

Recruitment - Development - Support

NEWSLETTER

SUMMER 2016

(QUARTERLY NEWSLETTER FOR KERN'S RESOURCE FAMILIES)

May is Foster Care Awareness Month and I would like to take a moment to give thanks to each of you for all that you do for the children and families of Kern County. Caregivers are the heart and soul of what we do and without you there would be thousands of abused or neglected children without a place to call home. Whether you are a relative, a close family friend, or someone who has a heart to take in children previously unknown to you, you are a very important part of our team and the Department of Human Services is very thankful for each and every one of you.

As an agency, we are always looking for opportunities to improve our services and to build better relationships. In the coming months you will be asked to participate in some surveys which are designed to help us learn how to better serve you and the children in your care. These surveys will be anonymous and will greatly help us in our mission to do better every day. Please take a moment to complete these surveys as they will help guide us in shaping our path and making it smoother for us all.

Lastly, it is with great sadness that we say goodbye to Program Director Curt Williams who has accepted a new position with the Kern County Superintendent of Schools as the Director of Foster Youth Services. Although we are excited for his new opportunity, his leaving will leave big shoes to fill. While we await his replacement, the Foster Care Ombudsman duties will be assigned to me as they were when Program Specialist Margarita Soza retired last year. I look forward to talking with you and assisting you with anything I can. The number is the same, 661-631-6698, so please let us know how we can help you should the need arise.

Cherie Linde



Caregivers of Kern County Update:

CKC has decided to reorganize this year. We are still a support group with members that are foster parents, private agency foster parents, relative caregivers, day care providers, etc. We would like to invite all caregivers to attend our meetings. The comradery of other caregivers is very rewarding. We all share new caregiver information with each other. Membership is only \$20.00 per family per year.

Since it was hard for our caregivers to attend monthly meetings in the evenings we changed to a morning meeting when most children are in school. We meet for breakfast and a very relaxed meeting at 9am at the Coco's Restaurant on Rosedale Hwy. Each attendee is responsible for their own breakfast. We always meet the third Thursday of the month. Same day and time each month. The next meeting will be May 19, 2016.

At this time we do not offer trainings at our meetings. Bakersfield College offers free classes on Tuesday evenings where you can earn your hours. We open each meeting with about 30-40 minutes of business meeting. Then we eat and visit. After the meal we discuss upcoming events, such as picnics, outings, etc. We also open the floor to members concerns. We are usually done around 11am but you are free to leave whenever you need too. For more information please see our newsletter in the county mailout.

Thank you, Gayla Gibson (661) 332-5129

Kern County Resource Families are 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 life long connection to children whenever possible

Kern County Treatment Foster Care Oregon Program (Formerly MTFC):

Kern County Mental Health is looking for foster parents who are willing and able to provide a stable home for children who have behavioral problems which have jeopardized their placements in the past. KCTFCO is a strengths-based program that provides specialized training and increased support from social workers and mental health partners. In this program the caretaker and the child work closely with a social worker and the child's mental health team. Caretakers will provide feedback about the child's behavior each week, attend a brief, weekly meeting with other KCTFCO foster parents, and will receive the highest specialized care increment for the child while the child is in the program. Children are able to earn incentives from their team for improved behavior. These special children are screened from the program with the goal in mind of reunifying them with either their parents or someone else important in their lives and KCTFCO is typically a 6 to 12 month program. If you are interested or would like more information about the program, please contact Vivian Reyes at 661.868.8307 or Vija Turjanis at 661.868.8343

Children's Rights to Mental Health

Treatment:

Recently there has been much attention paid to the overuse of psychotropic medications on foster youth. In an effort to help children, and their caregivers, to better understand their rights the California Department of Social Services has issued an Children's Rights guide which is attached to this newsletter. This flyer explains important rights that children have including: the right to review their court reports, the right to advise the judge that they do not agree with taking the prescribed medication; the right to request a new mental health assessment or have review of their diagnosis, and more. The flyer also includes tips for talking with the doctor, social worker or probation officer. Please take a moment to review this flyer with the children in your home. If you have questions, or concerns with your child's current mental health treatment plan, please contact your child's assigned social worker or mental health professional.

Transition to Independence Workshop:

The Transition to Independence Process is a program in Kern County serving young people 16-25. This workshop describes the Transition to Independence Process (TIP) model that prepares and supports youth and young adults in their movement into employment, educational opportunities, living situation, personal effectiveness/wellbeing, and community-life functioning. The County has partnered with Stars Training Academy to introduce our community partners to the TIP model, including the techniques and interventions we utilize to help young people transition to adulthood. The workshop will provide valuable information for anyone working with young people, especially here in Kern County. Please see attached flyer. For more information, or to register, please contact Brenda Story at 661.868.6465

Shoe Drive:

Recently Kern County Sheriff's Department Deputy Chellie Larson teamed up with Garden Pathways to conduct a shoe drive to benefit our local foster youth. The team amassed approximately 400 pairs of new, and gently used, shoes which are benefitting youth of all ages. From those newly entered Jamison Center to those in long term placement these shoes are being distributed and are truly appreciated. A big THANK YOU to Deputy Larson and her team for this amazing donation!



Vacation Time:

As the time for vacations approach, many of you may plan on traveling. When making travel plans, please remember that children under the court's supervision (dependent children) must be preapproved for travel by the child's assigned social worker. If you are planning to go out-of-state, a court order must be obtained in advance of your trip. Please talk to your social worker as soon as possible regarding any travel plans. If you are planning to leave a dependent child with an alternate caregiver while you are away please let your social worker know as soon as possible. For licensed foster homes, respite care can be utilized up to 72 hours. When the child will remain in your home with a non-licensed caregiver, there are specific background check criteria that must be completed, such as fingerprinting before approval can be granted.

Dependent children cannot be cared for by an alternate caregiver, outside of your home, for more than 72 hours without it being considered a placement change. Please contact your assigned social worker, or Licensing Program Analyst (LPA), for more information.

For relative/non-relative caregivers who plan on making alternate caregiving arrangements for dependent children in your care, please contact your assigned social worker as soon as possible as there are specific criteria, such as home and background checks, which must be conducted in advance.

Resource Family Approval Update:

DHS continues to move forward with implementing Resource Family Approval beginning on January 1, 2017. RFA is a child centered, family focused, approach to the care of our state's foster children. Beginning on January 1, 2017 all relatives, non-relatives, and traditional foster parents who wish to have placement of a dependent child, or juvenile ward of the court, will go through the same trainings and processes to ensure quality homes for our children and proper training and support for our caregivers. All caregivers will be approved upfront to be adoptive homes to avoid later disruption to our children. Don't worry, this does not mean that you must adopt just that you could if you wanted to which also allows for less moves for our children as all homes will be ready for short term, long term, or permanent placements. Please see the attach flyers for more details. If you would like to be part of the process, or have questions, please contact your LPA or RA worker.

Resource Family Appreciation

Dinner:

DHS' annual Resource Family Appreciation Dinner was held on Monday, May 2nd at Hodel's. Approximately 200 people attended this event which seeks to honor those that open their hearts and their homes to Kern County's abused and neglected children. Human Trafficking survivor, Carissa Phelps, MBA, JD provided the event's keynote address and highlighted her journey from victim to advocate. Ms. Phelps is the CEO of Runaway Girl and is a powerful force in giving human trafficking victims a voice as well as for advocating for their protection and for stiffer penalties for their abusers. Ms. Phelps also provided training for DHS staff and community partners as well as older foster youth during the first week of May. In addition to Ms. Phelps' speech, four families were honored for their outstanding efforts. We hope everyone enjoyed the event and we look forward to hosting you again next year.

Attention All Caregivers:

You 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.

Kinship Support Services Program (KSSP):

Kinship Support Services Program (KSSP): Henrietta Weill Memorial Child Guidance Clinic provides support services to relative and nonrelated extended family members (NREFMs) caregivers of court dependent and non-court dependent children. Services include counseling, referrals, case management crisis line, support groups for caregivers, family and children's activities and tutoring. Monthly activities include Kids Night, Teen Night, and Family Night functions. Access services at our 3628 Stockdale Hwy or 2001 North Chester offices or by calling (661) 393-5836. Please see the attached flyer for more details.

Movie Night

How would you like to have a few hours off on Friday night?

Family Services would like to invite caregivers to have a dependent children in their care attend Friday night Movie Nights at DHS. This event allows children to have quality time with their parents and is staffed by DHS personnel so that caregivers can have a few childfree hours to enjoy. What's not to love? If you are interested in having children in your home participate please contact the child's assigned social worker. For more information please see the attached flyer for details.

Surveys:

DHS wants you! As we work to improve our services and to be more responsive to your needs, DHS will be conducting several surveys over the course of the year. Utilizing Survey Monkey, or traditional mailings, we are looking to find out more about what you would like to see. From training for yourself, or our staff, to your ideas about bettering the lives of caregivers and dependent children we are looking for your thoughts and ideas. Please take a moment to complete these surveys as they provide valuable information that can truly change the life of a child, and a caregiver, for the better.



KERN COUNTY DEPARTMENT OF HUMAN SERVICES

100 E. California Ave., Bakersfield, Ca. 93307
PO Box 511, Bakersfield, Ca. 93302
Recruitment Phone (661) 631-6204
Resourcefamilies@kerndhs.com
Fax (661) 633-7077

We're on the Web!

www.co.kern.ca.us/dhs/FosterFamilyResource/



K
A
T
H
R
Y
N

PRESIDENT

MARCH/APRIL 2016



B
E
T
T
I
E

CHAPLAIN



CAREGIVERS OF KERN COUNTY

MISSION STATEMENT

Our mission is to assist all caregivers of foster/adopt/kinship children by offering our experience, support, training, understanding and love. Our goal is to work closely with agencies, each other, and community partners to meet the needs of caregivers and to assist in better outcomes for these children and families.

CKC GOALS

- * Support all caregivers
- * Safeguard children in our homes
- * Network with Child Welfare Agencies
- * Socialize events for families
- * Education and info of current policies and regulations
- * Share ideas in a friendly atmosphere
- * Fundraise as needed and wanted

Dear Caregivers,

Your 2016 board has been finalized. President is Kathryn Aragon, Secretary Lori Murphy, Treasurer Heather Bess, Bettie Chaplain, Membership Gayla Gibson, Opal Morland Newsletter.

Yearly dues are \$20 due March 17. Bylaws have been updated. Free Tuesday night trainings with BC College and fundraising is up to each member with board approval.

We will continue our facebook page managed by Lori and Opal. Our website www.ckckids.yolasite.com remains free and updated by the newsletter editor.

Kathryn Aragon is very excited to lead CKC through the next few years. We are dedicated to a growing membership and supportive team.

BAKERSFIELD COLLEGE TUESDAY EVENING TRAININGS

Thursday trainings are currently suspended. However trainings are available directly with Bakersfield College on Tuesdays. Please contact BC Kinship and Training for more information.

BAKERSFIELD COLLEGE FOSTER AND KINSHIP CARE EDUCATION PROGRAM 2015-2016 TRAINING SCHEDULES

- Tuesday Evening Training Schedule@ Weill Institute
- SB500 - Whole Family Home Training Schedule
- PRIDE Pre-Adopt Training Schedule
- PRIDE Training Schedule
- Caring for Children with Severe Emotional Behavioral Needs
- Foster Parent Orientation
- Adoption & Permanency Planning Orientation

MISSION STATEMENT

.....

Our mission is to assist all caregivers of foster, adopt, kinship children by offering our experience, support, training, Understanding and love. Our goal is to work closely with agencies, each other, and community partners to meet the needs of caregivers and to assist in better outcomes for these children and families.





CKC GOALS...

- Support all caregivers
- Safeguard children in our homes
- Network with Child Welfare Agencies
- Socialize events for families
- Education and information on current policies and regulations.
- Share ideas in a friendly atmosphere

MEETINGS & EVENTS

Please Pray for CKC Families. Many have had medical emergencies, lay offs from jobs, and the usual stress from being a foster family. As we go through these struggles remember we are in God's Hands and he will not forsake us.



A little history: CKC was established in 2010 and since that time we have been able to support many families, children and agencies. Our goal as always is to help at risk kids.

Some CKC Adventures:
Hurricane Harbor,
Easter Celebration,
Fresno Zoo



Questions contact Gayla Gibson
661-332-5129

NEXT CKC MEETING
9am March 17, 2016
Coco's Rosedale/Coffee Rd.

ALL MEMBERSHIP INVITED



Save the Date
Saturday March 19, 2016
Centennial Park Easter Hunt
11am-2pm

Bring a dish to share, your lounge chair, and plastic filled eggs to hunt.



CONTACT US
CKC
P.O. Box 10051
Bakersfield, CA 93389

www.ckckids.yolasite.com

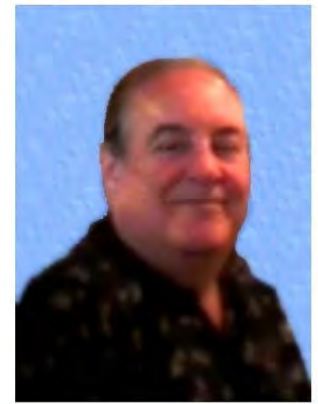
[Facebook.com/The Caregivers of Kern County](https://www.facebook.com/TheCaregiversofKernCounty)



OUR CKC 2016 BOARD OFFICIALS



President Kathryn Aragon
Secretary Lori Murphy
Treasurer Heather Bess
Chaplain Betty Neito



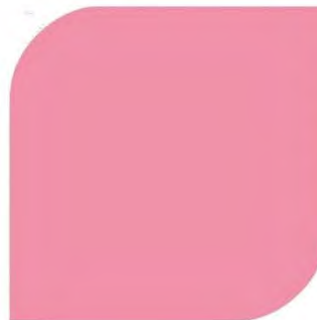
Robert Geltman

APPOINTED CHAIRS

Auditor – Robert Geltman
Membership Chair - Gavla Gibson
Editor/Layout-Opal Morland



Gavla Gibson



EDITOR'S NOTE

Happy Easter! Thank you for another year as your editor. Congratulations to the 2016 CKC Board and to Gavla Gibson for the hard work on the updated By-laws.

I look forward to this new year with our growing membership. Hope to see everyone at the Easter Egg Hunt!

Opal Rose Morland



The Kinship Support Services Program Is Expanding Services & Eligibility!

3-2016

Kinship Care is the full time parenting of children and youth by relative (grandparents, or other biological relatives) and Non-Related Extended Family Member (NREFM) caregivers. **And now eligibility has been expanded to include services to licensed foster parents for the purpose of Foster Parent Recruitment, Retention and Support (FPRRS).** These loving and caring individuals step in when parents are unable to care for their children because of a variety of circumstances or situations. The Kinship Support Services Program provides many supportive services for these caregivers and children to help strengthen their families and to provide opportunities for success.

Relative and NREFM families with children in voluntary placements may access these services at the discretion of the County. (Foster children placed through foster family agencies – FFAs, are not currently eligible for this program.)

SERVICES INCLUDE: (Services are provided in English and Spanish)

Assessment and Referral: Assessment services for families to assist in identifying and providing appropriate resources, services and other interventions based on the families' needs.

Guardianship Assistance: Referrals are made to services aimed at promoting permanency, including kinship adoption and guardianship.

Case Management: Full-time case managers are available to assist caregivers to resolve issues and to access needed social and supportive services within the community. These services include linking to WIC, Human Services, parenting classes, respite care, family resource centers, recreational activities and events.

Individual, Family and Group Counseling: Counseling is provided on an as needed basis, with a goal of strengthening and maintaining the kinship family unit. These services are provided by a state licensed therapist experienced in parent-child relationships and conflict resolution.

Academic Tutoring: Children receive weekly help with homework and school assignments, from Kinship staff and high school and college student volunteers.

***New Critical Incident Response & Intervention:** Staff are available to work with families coping with loss, issues of reunification, and other stress related issues, when referred by their DHS Social Worker.

***New First Time Placement & Emergency Assistance:** Funds (gift card) are available to assist children placed in their first county licensed foster home, to assist purchasing personal, hygiene or other essential items. Additional financial assistance is available for "other family emergency needs," on a limited basis, and as available.

Support Groups: Kinship caregivers meet each week to provide support and encouragement, share success stories, access resources, and to discuss issues relating to the kinship caregiving experience.

Every Tuesday 10:00am-12:00pm, 3628 Stockdale Highway

Kids Night:

Kinship children of all ages participate in fun activities while the adults enjoy a much needed break.

Teen Night:

Kinship teens participate in fun activities while the adults enjoy a much needed break.

Family Night:

Kinship families share a fun evening of family centered activities and prizes in a friendly atmosphere.

Each event takes place Thursdays, 5:30-7:30pm- Call (661) 393-5836 for sign up, location and other information.

H.W.M. Child Guidance Clinic 3628 Stockdale Highway

(661)322-1021 OR (661)393-5836

www.hwmcgc.org ~ facebook.com/hwmcgc



Caregivers enjoy an night off

while your children enjoy quality visitation time

with their parents at the **FREE**

DHS

OUTDOOR



Night

Held at the Children's Visitation Center

****Contact Your County Social Worker for more info.**

Date and times: July 8th and 22nd

April 22nd August 12th and 26th

May 13th and 27th September 9th and 23rd

June 10th and 24th October 14th and 28th

Check in 5:00 P.M.

Meet & Greet 5:30 P.M.

Movie start time 6:00 P.M.

Pick up time 8:15 P.M.



**HOT DOG!
CHIPS!
FUN!**



FRIENDSHIP HOUSE



FREE SUMMER PROGRAM

JUNE 6- JULY 29, 2016

FREE BREAKFAST & LUNCH PROVIDED

REGISTER NOW. SPACE IS LIMITED!



42-1780-4615 [RF] © www.visualphotos.com

SPORTS

ARTS & CRAFTS

EDUCATIONAL GAMES & WII GAMES

COMPUTER LAB

COMMUNITY GARDEN

FULL DAY & HALF DAY SESSIONS AVAILABLE

FOR YOUTH AGES 6 AND OLDER

2424 COTTONWOOD RD.

(661) 369-8922



Kern High School District



Ready to Achieve Mentoring Program

Want to earn some **MONEY** this summer???

Come join the **RAMP** Program

The Kern High School District Career Resource Department is currently accepting applications into the RAMP Program. RAMP is a career focused mentoring program for students in foster care, kinship care, or any out of home placement, 14 - 17 years old.

RAMP includes:

Career based mentoring, field trips, goal setting, job shadowing, **\$ INCENTIVES \$**, **\$ Work Experience \$** and more...**\$\$\$\$**

RAMP meets every Tuesday
4:30-5:30pm at CRD

For more information contact:

Debbie at 322-7492

Career Resource Department

2727 F Street

Bakersfield, CA 93301

Stars Training Academy & Kern County Children & Family Services Presents:



Transition to Independence Process (TIP) Model Training



Helping Youth & Young Adults Transition Into Adulthood

What's in it for you?

The Transition to Independence Process is a program in Kern County serving young people 16-25. The County has partnered with Stars Training Academy to introduce our community partners to the TIP model, including the techniques and interventions we utilize to help young people transition to adulthood. The workshop will provide valuable information for anyone working with young people, especially here in Kern County.

Brief Description of Workshop for the Program

Transition into adulthood represents a particularly challenging period for youth and young adults with emotional/behavioral difficulties (EBD). This workshop describes the Transition to Independence Process (TIP) model that prepares and supports youth and young adults in their movement into employment, educational opportunities, living situation, personal effectiveness/wellbeing, and community-life functioning. The TIP model is an evidence-supported system that has six research studies demonstrating improvements in real-life outcomes.

Please join us for this interactive training!

June 23-24th , 8:30 am-5pm

Location: 3300 Truxtun Avenue, Bakersfield

For information contact:

Brenda Story

bstory@co.kern.ca.us

(661) 868-6465



Foster & Kinship Care Education Program

Foster Parent Training Schedule (May 2016-June 2016)

May 17, 2016

Session 1

Time: 5:00pm-7:00pm

Topic: Caring for Children with Severe/Emotional Behavioral Needs

Level 3/4

Presented by Miriam Ocampo, SSS, Kern County Department of Human Services and Jeffrey Popkin, College Community Services

Session 2

Time: 7:00pm-9:00pm

Topic: Developmental Disabilities

Presented by Mark Meyer, MSW, LCSW
Kern Regional Center

Learn more what constitutes a developmental disability and what type of services and supports are available to developmentally disabled individuals through California's regional center system.



June 7, 2016

Session 1

Time: 5:00pm-7:00pm

Topic: Caring for Children with Severe/Emotional Behavioral Needs

Level 2

Presented by Monica Goodell-Bonello, SSS, Kern County Department of Human Services and Adriana Salinas, College Community Services



June 7, 2016, Continued

Session 2

Time: 7:00pm-9:00pm

Topic: “Play Therapy: Connecting”

Presented by Becky Colaw, M.S.

Learn about “Connecting”. Learn how to develop relationships and play/interact with kids and the importance of spending time playing with children. Review of helpful toys to have a foster development and relationships for younger children and positive activities for older children and teens.



June 21, 2016

Session 1

Time: 5:00pm-7:00pm

Topic: Caring for Children with Severe/Emotional Behavioral Needs

Level 3&4

Presented by Miriam Ocampo, SSS, Kern County Department of Human Services and Kern County Mental Health

Session 2

Time: 7:00pm-9:00pm

Topic: Correcting Behavior

Presented by Becky Colaw, M.S.

Learn about “Correcting”. Discuss redirection and appropriate discipline techniques from TBRI (Trust Based Relational Intervention by Dr. Purvis). Discuss the meaning behind behavior and addressing according to the reason behind it.

**All Classes will be held at: Weill Institute, 2100 Chester Avenue
Bakersfield, CA 93301 Room 103**

- ❖ The classes being offered will fulfill training hours for licensing.
- ❖ Pre-Register: (661)319-1836 or Araceli Navarro (661)395-4737

WisdomPath Way Reparative Parenting

Presented by Dr. Kate Messina



Thursday, May 26, 2016

10:00am to 4:00pm

*Lunch will be provided

Marriott Hotel
801 Truxtun Ave.
Bakersfield, CA 93301

Pre-Register to BC FKCE program:
661-319-1836/661-395-4737

Foster and adoptive parents face unique parenting challenges because their children often display social, emotional, and behavioral problems that do not respond to conventional parenting.

As a result, the parent-child relationship is frequently the intersection of high-intensity conflict in everyday life.

WHY?

Because children with an early childhood history of adversity and trauma typically struggle to develop the necessary skills to live without conflict in two major areas of brain development:

1. The **Inside Skills** of self-soothing, impulse control, managing distressing emotions, and controlling "protest" behaviors
2. The **Outside Skills** of acceptance of limits/boundaries and complying with directions/rules

You Will Learn How To...

- ✓ Teach and coach your child by first understanding the LifeSpace, brain structure/function, critical developmental brain pathways of learning and interacting, and your role as a parent
- ✓ Learn to identify and teach/coach your child's temperament and "proteststyle"
- ✓ "See" and assess your child's current **Inside** and **Outside** skills and develop a parenting response that leads to his or her maturation in self-soothing, emotion management, self-regulation, and conscience-driven behavior
- ✓ Help your child "see" his/her "Three-Story" brain and accept responsibility for "growing it up"

Dr. Kate Messina developed the WisdomPath Way *Reparative Parenting* Approach to teach and coach parents and professionals about children's developing brains and minds and how to parent children who are struggling to "catch up" and develop the "Inside" and "Outside" skills of self-regulation and self-control.

Dr. Messina has over 30 years of experience working with parents and children with emotional/behavioral challenges and will help you to build and strengthen your confidence and skills to parent children who need additional teaching/coaching to heal and mature

❖ Training recommended for Foster Parents, Relative Caregivers, Social Workers, Group Home Staff and Other Professionals

❖ Resource Parents will fulfill training hours



REASONABLE AND PRUDENT PARENT STANDARD

For Certified Family Homes and Licensed Foster Family Homes

Title 22 of the California Code of Regulations (22 CCR), Section 89377: Reasonable and Prudent Parent Standard 22 CCR, Section 89377(a): The caregiver shall be responsible for applying the Reasonable and Prudent Parent Standard as defined in Welfare and Institutions Code section 362.04 and specified in sections 362.05 and 727

Each time a situation occurs that the reasonable and prudent parent standard must be applied, Certified/Licensed foster parents must analyze the situation and make a well-reasoned decision on how to address or approach the situation. However, situations not specifically addressed in law may also occur with children in the foster care system that needs to be addressed by the Certified/Licensed foster parent. The department strongly recommends that a Certified/Licensed foster parent use the reasonable and prudent parent standard in those situations. The intent of this document is to clarify when the reasonable and prudent parent standard must or should be used.

Definition of the Reasonable and Prudent Parent Standard

“Reasonable and prudent parent standard” means the standard characterized by careful and sensible parental decisions that maintain the child’s health, safety, and best interests while at the same time encouraging the emotional and developmental growth of the child.

In This Resource Guide	
Typical Scenarios	2
Telephone Access	2
Use of Occasional and Short term Babysitters	3

Goal of the Reasonable and Prudent Parent Standard

The goal of the reasonable and prudent parent standard is to help normalize the lives of foster children by allowing them to participate in activities, such as sleep-overs with friends, social events, school-sponsored field trips, and scouting. Participation in these types of activities is important to the child’s well-being and assists in developing valuable life skills.

Applying the Reasonable and Prudent Parent Standard

In order to apply the reasonable and prudent parent standard, Certified/Licensed foster parents must take “reasonable steps” to determine the appropriateness of the request, activity, or situation before approving it. These steps include:

- Considering the best interests of a child based on information known to the Certified/Licensed foster parent.

- This may include information about the child's history, needs and services plan, any requests from social workers, and any orders by the court.
- Considering the child's age, mental and physical health, behavioral tendencies, maturity, and developmental level.
- Determining if there are any inherent risks of harm involved in the activity.
 - The Certified/Licensed foster parent may consider factors that minimize the risk of harm, such as wearing safety equipment or ensuring that there is appropriate supervision for the activity (e.g. a lifeguard on duty at the pool).

Scenarios in which the Reasonable and Prudent Parent Standard is Required to be Used:

- Allowing the child to participate in age-appropriate extracurricular, enrichment, and social activities, such as:
 - Sleep-overs with friends,
 - Social events,
 - School-sponsored field trips, and
 - Scouting.
- Use of occasional short-term babysitters and alternative caregivers.
- Leaving a child alone without adult supervision or in a parked vehicle consistent with the requirements of Vehicle Code section 15620.
- Access to fish ponds, fountains, creeks, and similar bodies of water.
- Access to household kitchen knives and appliances, disinfectants, and cleaning solutions.
- Access to medications for self-administration.

Telephone Access

Welfare and Institutions Code 16001.9(a)(9) states that all children in foster care have the right to receive and make confidential telephone calls unless prohibited by court order.¹ The Certified/Licensed foster parent, county social worker, or probation officer may impose reasonable restrictions.²

Examples of reasonable restrictions may include not allowing social calls after bedtime or until homework has been completed, or limiting social calls to ensure that telephone use does not infringe upon the rights of others. An example of an unreasonable restriction would be to limit telephone calls to a child's siblings without a court order or to a child's social worker or probation officer, Court Appointed Special Advocate (CASA), or foster youth advocates and supporters.³ Foster care providers can only restrict phone calls if they believe a child's health and safety is at risk from making the phone call.⁴

¹ Welf. & Inst. Code, § 16001.9(a)(9). Personal rights include the right to make and receive confidential telephone calls and send and receive unopened mail, unless prohibited by court order.

² 89372(a)(5)(A) Personal Rights. Reasonable restrictions may be imposed by the caregiver, social worker, or probation officer on calls and correspondence.

³ 89372(a)(5)(C) & (D) Personal Rights. No restrictions shall be applied to telephone calls, mail, and electronic communication with relatives, unless prohibited by court order, or social workers, authorized representatives, attorneys, foster youth advocates and supporters, Court Appointed Special Advocates (CASA), and probation officers.

⁴ Welfare and Institutions Code 16001.9(b); 22 CCR § 89372(b).

The Reasonable and Prudent Parent Standard may assist Certified/Licensed foster parents in developing:

- Reasonable disciplinary measures (telephone restrictions are subject to social worker/probation officer review).
- Limitations on the length/time of telephone calls to ensure that everyone has equal access to the phone and that telephone usage does not infringe upon the rights of others.
- House rules for the protection of a child.
- Needs and services plan requirements.

The Reasonable and Prudent Parent Standard Does Not Allow a Certified/Licensed foster parent to:

- Make decisions that conflict with applicable statute or regulation

Use of Occasional Short-Term Babysitters

California law authorizes Certified/Licensed foster parents to arrange for an occasional short-term babysitter to watch child(ren) without requiring the babysitter to undergo a criminal record clearance, Child Abuse Index Clearance (CACI) clearance, health screening, or CPR training. However, the Certified/Licensed foster parent must use the reasonable and prudent parent standard in determining and selecting appropriate babysitters for occasional short-term use. The short-term babysitter can be used for, but is not limited to, medical appointments, grocery shopping, special occasions, adult social gatherings, or trainings.

Some Guidelines to Remember

- Parent must provide the babysitter with pertinent information,⁵ including:
 - Information about the child's emotional, behavioral, medical or physical conditions including the need for medication.
 - Current emergency contact information.
- "Short-term" means that it cannot last for more than twenty-four (24) consecutive hours.⁶
- In addition to using the "applying the Reasonable and Prudent Parent" section considerations, a parent must also consider the maturity, experience, and ability of the babysitter to provide appropriate care.
- Occasional short-term babysitters are not to be used as regular daycare while a Certified/Licensed foster parent is at work or school. Certified/Licensed foster parents may use a licensed child care facility for regular daycare.

Foster family homes and foster family agencies with additional questions about how to apply the reasonable and prudent parent standard may contact their assigned Licensing Program Analyst or contact the Technical Support Program at Technicalsupportprogram@dss.ca.gov.

⁵ Per Welf. & Inst. Code, § 362.04(d)

⁶ Welf. & Inst. Code, § 362.04(b)

Adoption Support Group

We believe Adoption is a life-long process that no one should have to navigate alone. KBYH offers an adoption support group designed to assist families who have adopted, want to adopt, are in the process of adoption, or who want to find out more about Foster Care Adoption. Childcare (ages 2 and above) and dinner is provided. Foster parents can receive training hours for attending.

**Second Tuesday of Every Month
6pm - 8pm**

1321 Stine Road
Bakersfield, Ca 93309
To RSVP, call Carrie at 661-396-2352



Lic. #157202794

Kern Bridges Youth Homes • www.kernbridges.com



May 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483	3	4	5	6	7  \$ Murray Family Farms Cherry Festival 10am-6pm 661-330-0100
8  \$ Mothers Day Music Fest @ the Kern County Fair 661-833-4900	9  \$ Bakersfield Blaze vs Inland Empire 66ers 6pm Sam Lyn Ball park 661-716-4487	10	11	12  Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	13	14  \$Bakersfield Symphony Orchestra Love and War 7:30pm-9:00pm 661-323-7928
15	16 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483	17 SCI level 3&4 Training Developmental Disabilities Training To pre-register call 661-319-1836	18	19  Spanish Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	20  Free Friday at the Bakersfield Museum of Art 661-323-7219	21
22	23 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483	24	25 Adoption & Permanency Planning Orientation 661-868-8900	26  Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	27	28
29	30 Memorial Day Operation Splash @ McMurtrey 1pm-4pm For more info 661-852-7430 	31 PRIDE SESSION #1 661-319-1836				

For additional information regarding a training/event please call the number provided



June 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PRIDE Session #2 661-319-1836	2 Last Day of School 	3	4 \$Family Day at Buena Vista Museum of Natural History 10am For more info# 661-324-6350
5  Murray Family Farms Family Fun 8am-8pm 661-330-0100	6 PRIDE Session #3 661-319-1836	7 SCI level 2 Play Therapy Training To pre-register call 661-319-1836 PRIDE Session #4 661-319-1836	8	9  Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	10  Free Friday night Movies at the park See flyer for more information	11 37th annual Springtyme Fair Tehachapi Fine Arts and Crafts Fair 10am-5pm For more info #661-330-8607
12 37th annual Springtyme Fair Tehachapi Fine Arts and Crafts Fair 10am-5pm For more info #661-330-860	13 PRIDE Session #5 661-319-1836	14 PRIDE Session # 6 661-319-1836	15	16 Spanish Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	17 Free Friday at the Bakersfield Museum of Art 661-323-7219	18
19  Murray Family Farms Family Fun 8am-8pm 661-330-0100	20 PRIDE Session #7 661-319-1836	21 SCI level 3&4 Correcting Behavior To pre-register call 661-319-1836 PRIDE Session #8 661-319-1836	22 PRIDE Session #9 661-319-1836	23  Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	24  Free Friday night Movies at the park See flyer for more information	25
26  Murray Family Farms Family Fun 8am-8pm 661-330-0100	27 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483	28	29 Adoption & Permanency Planning Orientation 661-868-8900	30		

For additional information regarding a training/event please call the number provided



July 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 \$Family Day at Buena Vista Museum of Natural History 10am For more info# 661-324-6350
3 Murray Family Farms Family Fun 8am-8pm 661-330-0100	4 Happy 4th of July! \$Firework @ Brighthouse Amphitheatre for tickets 800-745-3000	5	6	7	8 MOVIE NIGHT Free Friday night Movies at the park See flyer for more information	9
10 Murray Family Farms Family Fun 8am-8pm 661-330-0100	11 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483	12	13	14 Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	15 \$Family Fun Night @ McMurtrey Aquatic Center 6pm-9pm For more info #661-852-7430	16
17 Murray Family Farms Family Fun 8am-8pm 661-330-0100	18 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483	19	20	21 Spanish Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	22 MOVIE NIGHT Free Friday night Movies at the park See flyer for more information	23
24 Murray Family Farms Family Fun 8am-8pm 661-330-0100	25 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483	26	27	28 Foster Parent Orientation 5:30pm-7:30pm 661-631-6204	29 MOVIE NIGHT Free Friday night Movies at the park See flyer for more information	30
30 Murray Family Farms Family Fun 8am-8pm 661-330-0100	31 Koinonia Post Adoption Support Group 6:30-8:30pm #661-833-4483					

For additional information regarding a training/event, please call the number provided



Fireworks Safety

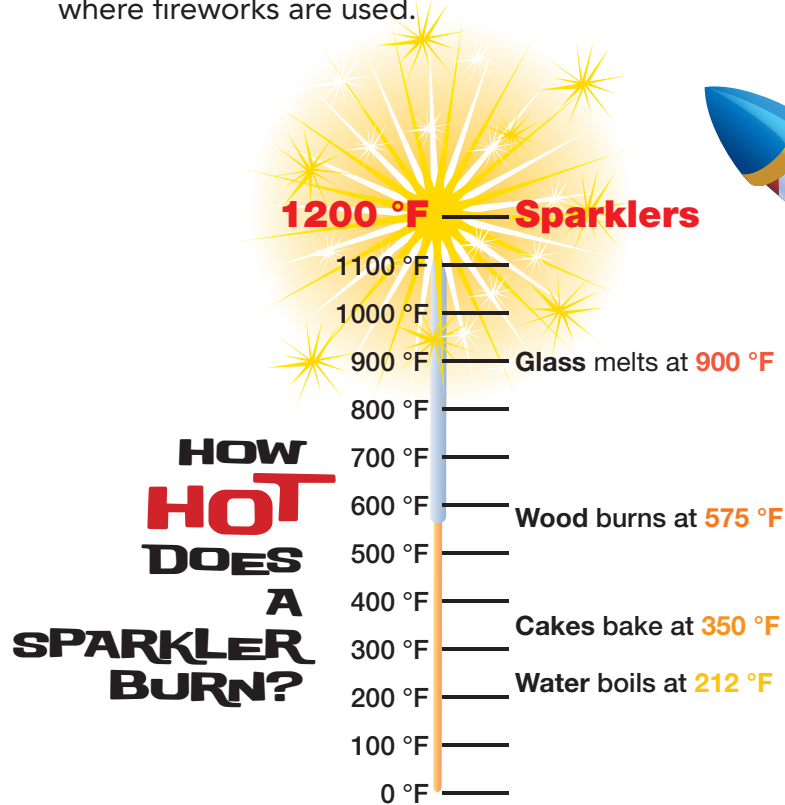
Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

BE CAREFUL!

- » Be safe. If you want to see fireworks, go to a public show put on by experts.
- » Do not use consumer fireworks.
- » Keep a close eye on children at events where fireworks are used.

CONSUMER FIREWORKS

NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



FACTS

- ! Fireworks cause an average of almost 20,000 reported fires per year.
- ! In 2013, sparklers caused 41% of fireworks injuries.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

**FREE
FREE
FREE**

5

4

3

2

1

FREE

FRIDAY NIGHT MOVIES IN THE PARK



June 10***
River Walk BHNA

June 17
Siemon

June 24
Greystone

July 8***
Lowell

July 15***
Silver Creek

July 22
Central

July 29
Stonecreek

August 5
River Walk BHNA

Movies start at dusk!

All movies rated PG.

Bring your picnic gear, lawn chairs, and blankets.

Refreshments available for purchase.

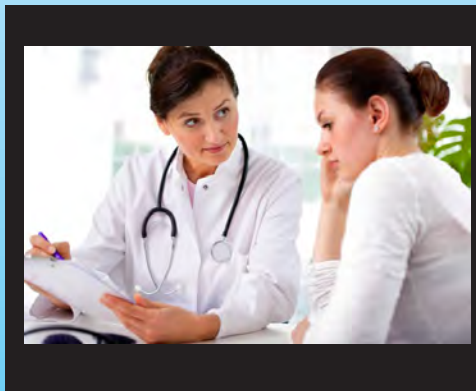
(661) 326-FUNN
www.BakersfieldParks.us

*** "Crime Free Kids" Presentations Start at 7:00pm (before movie) Educates children on safety habits at home, school, and in the community. This presentation also gives a basic understanding of what law enforcement does to help them in the event they find themselves in a dangerous situation and the importance of knowing our own

Foster Youth Mental Health Bill of Rights

1. I have the right to receive mental health services in California.
2. I have the right to know about my diagnosis and treatment options in a way that I can understand.
3. I have the right to help make all the decisions regarding my mental health, including treatment and services that meet my needs.
4. I have the right to promptly receive mental health services and treatment.
5. I have the right to promptly receive mental health services in a placement that meets my needs.
6. After my 12th birthday, if I am mature enough, I have the right to seek and consent to mental health counseling and treatment on my own (except psychotropic medication).
7. I have the right to only take medication or other chemical substances that are prescribed by a doctor.
8. I have the right to have the risks and benefits of the medication explained to me in a way I can understand. This includes understanding how my medication may interact with other medications or food.
9. I have the right to tell the doctor if I disagree with any medication the doctor recommends for me.
10. I have the right to tell the judge I disagree with psychotropic medication being prescribed to me. To do so, I should ask my lawyer to fill out the JV-222 (Opposition to Application Regarding Psychotropic Medication).
11. I have the right to ask for mental health services, including a reassessment of my diagnosis and my psychotropic medications.
12. I have the right to work with my doctor to safely stop taking my medications.
13. I have the right to contact my doctor and mental health providers.

14. After my 12th birthday, I have the right to confidentiality when talking to my therapist or doctor.
15. I have the right to confidentiality regarding my medical information and diagnoses. This information can only be shared with authorized individuals in order to help me access and obtain treatment.
16. I have the right to see and get a copy of my court records.
17. At the age of 12 and older, I have the right to see and get a copy of my medical and mental health records, unless a doctor or medical professional believes that it would be detrimental to me.
18. I have the right to continue receiving mental health treatment when my placement changes, including when I am moved to a different county.
19. If I am in foster care on my 18th birthday, I have the right to continue to receive health care, including mental health services through Medi-Cal until age 26, regardless of my income level.



This brochure outlines some of the legal rights of California foster youth within the public mental health system. The rights listed are intended to reflect and support the needs expressed by foster youth in their experience as consumers within the public mental health system.

Office of the Foster Care Ombudsman:

1-877-846-1602

My social worker is: _____

My attorney is: _____

My CASA is: _____

My doctor/pharmacist is: _____

Other: _____



State Of California
Health and Human Services Agency
Department Of Social Services

Foster Youth Mental Health Bill of Rights

Questions to Ask About Medications





Questions To Ask About Mental Health Medication

When you don't feel well, sometimes mental health medication, also called psychotropic medication, can help. If you've tried things like getting better sleep, making changes at school or home, or talking with your therapist and it hasn't helped, then medication may be something for you to consider. But, before taking medication, you should know the following:

- Reason(s) for the medication including your symptoms and diagnoses.
- Alternative treatments instead of medication.
- Risks and benefits of the medication.
- Possible drug interaction(s) with the medication.
- Who to call in an emergency about the medication.

You have the right to understand the benefits and risks to your physical and mental health from taking any medication. You also have the right to agree or disagree with any recommended treatment and to tell your doctor, social worker, probation officer, attorney, and the judge why you agree or disagree. Being informed allows and encourages you to ask questions to help you decide whether or not you agree or disagree with any recommendation to take medication, this brochure will help you know what questions to ask.

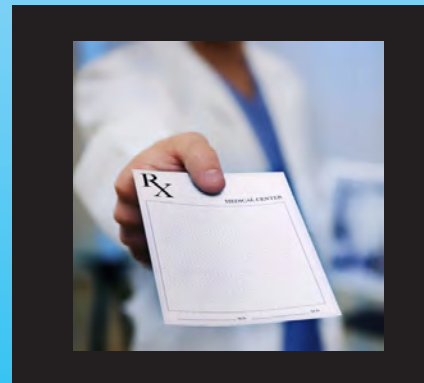
Preparing For Your Visit With Your Physician

- Consider asking the following questions before taking psychotropic medication. It is important to be fully informed about the psychotropic medication you are taking.
- If, after asking these questions, you still have questions or doubts about your psychotropic medication or treatment, ask for a second opinion.
- If you need assistance or have questions about this process, you should call your social worker, probation officer, public health nurse, attorney or your CASA (Court-Appointed Special Advocate).
- By asking and writing down the answers to the following questions, you and your caregivers will gain a better understanding of psychotropic medication.

Talking To Your Physician Or Pharmacist

Here are some questions you may want to ask your physician or pharmacist.

1. Can you review the names of the medication that I am currently taking or suggested medication (including over the counter medication such as allergy medication or pain relievers)? Are there possible interactions between any of these medications?
 2. What are the common side effects for the medication? If I experience side effects, what is normal and what is not? Whom should I contact if I have questions or concerns about side effects or have an emergency?
 3. What are the common side effects for the medication? Is the medication addictive? Can the medication be abused?
 4. Are there other activities or treatments besides medication that might help me? What can I do at school or home to help with my mental health besides taking medication?
 5. How long will I take the medication? Who should I talk to if/when I am ready to stop taking medication? How will the decision be made to stop the medication?
6. What medical tests (e.g., heart tests, blood work, etc.) need to be done before starting the medication and continuing the medication? How often should I be tested?
 7. Who else in my life needs to be informed that I am taking medication?
 8. How long does the medication have its effect? How long does it take to wear off? How long will it be effective in my body?
 9. Are there any other medications or food to avoid while taking the medication? Should I eat food with the medication? What happens if this medication is combined with tobacco, alcohol, marijuana, or other drugs?
 10. Are there any activities, such as driving a car, to avoid while taking the medication? Are there any precautions recommended for other activities? Are there any weather conditions, such as direct sunlight, to avoid while taking the medication?
 11. Can you summarize and write a list of actions I should take before my next follow up appointment with my doctor?
 12. Can you give me a list and schedule of when I should take my medication? Can you give me information sheets for all my medications?
 13. What happens if I take too much or the wrong amount of medication?
 14. Are there any special concerns about this medication and pregnancy (if relevant)?
 15. If I stay in extended foster care, will the medication be covered by Medi-Cal? How should the medication be stored or kept? Will there be any changes to my treatment plan when I turn 18, 21, and 26 years old?



Talking To Your Social Worker, Probation Officer, Or Public Health Nurse

Here are some ways that you can start a conversation about your medication.

1. What other supports or information can you give me to help me with my treatment plan?
2. What can people at home and school do to help me with my treatment plan?
3. I'd like to try some other activities such as sports to help me with my treatment plan. Can you help me sign up for _____?
4. The medication is helping me with _____. The medication does not help me with _____.
5. When I take my medication, my mind feels like _____ and my body feels like _____.
6. I have been experiencing side effects. I've noticed that _____.
7. Is my height and weight being checked often enough? Is any lab work being done to monitor my medication?
8. I currently take the following medications _____ and the following vitamins _____ and the following over the counter medications _____. Do you see any risks in combining these medications?

Talking To Your Attorney Or Judge

You can always tell your attorney or judge, I'd like to talk to you about my medication and treatment plan.

1. What rights do I have? Can you review the Foster Youth Mental Health Bill of Rights with me?
2. Are my rights regarding my medication and treatment plan being upheld? What can I do if my rights are not being upheld?
3. I don't agree with the recommendation to take medication. What choices do I have?

Questions to Ask about Medications adapted from: Psychiatric Medications for Children and Adolescents Part III: Questions to Ask and <http://www.ohiomindsmatter.org/Parents.html>