



**KERN COUNTY FOSTER 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 lifelong connection to children whenever possible

## FOSTER CARE OMBUDSMAN UPDATE

*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.*

Hello Everyone:

The busy summer is coming to an end as we begin to plan Autumn and Winter/holiday activities. We hope that all the children in your care are settling in to their school and homework routines and the abundant extracurricular and family activities you have planned.

I am pleased to announce (in case you haven't heard already) the Department's newest program, *Early Intervention Services (EIS)*; see page 2 for description. The Public Health Nurses Unit has asked me to share important information about the Entovirus, which is attached. We have also included valuable information on services and activities to support you and the foster children in your care.

So please take a moment to review the information provided inside this Newsletter. It was prepared with you in mind!

I look forward to meeting many of you at future events or trainings. Do not hesitate to provide me with your feedback. I would like to hear your ideas of how to improve our services.

Thank you for your dedication to Kern's Foster Children.

Margarita Soza, (661) 631-6698

### Kern Cares 2014 Prevention Calendar

#### OCTOBER

Safe Sleeping for Infants Awareness Month

#### NOVEMBER

Substance Abuse Prevention Awareness Month

#### DECEMBER

Celebrating Foster Youth Month

## 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

## ANNOUNCEMENTS FOR ALL CAREGIVERS

### **Change of Address Reminder:**

The Department has experienced an increase of delayed reporting by caregivers when they move resulting in break of financial reimbursement. Remember that in addition to families being approved for placement, so must the home/facility be also approved. Please report your address changes immediately to the children's social worker or LPA. See reminder on page 2 of this Newsletter.

### **Holiday Cottage:**

The 27<sup>th</sup> annual Holiday Cottage letters will be mailed soon. For children residing in licensed homes, placements with relatives or NREFM's please look for your letter in the mail and respond accordingly. Timelines for children's wishes are short! See letter announcing the Holiday Cottage.

### **SAVE the DATE:**

Plans are under way for the "**Breakfast with Santa**" family event. The event will take place on Saturday, December 13, 2014. Time and location is pending. Please look for your invitation in the mail by early November 2014. RSVP will be required.

## **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.

## NEW PROGRAM FEATURED:

### Early Intervention Services (EIS)

A new program called Early Intervention Services (EIS) has been established in Child Welfare Services. The EIS social workers will be utilizing the Ages and Stages Questionnaire, Third Edition (ASQ-3) to conduct developmental screenings of young children (under the age of three) entering the foster care system. The ASQ-3 is a screening tool because it looks at how children are doing in important areas, such as speech, physical ability, social skills, and problem-solving skills. It can help to identify a child's strengths, as well as any areas where the child may need additional support.

The ASQ-3 is expected to be completed by the child's caregiver. As the program is implemented and caregivers are getting accustomed to using the screening tool, the EIS social workers will help to conduct the screening. After caregivers have become accustomed to using the tool alongside the EIS social workers, the caregivers will be expected to complete the questionnaire that should take approximately 10-15 minutes to complete and returned to the EIS social workers.

The EIS social workers will notify the caregivers and birth parents of the outcome. If the child is developing without concerns, there is nothing more the caregiver or birth parents will need to do. If the child has trouble with some skills, but overall developing well, the child may be placed in the monitoring group. The EIS social worker will provide you with a list of activities that may help the child to improve in the troubled areas and re-screen the child at a later date. However, if the child has several areas in which he/she is not developmentally on target, the EIS social worker will refer the child to a Search and Serve program for a comprehensive assessment and possible intervention services.

If you have any questions regarding the EIS program, please contact Social Worker Elida Trujillo at (661) 633-7200 or Program Specialist Vanessa Frando at (661) 631-6343.

### 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.

## PLAIN TALK ON LICENSING

### *An advice column for (licensed) Resource Families*

#### **REMINDER 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.

#### **RESPIRE CARE HOMES NEEDED:**

Please contact your Licensing Program Analyst (LPA) or Foster Care Ombudsman, Margarita Soza at (661) 631-6698 to sign up for the Respite Care Provider List.

#### **Are you a licensed foster parent that is still waiting for that call for placement of a foster child?**

If you are, you are not alone. First I must remind you that The Department is obligated to place with family as the first option for the least restrictive home if a child cannot remain with her parents. Placement in a licensed home is the next preference. At present the Department has 250 licensed foster home and over one third of the available licensed foster homes have vacancies in their homes. Let me offer a few suggestions to improve your opportunity to receive a child in your home:

- Call your LPA to remind her/him of your vacancy. Your LPA may not be aware if a child recently moved from your home. The LPA can verify that computer information is accurate and make updates or corrections, as needed. The LPA can also send an email reminder to placement social workers of your vacancy.
- Ask your LPA to reassess your preferences. If your preferences are too narrow, placement social workers may not consider you as a viable candidate if the child in her caseload is just outside your specified sex/age range or if the goal is to place multiple siblings together.
- If your goal is adoptions, 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. A completed Home Study is needed to qualify for 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?*

#### **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.

## AB490 Foster Youth Education Liaison Contact List as of 9.4.14

District	ED. LIAISON	PHONE #	FAX #	E-MAIL ADDRESS
Kern County Supt. of Schools	Ian Anderson	661-636-4409	661-636-4501	<a href="mailto:iaanderson@kern.org">iaanderson@kern.org</a>
Department of Human Services	Vanessa Frando	661.631.6343	661.631.6102	<a href="mailto:frandov@co.kern.ca.us">frandov@co.kern.ca.us</a>
Kern County Probation Dept.	Marcos G. Sifuentes	661.396.4520	661.396.4575	<a href="mailto:SifuentesM@co.kern.ca.us">SifuentesM@co.kern.ca.us</a>
Arvin Union School District	Karen Davis	661.854.6525	661.854.6585	<a href="mailto:Kdavis@arvin-do.com">Kdavis@arvin-do.com</a>
Bakersfield City School District	Suzanne Guest	661.631.4910	661.861.0835	<a href="mailto:guestsu@bcsd.com">guestsu@bcsd.com</a>
Bakersfield City School District	Melissa Banal Hoyt	661.631.4633	661.861.0801	<a href="mailto:hoytm@bcsd.com">hoytm@bcsd.com</a>
Beardsley School District	Roxana Vaughn	661.399.6594	661.393.9064	<a href="mailto:rovaughn@beardsley.k12.ca.us">rovaughn@beardsley.k12.ca.us</a>
Belridge Elementary School District	Stacia Fleming	661.762.7381	661.762.9751	<a href="mailto:stflemi@zeus.kern.org">stflemi@zeus.kern.org</a>
Blake Elementary School District	Dawn Carver	661.536.8559	661.536.9389	<a href="mailto:dacarve@zeus.kern.org">dacarve@zeus.kern.org</a>
Buttonwillow Union School District	Penny Caulfield	661.764.5248 Ext 103	661.764.5165	<a href="mailto:pcaulfield@buttonwillowschool.com">pcaulfield@buttonwillowschool.com</a>
Caliente Union School District	Kathleen Hansen	661.867.2301	661.867.6902	<a href="mailto:khansen@calienteschooldistrict.org">khansen@calienteschooldistrict.org</a>
Delano Union Elementary SD	Jason Kashwer	661.721.5000 x00155	661.721.5099	<a href="mailto:JKashwer@duesd.org">JKashwer@duesd.org</a>
Delano Joint Union High SD	Adelaida Ramos	661.720-4125	661.720.4298	<a href="mailto:aramos@djuhdsd.org">aramos@djuhdsd.org</a>
DiGiorgio School District	Terry Hallum	661.854.2604	661.854.8746	<a href="mailto:thallum@digiorgio.k12.ca.us">thallum@digiorgio.k12.ca.us</a>
Edison School District	Erica Andrews	661.363.7645	661.363.4631	<a href="mailto:eandrews@edison.k12.ca.us">eandrews@edison.k12.ca.us</a>
El Tejon Unified School District	Anne Burnaugh	661.245.4303	661.245.2516	<a href="mailto:healthystart@frazmtn.com">healthystart@frazmtn.com</a>
Elk Hills School District	Sandra D. Bafia	661.765.7431	661.765.4583	<a href="mailto:sabafia@elkhills.org">sabafia@elkhills.org</a>
Fairfax School District	Rita Gomez	661.978.9262	661.363.5478	<a href="mailto:rgomez@fairfax.k12.ca.us">rgomez@fairfax.k12.ca.us</a>
Fruitvale School District	Carrie Jager	661.589.3830	661.589.3674	<a href="mailto:cjager@fruitvale.k12.ca.us">cjager@fruitvale.k12.ca.us</a>
General Shafter School District	Richard Roy	661.837.1931	661.837.8261	<a href="mailto:principal@generalshafter.org">principal@generalshafter.org</a>
Greenfield Union School District	Kim Shipp	661-837-6130	661.832.2873	<a href="mailto:ShippK@gfUSD.net">ShippK@gfUSD.net</a>
Kern High School District	Gail Johnson	661.827.3270	661.827.3304	<a href="mailto:Gail_Johnson@khsd.k12.ca.us">Gail_Johnson@khsd.k12.ca.us</a>
Kernville Union School District	Sherry Nichols	760.379.4863	760.379.1324	<a href="mailto:snichols@kernvilleusd.org">snichols@kernvilleusd.org</a>
Lakeside Union School District	Alycia Kidwell	661.834.4189	661.831.1145	<a href="mailto:akidwell@lakesideusd.org">akidwell@lakesideusd.org</a>
Lamont Union School District	Jennifer Wood-Slayton	661.845.2724	661.845.5114	<a href="mailto:jwood@lesd.us">jwood@lesd.us</a>
Linns Valley-Poso Flat Union SD	Kay Yarger	661.536.8811	661.536.8878	<a href="mailto:kavarge@zeus.kern.org">kavarge@zeus.kern.org</a>
Lost Hills Union School District	Fidelina Saso	661.797.2626	661.797.2580	<a href="mailto:fisaso@losthills.k12.ca.us">fisaso@losthills.k12.ca.us</a>
Maple School District	Dr. Julie Boesch	661.746.4439	661.746.4765	<a href="mailto:jboesch@mapleschool.org">jboesch@mapleschool.org</a>
Maricopa Unified School District	Dr. Scott Meier	661.769.8231	661.769.8168	<a href="mailto:smeier@maricopaschools.org">smeier@maricopaschools.org</a>
McFarland Unified School District	Quentin Panek	661.792.3255	661.792.0199	<a href="mailto:qpanek@mcfarland.k12.ca.us">qpanek@mcfarland.k12.ca.us</a>
McKittrick Unified School District	Barry Koerner	661.762.7303	661.762.7283	<a href="mailto:bakoern@zeus.kern.org">bakoern@zeus.kern.org</a>
Midway School District	Teresa Birdsong	661.747.9036	661.768.4746	Office 661.768.4344
Mojave Unified School District	Stephanie Newby	760.373.4708	760.373.4752	<a href="mailto:stephanienevby@mojave.k12.ca.us">stephanienevby@mojave.k12.ca.us</a>
Muroc Joint Unified School District	Paul Kostopoulos	760.769.4821 Ext. 276	760.769.4241	<a href="mailto:pkostopoulos@muroc.k12.ca.us">pkostopoulos@muroc.k12.ca.us</a>
Norris School District	Jon Boles	661.387.7000	661.399.9750	<a href="mailto:joboles@norris.k12.ca.us">joboles@norris.k12.ca.us</a>
Panama-Buena Vista School District	Randy Miller	661.397.2200 ext 6439	661.836.9710	<a href="mailto:jmiller@pbvUSD.net">jmiller@pbvUSD.net</a>
Pond Union School District	Barbara Wyatt	661.792.2545	661.792.2303	<a href="mailto:bwyatt@pond.k12.ca.us">bwyatt@pond.k12.ca.us</a>
Richland School District	Luis Rodriguez	661.746.8740	661.746.8614	<a href="mailto:Lrodriguez@richland.k12.ca.us">Lrodriguez@richland.k12.ca.us</a>
Ridgecrest Charter School	Gayle Pietrangelo	760.375.1010	760.375.7766	<a href="mailto:gayle.pietrangelo@rcharter.org">gayle.pietrangelo@rcharter.org</a>
Rio Bravo-Greeley Union SD	Joost DeMoes	661.589.2696	661.589.2218	<a href="mailto:Jdemoes@rbgusd.k12.ca.us">Jdemoes@rbgusd.k12.ca.us</a>
Rosedale Union School District	Dr. Tom Ewing	661.588.6000 ext 7	661.588.6009	<a href="mailto:tewing@ruesd.net">tewing@ruesd.net</a>
Semitropic School District	Dr. Valerie Park	661.758.2436	661.758.4134	<a href="mailto:vpark@semitropicschool.com">vpark@semitropicschool.com</a>
Sierra Sands Unified School District	Michelle Savko	760-499-1640	760.446.1639	<a href="mailto:msavko@ssusd.org">msavko@ssusd.org</a>
South Fork Union School District	Mer Conner	760.378.2211	760.378.3046	<a href="mailto:mconner@southforkschool.org">mconner@southforkschool.org</a>
Southern Kern Unified School District	Leanne Hargus	661.256-5000x1118	661. 256.6974	<a href="mailto:lhargus@skusd.k12.ca.us">lhargus@skusd.k12.ca.us</a>
Standard School District	Dr. Denita Maughan	661.392.2110	661.392.0681	<a href="mailto:dmaughan@standard.k12.ca.us">dmaughan@standard.k12.ca.us</a>
Taft City School District	Julie Graves	661.763.1521	661.763.1495	<a href="mailto:jgraves@taftcity.org">jgraves@taftcity.org</a>
Taft Union High School District	Chelle Koerner	661.763.2331	661.463.1445	<a href="mailto:ckoerner@taft.k12.ca.us">ckoerner@taft.k12.ca.us</a>
Tehachapi Unified School District	Kathleen Siciliani	661-822-2100 x 111	661.822.2165	<a href="mailto:ksiciliani@teh.k12.ca.us">ksiciliani@teh.k12.ca.us</a>
Vineland School District Melissa Ortiz	Dr. Matthew Ross	661.845.3713	661.845.8449	<a href="mailto:mross@vineland.k12.ca.us">mross@vineland.k12.ca.us</a>
Wasco Union School District	Kelly Richers	661.758.7706	661.758.7169	<a href="mailto:kerichers@wuesd.org">kerichers@wuesd.org</a>
Wasco Union High School District	Robert Cobb	661.758.8447	661.758.4946	<a href="mailto:rocobb@wasco.k12.ca.us">rocobb@wasco.k12.ca.us</a>





# Guide to Local Collaboratives

## **34th St. Neighborhood Partnership - KCNC Accredited**

Stella Hills School, 3800 Jewett Ave, Bakersfield, CA 93301  
Jeff Nickell (661) 324-3213  
Community meeting, 2nd Wednesday monthly, 9 am (Dark July & Aug.)

## **Arvin Collaborative - KCNC Accredited**

Arvin Union School District, 737 Bear Mtn. Blvd., Arvin, CA 93203  
FRC: 207 South A St., Arvin (661) 854-6525  
Karen Davis (661) 854-6526  
Community meeting, 1st Thursday monthly, 10 am (Call for location)

## **Buttonwillow Collaborative - KCNC Accredited**

Buttonwillow School 42600 Hwy. 58, Buttonwillow, CA 93206  
Susan Watkins (661) 764-9405  
Community meeting, 1:30 pm (9/22/14, 11/17/14, 2/23/15, 4/27/15)

## **Delano Neighborhood Partnership**

Community Connections Center, 1842 Norwalk, Delano, CA 93215  
Mike Bledsoe (661) 721-5000  
Community meeting, 1st Tuesday monthly, 9:30 am

## **East Bakersfield Community Collaborative - KCNC Accredited**

Boys and Girls Club, 801 Niles St., Bakersfield, CA 93305  
Debbie Wood (661) 631-5895  
Community meeting, 1st Wednesday monthly, 8:30 am

## **East Kern Collaborative - KCNC Accredited**

FRC: 15862 K St., Mojave, CA 93501  
Carrie Bond (661) 824-4118  
Community meeting, 2nd Thursday monthly, 2:30 pm

## **Frazier Park Collaborative - KCNC Accredited**

Mountain Communities FRC: 3015 Mt. Pinos Way #102  
Healthy Start: PO Box 1902, Frazier Park, CA 93225  
Anne Weber (661) 245-4303  
Community meetings, 3<sup>rd</sup> Thursday monthly (call for details)

## **Greenfield H.E.L.P.S. Collaborative - KCNC Accredited**

FRC: 5400 Monitor St., Bakersfield, CA 93307  
Frank Ramirez (661) 837-3720  
Community meeting, 2nd Thursday monthly, 9 am

## **Indian Wells Valley Collaborative - KCNC Accredited**

FRC: 825 N. Downs, Ste. A, Ridgecrest, CA 93555  
Kandi Smith (760) 375-4357  
Community meeting, 2nd Wednesday monthly, 10 am  
at the Kerr McGee Center

## **Kern River Valley Collaborative - KCNC Accredited**

PO Box 2905, Lake Isabella, CA 93240  
FRC : 5109 Lake Isabella Blvd., Lake Isabella  
Lisa Smith (760) 379-2556 x601  
Community meeting, 4th Thursday monthly, 3:30 pm - 5 pm (Dark in July, & Dec.) 3rd Thursday in November at the KRV Senior Center Vet's Hall #2, 6405 Lake Isabella Blvd.

## **Kern Senior Network Collaborative**

Aging & Adult Services, 5353 Truxtun Ave., Bakersfield, CA 93309  
Daniel Marble (661) 832-1324  
Community meeting, 2nd Friday every other month (Feb., Apr., Jun., Aug., Oct., Dec. 1:30 pm - 3:30 pm Golden Generation Conference Room

## **Lamont/Weedpatch Collaborative - KCNC Accredited**

Lamont/Weedpatch Family Resource Center  
7839 Burgundy Ave, Lamont, CA 93241  
Jennifer Wood-Slayton (661) 845-2724 ext. 300  
Community meeting, 1st Thursday monthly, 10 am (Call for location)

## **Lost Hills Collaborative - KCNC Accredited**

Lost Hills Union School District  
FRC: 14823 Office Lane, Lost Hills, CA 93249  
Alesha Hixon (661) 797-3042  
Community meeting, quarterly, 10 am (call for details)

## **McFarland Community Collaborative - KCNC Accredited**

McFarland Unified School District, 601 2nd St., McFarland, CA 93250  
FRC: Browning Rd School, 410 E Perkins Ave, McFarland  
Margie Perez (661) 792-1883  
Community meeting, 2nd Tuesday monthly, 3 pm at the FRC

## **Oildale Community Collaborative**

Standard Education Service Center  
1200 N. Chester Ave, Bakersfield, CA 93308  
Jan Unfired (661) 392-2110 x106  
Community meeting, 3rd Wednesday bi-monthly, 8:30 am

## **Richardson Special Needs Collaborative - KCNC Accredited**

Richardson Center, 1515 Feliz Dr., Bakersfield, CA 93307  
Bill Reifel or Maria Rubinol (661) 336-5482  
Community meeting, quarterly, 1:30 pm (call for details)

## **Shafter Healthy Start Collaborative - KCNC Accredited**

Richland School District 331 Shafter Ave, Shafter, CA 93263  
FRC: Lerdo Hwy at South Valley Rd.  
Jesus Cordova (661) 746-8690  
Community meeting, 3rd Wednesday, monthly, 9 am (Dark in Dec.)  
at the Shafter Police Department, 201 Central Valley Hwy.

## **Southeast Neighborhood Partnership Collaborative - KCNC Accredited**

FRC: 1509 E. 11th St., Bakersfield, CA 93307  
Mario Gonzalez (661) 322-3276  
Collaborative meeting, last Thursday monthly, 10:30 am  
at the Martin Luther King Jr. Community Center

## **South Chester Collaborative - KCNC Accredited**

FRC: 800 Ming Ave, Bakersfield, CA 93307, (661) 631-5945  
Debbie Wood (661) 631-5895  
Community meeting, 3rd Thursday monthly, 9 am (call for location)  
(Dark in June, July, Aug.)

## **Taft Collaborative - KCNC Accredited**

Greater Westside "Together We Can"  
FRC: 915 North 10th St., #20, Taft, CA 93268  
Sandy Koenig (661) 765-7281  
Community meeting, 3rd Wednesday bi-monthly, 4 pm

## **Wasco Community Collaborative - KCNC Accredited**

Sunset Villas Community Center, 1950 Palm Ave, Wasco, CA 93280  
Brad Maberry (661) 758-7100  
Community meeting, 2nd Thursday monthly, 8:15 am (Aug. - June)

Updated 07.14.14



# How You Can Get Involved: Youth Suicide Prevention Awareness

*Suicide is currently the 3rd leading cause of death of California adolescents. In Kern County, there have been 14 suicide deaths of youth under age 18 years since 2009.*

During the month of September, Kern Cares & the Kern County Department of Mental Health reminds the community that youth suicide is preventable & everyone has a role in talking openly about depression, recognizing symptoms in youth, & empowering a youth to seek help. Listed below are some ideas on how to get involved whether professionally or personally & help save a life!

## If You Have A Few Minutes:

- Share materials on teen depression & warning signs of suicide available on the Kern Cares website with family & friends through e-mail, Facebook or Twitter.  
- **Kern Cares** [www.kerncares.org](http://www.kerncares.org)
- Publicize September 10 *World Suicide Prevention Day* on your website or blog. Brochures about World Suicide Prevention Day are also available in several languages.  
- **International Association for Suicide Prevention** [www.iasp.info/wspd](http://www.iasp.info/wspd)
- Talking about suicide does not cause someone to be suicidal. Help remove the stigma associated with suicide by bringing the subject out in the open & discussing what can be done to prevent it.  
- **Youth Suicide Prevention Program** [www.yspp.org](http://www.yspp.org)
- Tell a family who is experiencing depression about National Alliance on Mental Illness (NAMI) & its family support groups throughout Kern County.  
- **NAMI of Kern County** [www.namikerncounty.org](http://www.namikerncounty.org)
- Every time an individual gets depressed, the risk of suicide returns. Encourage help-seeking behaviors & continuation of treatment: *"Are you taking your medications?" "You are not alone in this. I'm here for you."*
- Reduce youth access to lethal means, such as guns, weapons, ropes, medications including Tylenol, & prescription medications.

## If You Have A Few Hours:

- Compile & distribute information about signs & symptoms of teen depression & how teen depression differs from adult depression to parents, schools, places of worship & organizations serving youths.  
- **American Academy of Child Adolescent Psychiatry** [www.aacap.org/cs/Depression.ResourceCenter](http://www.aacap.org/cs/Depression.ResourceCenter)
- Attend the 5th Annual "Out of the Darkness" Walk for Suicide Awareness & Prevention on September 13, 2014 at Beach Park. No registration fee.  
- **Register online:** <http://bit.ly/1A6MppL>
- Attend or host a Kern County Mental Health Department suicide prevention training in your community.  
- **Suicide Prevention Trainings** 661-868-6600
- Inform the media (print, radio & TV media) that they play a powerful role in educating the public about suicide prevention.  
- **Media Guidelines for Suicide** <http://reportingonsuicide.org>

- Check your family's medical history to know if there is any clinical depression or other mood disorders that may affect your teen.
- The most common psychiatric illness that ends in suicide is major depression. If you think your teen is depressed, do not ignore it. Share with her that you have noticed some signs of depression & what those signs are. Then make an appointment with your family physician & ask for a referral for a specialist in adolescent psychology.
- Prevention may be a matter of a caring person with the right knowledge being available in the right place at the right time. Familiarize yourself with suicide risk factors, warning signs & what to do in a crisis.  
- **Know the Signs** [www.suicideispreventable.org](http://www.suicideispreventable.org)
- Create referral resource sheet from your local community of support groups, mental health services & crisis hotlines.  
- **Kern County Mental Health Crisis Line** 1-800-991-5272  
- **Kern County Mental Health Department** 661-868-8142  
- **Henrietta Weill Memorial Child Guidance Clinic** 661-322-1021  
- **NAMI of Kern County** [www.namikerncounty.org](http://www.namikerncounty.org)  
- **National Suicide Prevention Lifeline** 1-800-273-TALK  
- **Support Group: Survivors After Suicide** 661-868-1552  
- **Attempters' Recovery & Mentor Support Group** 661-868-1551

## If You Have More Time:

- Be a part of a contributing member of Suicide Prevention Advisory & Resource Council (S.P.A.R.C.) to promote suicide awareness & prevention through education, events & trainings throughout Kern County.  
- **S.P.A.R.C.** [www.facebook.com/mhsparc](http://www.facebook.com/mhsparc)
- Organize a depression screening day in schools or workplaces. Visit the *National Depression Screening Day* website to register for online or telephone screening & for news releases & fact sheets on depression.  
- **National Depression Screening Day** [www.mentalhealthscreening.org/programs/community/ndsd.aspx](http://www.mentalhealthscreening.org/programs/community/ndsd.aspx)
- If you suffer from depression or feel overwhelmed, seek counseling for yourself. This will set a good example & help prevent occurrences of depression in other family members.
- Champion organizations that are increasing suicide prevention awareness & provide services for high risk youth by serving on their boards, providing financial or in-kind support.
- Encourage your local school board to implement school-based suicide intervention training & evidence-based screening programs at Kern County junior high & high schools.  
- **CDE Youth Suicide Prevention** [www.cde.ca.gov/lsc/cg/mh/suicideprevres.asp](http://www.cde.ca.gov/lsc/cg/mh/suicideprevres.asp)
- Be trained to be a "gatekeeper" for the youth in your community who are thinking about suicide. A gatekeeper is someone who is able & willing to help someone thinking about suicide get professional help.  
- **Kern County Department of Mental Health QPR & ASIST Trainings** 661-868-6600

*Our Children. Our Community.  
It's Our Responsibility*

Visit [www.kerncares.org](http://www.kerncares.org) & [www.facebook.com/kerncares](http://www.facebook.com/kerncares) each month to learn important prevention information & resources!

**Suicide can be prevented if  
a youth gets help!**

**If a youth needs to talk about suicidal feelings  
encourage him/her to call the 24 hour  
Kern County Mental Health Crisis Line**

1-800-991-5272 (Toll-free)

SPONSORED BY FIRST 5 KERN



FUNDED BY PROPOSITION 10

# Child/Infant CPR Courses

## FREE

FOR PARENTS, GRANDPARENTS, OR  
CHILDCARE PROVIDERS OF CHILDREN  
AGES 0–5

September 6<sup>th</sup>

October 4<sup>th</sup>

November 15<sup>th</sup>

December 6<sup>th</sup>

8:00 AM TO 1:00 PM

For registration details, call 661-852-7430.



McMurtrey Aquatic Center  
1325 Q Street  
[www.bakersfieldparks.us](http://www.bakersfieldparks.us)



CITY OF BAKERSFIELD  
**Recreation  
& Parks**

# Adoption Support Group

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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

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Lic. #157202794

**Kern Bridges Youth Homes • [www.kernbridges.com](http://www.kernbridges.com)**





Dena Murphy  
Director



*The 27<sup>th</sup> Annual Holiday Cottage  
Where Wishes Do Come True....*



Plans are underway for the 2014 Holiday Cottage which will once again be located at the East Hills Mall. County Licensed Resource Foster Families can expect to receive a letter in upcoming weeks with details on this year's Cottage and instructions on completing the wishes for the children.

For new foster parents the purpose of the Holiday Cottage is simple: to fill the wishes of children who are in foster care during the holiday season. **However, without the help of our Foster Parents we simply can't get the job done!** You will receive a letter and be asked to fill out a wish for each child placed in your home. We encourage you to talk to the kids when filling out the paperwork, so the wishes are gifts they would like to receive. Please keep in mind, the value of the gifts requested should not be more than \$50. Once the wish list is completed, you will return the form to DHS. The wishes will then be entered into our system, displayed at the Holiday Cottage location where the public will be encouraged to visit to fill a child's wish.

As soon as your child's wish is filled, we will call you to come and pick the gift up. Please pick it up promptly, as we do not have enough storage space to keep all the gifts received. And remember to bring the child's **MediCal** card and **your driver's license** so we can make sure we are sending the gift home with the right families!

Additionally, through the generosity of the community we have experienced the donation of gifts valued at \$200 or more, such as electronics and bicycles. These items need to be kept in your child's personal inventory. Once the Cottage has closed, we will be providing the child's social worker with a form that describes the gift the child received if the gift meets the criteria noted above for their permanent case file. We ask that you as the caregivers, according to licensing regulations (Title 22 Chapter 6:89226) also include that item in your licensing file under the child's itemized inventory of personal belongings. These extra steps will help endure gifts purchased for our children by the community actually become part of their personal belongings and will encourage them through your support and the support of their social worker to take personal responsibility for keeping track of their things.

We hope your holiday season is filled with joy, and we look forward to seeing you at this year's Holiday Cottage! For more information please contact the Outreach Office at 631-6600.

Tel 661.631.6000 Fax 661.631.6631 TTY 800.735.2929  
100 E. California Avenue P.O. Box 511 Bakersfield, CA 93302 [www.KCDHS.org](http://www.KCDHS.org)

*Kern County Department of Human Services is an equal opportunity employer.*





# Caregivers of Kern County

Foster a Child's Journey Home



PO Box 10051, Bakersfield, CA 93389  
(661) 345-2626

[ckckids.org](http://ckckids.org)

## Luau Surf's Up

**AUG/SEPT 2014 Edition**



### President's msg. cont...

Kathryn manned the food table and kept everything nice and neat. Gayla held down the cashier booth and Alice Meyer displayed all the raffle items beautifully. There was a share (50/50) too. We had a lot of Eagle members and the outside public in attendance. Everyone got to eat sub sandwiches, chips, fresh fruit, tea, and lemonade. Some had 2nds and even a little went home with those that didn't. Thank you sponsors Frito-Lay and Pepsico for donating the chips.

Family tickets were the big hit. At \$20 for the entire family allowed many more to attend. We want to thank all our vendors as well. There decorated booths added spice to our room. Esperanza Guzman did the stage decorating for us again this year. Her designs are always beautiful and fitting to the occasion. A very special thank you to all our sponsors,

Please everyone give kudos to Lori Murphy for making and donating the centerpieces. She did an outstanding job! Many thanks to everyone who donated melons, grapes, sandwiches and more.

Thank you everyone for all the fun and activities. A wonderful end to a great summer. *Opal*, CKC Pres.

### The Goals of CKC

- 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
- And fund raise, fund raise, fund raise!

### Meeting Spot – 1<sup>st</sup> Thursday of each Month 6pm

The Community Partnership Building  
Department of Human Services  
100 E. California Avenue, Bakersfield, CA

### Dear Caregivers,

What a fun event! Thank you membership for your participation. I saw many CKC and Aspiranet families enjoying this afternoon of fun. We had nail painting, tattoos, dancing, singing, Auti the autistic turtle, Lilo & Stitch and not to forget the BPD K9 dogs. Our DJ/MC Joey 'Zaza' Chavira kept the show running and exciting. He was a wonderful addition this day.

This annual event raised enough to purchase backpack and supplies helping out the DHS sibling event. Many of our families attend this special occasion so the kids can see each other. We also raised enough for our Farm Day Adventure with The Goen Family scheduled for September 13, 2014. Can't wait to see the new little piggies.

I am so proud of all the volunteers. Dahlia and

# WELCOME BACK TO SCHOOL.

## 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.

## Bakersfield College Thursday Evening Trainings

Date: 1<sup>st</sup> Thursday of each month immediately following the CKC meeting. You must pre-register by 6:15 p.m. You will then receive 1.5 hours of training.

**Bakersfield College**

**Foster & Kinship Care Education and Training Schedule  
Caregivers of Kern County (CKC) Training  
2014-2015**

### Address:

- Kern County Department of Human Services
- Prevention & Community Partnership Building (Corner of Tulare and Butte Streets)
- 100 E California Avenue
- Bakersfield, CA 93307

**Child Care?** Child care is available at \$5 per family

**Pre-Register:** Mary Halberg, Program Manager BC Family and Consumer Education Division

Telephone: Registration Line 661-319-1836 or Mary @ 661-395-4737

### FREE TRAINING

Date	Time	Topic	Facilitator
9/4/14	6:30-8:00 pm	Asthma & Respiratory	American Lung Assn.
10/2/14	6:30-8:00 pm	ADHD Training	DianSchneider, ResourceSpecialist H.E.A.R.T.S. Connection
11/6/14	6:30-8:00 pm	Adoption/Guardianship	GailAchuff, KCDHS Social Worker
12/4/14		NO TRAINING Holiday Cottage	N/A
1/1/15		NO TRAINING New Year	N/A
2/5/15	6:30-8:00 pm	Nutrition & Obesity - Cultural	Rochelle Anzaldo, RD
3/5/15	6:30-8:00 pm	Working with Bio Parents	MelissaBradex, Educator and Former Foster Youth
4/2/15	6:30-8:00 pm	Mental Health Schizophrenic	Via Turjanis, MFT
5/7/15	6:30-8:00 pm	M.A.R.E. Volunteer Program	DebbykateKroeger, M.A.R.E. Program
6/4/15	6:30-8:00 pm	Kern Regional Services	KRC Representative

[questions@ckckids.org](mailto:questions@ckckids.org)



## Our CKC 2014 Board Officials

### Board Members

President	Opal Morland
Vice President	Jean Miller
Secretary	Lori Murphy
Treasurer	Gayla Gibson
Chaplain	Betty Nieto
Parliamentarian	Alice Esqueda

### Committee Chairs

Auditor – Ruth Mora
Membership Chair - Jean Miller & Bettie Nieto
Event Committee – Kim Stallion, Alice Meyer
Editor-Robert Geltman
Layout-Opal Morland

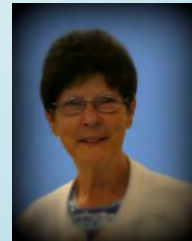
## KC CAREGIVER BOARD



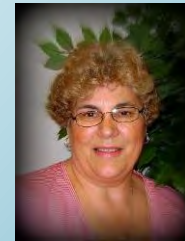
Opal Morland/President



Jean Miller/V.P.



Bettie Nieto/Chaplain



Gayla Gibson/Treas.



Lori Murphy/Sec.



Alice Esqueda/Parliamentarian



Ruth Mora/Auditor

***Don't forget to pay your dues! Thank you***

### UPCOMING EVENTS

**Sept. 13 – Farm Day BBQ**

**Oct. 23 – Halloween Party TBA**

**Oct. 31 – Harvest Party TBA**

**Dec. – Christmas Party TBA**

**FUN IN THE SUN! AND IN THE LIVES OF OUR FAMILIES... SEE YA AT FARM DAY!**



## Caregivers of Kern County Upcoming Special Events

*All Foster/Adopt/Kinship Families Welcome*

*With paid up Membership Dues*

**September 13, 2014 – Saturday** Farm Day & BBQ potluck, 4-8pm Bettie Goen and family has invited CKC foster families to share an evening on the farm.

RSVP (661) 345-2626 or (661) 332-5129 6953 Houghton Road off Ashe

Please bring according to your last name. CKC will provide the main dish and cutlery.

A-G Side dish

H-R Salad & bread

S-Z Desserts

*Bettie says be sure and bring your swimsuit and towel if you want to swim!*

**November 15, 2014 –Saturday** Foster Parent/Community Partner Recognition. This event is from 5-7pm at Tony’s Pizza on Coffee/Hageman. Two recipients will receive a \$50 gift card for their outstanding service for this 2014 year. CKC will provide dessert for this event. Please submit your nomination to [opalrosemorland@att.net](mailto:opalrosemorland@att.net) by October 31, 2014.

### Nomination Form Sample

Nominee _____ Address _____ Phone _____	
____Foster/adopt/relative caregiver <b>or</b> ____Community Partner (Please check one)	
I nominate this outstanding person because he/she	
Nominated by _____	Date _____

**Oct. 31 – Harvest Party** 5-7pm Valley Baptist Church Free to all

**November 11, 2014 Tuesday Veterans Day**

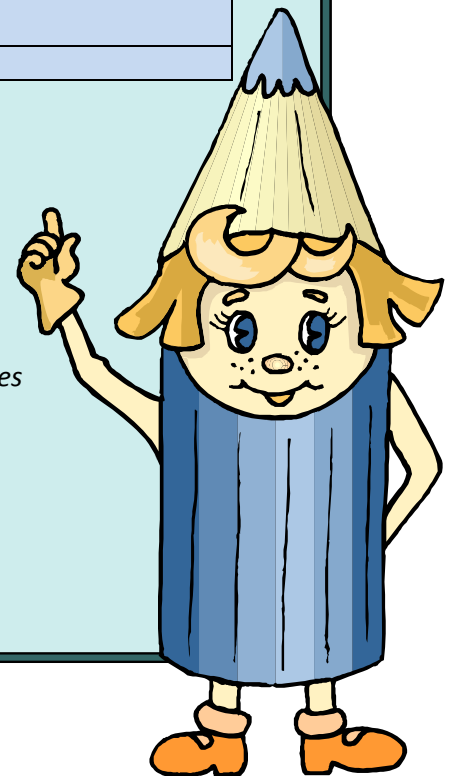
**December 4, 2014- CKC Officer Elections**

**December 2013** Annual Christmas Celebration TBA

*Want to be a CKC Member. The membership fee is \$40 dollars per year per family. Where does the money go? All monies go back into your local CKC group to help with Events for our kids and families*

#### Benefits of Membership:

- Free Local Training by Bakersfield College
- Free Events for children and adults
- Support of other foster/adopt/kinship families
- Voices heard by KCDHS and other collaboratives
- Annual Family events and outings
- Plus first chance sign up for our Special Events







# Kinship Tutor Time

Wednesdays (3-5 pm)  
Begins September 3

Come join us for Child Guidance Tutor Time, a place for your kids to receive personalized, one-on-one attention with tutors and assistance in homework completion.  
For children in grades 1<sup>st</sup> through 7<sup>th</sup>.



Henrietta Weill Memorial Child Guidance Clinic 3628 Stockdale Hwy. Bakersfield, CA. 93309

For questions Please Call Kristi @ 661-322-1021



# Independent City

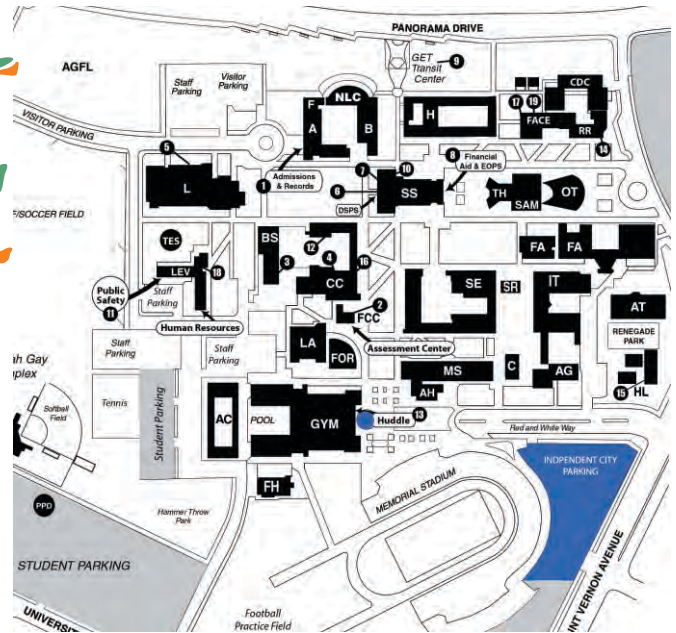


Independent City  
 Saturday, October 18, 2014  
 9:00 am - 4:00 pm  
 Bakersfield College Campus

For Independent Living Program  
 foster youth at least 16 years old

Get ready to find out what life as an independent adult feels like as you navigate a city to complete independent living tasks such as:

- getting a job
- turning on your household gas and electric
- opening a savings/checking account
- and much more!



For information or questions call  
 your ILP or Cal-Learn worker  
[kcdhs.org/ilp](http://kcdhs.org/ilp)



## Chance to Win PRIZES!

- ◆ ELECTRONICS
- ◆ BIKES
- ◆ GOODIE BASKETS
- ◆ MUCH MORE
- ◆ \$25 ILP Gift Card  
 for Kern County ILP Youth
- ◆ \$25 Trust Fund Incentive  
 for Kern County ILP Youth

Are you ready for...

For ILP & Cal-Learn youth at least 16 years old

Independent City 2014?

**B•INDEPENDENT**

If you answered "Yes," then join the Department of Human Services Independent Living Program, Cal-Learn Program, Bakersfield College, Kern High School District, and KC Probation at **Bakersfield College Campus on Saturday, October 18, 2014 from 9:00 am - 4:00 pm.** Get ready to find out what life as an independent adult feels like as you navigate a city to complete independent living tasks such as:

- getting a job
- turning on your household gas and electric
- opening a savings/checking account
- and much more!

Morning snack and lunch will be provided, so you just need to get to Bakersfield College.

**Independent City**  
**Saturday, October 18, 2014**  
**9:00 am - 4:00 pm**  
**Bakersfield College Campus**

You have been selected to attend this worthwhile event. In order to sign up simply complete and return the bottom portion of this form with envelope included, to the Department of Human Services by

**Friday, October 10, 2014**

For questions or to sign up by phone,

<b>Andrea Martinez</b>	<b>631-6854</b>	<b>Keith Hollins</b>	<b>631-6859</b>
<b>Francisco Martinez</b>	<b>631-6206</b>	<b>Stacy Loyd</b>	<b>636-4246</b>



**Independent City Deadline to sign up is Friday, October 10, 2014**



Your Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address (include City and Zip) \_\_\_\_\_

Foster Care                      Phone \_\_\_\_\_  
 Probation  
 Cal-Learn

Name of your SSW/Probation Officer \_\_\_\_\_

**For ILP & Cal-Learn youth at least 16 years old.**

**UPCOMING ILP EVENTS IN 2014 – Contact Your Independent Living Program  
Social Service Worker to Secure Your Attendance**



**Independent Living Program**

**SEPTEMBER 24, 2014**

***Housing Workshop/ 4-6 pm at Career Resource Dept. (CRD)***

*Do you have what it takes to live on your own?*

*What are your options?*

**OCTOBER 7, 2014**

***Tier I Life Skills Orientation/Intake***

***5-5:45 pm at CRD***

***Tier II Life Skills Orientation/Intake***

***5-6:30 pm at CRD***

**OCTOBER 14th - DECEMBER 4th**

***TIER I Classes/ 5-6:30 pm at CRD***

***Sophomores/Juniors***

**OCTOBER 14-DECEMBER 11**

***Tier II Classes/ 5-6:30 pm at CRD***

***Seniors***

**OCTOBER 18, 2014**

***INDEPENDENT CITY***

***Bakersfield College***

***9:00am-4:00pm***

**NOVEMBER**

***Guardian Scholars Walk by CSUB***

***Event Details to be determined***

***AB-12 Workshop***

***Seniors only – date/time to be determined.***

**DECEMBER 3, 2014**

***Health/Sex Education Workshop (Females)***

***4-6 pm at CRD***

**DECEMBER 10, 2014**

***Health/Sex Education Workshop (Males)***

***4-6 pm at CRD***



### Back to School Tips for Adolescents

It's time. Your school year is here! How do you feel about it? Good? Bad? Indifferent? I'd like to note the answer to this question matters. How you feel about the upcoming school year matters—A LOT! If you have a positive feeling about the school year, if you look forward to positive outcomes this year, you are FAR more likely to have a good year and achieve those positive outcomes than if you don't. So, OK, maybe I get it's not always as easy as saying, "I'm going to have a great year!" Maybe, just maybe, there's more involved in the process. ABSOLUTELY! Still, positive statements, thoughts, etc. is where we start and, throughout this article, we'll look at some additional ways you can help yourself in having a really great school year!

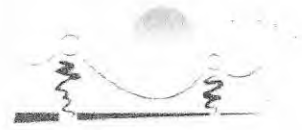
- Set goals and mean it!-Think about the upcoming school year. What do you want to get out of it? Do you want to achieve higher grades? Do you want to be more active with school activities? Whatever your goals might be, it's important you set goals in a helpful way. How do you do this? Three steps: 1. Define your goals clearly. 2. Don't set yourself up for failure! Make goals you know you can reach! Also, achieving one to two goals at a time, instead of, working towards many, many goals all at once can result in more positive results! 3. Create a special way to remind yourself of your goals so they stay in your mind. You can do this by creating a list of your goals, framing the list and hanging it in your room. Or, you can write your goals on Post Its and place the Post Its in several areas where you will see them daily (i.e., on the mirror, on your closet door, etc.).
- Be Prepared!-You know how you work. You know what is expected of you for each class. If you need to write "To Do" Lists, write them! If you need to read an assigned reading a couple of times to get all of the information, read the assignment twice! If you have a project coming up and you need to sketch out a plan to complete it, start sketching early! The more prepared you are to complete what needs to be done, the less stress you will be dealing with and the more productive you will be!
- Focus!-There's a time for play and there's a time where you must remind yourself of what you are trying to achieve and focus on that! If you get off track while working towards a goal, don't give up! Take a minute, regroup and start again!
- Set your mind on solutions!-Consider the following: If something in school is stressing you out, think back to what's worked before in similar situations to deal with the problem or relieve the stress. Focus on what works. Imagine the problem was solved. What would that look like? Is there any step you can take to make a tiny bit of that solution happen?
- Ask for help! It's totally fine to do so!-If you start to feel you are falling behind, if you start to feel things just aren't working out, it's alright to search for assistance. Talk to your parents, teachers, school counselor or someone you feel can help talk you through the rough times and guide you towards achieving your goals.
- Don't get too stressed out! Take care of yourself!-So much can be expected of you at this age! There are so many demands for your time, thoughts, energy, etc. Remember you are a human being! When things feel "heavy," it's usually because they are and those moments are good moments to just take some time for you to relax! Put on some music and just listen! Exercise! You can focus and work on achieving goals and be kind to yourself all at the same time! Try to develop a healthy balance between working towards educational goals and taking care of you!





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COUNTY OF KERN  
MENTAL HEALTH DEPARTMENT  
William P. Walker, LMFT, Interim Director



*Working together toward  
Hope, Recovery and Independence*

The hope here is these techniques and suggestions will help guide you to a few different ways of thinking and behaving that might result in real positive results for your educational career! It can be rough, no doubt! Still, the results you can achieve if you give your education all of your best efforts are fantastic and can have lifelong benefits! It's also important for you to know, should you ever feel the stressors, demands, etc. you are experiencing are too overwhelming and you require professional assistance, please do not hesitate to contact the Kern County Mental Health Crisis Hotline at 1-800-991-5272. Best wishes!



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3300 Truxtun Ave. • P.O. Box 1000 • Bakersfield, CA 93302  
Voice: (661) 868-6600 • FAX: (661) 868-6666 • TTY Relay: 1-800-735-2929



# You Can Achieve Your **DREAM**

**FYS TUTORING PROGRAM IMPROVES THE QUALITY OF EDUCATION FOR KERN FOSTER YOUTH THROUGH ACADEMIC MENTORING.**



Foster Youth Services, in coordination with the Kern County Superintendent of Schools, is once again offering after-school tutoring opportunities at the Dream Center, M-TH.

- Math
- Reading
- Writing
- Science
- Homework Help
- Studying for Exams
- CAHSEE Exit Exam
- College Planning

We provide junior high and high school youth residing in foster placements a fun atmosphere where they can meet with a Professional Teacher and get assistance with Math, Reading and much, much more!

Tutoring programs like FYS Tutoring program have been shown to be one of the most effective approaches to stabilizing educational transitions for children in foster care. In fact, students who participated in FYS Tutoring program . last year showed an average academic gain of one year and three months in six months of tutoring. These students also showed tremendous gains in their STAR math and reading results.

Please call for more information or to register.



Academic Mentoring  
1212 18th Street  
Bakersfield, CA 93301  
[www.kcnc.org/dream](http://www.kcnc.org/dream)

(661) 636-4488  
(661) 636-4501 Fax



## Enterovirus (EV) D68

**Enterovirus (EV) D68:** is a new virus that can cause mild to severe respiratory illness. Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches. **Most** of the children who got very ill with EV-D68 infection in Missouri and Illinois had difficulty breathing, and some had wheezing. Many of these children had **asthma** or a history of wheezing.

**Treatment:** There is no specific treatment for people with respiratory illness caused by EV-D68. There are no antiviral medications currently available for people who become infected with EV-D68. Some people with severe respiratory illness may need to be hospitalized to receive supportive care such as oxygen and inhalation therapy.

You can help protect yourself and your children by following these steps:

- ☑ Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- ☑ Avoid touching eyes, nose and mouth with unwashed hands.
- ☑ Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- ☑ Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- ☑ Keep children home if they are ill.
- ☑ Ensure that all children with asthma have up to date medications and enough inhalers/nebulizers to provide treatment to the child wherever he/she may go.
- ☑ There are also no vaccines for preventing EV-D68 infections.

This information is compiled from the CDC website: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>