

RECRUITMENT, DEVELOPMENT, SUPPORT

(Quarterly Newsletter for KERN's Foster Caregivers)

December 2013



FOSTER CARE OMBUDSMAN UPDATE

ANNOUNCEMENTS FOR ALL CAREGIVERS

Margarita Soza
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The Foster Care Ombudsman's role is to listen to your concerns, to document your complaints and suggestions, to remain neutral and objective and to keep information confidential.

Dear Caregivers,

As we have closed out the month of November, I want to take a moment to offer my personal thanks to all of you who have extended yourselves beyond the call of foster parenting. Your commitment to providing a loving and nurturing home to our most vulnerable children further supports the Department's efforts in protecting abused and neglected children. I hope that you will take a moment to review the valuable information we have put together to support you and the children placed in your care.

As we near the end of 2013, I'd like to encourage you to participate in some of the many activities you and your foster children are invited to. The Department is hosting a breakfast, **Winter Fun Under the Morning Sun with Santa** on December 14, please look for your invitation in the mail and don't forget to RSVP. We hope you submitted your foster child's request for a Holiday Cottage Wish, instructions have been provided on how to pick up your child's wishes. Also, the non-profit, *Children Joining Children for Success*, is holding a skating party on December 8th. Lastly, The Caregivers of Kern invite you to their many activities throughout the year; see their monthly newsletters posted on their website: ckckids.org. A copy of their December Newsletter is attached.

As we plan ahead for 2014, we will continue to provide you with information on the changing laws and regulations affecting foster care; We will offer training opportunities to improve your knowledge and skills related to special needs of foster children; We will also give you opportunities to bring forward your ideas on how to improve our services through participation in workgroups.

You make it possible for our children in care to know the warmth and security of family. You continue to be an important part of child welfare, and on behalf of the Department, I thank you for your commitment.

Best wishes to you and your family for the happiest of holiday seasons.

MOVING? OR, RECENTLY MOVED?

Relatives and Non-related Extended Family Members MUST report new address information to the child social worker immediately upon moving, or preferably, prior to the move. A delay may adversely affect home approval and foster care payment eligibility.

Licensed Foster Parents must report ALL change of address to Licensing as soon as possible. Failure to do so can lead to violation of Title 22, Operation without a License 89206, and you could be cited. Not reporting can also lead to possible removal of children if the home does not pass the home inspection visit and may also result in a delay in foster care payment. Our goal is to assure you are provided with current and accurate information about our services and point of contact numbers.

Health and Education Reminders

All children in foster care have the right to receive medical and dental care, mental health services and appropriate educational services. Schools are also accountable for academic performance of foster youth. Caregivers are reminded to be sure to take the child's Health and Education Passport (HEP) to ALL medical, dental, mental health and educational appointments and assessments and treatments. Be sure to share ALL updates with child's placement SW so that all the child's files are kept current.

The Specialize Care Increment (SCI)

SCI Rate training requirements are in full force. All Caregivers caring for children with severe emotional or behavioral needs must attend Department approved training before any increments are approved. Any SCI approved after August 1, 2013 requires training be completed. Training requirements are based on level of SCI funding and vary due to child's specific need. Please speak with your child's placement social worker to determine when your case will be reviewed and what minimum requirements you must meet. Classes are available through the BC Foster & Kinship Care Education and Training. See Schedule attached to this Newsletter.

Social Worker Contacts with Children

The Department has "care, custody and control" of the foster children placed in your care. Some of our social services workers are assigned to "non-traditional" work schedules, therefore, they may be scheduling and conducting face-to-face home calls, and unannounced contacts on weekends (generally Saturdays). Regulations do not prohibit the Department from visiting foster children on weekends, and doing so is reasonable.

DO YOU KNOW OF FAMILIES INTERESTED IN BECOMING FOSTER PARENTS?

If you have friends or family that may be interested in finding out more about becoming foster parents, please invite them to come to one of our orientations. Orientations are held at the Department of Human Services Partnership Building, 100 E. California, from 5:30-7:30pm. There is no commitment necessary to attend. Have your friends and family call the Recruitment line at 631-6204 for additional information. **Orientations are held:**

- English: Second and Fourth Thursdays, monthly
- Spanish: Third Thursday, monthly

FOSTER PARENT COORDINATOR UPDATE

Hello Fellow Caregivers,

It's that time a year again, time to start listening to holiday music, watching our favorite Christmas movies, shopping among all the crazy people and eating the yummy festive food we all enjoy. I thoroughly enjoy this time of the year and I believe the holidays are about coming together as a family while enjoying and treasuring each other's company and beliefs.

Just as studies show the holidays are stressful times for most of us. However, for foster families, the holidays can be much more challenging. Conflicting loyalties and lost dreams often make the holidays a difficult time for our children in foster care. Foster children miss their birth families and their traditions, while at the same time they may want to be a part of the activities of their foster family. When there is a religious difference between the child's birth family and the foster family, things can become even more complicated.

Religion can be a sensitive issue. Just a little reminder:

Legally, biological parents have the right to choose their children's religion or lack of religion. Placement of their child in foster care does not take away this right. As foster parents we need to respect the culture and religious customs of the children in our care. Establishing open lines of communication between you, the child's social worker, and the birth family is very vital. The more you know about their religion, traditions, and preferences of birth families, the easier it will be for us to act in a way that honors our foster children's beliefs.

Here are some suggestions to help your foster children enjoy the holidays:

- ❖ Talk about the season ahead of time. Talk about how your family celebrates the holidays. Tell the children which of the traditional holidays your house recognizes. Is it St. Nick's Day? Kwanzaa? Hanukah? Christmas? New Years? Talking about the holidays gives the children time to anticipate the upcoming activities and ask questions.
- ❖ Understand and encourage your youth's own traditions and beliefs. Take the time to learn about the children you foster.
- ❖ Try and incorporate at least some of their traditions into your traditions. The children in our homes may miss some activities that they experienced with their family or in a previous placement.
- ❖ If possible, ask your child's family members about their holiday traditions, beliefs and observances. Although we can feel stretched during the holidays, try to coordinate schedules with the birth families.
- ❖ This is a good time for the children in your home to make small gifts and send cards to their birth families and friends. Assist them in doing so.
- ❖ Be prepared for sadness and grief. Talk about your child's feelings throughout the season.
- ❖ Give your child time and space to grieve. Grief takes many forms and may be exhibited in various ways.
- ❖ Talk about upcoming events and the people who will be there. If you can't get together before the big event, introduce your children to family and friends who will be at the celebration through pictures.
- ❖ Prepare your family and friends before you visit. Surprising a host or hostess at the door that you have a new foster child may set up an awkward situation. Your preparation of friends should help cut down on questions such as "who are you?" or "where did you come from?"
- ❖ Make sure you and your family or friends are on the same page regarding gifts from and to your children. Have extra presents ready to offset differences.

- ❖ Remember confidentiality! You may receive well intended but prying questions from those we visit with through the holiday season. It is natural that friends/family members ask questions about your youth's background. We must understand their questions are not meant to be rude; but simply from not knowing foster care. Think in advance about how you will answer these questions while maintaining your youth's confidentiality. You may want to discuss with the youth how they would like to be introduced and what is appropriate to share with your family or friends.

I hope each and every one of you have a wonderful holiday season and 2014 brings you many blessings. It is through you our children have a place to call "Home."



Thank you for all you do,
Christina Wanner
Foster Parent Coordinator

PLAIN TALK ON LICENSING

An advice column for Resource Families

Are you a licensed foster parent with a desire to adopt?

Are you still waiting for that call for a placeman? If you are, you are not alone. At present the Department has 267 licensed foster home and over one third of licensed foster homes have reported to their Licensing Program Analyst an interest only for children available for adoption. Let me offer a few suggestions to improve your opportunity to receive a child that may become available for adoptions.

- Adoption and Permanency Planning Orientation. Orientations are held the third Wednesday of the month at the Kinship Center, Wilson road at 6pm. Call 868-8900 to register.
- Once you have attended Adoption Orientation you can be referred to start the Adoption Home Study process.
- Open your heart and your home to a foster child while his/her family receives Family Reunification Services. Remember that the Department's primary goal is Reunification; however if Reunification fails, the child's caregiver is generally given first choice to commit to Adoptions.

Won't you take a chance to fall in love with a child and be the best parent ever, even if it is for a short time.

NEW INFORMATION REGARDING CE TESTS:

Due to the increased costs of purchasing and mailing of CE Tests for licensed FFH caregivers, the tests will no longer be mailed with the quarterly Newsletters beginning 2014. CE Tests will be provided upon request. Please contact your Licensing Program Analyst (LPA) directly.



Tax Assistance for Foster Parents

The National Foster Parent Association (NFPA) provides tax benefit guides for foster parents that describe basic rules and offer information on how foster parents can claim tax deductions and credits that may be available to them. As advised by the NFPA, you should consult with your professional tax preparer to see which benefits you may currently qualify for. For more information, please visit the website for NFPA.

SEPTEMBER QPI SURVEY RESULTS:

Last quarter we conducted the Quality Parenting Initiative (QPI) survey and asked for your input. We randomly selected 30% of all caregivers and received feedback from 99 caregivers throughout Kern County. We are pleased to share your responses and how the Department plans on utilizing the information received. Listed below are some of the most significant questions and responses:

Question: *When attempting to contact a County Social Worker, does he/she provide alternate contact info if he/she is not available?*

Response: 87%-Yes and 11%-No.

Question: *When accepting your most recent placement (foster child), did your County Social Worker provide a MOPI/BIC in a timely manner? (Timely is defined as 0-7 days)*

Response: 78%-Yes and 19%-No.

Of the 19 respondents who said MOPI/BIC was not received timely, 20% stated not having proof of MediCal caused a delay in medical care for the foster child. Overall, however, 62 respondents stated that on average it took over seven days to receive proof of MediCal.

Question: *Do you think a birth parent is more successful in reunifying with his/her child if the birth parent has an established good relationship with you (the caregiver)?*

Response: 62%-Yes; 28%-No; and 9% did not respond.

Participants offered valuable information on what can be done to improve the working relationship between a caregiver and birth parents. These suggestions will be incorporated into an Action Plan currently being developed for 2014.

Question: *Were you provided with a Point of Contact phone list for services on behalf of the foster child, either at the time of placement or after placement was made?*

Response: 80%-Yes and 19%-No.

Question: *On a scale of 1 to 6 (1= no relationship whatsoever to 6= great working relationship) How would you rate your working relationship with your current County social worker?*

Response ratings: 1 (2%); 2 (5%); 3 (11%); 4 (6%); 5 (22%) and 6 (53%)

Question: *On a scale of 1-6 (1= no relationship whatsoever to 6= great working relationship) How would you rate your working relationship with other foster caregivers?*

Response ratings: 1 (22%); 2 (6%); 3 (11%); 4 (8%); 5 (16%); 6 (23%); and No response: 13%. **PLACEMENTS**

Participants offered suggestions on how to improve working relationships with their fellow foster caregivers. These suggestions will be incorporated into an Action Plan to be developed throughout 2014.

Question: *When accepting your most recent placement, did the placing social worker provide you with adequate information about the child to help you meet the child's physical, emotional, educational and medical needs? Child's first placement, information was lacking 66% of the time. You provided feedback on what information may have been helpful.*

Response: 79%-Yes; 17%-No; and 3% did not respond. You agreed that information is not always available when the child is new to foster care, but you stated that when it is not the.

Question: *On a scale of 1 to 6 (1= no relationship whatsoever to 6= great working relationship) How would you rate how well a County placement social worker supports and values your role as part of the "TEAM"?*

Response ratings: 1 (5%); 2 (8%); 3 (4%); 4 (9%); 5 (20%); 6 (56%). You offered suggestions on what the Department can do to improve as well as offered encouragement by telling us what social workers were doing well.

How will your responses be used to improve our working relationship and commitment to our caregivers? The RDS Committee has re-established a QPI subcommittee. If you are a new caregiver, this is the statewide project the Department partnered with the Youth Law Center, in 2009-10, for the purpose of improving recruitment, development and support of our local resource families. In keeping with the spirit of our Brand promise, the subcommittee will identify specific goals based on our survey findings, and establish a timeline to complete these goals. The first three questions and responses have been formulated into goals/objectives of an Action Plan. RDS is seeking several foster parents, relative and non-related caregivers as well as birth parents, former foster youth and community partners to join a workgroup to address each of the identified concerns.

Kern County's Brand Promise

Kern County Foster Families and valued, respected, supported, and skilled partners and advocates who:

- *Provide safe loving homes*
- *Commit to the development and success of children and families*
- *Encourage family connections and nurturing relationships*
- *Maintain a lifelong connection to children whenever possible*

Please call me if you are interested in participating in one of our QPI workgroups. Your voice matters!

NOTE FROM RDS:

The Resource, Development and Support (RDS) committee's goal is to make this newsletter something that ALL foster caregivers find informative, interesting and useful. If you are interested in submitting an article, or have suggestions on making the newsletter better, please contact Margarita Soza at 661-631-6698 or email at sozam@co.kern.ca.us.

LICENSED FOSTER PARENTS NEEDED FOR SPECIALTY

The Department is actively recruiting county licensed foster parents to meet the growing needs of our foster children. Please contact your Licensing Program Analyst if you have room in your home and a heart to care for and love children who

- Need Emergency Foster Home placement
- Are Medically fragile or have specialized medical needs
- Have severe emotional/behavioral challenges
- Qualify for MTFC
- Are part of a large sibling groups
- Are pregnant or parenting teens
- Are AB12 youth
- Are victims of human trafficking.

Specialized training and support will be provided, as needed.



TRAINING OPPORTUNITIES



Bakersfield College Foster and Kinship Care Educational Program

Caring for Children with Severe Emotional/Behavioral Needs:

LOCATION: Weill Institute, 2100 Chester Ave, Bakersfield, CA 93301

Date	Time
12/10/13	7:30-9:30pm
1/14/14	3:00-5:00pm
February 2014	TBA
March 2014	TBA
4/08/14	7:30-9:30pm
5/06/14	7:30-9:30pm
6/10/14	5:30-7:30pm

To register for BC training please contact: **Maribel Enciso at (661) 319-1836 or
Mary Halberg at (661) 395-4737**

On-Line Training Opportunity for ALL Resource Families “How to Deal with Defiant Children”

In an effort to provide training and services for ALL Kern County Resource Families, our Florida partners with Quality Parenting Initiative (QPI) have a video available to help deal with children with behavior problems. Resource Families are encouraged to log on to the website and gain valuable tips in this video entitled: **How to Deal with Defiant Children**. Website address is:

<http://centervideo.forest.usf.edu/qpi/defiantchildren/defiantchildren.html>

Licensed Foster Parents may receive TWO HOURS toward annual training credit. Upon completion of a quiz, the certificate of completion may be printed. Remember to provide a copy of your certificate to your Licensing Program Analyst.

Kinship & Foster Parent Trainings

December 2013 – June 2014

ALL foster, relative and non relative extended family member caregivers are welcome to participate in trainings offered by Bakersfield College as part of the Foster & Kinship Care Education & Training Program.

Licensed Foster Parents: There are **five (5)** ways you can complete your required 8 hours of yearly training. You can attend one of the following training options:

- Attend a training offered by Bakersfield College Foster & Kinship Care Education & Training Program
- Complete a Self Test
- Complete Online Classes
- Attend the Caregivers of Kern County (CKC) Meetings
- Attend the Parent Project Training

REMINDER: After each training, you must submit a certificate of completion to your Licensing Analyst.

(#1) Bakersfield College Foster & Kinship Care Education Program & Trainings

Mary Halberg, Program Manager, Bakersfield College
Family & Consumer Education Division

Pre-Register:

Call Maribel Enciso @ (661) 319-1836 or Mary @ (661) 395-4737

Child Care: No child care provided.

The training schedule is available at www2.bakersfieldcollege.edu/cdt/ (click on Foster and Kinship Care Program)

TUESDAY EVENING TRAINING

LOCATION: Weill Institute, 2100 Chester Ave, Room 102 Bakersfield, CA 93301

Date	Time	Topic
12/3/13	5:30-7:30pm	Cultural Sensitivity *SB500 Applicable
12/3/13	7:30-9:30pm	Best Practices for LGBTQ Youth in Care (AB458,AB1856)
12/10/13	5:30-7:30pm	The Court & Your Foster Child (AB490 Educational Rights and AB2096)
12/10/13	7:30-9:30pm	Caring for Children with Severe Emotional Behavioral Needs – Level 2
1/21/14	5:30-7:30pm	Special Medical Needs (Part 1) *SB500 Applicable
1/21/14	7:30-9:30pm	Special Medical Needs (Part 2) *SB500 Applicable
1/28/14	5:30-7:30pm	Communicable Diseases (Including Headlice and MRSA) *SB500 Applicable
1/28/14	7:30-9:30pm	Training of Trainers-Foster Parent & Kinship Caregiver Facilitator Training
2/04/14	5:30-7:30pm	Child Abuse Laws & Reporting- What, When & How To Report It
2/04/14	7:30-9:30pm	Resources For Raising Children with Special Needs- IEP's, 504's and AB490
2/11/14	5:30-7:30pm	Shaken Baby Syndrome & Sudden Infant Death Syndrome *SB500
2/11/14	7:30-9:30pm	Type 1 Diabetes
3/04/14	5:30-7:30pm	Allegations- What to Do- When An Investigator Knocks
3/04/14	7:30-9:30pm	Working Successfully With Teen Parents *SB500 Applicable
3/11/14	5:30-7:30pm	Cultural Sensitivity *SB500 Applicable
3/11/14	7:30-9:30pm	Best Practices for LGBTQ Youth in Care (AB458,AB1856)
4/01/14	5:30-7:30pm	Infant/Toddler Development, Discipline & Safety *SB500 Applicable
4/01/14	7:30-9:30pm	Parenting Traumatized Children
4/08/14	5:30-7:30pm	AB12 Fostering Connections To Success Act (Extension of Foster Care Benefits)-Teen Parent Rights
4/08/14	7:30-9:30pm	Caring for Children With Severe Emotional/Behavioral Needs – Level 3
5/06/14	5:30-7:30pm	Pregnancy, Pre-Natal Care & Resources
5/06/14	7:30-9:30pm	Caring for Children With Severe Emotional/Behavioral Needs – Level 4
5/13/14	5:30-7:30pm	Special Medical Needs (Part 1) *SB500 Applicable
5/13/14	7:30-9:30pm	Special Medical Needs (Part 2) *SB500 Applicable
6/03/14	5:30-7:30pm	Asthma & Allergies
6/03/14	7:30-9:30pm	Bonding & Attachment
6/10/14	5:30-7:30pm	Caring for Children with Severe Emotional/Behavioral Needs – Level 2
6/10/14	7:30-9:30pm	Internet Bullying

SEVERE EMOTIONAL/BEHAVIORAL TRAINING

LOCATION: Weill Institute, 2100 Chester Ave, Bakersfield, CA 93301

Date	Time	Topic/Room#
12/10/13	7:30-9:30pm	Caring for Children with Severe Emotional/Behavioral Needs – Level 2 (Room # 102)
1/14/14	3:00-5:00pm	Caring for Children with Severe Emotional/Behavioral Needs – Level 3 (Room # 102)
February 2014	TBA	Caring for Children with Severe Emotional/Behavioral Needs – Level 4
March 2014	TBA	Caring for Children with Severe Emotional/Behavioral Needs – Level 2
4/08/14	7:30-9:30pm	Caring for Children with Severe Emotional/Behavioral Needs – Level 3
5/06/14	7:30-9:30pm	Caring for Children with Severe Emotional/Behavioral Needs – Level 4
6/10/14	5:30-7:30pm	Caring for Children with Severe Emotional/Behavioral Needs – Level 2

SATURDAY TRAINING-Whole Family Home Training

LOCATION: Weill Institute, 2100 Chester Ave, Room #102, Bakersfield, CA 93301

Date	Time	Topic
3/15/14	8:00am-5:00pm	SB500 Whole Family Home Training

PRIDE PRE-ADOPT TRAINING

LOCATION: Kern County Department of Human Services Prevention and Community Partnerships Building- Community Room (Corner of Butte St. and Tulare St.)

Date	Time	Topic
12/21/13	Canceled	PRIDE PRE-ADOPT TRAINING
1/11/14	8:00am-5:00pm (1 hour Lunch)	PRIDE PRE-ADOPT TRAINING
2/01/14	8:00am-5:00pm (1 hour Lunch)	PRIDE PRE-ADOPT TRAINING
3/01/14	8:00am-5:00pm (1 hour Lunch)	PRIDE PRE-ADOPT TRAINING
4/19/14	8:00am-5:00pm (1 hour Lunch)	PRIDE PRE-ADOPT TRAINING
5/03/14	8:00am-5:00pm (1 hour Lunch)	PRIDE PRE-ADOPT TRAINING
6/07/14	8:00am-5:00pm (1 hour Lunch)	PRIDE PRE-ADOPT TRAINING

(#2) SELF TEST

These are mailed out every three months in your foster parent mailing. You may use 4 (four) of these each year for part of your eight hours. Keep a copy for your records and after completing the test mail to your licensing analyst.

(#3) ONLINE CLASSES

You can visit three websites that offer caregiver classes. You will find a variety of topics to meet your needs. For a nominal fee (**caregiver responsibility for fee payment**), you can go on their website, chose a topic of interest and read about it. After you take and pass a short test you can download a certificate of completion. The websites are:

1. www.fosterparents.com
2. www.fosterparentcollege.com
3. www.pierce.ctc.edu/distance/ofpe

(#4) CAREGIVERS OF KERN COUNTY

For more information contact:

Opal Moreland at (661) 393-5597, or
Jean Miller at (661) 829-6021

Child Care: Yes, child care provided

DATE: First (1st) Thursday of each month.

THURSDAY EVENING TRAINING (Immediately following the CKC meetings)

LOCATION: Kern County Department of Human Services Prevention and Community Partnerships Building- Community Room (Corner of Butte St. and Tulare St.)

Date	Time	Topic
12/5/13	Canceled	Foster Parent Community Resources
1/2/14	6:30-8:00pm	Infant Development/Toddler Development. Discipline and Safety
2/06/14	6:30-8:00pm	Fetal Alcohol Syndrome
3/06/14	6:30-8:00pm	Asthma and Allergies
4/03/14	6:30-8:00pm	Parenting Traumatized Children/Loss and Grief
5/01/14	6:30-8:00pm	Nutrition & Obesity Cultural
6/05/14	6:30-8:00pm	First Aide/CPR Re-Certification

(#5) THE PARENT PROJECT

Parent Project is a 10 to 16-week parent training program designed specifically for parents of strong-willed or out-of-control adolescent children. The curriculum teaches parents how to stop negative behaviors (poor school attendance and performance, alcohol and other drug use, gangs, runaways, and violent teens), and how to initiate positive two-way communication with the child. Go to www.kernstayinschool.org for an updated list of dates, times and locations. Make sure to ask for a certificate of completion.

Attention Foster Parents

Important Mental Health Information

All children in foster care are eligible:

- To be assessed through Kern County Mental Health
- To receive follow up services if necessary.

How can this help?

Caregivers will receive important information regarding mental health services regardless of whether or not follow up services are needed. Services will assist foster youth with behaviors and emotional needs.

If you have further questions about mental health services for a child in your care contact the child's Social Worker directly.



The 11 geographical locations are listed below:

Area #1	Delano McFarland Pond	Child Guidance Clinic 1318 High St. Delano, CA 93215	Marcie Lesser, MFT (661) 725-1042 (661) 725-1845 Fax (661) 725-1042 After Hrs.
Area #2	Shafter Lost Hills Buttonwillow Wasco Semitropic	College Community Services 29325 Kimberlina Rd. Wasco, CA 93280	Adriana Salinas, LMFT (661) 758-4029 (661) 758-0891 Fax (888) 343-4756 After Hrs.
Area #3	Taft McKittrick Tupman Maricopa Fellows	College Community Services 1021 4 th St., Ste. B Taft, CA 93268	Judy Cipriani, LMFT (661) 765-7025 (661) 765-7045 Fax (888) 343-4756 After Hrs.

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Area #4	West Bakersfield	Child Guidance Clinic 3628 Stockdale Hwy. Bakersfield, CA 93309	Karen Moniz-Smith, MFT Brock Caffee, MFT (661) 322-1021 (661) 322-7334 Fax (661) 322-1021 After Hrs.
Area #5	North Bakersfield Glenville Woody	Child Guidance Clinic 2001 N. Chester Ave. Bakersfield, CA 93308	Kevin Ernest, MFT (661) 393-5836 (661) 393-4075 Fax (661) 322-1021 After Hrs.
Area #6	Kern Mountain Lake Isabella Kernville Weldon	College Community Services 2731 Nugget Ave. Lake Isabella, CA 93240 Mailing: P.O. Box 2632	Dave Seymour, LMFT (760) 379-3412 (760) 379-5332 Fax (888) 343-4756 After Hrs.
Area #7	(North Desert) Ridgecrest	College Community Services 1400 N. Norma St., Ste. 133 Ridgecrest, CA 93555-2577	Jim Freeland, LCSW (760) 499-7406 (760) 499-9259 Fax (888) 343-4756 After Hrs.
Area #8	(South Desert) Tehachapi Rosamond California City Mojave Boron North Edwards	College Community Services 16940 Hwy 14, Ste. C-H Mojave, CA 93501 College Community Services 113 East "F" St. Tehachapi, CA 93561	Jennifer Hughes-Malara, LMFT (661) 824-5020 (661) 824-5026 Fax Nancy Metcalf, LCSW (661) 822- 8223 (661) 823-9347 Fax (888) 343-4756 After Hrs.
Area #9	Arvin Lamont Frazier Park	Clinica Sierra Vista Behavioral Health 7839 Burgundy Ave. Lamont, CA 93241 Clinica Sierra Vista 3717 Mt. Pinos Wy, Ste.C&D P.O.Box 207 Frazier Park, CA 93225	Don Davis, Psy. D., LMFT (661) 845-5100 (661) 845-5106 Fax (661) 845-5100 After Hrs. Bill Brooks (661) 245-0250 (661) 245-0252 Fax (661) 845-5100 After Hrs.
Area #10	Central/Southeast Bakersfield	Clinica Sierra Vista 1400 S. Union Ave., Ste.100 Bakersfield, CA 93307	Laura Fuentes, LMFT (661) 397-8775 (661) 397-8286 Fax (661) 937-8775 After Hrs.
Area # 11	East Bakersfield	Kern County Mental Health 2621 Oswell St., Ste. 119 Bakersfield, CA 93306 Mailing P.O. Box 100	Gloria Pereyra, ASW (661) 868-6753 Joy Quinton-Buaya, Psy. D, MFT (661) 868-6755 (661) 868-6752 Fax (800) 991-5272 After Hrs.



Respite Care Providers List December 2013



The Respite Care List is a listing of county foster parents willing to provide respite care. You may have to call several people before you can find one with an opening.

Name	Location	Phone #	Ages Preferred
Amos, Shirley	Bakersfield	(661) 833-2984	0-16
Miranda Ford	Bakersfield	(760) 375-2346	2-17
Jones, Tina	Ridgecrest	(760) 375- 0213	5-18
Langendoerfer, Dahlia	Bakersfield	(661) 900-4376	0-4
Vasquez, Bertha	Bakersfield	(661) 858-4528	0-5
Eugina, Jenkins	Bakersfield	(661) 873-0763	0-2

If your name is not on the list and you would like to be a Respite Care Provider, please call Christina at 631-6042 or Maribel at 631-6357.

IMPORTANT!

- Respite care for longer than 24 hours, must be provided by a Licensed, Approved or Certified Caregiver and is limited to 72 hours, per request.
- Short term respite care is for a time period of less than 24 hours.
- Caretakers may experience the reasonable Prudent Parent Standard. Per W&I Code 362.04, and choose a respite care provider who is not a Licensed County FFH
- Respite Care Payments take at least 6-8 weeks to process.
- **You can use any County Licensed FFH for Respite Care even if their name is not on the above list, as long as they have a bed space.**
- County Licensed FFH s may **NOT** use FFA homes for respite care.
- Dual Licensed (Day Care & Foster Care Homes) may **NOT** take Special Health Care Needs children for respite care.

Respite Care Policy:

Respite care is the temporary care of a foster child by someone other than the foster parent.

- Caregiver is subject to Social Worker approval.
- Limited to 7 days/168 hours per child or 12 days/288 hours for a child receiving a SCI rate of Level 2 or higher.
- DHS' fiscal year is July 1st to June 30th. Respite Care hours must be used during the fiscal year. All unused days for current year **cannot** be carried over to next year.

Call the child's Social Worker to make sure all paper work is submitted and if further help is needed call the SW's supervisor.

You may also contact:

Margarita Soza ~Foster Care Ombudsman
At 661-631-6698

TO DO RESPITE CARE:

You must:

1. Have a current opening in your capacity for the number of children that you will be doing respite for
2. Get permission from child's Social Worker.
3. Get the paperwork from child's Social Worker.
4. Have an understanding of how to get medical care for children while in your care.

Respite Care Payment is Taxable Income.

Remember: Respite monies over \$600 are reported to the IRS - it is taxable income. Payment usually takes 45-60 days. Make sure you make copies of all paperwork before turning it into child's Social Worker.



Tips for Youth in Foster Care for Getting Through the Holidays



3. Let 'em wag

If you're feeling a little lonesome and if you're a dog lover, you're in a category with lots of other people who adore pets. Throughout the holidays, your Humane Society may need help in adopting out animals. During this rewarding work you can walk and bathe dogs, teach them new tricks, and help them find good homes. Some shelters hold photos sessions as fundraisers so pet owners can have their dog or cat pose with Santa. Check with your local shelter or pet store to see if they might be hosting a fundraiser of this kind and how you can assist them.



2. Speak up for visits

Let your foster parents and caseworker know how important visits are to you during the holidays. Do what you can to help arrange the visits, by being flexible with your schedule or helping to make the arrangements with those you wish to visit. Understand that the holidays can be a busy time for everyone, so you may need to "remind" foster parents frequently to do what it takes to get a visit arranged. If they need a little help in understanding where you're coming from, give them a copy of this publication to back you up!



4. Connect at church

If you belong to a church, check into all the holiday activities that might be going on and join in! Activities around the holidays might include social gatherings, caroling (singing around the neighborhood), volunteer efforts, and extra services. If you do not belong to a church but have been thinking about joining one, the holidays can be a fun time to get acquainted with a church or churches in your community.



7. Lend a hand

Volunteering can unite people with similar values. Offer to help the Salvation Army with their Christmas dinner for needy people. Hold reading sessions for kids at your local library or bookstore where you can read their favorite holiday stories to them. If you're uncertain where to start, ask your foster parent, caseworker or a neighbor to help you research the possibilities (who knows — they may even join you!).



1. Stay connected to family and friends

Purchase or make cards to send out to family and friends during the holidays. It's a great time to create or update your address book. Be respectful of a foster family's privacy and check with them to see if you should place the return address of their house on the envelope or if you should use an alternative, like the address of the foster care agency (some people may have concerns about the safety of the home if too many people have the address). Make phone calls to friends from an old neighborhood or to previous foster families. (Get your family's OK first).



6. Be Yourself

Chances are you'll naturally be meeting and running into lots of people during the holiday season. The simplest things can connect you to someone, and one of the easiest places to get started is by being yourself and showing kindness. Compliments always make people feel special and recognized. Start by noticing something unusual or unique about the person. Admire a piece of their jewelry, or shoes they're wearing, or their impressive vocabulary. By pointing out something remarkable and singular, you can easily start up a conversation or make a new friend.

5. Write on
If you like to write, keep a daily journal for the holiday season. Use your writing as a way to vent feelings, work through anxiety and worries, and to reflect on the true meaning of the holidays. Some find it helpful to write "letters", even if they will never be sent, to loved ones you are missing or who have passed away. If you are inclined, you can send your stories to info@fosterclub.com.

8. You'll make it
Everyone appreciates a homemade gift. Consider making holiday ornaments, knitting scarves, or crafting bookmarks. Search the internet for ideas and instructions about making inexpensive holiday crafts. Most everyone loves homemade cookies or candies wrapped in pretty boxes. And in case you can't think of anyone in the whole world who would love your delicious and yummy homemade cookies, FosterClub's address is 753 First Avenue, Seaside, OR 97138. —)



10. Connect at FosterClub.com

Be sure to visit the FosterClub message boards at www.fosterclub.com and connect with your peers who may be feeling the winter blues or struggling with the holidays. Post your feedback to an article written by a FosterClub AllStar at www.fosterclub.com/topics/kidsthatlikeMe.cfm. Let us know how you spend the holidays and give your own ideas about how to find your own peace during the season.



visit us online: www.fosterclub.com | the national network for young people in foster care