

# Recruitment - Development - Support

NEWSLETTER  
SUMMER 2017

(QUARTERLY NEWSLETTER FOR KERN'S RESOURCE FAMILIES)

## Ombudsman's Corner

May is Foster Care Awareness Month and in 1988 President Reagan issued the first presidential proclamation that established May as National Foster Care Month – a time to recognize the role each of us plays in the lives of children and youth in foster care.

In the United States, there are thousands of children in foster care, children that long for a family and a place they can call home. They can be found living in almost every community. A child without a family doesn't care what subdivision or school district someone lives in; they don't care if their foster parent is a doctor or a janitor – they just want a home where they can be loved, accepted and well cared for.

So, as we honor you, the foster caregiver, I'd like to personally thank you for the putting yourself second so our foster children and youth can be put first. Thank you for continuing to provide for children you may not have had a prior connection with and thank you for opening your homes that offer new opportunities and much needed physical and emotional support to a vulnerable population. Kern County is blessed to have people like you who step up and dedicate their lives to helping others, whether it be on an emergency, short-term basis or someone seeking to adopt, we appreciate you partnering with us to make a difference in the lives of children in our city.

I hope this message has stirred your heart enough to encourage you to invite others you may know to stand up for a child today and get involved as foster parents/resource families, volunteers, and mentors. Simply stated, our county would not be successful without you and the social workers that devote themselves to the children and families in need.

Juan Rocha



## Introducing....

The Department of Human Services is pleased to introduce our new Resource Family Specialist Melissa Bodirsky. Melissa will be acting as a liaison in assisting resource families with concerns of placement, transitioning with the Resource Family Approval (RFA) process and connecting resource families to community services. Melissa will also assist in coordinating recruitment and retention events. With experience as a social worker in Family Services, Melissa understands the vital role that our resource families play in providing a safe and nurturing home for our youth. Melissa will also work on implementing events that provide an outlet for resource families to collaborate and build support with each other. This position was created to offer resource families support and to advocate on their behalf.

Please contact Melissa about any questions or concerns that you may have at (661) 873-2382 or come in to the Columbus Center at 3711 Columbus St. 93306.

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*



## ***Resource Family Appreciation Dinner***

DHS' annual Resource Family Appreciation Dinner was held on Thursday, May 4<sup>th</sup> 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. Rob Mitchell, author of "Castaway Kid" was the guest speaker for the evening. Mr. Mitchell's story of growing up in a children's home shed light on the challenges that children in the foster care system face, as well as the challenges faced by those that provide care for them. In addition to being an author, Mr. Mitchell is also a successful businessman who earned recognition as one of America's top Investment Consultants in 2002. Mr. Mitchell was also gracious enough to gift copies of his book for all the dinner attendees and was available to autograph them. In addition to Mr. Mitchell's 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.



## ***Free Movie Event***

Bakersfield College Foster & Kinship Care Education Program is hosting a free movie event at Maya Cinemas on June 17, 2017. The featured movie, "Resilience: The Biology of Stress and the Science of Hope," uncovers the detrimental effects that stress has on the body for children affected by abuse and neglect.

Resource parents will receive 2 hours of on-going training and a separate movie will be provided at the same time for children 3 years and older. Show time is from 10 AM to 2 PM. For further information or to register call (661) 319-1836 or (661) 395-4737.

Please refer to attached flier for detailed information.

## ***RFA Reminder***

Under the Resource Family Approval process, all current licensed homes without a placement in 2017 or an approved home study have until December 31, 2017 to take placement in order to remain an active county home. After December 31, 2017, all licensed homes who do not meet the above criteria will have their licenses considered forfeited. Licensed County Homes who have had at least one placement during 2017, have until December 31, 2019 to be fully approved under the RFA process. Please contact your LPA for more information or call us at (661) 631-6204 and ask to speak to the Worker of the Day.



## ***Vacation Time***

As the time for vacations approaches, 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. 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 for more information.

For relative/non-relative caregivers who plan on making alternate care giving 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.

## ***Summer Safety Tips***

As the weather warms up, the swimming pool becomes the popular outlet to cool off and have fun. Water safety then becomes important to all adults caring for children. Be mindful that drowning is the leading cause of injury-related death among children ages 1-4, but regardless of age, every child should be safe while in the water. Here are some ways to ensure that swimming is as safe as it is fun:

- \* Actively supervise children in or around bodies of water.
- \* Educate your children about swimming safety.
- \* Be knowledgeable about swimming aids and what to use for your child's age/development.
- \* Learn or stay up to date with CPR training.

See the attached flier "Swimming Safety Tips" for more information.

## ***ARC Program Update***

Effective August 2017, the benefits schedule for the ARC Funding option program will change. Additionally, benefit issuance dates will fluctuate. Here is the list of dates:

- August benefits will be paid after **8/10/17.**
- September benefits will be paid after **10/19/17.**
- October benefits will be paid after **11/1/17.**
- November and ongoing benefits will be paid after the 1<sup>st</sup> of each following month.

Please be mindful of these changes and plan accordingly. You may want to save a portion of the next few payments to prepare for this change.

If you have any questions, please call ARC Foster Care Social Worker Patricia Johnson at (661) 873-2348.





## ***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) 322-1021.

**NEW!!** Henrietta Weill Memorial Child Guidance Clinic has an app for your phone! This app provides everyday tools for children dealing with a variety of issues. Users can also get parenting tips and information on upcoming events. Just search **HWMCGC** in the Google Play or App Store.

## ***Purple Ribbon Month***

The Department of Human Services, with support from First 5 Kern, the Kern County Network for Children, and our local public safety & community partners, ask that "Purple Ribbon Month" be proclaimed in memory of Kaitlyn Marie Russell. The Kern County Board of Supervisors proclaims Purple Ribbon Month in July. Events will be planned across Kern County to raise public awareness about "Kaitlyn's Law", passed in 2001, that makes it a citable offense for parents to leave children under the age of 6 unattended in a motor vehicle without the supervision of someone at least 12 years of age. The Law was named for 6 month old Kaitlyn Marie Russell, who died in 2000, after being left behind in a hot van by a caregiver.

July is Purple Ribbon Month in memory of Kaitlyn and all the children who have lost their lives to preventable injuries in and around cars, and in order to educate and increase public awareness about all of the dangers of leaving children unattended in or around motor vehicles.

See attached flier for detailed information



### ***Be On The Lookout***

The Department of Human Services will be hosting another family movie night at Maya Cinemas on July 15th, 2017. The featured movie is *Despicable Me 3*. Please look out for the invitation. We hope to see you there!

#### **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) 631-6876

**We're on the Web!**

[www.co.kern.ca.us/dhs/FosterFamilyResources/](http://www.co.kern.ca.us/dhs/FosterFamilyResources/)

## **Thursday, May 11, 2017**

**Time:** 6:00pm-8:00pm

**Location:** Weill Institute, 2100 Chester Ave., Room 101

**Topic:** *Caring for Children with Severe Emotional Needs Level 2*

Caring for Children with Severe Emotional / Behavioral Needs is a specialty training required for caregivers receiving a Special Care Increment (SCI) from the Kern County Department of Human Services. Presented by Becky Colaw, M.S.

## **Wednesday, May 24, 2017**

**Time:** 10:00am-12:00pm

**Location:** Weill Institute, 2100 Chester Ave., TBA

**Topic:** *Prudent Parenting*

“If you are in doubt about who can care for your children and where your children can go please attend this class for foster parents. When caring for another person’s child it is very important to know who can care for the children, where they can go, what they can do. Come be informed!!”

Presented by Gayla Gibson, Foster Parent, Relative Caregiver and Caregivers of Kern County Member



## **Tuesday, June 6, 2017**

**Time:** 6:00pm-8:00pm

**Location:** Weill Institute, 2100 Chester Ave., TBA

**Topic:** *Correcting Behavior*

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.

Presented by Becky Colaw, M.S.

## **Saturday, June 17, 2017**

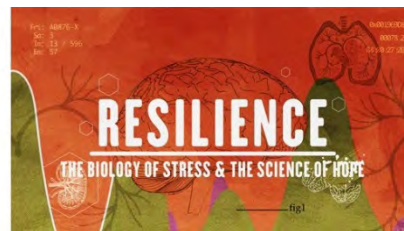
**Time:** 10:00am-12:00pm

**Location:** Maya Cinema, 1000 E. California Ave

**Topic:** *Community Movie Screening: Resilience*

“The child may not remember, but the body remembers.” The original research was controversial, but the findings revealed the most important public health findings of a generation. RESILIENCE is a documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress.

\*Free Event



## **Tuesday, June 27, 2017**

**Time:** 5:30pm-7:30pm

**Topic:** *Finding the Middle Path: Providing Trauma Informed Care in a Traumatizing Culture*

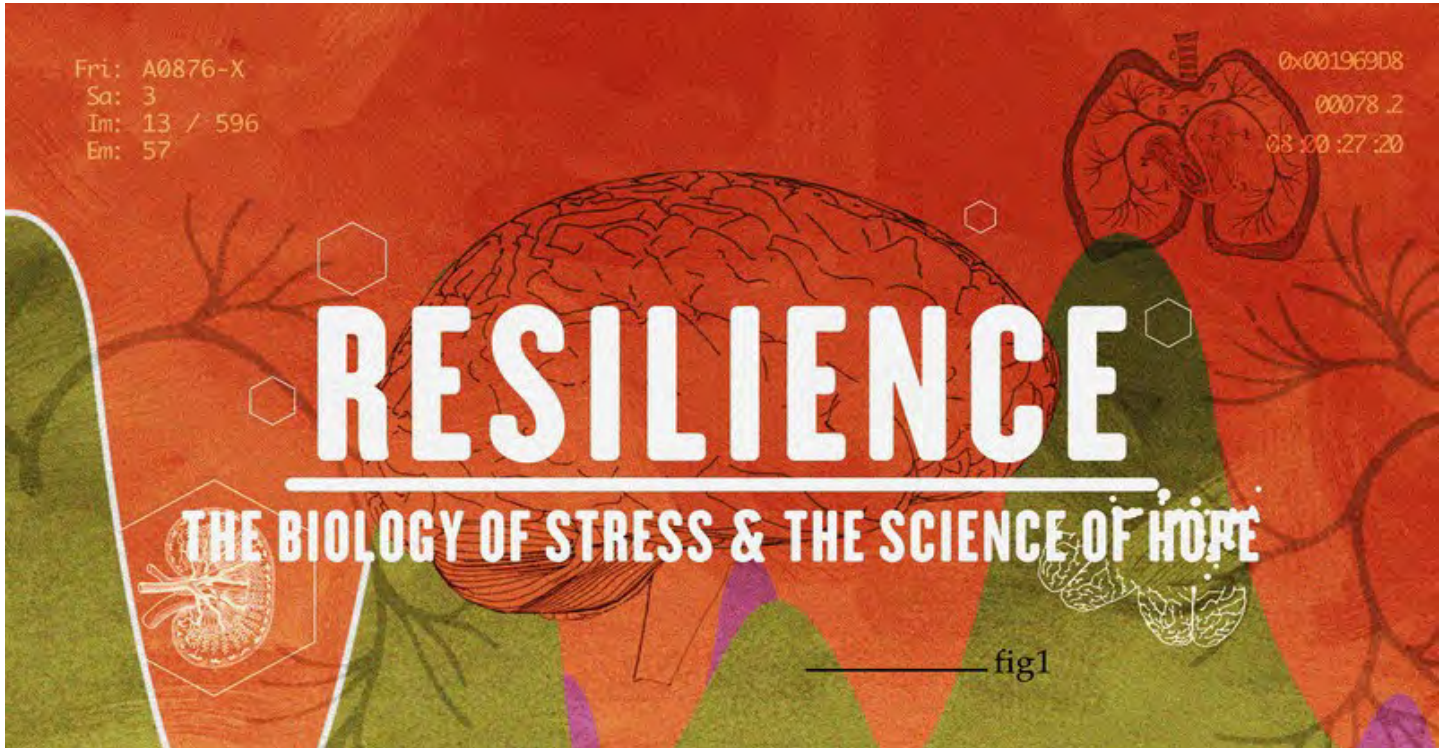
Presented by Cherilyn Haworth-Price, M.S.W., L.C.S.W.

**The classes being offered will fulfill training hours**  
**Pre-Register: (661)319-1836 or (661)395-4737**  
**[www.bakersfieldcollege.edu/fkce](http://www.bakersfieldcollege.edu/fkce)**



# Free Movie Event **BAKERSFIELD COLLEGE**

Hosted by Bakersfield College  
Foster & Kinship Care Education Program



**Date: June 17, 2017**

**Time: 10am-12pm**

**Location:**

**Maya Cinema**

**1000 California Ave.**

**Bakersfield, CA 93304**



**A separate movie  
for children 3+ will  
be presented at the  
same time.**



**For more information or to register call**

**661-319-1836 or  
661-395-4737**

Resource Parents will receive 2 hours of on-going training hours.

**“THE CHILD MAY NOT REMEMBER, BUT  
THE BODY REMEMBERS”**

Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. *Resilience*, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose.

*new!*

# California Car Seat Law Changes

EFFECTIVE JANUARY 1, 2017



## NEW ADDITION

Starting January 1, 2017, children under 2-years old must be rear-facing unless they weigh 40 pounds or more, or are 40 inches tall or more.

Children must be properly buckled in a car seat which is **rear-facing until age 2**

## CURRENT LAW

Children under age 8 must be buckled into a car seat or booster in the back seat.

Children age 8 or older, or who are 4'9" or taller, may use the vehicle seat belt if it fits properly with the lap belt low on the hips, touching the upper thighs, and the shoulder belt crossing the center of the chest. If children are not tall enough for proper belt fit, they must ride in a booster or car seat.

Everyone in the car must be properly buckled up.

Most children will outgrow an infant seat before age 1

- The next step is a convertible car seat.
- Rear-facing is 5 times safer than forward-facing.
- The American Academy of Pediatrics recommends that children ride rear-facing to the highest weight or height allowed by the car seat manufacturer.

## Kaitlyn's Law

It's against California law to leave a child under the age of seven alone in the car without the supervision of a person at least 12 years old if:

1. The keys are in the ignition or the car is running, or
2. There is a significant risk to the child.

## FINES & PENALTIES

For each child under 16 who is not properly secured, parents (if in the car) or drivers can be fined more than \$500 and get a point on their driving records.

Keep your children safe. It's the law!



For answers to your child safety seat questions, contact your local health department or visit [cdph.ca.gov/vosp](http://cdph.ca.gov/vosp).  
**kernpublichealth.com • 321-3000**





*nuevo!*

# Cambios a la Ley de Asientos de Seguridad de California

EFFECTIVO EL 1 DE ENERO DE 2017



## ¡NUEVA ADICIÓN!

A partir del 1 de enero de 2017, los niños menores de 2 años de edad deberán orientarse hacia atrás a menos que pesen 40 libras o más, o midan 40 pulgadas de estatura o más.

Los niños deben estar apropiadamente asegurados en un asiento de seguridad orientado hacia atrás hasta que cumplan los 2 años de edad

## LEY ACTUAL

Los niños menores de 8 años de edad deben estar asegurados en un asiento de seguridad o asiento elevado en el asiento de atrás.

Los niños de 8 años de edad o más, o que miden 4 pies 9 pulgadas o más, pueden usar el cinturón de seguridad del vehículo si encaja bien, con el cinturón de las faldas en el nivel más bajo de la cadera, tocando el nivel más alto de los muslos, y el cinturón del hombro cruzando por el centro del pecho. Si los niños no son lo suficientemente altos como para que el cinturón los proteja bien, deberán usar un asiento elevado o asiento de seguridad.

Todos los pasajeros del vehículo deben usar el cinturón de seguridad apropiadamente.

La mayoría de niños ya no entrarán en un asiento de bebés antes de cumplir un año de edad

- El siguiente paso es un asiento de seguridad convertible.
- La orientación hacia atrás es 5 veces más segura que la orientación hacia adelante.
- La Academia Americana de Pediatría recomienda que los niños usen asientos de seguridad orientados hacia atrás hasta que lleguen al peso o estatura máximos permitidos según las indicaciones del fabricante.

## Ley de Kaitlyn

En California es ilegal dejar a niños menores de siete años de edad solos en el automóvil sin la supervisión de una persona de por lo menos 12 años de edad si:

1. las llaves están en el contacto de arranque o el automóvil está encendido, o
2. existe un riesgo significativo para el menor de edad.

## MULTAS Y PENALIDADES

En California, por cada niño menor de 16 años que no esté apropiadamente asegurado, los padres (si están en el vehículo) o conductores recibirán una multa de más de \$500 y un punto en su registro de conductor.

Mantenga la seguridad de sus hijos. ¡Es la ley!



Si tiene preguntas sobre el asiento de seguridad de su hijo, contacte a su Departamento de Salud local o visite el sitio web [cdph.ca.gov/vosp](http://cdph.ca.gov/vosp).

[kernpublichealth.com](http://kernpublichealth.com) • 321-3000





# Suggested Questions to Ask

Whether you're abstinent (not having any sex), thinking about having sex, or already sexually active, it's important and okay to talk about abstinence, sex, various birth control methods, sexually transmitted infections (STIs), and relationships with a trusted adult. To help you open up a conversation about these important issues, included are some suggested questions you may want to ask. Topics for discussion include...

- » Talking With Your Caregiver, Parent, Mentor, Teacher
- » Talking With Your Social Worker, Probation Officer, Attorney, and CASA
- » Talking With Medical Professionals
- » Talking With Your Partner



## Talking With Your Caregiver, Parent, Mentor, Teacher

- » How do I know if I'm ready to have sex?
- » How can I show affection to my partner without having sex?
- » My boyfriend/girlfriend is jealous, is this a normal way of showing their love toward me?
- » What is consensual sex?
- » What is date rape?
- » Can I choose abstinence after I already had sex?
- » What is the difference between sex and sexuality?
- » Am I gay if I have a same sex crush?
- » I feel like my partner is pressuring me to have sex, what should I do?
- » I'm being hit, hurt, or threatened to have sex, what can I do?
- » Is touching myself wrong? Is it okay to masturbate if I'm in a private place (such as my bedroom or bathroom)?

## Talking With Your Social Worker, Probation Officer, Attorney, and CASA

- » I need information about pregnancy prevention, treatment of a pregnancy, or an abortion. How can I get this information?
- » What rights do I have if I'm pregnant and in foster care?
- » What information will I need when I visit the doctor?
- » Does my caregiver have the right to take away my birth control and/or condoms from my personal property?
- » Can I personally consent to own medical care related to pregnancy testing, birth control, abortion, or HIV counseling?
- » Can I visit a Doctor on my own to get tested for an STI?
- » How does someone know they are transgender?
- » Can I sleep in a room or use the restroom based on the gender I identify with?
- » My caregiver wont take me to the doctor to get on birth control. Can you help me with this?
- » Can someone force me to go on birth control?

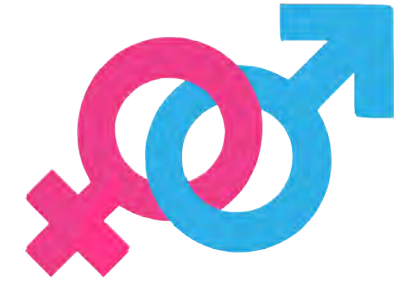
## Talking With Medical Professionals

- » How do I know what birth control method is right for me? What are the common side effects of the different birth control methods?
- » Will birth control or condoms keep me from getting pregnant 100%?
- » Will my caregiver or parent know if I decide to use a birth control? Do I need approval from my social worker to obtain a birth control?
- » I had unprotected sex, should I get tested for an STI and/or pregnancy?
- » If I tested negative for having an STI or HIV, does that really mean I'm negative?
- » Is it possible to have an STI and have no symptoms?
- » Do STIs go away with medical treatment?
- » If I have oral sex, can I catch an STI?
- » What is emergency contraception and how can I get it?
- » Do I need to use birth control or condoms if I'm transgender?
- » Do condoms tear or break easily?
- » What's the correct way to put on a condom?



## Talking With Your Partner

- » I choose to remain a virgin. Will you respect my decision? How do you feel about this?
- » How do you feel about using a condom when having sex?
- » Have you ever tested positive for an STI? If so, were you treated?
- » Do you have other sex partners?
- » How do you feel about abortion?
- » How do you feel about the responsibilities of parenting?
- » Are you on any form of birth control?
- » Have you had any STI in the past six months?



## Know Your Sexual and Reproductive Health Rights



# Your Sexual and Reproductive Health Care and Related Rights

Do you know your rights when it comes to your sexual and reproductive health? Unfortunately, many youth and young adults in foster care don't know their rights and don't get the care or services they need because of fear, embarrassment, or misinformation. This handout was developed to inform you of your sexual and reproductive health care rights.

1. You have the right to receive medical services, including reproductive and sexual health care.
2. You have the right to personally consent to or decline medical care (without the need for consent from a parent, caregiver, guardian, social worker, probation officer, court, or authorized representative) for:
  - a. The prevention or treatment of pregnancy, including contraception, at any age, (except sterilization),
  - b. An abortion, at any age,
  - c. Diagnosis and treatment of sexual assault, at any age, and
  - d. The prevention, diagnosis, and treatment of sexually transmitted infections (STIs), at age 12 or older.

## KNOW your RIGHTS

The information provided to you shall be appropriate based on your age and/or developmental level and shall be medically correct, factual and objective.

3. You have the right to have access to information about:
  - a. Reproductive and sexual health care,
  - b. The prevention of unplanned pregnancy including abstinence and contraception,
  - c. Abortion care,
  - d. Pregnancy services, and
  - e. The prevention, diagnosis, and treatment of STIs, including but not limited to the availability of the Human Papillomavirus (HPV) vaccination.
4. You have the right to transportation to reproductive and sexual health-related services. Your caregiver should arrange for and/or provide timely transportation to medical appointments since many reproductive health services are time-sensitive (such as emergency contraception or an abortion).
5. You have the right to obtain, possess and use the contraception of your choice, including condoms.
6. You have the right to have private storage space and to be free from unreasonable searches of your belongings. Your contraception cannot be taken away from you as part of a group home discipline program or due to your caregiver's religious beliefs, personal biases and judgments.
7. You have the right to choose your own health care provider, provided that payment for the health-related service is authorized.
8. You have the right to fair and equal access to all available services, placement, care, treatment and benefits. You also have the right to not be subjected to discrimination or harassment based on your actual or perceived race, ethnic group identification, ancestry, national origin, color, religion, sex, sexual orientation, gender identity, mental or physical disability, or Human Immunodeficiency Virus (HIV) status.
9. You have the right to independently contact state agencies, including the Community Care Licensing Division of the California Department of Social Services and the state Foster Care Ombudsman, regarding violations of your rights. You have the right to speak to representatives of these offices confidentially, and to be free from threats or punishment for making complaints.
10. You have the right to have your personal rights explained and provided to you in a manner that you understand.



The medical services you consent to shall remain confidential between you and your health care provider under the Health Insurance Portability and Accountability Act and will not be shared with other individuals without your written consent. You are allowed to receive private examinations or treatment unless you request otherwise.

### RESOURCES:

**California Office of the Foster Care Ombudsman** – To file a complaint regarding an alleged violation of your rights concerning your care, placement, or services contact the Ombudsman at [www.fosteryouthhelp.ca.gov](http://www.fosteryouthhelp.ca.gov) or call 1-877-846-1602.

**California Department of Social Services, Community Care Licensing Division** – To file a complaint against a licensed state residential facility call 1-844-538-8766.

[www.genderspectrum.org/](http://www.genderspectrum.org/) – Information and resources surrounding gender sensitive topics and environments.

[www.glaad.org/transgender/resources/](http://www.glaad.org/transgender/resources/) – Provides general information and resources for transgender people.

[www.loveisrespect.org](http://www.loveisrespect.org) – Information and resources about sex, healthy relationships, dating basics, dating abuse, and sexting.

[www.plannedparenthood.org/learn/birth-control/](http://www.plannedparenthood.org/learn/birth-control/) – Information about birth control and effectiveness.

[www.safehelpline.org](http://www.safehelpline.org) – National Sexual Assault Hotline 1-800-656-HOPE (4673).

[www.stayteen.org](http://www.stayteen.org) – Videos and tools on relationships, sex, love, pregnancy, waiting, and birth control.

[www.teensource.org/condoms/free](http://www.teensource.org/condoms/free) – Sign-up for free condoms if you are 12-19 years old and live in California.



The suggested web resources in this brochure are provided as a convenience and for general informational purposes only. California Department of Social Services bears no responsibility for accuracy, legality, or content of these external websites.





## **“JULY IS PURPLE RIBBON MONTH”**

### **Keeping Kids Safe in and around Motor Vehicles**



The Department of Human Services, with support from First 5 Kern, the Kern County Network for Children, and our local public safety & community partners, ask that “Purple Ribbon Month” be proclaimed in memory of Kaitlyn Marie Russell. The Kern County Board of Supervisors proclaims Purple Ribbon Month in July. Events will be planned across Kern County to raise public awareness about “Kaitlyn’s Law”, passed in 2001, that makes it a citable offense for parents to leave children under the age of 6 unattended in a motor vehicle without the supervision of someone at least 12 years of age. The Law was named for 6 month old Kaitlyn Marie Russell, who died in 2000, after being left behind in a hot van by a caregiver.

July is Purple Ribbon Month in memory of Kaitlyn and all the children who have lost their lives to preventable injuries in and around cars, and in order to educate and increase public awareness about all of the dangers of leaving children unattended in or around motor vehicles.

#### **NEVER LEAVE A CHILD UNATTENDED IN A VEHICLE. NOT EVEN FOR A MINUTE!**

Sadly, 52% of the time, children are left behind on accident. Parents might have the slightest change in routine and they end up forgetting to drop the child off at daycare, and sadly, the child is sleeping and they never realize, until it's too late, that the baby is still in the car. **Parents need to develop safety routines:** Like leaving your purse, bag, briefcase or cell phone in the backseat with the child. That way, you are always going into the back seat before you are exiting your vehicle. You can also put a stuffed toy in Baby's car seat - not for them to play with, but for you to remove from their car seat and place it in the front seat as a visual reminder that baby is on board.

#### **What are some tips for keeping your kids safe from heat stroke in cars?**

Make "look before you lock" a routine whenever you get out of the car.

Have a plan that your childcare provider will call you if your child does not show up for school.

Make it your routine to look IN OTHER people's cars too - because you might be the only person to see that baby that has been left behind!

**If you see a child left in a hot car, call 911** immediately, and stay on the phone with the dispatcher until someone arrives.

We encourage all individuals and organizations to play a role in making Kern County a better place for families. For more information, contact Heidi Carter-Escudero at (661) 633-7104 or at [carterh@kerndhs.com](mailto:carterh@kerndhs.com) or visit our website at [kcdhs.org](http://kcdhs.org).



By rounding up, you are helping us to reach our goals by simply shopping at Rite Aid. Feel free to invite your friends and family to participate in the program. Imagine the change that your change can make!

**Kern Partnership for Children and Families (KPCF)** will now be listed as an official **KidCents** charity on **kidcents.com**. Through KidCents, Rite Aid customers can elect to round up their Rite Aid purchases and donate their change to **KPCF**.

- Step 1: Enroll in wellness+ with Plenti**  
Visit [www.KidCents.com](http://www.KidCents.com)
- Step 2: Enroll in the KidCents Round-Up Program**
- Step 3: Designate Your Charity - KPCF**



[kernpartnership.com](http://kernpartnership.com)

*Imagine the change that your change can make!*

The Rite Aid Foundation will match every \$500.00 raised for the Kern Partnership for Children and Families. Supporting our programs like Celebrating Siblings, ILP events, CalLearn, National Adoption Day, Jamison Center and scholarships for our youth.





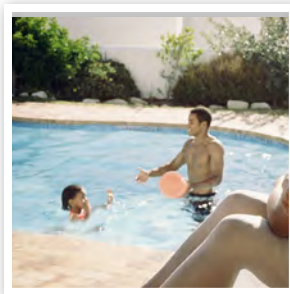
# Swimming Safety Tips

Everything you need to know to keep your kids safe when swimming.

Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

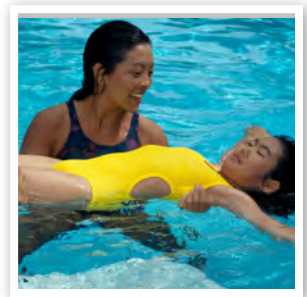
## There Is No Substitute for Active Supervision

- Actively supervise children in and around open bodies of water, giving them your undivided attention.
- Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.
- When there are several adults present and children are swimming, use the Water Watcher card strategy, which designates an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision. [Download a Water Watcher card here.](#)



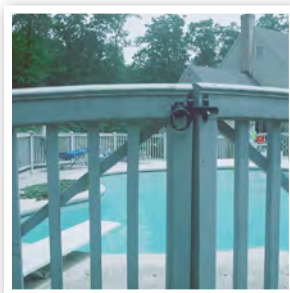
## Educate Your Kids About Swimming Safely

- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.
- Make sure kids swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- Whether you're swimming in a backyard pool or in a lake, teach children to swim with a partner, every time. From the start, teach children to never go near or in water without an adult present.



## Start Slow With Babies

- You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.



*Drowning is the leading cause of injury-related death among children ages 1-4.*



## Don't Rely on Swimming Aids

- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).



## Take the Time to Learn CPR

- We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.
- Local hospitals, fire departments and recreation departments offer CPR training.
- Have your children learn CPR. It's a skill that will serve them for a lifetime.

## Take Extra Steps Around Pools

- A swimming pool is a ton of fun for you and your kids. Make sure backyard pools have four-sided fencing that's at least 4 feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.
- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach.
- Install a door alarm, a window alarm or both to alert you if a child wanders into the pool area unsupervised.

## Check the Drains in Your Pool and Spa

- Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets.
- Pools that pose the greatest risk of entrapment are children's public wading pools, in-ground hot tubs, or any other pools that have flat drain grates or a single main drain system.
- For new pools or hot tubs, install multiple drains in all pools, spas, whirlpools and hot tubs. This minimizes the suction of any one drain, reducing risk of death or injury. If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur.
- Regularly check to make sure drain covers are secure and have no cracks, and replace flat drain covers with dome-shaped ones. If a pool or hot tub has a broken, loose or missing drain cover, don't use it.
- If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur. Go to [www.PoolSafety.gov](http://www.PoolSafety.gov) for a list of manufacturers of certified covers.
- Check to make sure your pool or hot tub's drains are compliant with the [Pool and Spa Safety Act](#).



# TOP 10

## “EASY SUMMER LEARNING TIPS” FOR PARENTS

### 1 Read. Read. Read.

Summer reading should be FUN reading! Help your child read ANYTHING AND EVERYTHING that interests him or her. A great way to get started is by celebrating the end of the school year with a special trip to the library or a bookstore. Help your child set-up a comfortable and quiet space with good lighting for summer reading. Encourage your child to create a schedule for daily reading and set an example by letting your child see you read every day.

### 2 Have Fun with Numbers.

Find creative ways to practice math: ask your child to help you tally the bill at the grocery store, calculate time, or follow a recipe. Some children enjoy math workbooks or online worksheets – there are lots of free ones.

### 3 Turn off the TV! Turn off the screens!

A little bit of screen time is ok – but too much screen time is not healthy. Monitor (and limit) screen time in the summertime just as you would during the school year.

### 4 Make Art!

Kids love art projects of every kind – but they rarely have enough time during the school year to draw and paint and construct as much as they’d like. Picasso said, “Every child is an artist. The problem is how to remain one once we grow up.” Let the summer months be the time when your child discovers that he or she has the amazing ability to create through art.

### 5 Experiment! Do Science!

Watch an ice cube melt. Grow grass. Play with magnets. Collect rocks. Collect leaves. Summer is a great time to experiment with science.

### 6 Eat smart. Eat healthy.

It’s ok to eat ice cream on a hot summer day – but don’t eat only ice cream. Kids need help eating healthy. Without the structure of the school day, some kids tend to eat tons of junk food during the summer. Keep plenty of fresh fruits and veggies at the ready, like carrot and celery sticks with hummus, ranch dressing or peanut butter for “skinny dipping”. Process watermelon in your blender and freeze it in popsicle forms for an icy, refreshing treat.

### 7 Get outside. Take a hike. Play in the sun. Go for a bike ride or a run. Visit a park.

Some children experience unhealthy levels of weight gain during the summer months because they get less exercise when schools are closed. It’s important to help your child stay physically active all summer long.

### 8 Go to a museum – again and again.

For every child with an interest, there is a museum with a special collection. Insects? Space travel? The ocean? Art? History? Find a museum and visit it – whether in person or online.

### 9 Read a poem.

Here’s the start of a silly, ridiculous, funny, poem by Shel Silverstein:

*Millie McDeevit screamed a scream  
So loud it make her eyebrows steam.  
She screamed so loud her jawbone broke,  
Her tongue caught fire, her nostrils smoked...*

This is just one of a thousand wonderful poems for children. Google “funny poems for children” and see which ones your child enjoys. Read them aloud. Memorize a line or two. Substitute words to make your own rhymes. Ask your child to describe the poem in their own words means and what it means.

### 10 Finally... go to sleep!

Keep a bedtime routine. It’s ok for your child to stay up a bit later in the summer but it’s still very important to maintain a regular bedtime and routine. For example, if you read a bedtime story to your child during the school year, then read a bedtime story during the summer.



**NEW BOOK SUMMERS MATTER**  
GET MORE GREAT IDEAS FOR PRINCIPALS,  
TEACHERS AND FAMILIES  
Author: Matthew Boulay

Available on Amazon



**national summer  
learning association**  
[www.SummerLearning.org](http://www.SummerLearning.org)

**UPCOMING ILP EVENTS IN May 2017 to August 2017 – Youth Contact Your Independent Living Program Social Service Worker to Secure Your Attendance as Seating is Limited**



**The following workshop dates and times are scheduled (flyers will be mailed to the youth as well due to possible day/time changes).**

**May 2017 through August 2017**

*Hunger Attack (Session 2)- May 3<sup>rd</sup>, May 10<sup>th</sup>, May 17<sup>th</sup>, June 7 and June 14<sup>th</sup>, from 4pm-5:30pm, 1212 18<sup>th</sup> Street (or where announced), Bakersfield, CA*

*Making Connections (Mentoring) – May 24<sup>th</sup> from 4pm-6pm at CRD, 2727 F. Street, Bakersfield, CA*

*Housing Workshop/Extended Foster Care – June 13<sup>th</sup> from 4pm-6pm at CRD, 2727 F. Street, Bakersfield, CA*

*Money Matters – June 27<sup>th</sup> from 4pm-6pm at CRD, 2727 F. Street, Bakersfield, CA*

*Budgeting/Paying Bills & Cooking – June 21<sup>st</sup> and June 28<sup>th</sup>, 3pm-5pm at 1212 18<sup>th</sup> St, Bakersfield, CA*

*Hunger Attack (Session 3)- July 12<sup>th</sup>, July 26<sup>th</sup>, August 9<sup>th</sup>, and September 6<sup>th</sup> at the Dream Center, 1212 18<sup>th</sup> St., Bakersfield, CA (First two classes are 3pm-4:30pm, the remainder will be from 4pm-6pm).*

*Money Matters Workshop – August – Dates and times to be determined – flyer will be sent out to the youth*

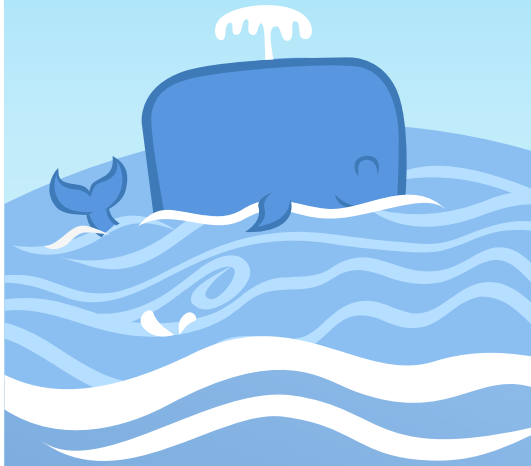


AB490 Foster Youth Education Liaison Contact List as of 03/28/2017

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# June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01 Lunch at the Beale Memorial Library 11:30-12:30 661-868-0701	02 Last day of School BCSO First Friday Art Walk 5pm-9pm Downtown	03 Farmers Marker 8am-12pm 3201 F st Bakersfield 93301
04	05 RFA CPR/First Aid Training 5pm-9pm Columbus	06 In-service training: Correcting Behavior 6pm-8pm	07	08	09 Family Reunification Day, St. Francis 1 pm-3 pm	10 RFA CPR/First Aid Training 8am-12pm Columbus Center
11	12 Adoption Support Group Koinonia Family Services 661-833-4438	13	14 Family Storytime at Shafter branch Library 661-746-2156	15 RFA CPR/First Aid Training 8am-9pm Columbus	16	17 RFA CPR/First Aid Training 8am-12pm Columbus In-service training: "Resilience" Movie Event
18	19	20 RFA CPR/First Aid Training 8am-9pm Columbus	21	22	23 Kids Crafts at Beale Memorial Library 3-5 pm 661-868-0701	24 Farmers Marker 8am-12pm 3201 F st Bakersfield 93301
25	26 Adoption Support Group Koinonia Family Services 661-833-4438	27 First day of Summer	28 Women's self Defense Workshops-Alliance 6pm 661-322-0931	29	30	01
02	03	04	05	06	07	08





# July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01 S Family day at Buena Vista Museum of Natural History 10am 661-324-6350
02 S Visual Arts Festival 2017 Bakersfield Museum of Art 661-323-7219	03 Adoption Support Group Koinonia Family Services 661-833-4438	04 Happy 4 <sup>th</sup> of July	05 Toddler time with Miss Jade at Barnes and Noble 661-631-2575	06	07 First Friday Art Walk 5pm-9pm Downtown Bakersfield	08 Lakeshore Farmers' Market-Wofford Heights 760-377-7460
09	10	11 Family Night @ the Ice Center of Bakersfield	12 Infant and toddler Storytime @ Born Branch Library 10am 760-762-5606	13	14 Preschool Storytime @ Tehachapi Branch Library 10am 661-822-4938	15
16	17 Adoption Support Group Koinonia Family Services 661-833-4438	18 Free Acting Class ages 5-17 4:30pm 323-539-7522	19	20	21 Toddler time @ Southwest Branch ages 1-3 9:30 am 661-664-7716	22 Kids Free Day @ C.A.L.M 12 & under are free with a paying adult 661-872-2256
23	24 Acting courses for children 5:30-7:30 661-348-4396	25 Family Night @ the Ice Center of Bakersfield	26	27	28 Preschool Storytime @ Rosamond Branch Library 10am 661-256-3236	29 Farmers Market 8am-12pm 3201 F st Bakersfield 93301
30	31 Adoption Support Group Koinonia Family Services 661-833-4438	01	02	03	04	05