

News You Can Use

From the Foster and Adoptive Care Coalition

Volume 9, Issue 2

Equal member of

United Way
of Greater St. Louis



Eastern Missouri Foster and Adoptive Care Resource Center



foster & adoptive care coalition

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Birthday Buddies: Bringing Joy to Foster Homes!

The Birthday Buddy program has supplied gifts for **over 100** children within the St. Louis Metro area! Included in that number are several teenage girls living with foster parent **Wanda Noel**.

Wanda loves the program, stating that "it makes the childrens' birthdays extra special." She gave high praises to **Debbie Schoemehl**, the Birthday Buddy Coordinator, stating that "Debbie is excellent, and her hard-work really came through for my girls... they've received really nice gifts from donors." A 17-year recipient living with Wanda, commented excitedly, "I was able to go to the mall and shop with my sister!"



"The program let's these kids know that there are other people out there thinking of them!"

~Wanda Noel

Sign Up Today!

Through the program, generous individuals in the St. Louis community sign up to provide presents to a child in foster care. Foster parents provide the Coalition with general information about the child and birthday present ideas, which will be posted on our website.

Only foster children (not adopted) of **ANY AGE** can request to be matched with a Birthday Buddy. Applications for **April, May, June and July** birthdays are now being accepted. After the donated presents are purchased, the foster parent must pick up the birthday presents at the Birthday Buddy Coordinator's home in **Sunset Hills in St. Louis County**.



For more information, or to request a Birthday Buddy application, please contact Debbie Schoemehl, the Birthday Buddy Coordinator, at 314.223.5723, or debbiewho2003@yahoo.com. You can also contact Shelley Thomas-Benke at shelleythomasbenke@foster-adopt.org, or by phone at 800.FOSTER.3 x29.

Sign up today online at:
www.foster-adopt.org/BirthdayBuddyApp

Missouri's Healthy Children and Youth Program

As you know, Missouri MC+ is now MO HealthNet. But did you know that when you take your child to a MO HealthNet enrolled physician, or Nurse Practitioner, for his/her annual check up, **you should ask for the full screening** as part of the Healthy Children and Youth Program (HCY)? It could greatly benefit the child in your care. If the HCY identifies a medically necessary service, even one that is beyond those normally covered by Mo HealthNet, the state must cover it.

Also, HCY has added more benefits for qualifying children, including:

- Personal care
- Home health
- Orthodontic care
- Durable medical equipment



For more information, visit <http://www.dss.mo.gov/mhk/hcy.htm>. You can also call the MO HealthNet Managed Care health plan's member service's phone number listed in the Member Handbook, or the state's Participant Services Agent at: 1.800.392.2161.



314-FOSTER-3 or 1-800-FOSTER-3
www.foster-adopt.org



Support Groups

Older Youth Support Groups

God's Grace Church
10308 Lackland Rd, 63114
Dinner provided.

04.07.09 / 6:00 p.m. - 8:00 p.m.

The Search for Identity

05.05.09 / 6:00 p.m. - 8:00 p.m.

Mommas and Poppas - Perception of Parenting

06.16.09 / 6:00 p.m. - 8:00 p.m.

Brady Bunch - Adopted children and Biological Children

Parent Support Groups

God's Grace Church
10308 Lackland Rd, 63114
Dinner and childcare provided.

04.07.09 / 6:00 p.m. - 8:00 p.m.

Educational Needs for Adolescents

May: No support Group

06.16.09 / 6:00 p.m. - 8:00 p.m.

When Fostering becomes Permanent

Must be registered to attend. To register, please contact Kimberly Like at kimberlylike@foster-adopt.org, or 800.FOSTER.3 x35.

Take a Break Through the Parent-to-Parent Network

The Parent-to-Parent Network is a temporary relief system for families who are caring for foster and adoptive children.

This network allows parents to help other parents by providing short-term child care. The Network is similar, but not part of, the State of Missouri's paid respite care program.

Participants in the Parent-to-Parent Network must complete three-hours of training, have a current background check, and have a home visit by our Director of Family Development, Kimberly Like. Once you are matched with another family, then you are ready to go!

Parent-to-Parent Meet & Greet

04.14.09 / 6:30 p.m. - 8:30 p.m.

God's Grace Church
10308 Lackland Rd, 63114
Childcare provided.

Must be registered to attend. To register, contact Kimberly Like at kimberlylike@foster-adopt.org or 800.FOSTER.3 x35.

Training Extravaganza: Saturday, May 30th, 2009

FACC will host the next Training Extravaganza on **Saturday, May 30th, from 8:30a.m. - 4:00p.m.** The Extravaganza is an all-day workshop that allows foster/adoptive/relative caregivers to receive 7.5 in-service training hours in one day, and you can bring the kids! Please see below for additional information and registration form. You may also download the form at www.foster-adopt.org. For more information, please contact Kimberly Like at 800.FOSTER.3 x35, or kimberlylike@foster-adopt.org.

Extravaganza Agenda

THEME: Managing Challenging Mental Health and Behavioral Concerns

- **Building Bonds of Attachment (Reactive Attachment Disorder):** This workshop demonstrates normal, healthy attachment and explores the impact resulting from separation from primary caregivers, and other significant figures. Learn to identify stages in the grieving process as well as strategies to reduce the trauma to children who have experienced separations from significant others.
- **Good Kids, Difficult Behavior (Lying, Stealing and Manipulation):** Understanding why these behaviors are typical for children in foster care and learn strategies for helping children of all ages to overcome them.
- **Gangs (Breakout Session):** Help children understand the consequences of gang life? Educate yourself so you can equip your child with alternatives.
- **Children and Sexual Abuse:** Receive basic information about child sexual abuse. Understand the forces behind children's sexual acting out behavior and learn what is normal, what to pay attention to, and the warning signs for action.
- **Wrap-up:** Addressing mental, behavioral, and emotional health concerns with support from MO HealthNet.

Kids Curriculum: Thanks to the **Signature HealthCare Foundation**, our children will have a happy, healthy summer in 2009! Your kids will learn healthy eating habits, have a dental exam, and partake in an outdoor field day! On hand will be **Rams Offensive Line-man, ADAM GOLDBERG** to teach the kids an easy, quick workout they can do without going to the gym! In addition, a former Rams Cheerleader will teach a fun, hip-hop health fitness class. The day's events will wrap-up with a **Reebok give-a-way** thanks to **Adam Goldberg and other St. Louis Rams Players!**



Childcare Lottery: Spaces for the Training Extravaganza are limited to 200 adults and 100 children. Registration forms must be received at FACC by **May 12th** to be included in the childcare lottery. It does not matter if your form is received by mail, e-mail or fax, on **May 1st or May 12th—ALL** requests for childcare received by **May 12th** will be placed into the same lottery pool. Registration forms will be drawn at random until the 100 childcare slots are filled. All families who register will be **notified by mail**. *If childcare is full, adults are still welcome to attend the workshops and receive 7.5 training hours.* **UPCOMING TRAINING EXTRAVAGANZAS: AUGUST 15 • OCTOBER 17**

PLEASE PRINT CLEARLY

	Child's First Name	Age/Gender
Date: _____	_____	_____
Name: _____	_____	_____
Name: _____	_____	_____
Address: _____	_____	_____
_____	_____	_____
Zip code: _____	_____	_____
Day Phone #: _____	_____	_____
Home #: _____	_____	_____
E-Mail Address: _____	_____	_____

REGISTRATION CLOSES MAY 12, 2009

- Yes, I am still able to attend if childcare is unavailable.
- Yes, my children have permission to participate in exercise activities.

In order for you and your child(ren) to participate, you must agree to attend all workshops, complete the registration form, return it, and receive verification from FACC that you are registered.

Send registration form to: FACC, ATTN: Training Extravaganza, 111 N. 7th Street, Suite 402, St. Louis, MO 63101, or fax to 314.241.0715.

Please call 800.FOSTER.3, if you need to cancel your registration. No phone registrations accepted.

HealthCare Education Series brought to you by: Seven Tips on Parenting the Traumatized Child

The National Child Traumatic Stress Network states that “when a child feels intensely threatened by the event he or she is involved in or witnesses, we call that event a trauma.”



Unfortunately, there are many types of trauma children experience. The seven tips listed below have the five most common types of child trauma in mind: *physical abuse; neglect; sexual abuse; emotional abuse and system induced trauma*. A more detailed description of each of these trauma types can be viewed online at <http://www.nctsn.org>. If your child's needs are more than you can handle, seek help from a professional.

Tip #1: Know the Signs of Trauma and Be Observant. Listen when your child talks and be attentive of their behaviors when it appears they are acting out. Take note of what happens before, during and after to determine cause.

Tip #2: Delay Discipline. Because traumatized children are unaware of the proper way to act, delaying discipline may be the best way to help them. It can be beneficial to model the behavior you desire your child to learn.

Tip #3: Give Your Children Choices and Let them Make the Final Decision. Traumatized children have a sense of helplessness. Giving them choices helps to restore a child's sense of control, which also helps rekindle their mental and emotional development.

Tip #4: Provide Structure. For children with attachment issues, change is difficult. Establish a set time for waking up, going to bed at night, and everything in between.

Tip #5: Create a Healing Environment. When children have been removed from their homes, their sense of security is lost. Make your child feel safe. Create a safety plan (see example at www.heartcryparenting.com).

Tip #6: Be a Good Listener. Don't force your child to talk about what they have been through. Often, children need to tell and simply be heard, without judgement. Talking about the trauma is part of the healing process.

Tip #7: Consider Therapy. Traumatized children may have regressive behaviors. Early intervention is important.

Article by **Michelle Hurtt**, founder of Heart Cry Parenting. For full article, visit our website at www.foster-adopt.org, under Hot Topics.

Dear Denise,

I am going through re-licensure and can't find the form my licensing worker gave me to take to my doctor. Unfortunately, my appointment is this afternoon. I know my worker is extremely busy and I'm worried I won't get the form in time. What else can or should I do?

Frantic for a Form

Dear Frantic:

Don't fret. The Children's Division has listed the majority of their forms on-line—including the Foster/Adopt Medical Report (CW-215). The exact location for the medical report is: <http://dss.mo.gov/cd/info/forms/word/cw215.dot>.

The Children's Division website not only lists the forms but also contains the Child Welfare Manual and Memorandums. This is a great resource to bookmark or to add to your favorites. The website is www.dss.mo.gov/cd. The manual, memos, and forms are toward the bottom of the web page.

Although it is difficult for busy caregivers to find spare time during the week, I encourage at least a quick check-in to the memo portion of the website frequently—it is a great way to stay informed!

If you have any further questions regarding this topic or another, please contact me at 800.FOSTER.3 x25 or denisekelley@foster-adopt.org.

Denise Kelley
Director of Family Advocacy

KidStore

The KidStore is a resale shop open exclusively to foster/adoptive, relative/kin caregivers, caseworkers and GALs/CASAs.

On your first visit, please bring proof of foster/adoptive parent status. Acceptable forms of identification include: foster parent ID, copy of your foster parent certificate/license, or CD / DCFS check stub.

Also, please bring documentation that you have physical custody of the child (ren). Your information will be kept safely on file for future visits.

ATTENTION PARENTS!

Baby Items:

If you need baby items, please visit the KidStore! Our infant center is overstocked with baby equipment, including strollers and infant car seats!

April Special (Bag Sale):

- April 11th Closed Easter
- April 18th \$1.00 per bag
- April 25th \$.50

May Special:

- Jeans - Buy one, get one free

June Special:

- Buy one pair of shorts get t-shirt free

Hours (Except Holidays):

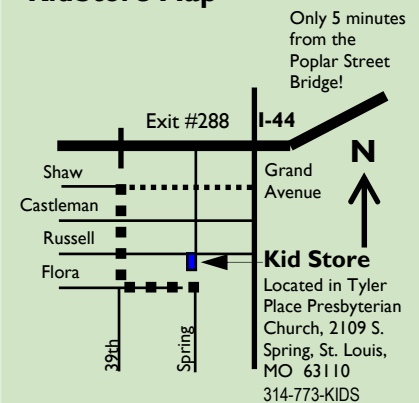
1st and 3rd Wednesday
ALL Saturdays
9:00 a.m. - 12:00 p.m.

Volunteer

Become a regular once-a-month volunteer at the KidStore and get half-off KidStore clothing for your kids.

Contact Shelley Thomas-Benke at shelleythomasbenke@foster-adopt.org or at 800.FOSTER.3 x29.

KidStore Map



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St. Louis, MO 63101

314.FOSTER.3 • 1.800.FOSTER.3

FAX: 314.241.0715

www.foster-adopt.org

MISSION STATEMENT

The Foster and Adoptive Care Coalition is a not-for-profit agency which strives to create permanency in every foster child's life by recruiting and supporting foster/adoptive homes in the St. Louis metropolitan community.

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If you would like to update your contact information, or if you no longer wish to receive News You Can Use, please:

Request in writing :

FACC—Heather Kemper
111 N. Seventh Street, Ste. 402
St. Louis, MO 63101

By telephone toll-free:

800.FOSTER.3 (367.8373) x36

Or by e-mail:

heatherkemper@foster-adopt.org

If you would like to receive e-News You Can Use, sign up online at www.foster-adopt.org/enews. While there, you can also find out how to start following us on **Twitter**, **Facebook**, and **MySpace**.

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A Place to Call Home



Photo Courtesy of Sears Portrait Studio

Anthony is an energetic eleven-year old who is playful and always ready with a smile. Anthony keeps himself amused by playing with action figures, toy cars, and drawing. He is eager to learn and responds well to focused instruction and positive attention. Anthony is affectionate, and enjoys people.

Anthony has been in foster care for several years, and is legally free for adoption. He

hopes for a permanent family who will provide consistent structure and patience, help him with reading, and recognize his successes. Photo courtesy of Sears Portrait Studio.

For additional information about Anthony, please contact Connie Doty, Wendy's Wonderful Kids Recruiter at 314.FOSTER.3 28, or conniedoty@foster-adopt.org.



A Signature Program of the
Dave Thomas Foundation for Adoption

Wendy's Wonderful Kids



Photo Courtesy of Sears Portrait Studio

Samantha is a sweet 13-year old who has a smile that will light up the darkest room. Talented and creative, she loves to express herself through art, and she can frequently be found sketching, drawing or coloring. She is also a bookworm who can be found curled up with a good book. In school, Samantha takes pride in her excellent penmanship and her favorite subject is science.

Samantha is friendly and, like most teens, somewhat shy around new people. Samantha would like to be placed with a family that will help her maintain contact with her siblings, and where she could be the youngest child so that she can have "lots of attention."

For more information, please contact Liz Johnson, Wendy's Wonderful Kids Recruiter at 800.FOSTER.3 x31, or lizjohnson@foster-adopt.org.



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Dave Thomas Foundation for Adoption