step on toes. You have power. Help me make the (child welfare) system better," he told them.

One of the key changes the young people are seeking this year is to start a transition process from foster care at age 14, instead of 17 ½, as is the policy now.

"It is time the state started asking me what I want a lot earlier," said speaker Tyrell Palomino of Spokane. "In a foster youth's life, nothing is stable," which is why early planning for life after foster care is essential.

The group also advocated placing fewer young people in juvenile detention for "status offenses" – such as truancy – that are tied directly to their status as youth. Community-based prevention programs are more effective, they said.

They also want two places at the table for the department's Oversight Board and two more for the Office of Youth Homeless Advocacy Committee. Hunter urged them to connect with the department's Office of Youth Engagement to make their wishes known.



Upper: Tyrell Palomino Youth Advocacy Day speaker

Lower: Youth Advocacy Day Rally at the state Capitol

BATTER UP! Get Ready For We Are Family Day

The Seattle Mariners and the Department of Children, Youth, and Families (DCYF) have announced details for the 11th annual We Are Family Day, Sunday, May 19, at Seattle's T-Mobile Park, formerly Safeco Field. We Are Family Day celebrates foster, kinship and adoptive families, and the people who support them.

We hope to rock the stadium this year when the Mariners take on the Minnesota Twins at 1:10 p.m.

The Mariners make deep discounts on tickets for this event – and they sell quickly! Discounted tickets are available for foster

parents, relative and kinship caregivers, tribal caregivers, DCYF staff, (Child Placing Agency) CPA staff, group care staff, our community partners and stakeholders, along with friends and families.

Tickets are now available for purchase at www.Mariners.com/WeAreFamily

Click on the green "buy now" button on the webpage. You must enter promo code: **WEAREFAMILY** to purchase tickets to the event. You will receive a We Are Family giveaway, while supplies last, when you purchase through this special offer.

Suicide Prevention

Suicide is a topic that most people don't want to talk about. But talking about it can save a life.

The rate of suicide in America is increasing. It is now the 10th leading cause of death across the country. It is the number two cause of death for 10-to-24-year-olds in the state of Washington.

There are a number of things that may point to risk for suicide, but there is no "typical suicide victim." That's why it is important to seek help when there are signs of suicidal thoughts or when you're not sure. Seeking help starts with talking about suicide, and asking about suicide directly.

Myth: Talking about suicide or asking someone if they have suicidal thoughts "puts the idea in their head" and increases risk.

Truth: Asking about suicide doesn't increase suicide risk. And it may be the only way to know for sure if someone is thinking about suicide and needs help.

Here are some warning signs of suicide:

- Sudden calmness.
- Giving away personal items or saying goodbye to others.
- Withdrawal from family or friends.
- Changes in personality or appearance.

- Depression, sadness, loss of interest.
- Desperate comments about being a burden, feeling trapped, no reason to live.
- Moods of irritability, anxiousness, anger and/or humiliation.

If you notice a loved one showing any of the warning signs above, it is important to seek help.

Fortunately, Washington has many resources for suicide prevention:

- Your provider is a great first place to start for help.
- Each county in Washington has a 24-hour crisis line.
- There is a national suicide prevention line, as well.

As always, Coordinated Care has your back. Coordinated Care has a suicide prevention protocol. All members with suicide risk are connected to resources, providers and a care manager. The care manager will build a crisis response plan with you. This will help you take action in a crisis and keep yourself or your loved one safe.

The first and most important thing you can do to help a loved one is to contact a provider. Coordinated Care will support you in the journey to recovery from there.

IMPORTANT RESOURCES

National Suicide Prevention Hotline:
800-273-8255

Crisis Text Line – 24/7 texting resource for teens/youth in crisis:
www.crisistextline.org

Text "Hello" to 741741 to start texting with a crisis specialist.

Teen Link – Washington statewide crisis resource for teens/youth:
1-866-833-6546 (1-866-TEENLINK)
www.866teenlink.org

Chat and phone crisis help available 6-10 p.m. daily.

Now Matters Now:
www.Nowmattersnow.org

The Trevor Project – crisis intervention and suicide prevention (LGBTQ)
www.thetrevorproject.org

Trevor Lifeline immediate suicide intervention help, 24/7: 866-488-7386.

TrevorChat noon-9 p.m. PST, seven days a week.

TrevorText Text "Trevor" to 1-202-304-1200. Available noon to 6 p.m. PST Wednesdays-Fridays.

NEW BENEFIT FOR COORDINATED CARE MEMBERS

Good News! A Boys & Girls Club annual membership is now a Value-added Benefit for Coordinated Care members, ages 6-18. All a member or caregiver needs to do is take the child's Coordinated Care ID to their local Boys & Girls Club to enroll at no cost to them.



News from the Department of Children, Youth, and Families

Here's The Latest Measles Outbreak Information

The Department of Children, Youth, and Families and their health care partners Coordinated Care have provided the following information about the measles outbreak in Washington. Although it is primarily aimed at Clark County, the information is valuable for caregivers throughout the state.

Apple Health Care Connections (AHCC) is responding to the measles outbreak currently concentrated in Southwest Washington

You may have received a phone call from AHCC if you are:

- A caregiver residing in Clark County, and
- Caring for a child in the care and custody of DCYF (ages 12 months – 18 years) whose Measles, Mumps, Rubella (MMR) immunization status is not documented in the Department of Health immunization registry.

During the phone call, AHCC will ask if you have documentation that the child has received the MMR vaccine. Examples of documentation include, but are not limited to: Department of Health immunization record, school enrollment form or medical appointment summary. If you have documentation of the child's immunization status, please provide a copy to the child's assigned caseworker.

If you do not have documentation of the child's immunization status:

- Contact the child's caseworker to see if there is documentation in the child's DCYF file.
- Schedule an appointment with the child's primary care provider.

The MMR vaccine is delivered in two doses. The first dose occurs between 12 and 15 months of age, and the second dose between 4 and 6 years of age.

If you have a child of any age in your home who cannot be immunized for health or age reasons, contact the child's primary healthcare provider to see if there are special instructions in light of the current outbreak status.

Apple Health Care Connections 24 hours/day phone number: 1-844-354-9876

Here are some questions you may have about this information:

Is AHCC asking me about the immunization status of my adopted or birth children? No

What if the child's biological parents object to the child being immunized? Contact the child's caseworker, who can assist you to identify next steps.

If you have documentation from a medical provider stating that there is a medical reason that the child should not be immunized, make sure the caseworker has that information in the child's DCYF file.

If I live outside of Clark County will I be contacted by AHCC?

Not at this time. AHCC is focusing its effort in Clark County due to the concentration of cases in that part of the state.

What should I do if I live outside of Clark County?

If you are unsure about the MMR immunization status of the child in your care, please contact AHCC. If AHCC does not have a record of the child's MMR immunization status, it can help you schedule an appointment and update the child's immunizations.

Please notify the child's assigned caseworker if the child requires immunization.

What are the signs and symptoms of measles?

Please see www.cdc.gov/measles/parent-infographic.html

Your county's local health department may have additional information: www.doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions

What should I do if I think a child in my home was exposed to the measles?

Immediately contact your child's primary care provider and let them know you believe your child was exposed to the measles.

Contact the child's caseworker to inform them about the outcome of the appointment.

Make Worry Dolls for Young Fretters

By Deanna Partlow

Do you have a worrier among your kids? One who has trouble sleeping because he or she can't stop thinking about what might happen in the future, what other kids are saying, what monster might be lurking under the bed or the many other things that can burden a child's mind? Hopefully, you've shared these issues with a counselor or doctor if the child's anxiety is frequent or severe. But even if you have, this column is devoted to "worry dolls," one idea that might help your child rest easier.

Worry dolls are tiny, simple dolls that originated with the indigenous people of what is now Guatemala. They are an ancient tradition, associated with the area's religious and story traditions, and the dolls also have become a popular tourist item.

The idea is that the dolls provide comfort and support. Children tell their worries to their dolls each night, then tuck them under their pillows. During the night, the doll does the "worrying" so the child can have a good night's rest and wake refreshed.



Kids can make and use more than one doll, and because the dolls are small enough to fit into a pocket, the little worriers can be carried along to help a child through a difficult day or situation.

A version of worry doll that's developed recently is a "worry warrior," dolls that hold tiny shields or weapons. Maybe they're more powerful than regular worry dolls. Who knows? (Well, maybe the child who believes in their doll.)

Even if these dolls don't help your young worrier conquer anxiety, they're still fun to make and use in dollhouses, dioramas and other role-play.

Worry dolls are made from a variety of materials – adapt them to the craft supplies you have on hand. Remember, they're simple. Anything from small twigs or scraped matchsticks to Popsicle sticks and pipe cleaners can be tied or glued or twisted together in a cross to form the doll's body. Some dolls are made with a single stick and have no arms. And dolls don't always have a face, but most kids will want one.

After the body is made, it is dressed to resemble a little person. The authentic little dolls from Guatemala often are clothed in brightly colored fabric scraps and/or yarn. (Google them, or watch some YouTube videos to see a variety of these dolls.)

The dolls I made were crafted using an old-fashioned, pick-type clothespin, the kind you can still buy in craft stores. I wanted a doll with arms and a face, so I added these features. Here are the items I used, but go with what you have on hand.

- Pin-type clothespins, sticks, Popsicle sticks.
- Embroidery thread, yarn, jute or string.
- Scraps of fabric, trim, tulle, felt.
- Pipe cleaners.
- Optional: beads, sequins, rhinestones or other trims.
- Tacky glue or cool-temp glue gun.
- Fine-tip markers, or paint and small brushes.
- Tape.

ASSEMBLY

Making arms

If you've used twigs or Popsicle sticks to form a cross, the arms are already in place. To form arms on the clothespin doll, cut a pipe cleaner in half, then wrap the half around the groove under the head, twisting once or twice so it's tight. Make sure the ends are roughly even on both sides of the body. If desired, secure a pony bead to each end to form hands. Instead of pipe cleaner, you can make dangly arms by tying a length of string at the "neck" of the doll.

Dressing the doll

I wrapped embroidery thread (yarn's good, too) around the upper half of the body to form a shirt. To do this, it's easiest to tape or glue the thread's end to the body before the child begins winding it. If your child wants to make pants for the doll, this also can be done by winding thread or yarn around each "leg." When wrapping is completed, snip the end of the yarn and glue it to the doll's back. Pants can be made with small fabric scraps glued or sewn into tubes and slid onto the doll's legs. Shirts also can be made from fabric scraps instead of yarn.

For a skirt, cut a swatch of fabric the length and width you want the skirt to be. Instead of fabric, I used a scrap

of lace trim to make a frilly little skirt. Make it long enough to wrap around the doll's waist with a slight overlap. Wrap the skirt around the doll, just over the bottom of the shirt, securing the skirt at the back.

Children can further decorate the doll's clothes with sequins, rhinestones or beads.

Finishing touches

Hair can be added with a marking pen, thread or yarn. I used some cotton yarn. To make bangs, I cut some short lengths, lined the ends up side-by-side on the table, then put tape over the row. For braids, I cut six longer lengths – maybe 6 inches each – lined them up and taped them to the table. I then braided the yarn, and when I reached the end, placed tape over that end. I then tied embroidery thread tightly at each end of the braid to keep the braid from unraveling.

Next, I ran a small line of glue across the top of the clothespin head, lifted the bangs, tape and all, and placed the bangs, tape-side-up on the glue line so that they hung down over the doll's face. When the glue dried, I gently removed the tape. To attach the braid, I removed the tape, then glued the braid over the bangs on top of the doll's



head. Finally, I trimmed the bangs so my doll would be able to see where she was going.

Face: With a marker, I made eyes and a mouth. (While I was at it, I used the marker to form little shoes.) Paint works for these details, too, but it can be harder for a child to manage on such a small facial area.

At this point, your child may want to arm his doll with a paper shield or weapon to make a worry warrior. These can be glued onto the hands. Hats also can be added. Let your child's imagination be the guide!

LEAD SCREENING IN CHILDREN

Lead is a natural element found in the air, soil, water and around our homes. While it is natural, high levels of exposure to it can affect almost every system in the body. And children have a higher risk of absorbing lead than adults.

Kids may be exposed to lead but not show any symptoms.

All children with Apple Health coverage under the age of 2 should have a blood lead screening. Even low

levels of lead can affect IQ scores and the ability to focus. The most important step parents and caregivers can take is to prevent lead exposure before it occurs. Be sure to have the children in your care screened for lead exposure.

Bring Your Issues to Consultation Team Members

Since 2007, statewide meetings have brought together caregivers and administrators and managers of the Department of Children, Youth, and Families (DCYF). Within DCYF and the caregiving community, these meetings are frequently referred to as “1624 meetings,” (this number reflects the legislative bill number that created the committee). The meetings include foster parent representatives who are elected for a

two-year term by other caregivers in their region, elected representatives from the Foster Parent Association of Washington State (FPAWS), and DCYF staff who are appointed by agency leadership. If you, as a caregiver, have questions or concerns you would like to have discussed at the meeting, contact a team member from the list included in this 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.

You can also contact Caregiver Recruitment, Retention, and Support Program Manager Holly Luna at Holly.Luna@dcyf.wa.gov or 360-902-8035.

DCYF Foster Parent Consultation Team (1624)

Foster Parent Regional Representatives 2019

Name	E-mail	Phone
Alla Mishin	allamishin@gmail.com	509-847-4210
Victoria O'Banion	vnhobanion@gmail.com	308-991-5663
Silvia Zarate	Mendozawapato@aol.com	509-830-5027
Aimee Harris	Aimee@loverecklessly.org	425-246-8862
Jenny Piper	jennypiper206@gmail.com	206-790-0194
Katie Biron	ka0ebiron@outlook.com	206-650-3422
Liz Wisham	lizw@occ.org	425-246-9552
Krista Piger	KristaPiger@gmail.com	253-548-6353
Stephanie Vombaur	stephvombaur@yahoo.com	360-241-3534
Beth Canfield, FPAWS	bethcanfield@comcast.net	360-990-1011
Mike Canfield, FPAWS	mkbeth@comcast.net	360-990-1255

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.

MARCH TRAININGS IN REGION 1: EASTERN WASHINGTON, NORTH OF KITTITAS AND BENTON/FRANKLIN COUNTIES AND EAST OF COLUMBIA COUNTY

- African American Hair and Skin Care
- Caregiving for Children with Sexual Behavior Concerns
- 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
- Healthy Engagement with Children of Trauma
- ILABS Module 18: Learning to Make Things Happen: How Children Learn Cause and Effect
- ILABS Module 19: Early STEM Learning
- Kinship 101 (Webinar)
- So You Have a New Placement...Now What? (Webinar)

MARCH TRAININGS IN REGION 2: SOUTH/CENTRAL EASTERN WASHINGTON

- As They Grow: The Drug Impacted Child
- As They Grow: The Drug Impacted Infant and Toddler
- Caregiving for Children with Physically Aggressive Behavior Concerns
- Fostering Children and Youth Through Transition, Grief, and Loss: Helping Children With Their Feelings
- ILABS Module 3: The Importance of Early Intervention
- ILABS Module 8: Attachment in Practice
- ILABS Module 15: Early Music Experience
- ILABS Module 19: Early STEM Learning
- Kinship 101 (Webinar)
- Minimizing the Risks of Allegations
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What? (Webinar)

MARCH TRAININGS IN REGION 3: I-5 CORRIDOR SNOHOMISH COUNTY TO WHATCOM COUNTY + ISLAND

- Attention Deficit Hyperactivity Disorder (ADHD)
- Chaos to Calm: Promoting Attachment in Out of Home Care
- Eating Disorders and Beyond
- ILABS Module 18: Learning to Make Things Happen: How Children Learn Cause and Effect
- Introduction to Adoption from Foster Care
- Kinship 101 (Webinar)
- So You Have a New Placement...Now What? (Webinar)

Caregiver Training from the Alliance continued

MARCH TRAININGS IN REGION 4: KING COUNTY

- ABC's of Autism, Behaviors, and Coping Strategies
- As They Grow: The Drug Impacted Child
- Caring for Children Who Have Experienced Trauma: A Workshop for Resource Families from the National Child Traumatic Stress Network
- Introduction to Positive Discipline
- Kinship 101 (Webinar)
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What? (Webinar)

MARCH TRAININGS IN REGION 5: PIERCE AND KITSAP COUNTIES

- Bullying: Prevention and Intervention
- ILABS Module 16: Foundations of Literacy
- Kinship 101 (Webinar)
- Post-Traumatic Stress Disorder
- So You Have a New Placement...Now What? (Webinar)

MARCH TRAININGS IN REGION 6: I-5 CORRIDOR SOUTH OF PIERCE COUNTY TO CLARK COUNTY + OLYMPIA PENINSULA

- Emotion Coaching
- Kinship 101 (Webinar)
- Parenting the Positive Discipline Way
- So You Have a New Placement...Now What? (Webinar)
- Talking With Children About Race

Caregiver Education and Training Administrator

Michael Tyers 425-268-9375 tyersm@uw.edu

Your Child Welfare Training Team for Regions 1 and 2

Eastern Washington

Kebbie Green 509-362-1336 kgreen10@uw.edu

Patty Orona 509-834-8535 po5@uw.edu

Ryan Krueger 509-660-0350 krry300@uw.edu

Sherry Colomb 509-322-2552 scolomb1@uw.edu

Your Child Welfare Training Team Regions 3 and 4

King County and North to Whatcom County and Island County

Joan Sager 360-594-6744 sagerj2@uw.edu

El-Freda Stephenson 206-923-4922 elfreda@uw.edu

Gracia Hahn 253-983-6362 hahng@uw.edu

Your Child Welfare Training Team for Regions 5 and 6

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

Penny Michel 360-725-6788 mpen300@uw.edu

Stephanie Rodrigues 206-321-1721 steph75@uw.edu

Robert Judd 360-344-3003 juddre@uw.edu

Your Registration Help Desk

Registration Help 866-577-1915 help@acwe.on.spiceworks.com

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



Meet Our Recruitment Partners Who Support You



Fostering Together supports the west side of the state (Regions 3, 4, 5, and 6) through foster care Liaisons.

Fostering Washington supports (Region 1 and 2) the east side of the state through Resource Peer Mentors (RPMs),

Department of Children, Youth and Families (DCYF) 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

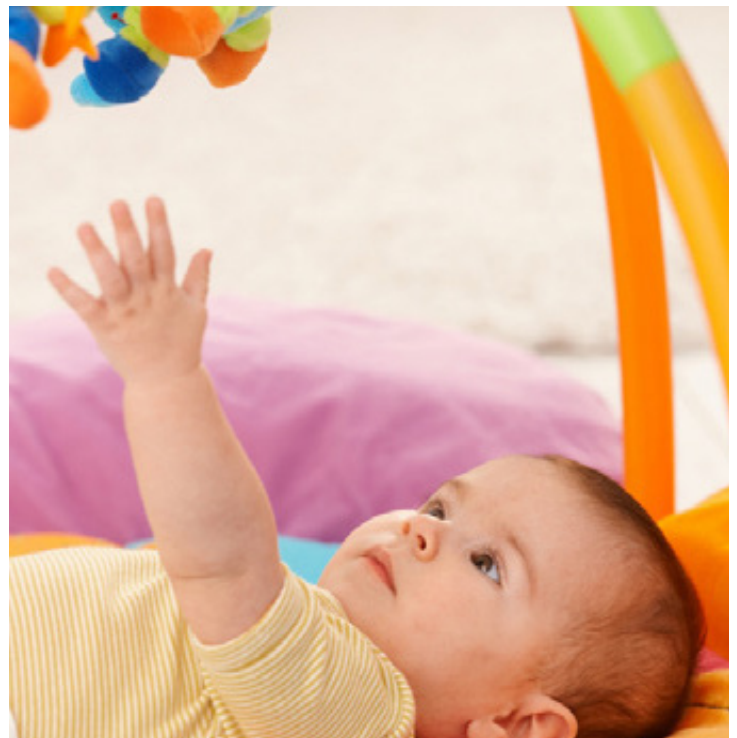
Prospective foster parents are welcome to license through either CA's, Children, Youth and Families – Licensing Division (DCYF-LD), or any private child placing agency licensed in Washington. Our recruitment partners serve all families, regardless of where they choose to become licensed. Prospective foster parents are welcome to license through either CA's, DCYF-LD, 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 Resource Peer Mentors (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 Fostering Together and Fostering WA 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.



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

Fostering Washington’s website www.fosteringwa.org can help you locate your local foster parent

Resource Peer Mentor (RPM) from the county map on their website.

Click on: → [Find your mentor](#)

**Fostering Together:
1-866-958-KIDS (5437)**



Name	Region	E-mail	Phone
Shala Crow	3 and 4	shala-crow@olivecrest.org	(360) 220-3785
Leeann Marshel	5 and 6	leeann-marshel@olivecrest.org	(360) 909-0421

Fostering Together’s website fosteringtogether.org can help you locate your local foster parent liaison.

Click on: → [About Us](#) → [Find Your Liaison](#)