

News You Can Use

From the Foster and Adoptive Care Coalition

Volume 9, Issue 3

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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Parents' Night Out: June 11th

Soccer Fans! – we've arranged an incredible Parents' Night Out in Maryland Heights!



On Thursday, June 11th from 5:30-8:30 pm, players from **St. Louis Athletica** – St. Louis Womens Professional Soccer team – will dedicate their evening to signing autographs and giving soccer tips to the children of foster/adoptive parents, while their parents enjoy a night out. World class players abound on the St. Louis Athletica team, including two Olympic Gold Medalists, a former World Cup player, and several outstanding international champions.

At the Parents Night Out event, **up to 60 children** will rotate through stations, doing drills and sharpening their soccer skills under the instruction of various soccer coaches. Several St. Louis Athletica players will float around the stations to meet your kids and sign autographs. Dinner will also be provided for the kids.

For the parents, there are numerous restaurants nearby as well as two shopping malls and two movie theatres less than 10 minutes away.

This is a Parents' Night Out event you and your kids won't want to miss! The event takes place at the Soccer Complex in Creve Coeur Park, on the west side of Creve Coeur Lake (2350 Creve Coeur Mill Road, Maryland Heights, MO 63043).

Children must be at least five years old to participate in this event. **Space is limited to 60 children** and will be on a first come, first serve basis. To register, contact Foster & Adoptive Care Coalition at 800.FOSTER.3 (314.367.8373).

End of Summer Parents' Day Out: August 8th

Stages St. Louis will be hosting an amazing Parents' Day Out in Kirkwood!



By the end of summer break, most parents appreciate some time to themselves! Parents, here's your opportunity to enjoy a few hours of relaxing, shopping and/or eating in the Kirkwood area, while your kids get the opportunity to see a top notch live theatre performance.

Stages St. Louis, a leading company for musical performance and education in the Midwest, has generously donated 50 tickets to their **Alice in Wonderland** performance.

After the theatre, volunteers and staff from Foster & Adoptive Care Coalition will walk with the kids over to Kirkwood Park for lunch and playtime on Kirkwood Park's new playground. We'll have games for the older kids as well.

This Parents' Day Out event takes place from 10:30 a.m. to 1:30 p.m. on Saturday, August 8th. **Registration is required and space is limited to the first 50 children registered.**

Children must be at least five years old to participate in this event. To register, contact Foster & Adoptive Care Coalition at 800.FOSTER.3 (314.367.8373).



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.

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

*Brady Bunch – Adopted children
and Biological Children*

07.14.09 / 6:00 - 8:00 p.m.

*Lost and Found - Exploring the
emotions linked with loss of
biological family, and the
acceptance into adopted family.*

Parent Support Groups

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

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

*When Fostering Becomes
Permanent*

07.14.09 / 6:00 - 8:00 p.m.

Attention Deficit Hyperactivity
Disorder and Oppositional
Defiant Disorder

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

Parent-to-Parent Meet & Greet

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 be licensed adoptive or foster parents and have a current background check. Once you are matched with another family, then you are ready to go! Attend an upcoming Meet and Greet to get more information and meet other participants in the network!

Parent-to-Parent Meet & Greet

06.23.09 / 6:30 - 8:00 p.m.

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

Must be registered to attend. To register, contact Kimberly Knox at kimberlyknox@foster-adopt.org or 800.FOSTER.3 (314.367.8373) x35.

Training Extravaganza: Saturday, August 15, 2009

Thanks to the Daughters of Charity Foundation of St. Louis, the Coalition will host the next Training Extravaganza on **Saturday, August 15th, from 8:30a.m. – 4:00p.m.** The Extravaganza is an all-day training 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 Knox at 800.FOSTER.3 x35, or kimberlyknox@foster-adopt.org.

Extravaganza Agenda

THEME: Starting a Successful School Year

- **Enhancing a Child's Self Esteem and Self Concept:** A lack of self-esteem has been thought to lie at the heart of many serious problems experienced by young people today, including low academic achievement, juvenile delinquency, drug addiction, teenage pregnancy, eating disorders, depression, and suicide. Parents can help children thwart some of these issues by learning and applying principles to build their child's self – esteem.
- **Social Skills for Children with Learning Disabilities and Attention-Deficit Hyperactivity Disorder:** Recognize social deficits associated with learning disabilities and attention-deficit hyperactivity disorder. Find out how to teach and develop social skills with your children.
- **Partnership Between School, Parent and Child:** How can you assist your children in reaching their highest potential? In this session you will clarify your roles and expectations of the educational system. Recognize how to form a collaborative partnership with educators to teach children how to live and work cooperatively.

Kids Curriculum: In the morning children will participate in Financial Literacy Training thanks to **Citigroup**. Thanks to the **Signature HealthyCare Foundation** children will learn about proper nutrition through exciting activities. Your kids will have a blast learning healthy eating habits! Teens will participate in a youth support group focusing on depression and self-esteem relating to adoption and foster care.

Childcare Lottery: Spaces limited to 200 adults and 100 children.

Registration forms must be received at FACC by **August 3** to be included in the childcare lottery. It does not matter if your form is received by mail, e-mail or fax, on July 1 or August 1—ALL requests for childcare received by August 3 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.*

PLEASE PRINT CLEARLY	Child's First Name	Age/Gender
Date: _____	_____	_____
Name: _____	_____	_____
Name: _____	_____	_____
Address: _____	_____	_____
_____	_____	_____
Zip code: _____	_____	_____
Day Phone #: _____	_____	_____
Home #: _____	_____	_____
E-Mail Address: _____	_____	_____
<input type="checkbox"/> Yes, I am still able to attend if childcare is unavailable.		
REGISTRATION CLOSING AUGUST 3, 2009		
In order for you and your child(ren) to participate, you must agree to attend <u>all</u> <u>workshops</u> , complete the registration form, return it, and receive verification from the Coalition that you are registered.		
Send registration: Foster & Adoptive Care Coalition, ATTN: Training Extravaganza, 111 N. 7th Street, Suite 402, St. Louis, MO 63101, or fax to 314.241.0715.		
Please call 800.FOSTER.3 (314.367.8373), if you need to cancel your registration. <u>No</u> <u>phone registrations accepted.</u>		

HealthCare Education Series brought to you by:

Reactive Attachment Disorder (RAD) Typically, RAD comes about when a child does not form an early childhood bond with a parent or other caregiver. Sometimes this lack of bond arises from abuse, neglect or abandonment experienced by children between the ages of six months and three years. A lack of caregiver responsiveness or a frequent change in caregivers may also contribute to the development of RAD.



According to the Mayo Clinic (www.mayoclinic.com), the main criteria for the diagnosis of reactive attachment disorder include:

- Disturbed and developmentally inappropriate social relationships beginning before age five.
- Failure to respond to or initiate social interactions, or being inappropriately friendly and familiar with strangers.
- Failure of early care to meet the baby's or child's emotional needs for comfort and affection, failure of early care to attend to the child's physical needs, or repeated changes in the primary caregiver.

The staff of the Mayo Clinic warn that not all experts agree on the signs and symptoms of reactive attachment disorder. Some attachment therapists use checklists with numerous nonspecific signs and symptoms that go well beyond what the American Psychiatric Association includes in its definition of the disorder. Be cautious when trying to interpret checklists that include such symptoms as lack of eye contact, rage, aggression, lying, stealing, hoarding food, an apparent lack of a conscience, nonstop chatter, and a desire to wield control. These nonspecific symptoms are difficult to apply to any one diagnosis.

If you're a parent or caregiver whose baby or child has reactive attachment disorder, it's easy to become angry, frustrated and distressed. You may feel like your child doesn't love you — or that it's hard to like your child sometimes. You may find it helpful to:

- Join a support group to connect with others facing the same issues.
- Find respite care so that you can periodically have downtime if caring for your child is particularly troublesome.
- Be willing to call for emergency help if your child becomes violent.
- Continue friendships and social engagements.
- Practice stress management skills.
- Acknowledge that the strong or ambivalent feelings you may have about your child are natural.
- Take time for yourself through hobbies or exercise.

It is important to find a therapist who is trained to diagnose and treat RAD. Learn about the techniques the therapists will use with you and the child. Ask for recommendations from other parents of children with RAD.

Missouri's Healthy Children & Youth Program

MO HealthNet has a special program for children to provide medically necessary services. The program was previously called Early Periodic Screening, Diagnosis and Treatment (EPSDT) and is now named Healthy Children and Youth (HCY).

Your Primary Care Provider (PCP) can give your child these EPSDT/HCY services. Some samples of HCY services include:

- Aids to help disabled children talk
- Diabetic Supplies and Education
- Drug and Alcohol treatment and rehabilitation
- Blood and /or urine tests
- Checking the growth and progress of your child
- Dental care and braces for teeth when needed for health reasons
- Health care management
- Immunizations (shots)
- Personal care to help take care of a sick or disabled child
- Private duty nurses in your home
- Psychology/counseling
- Screening and testing of lead levels in blood
- Special therapies such as physical, occupational, and speech
- Vision, hearing and dental screens



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 800.392.2161.

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.

Hours (Except Holidays):

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

ATTENTION PARENTS!

June Special:

- Buy one pair of shorts get t-shirt free

July Special:

- Closed Month of July

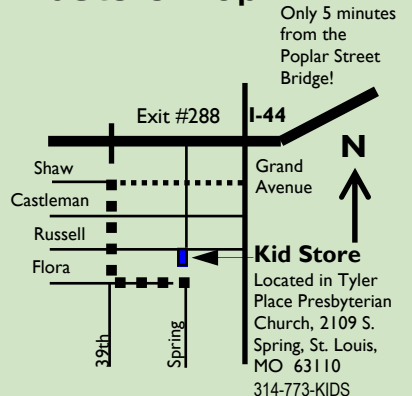
Half Off Clothing

Become a regular once-a-month volunteer at the KidStore and get half-off KidStore clothing for your kids. Contact Shelley Thomas-Benke at 800.FOSTER.3 (314.367.8373) x29. shelleythomasbenke@foster-adopt.org.

Classifieds

Check out the Coalition's Online Classifieds (www.foster-adopt.org/classifieds). The Parent to Parent Trade Classifieds is a free section that allows parents to post items that they no longer need, and also see what other parents have to offer. The KidStore Classifieds is a section that allows foster parents to see what we have to offer at our KidStore.

KidStore Map



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**111 N. Seventh Street, Suite 402
Saint Louis, Missouri 63101**

800.FOSTER.3 • 314.367.8373

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:

Foster & Adoptive Care Coalition
Attn: Heather Kemper
111 N. Seventh Street, Ste. 402
Saint Louis, Missouri 63101

By telephone toll-free:

800.FOSTER.3 (314.367.8373) x36

Or by e-mail:

heatherkemper@foster-adopt.org

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While there, you can also find out how to start following us on

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A Place to Call Home



Photo Courtesy of Sears Portrait Studio

Christian (16) is an eager young man, strongly desiring a forever family. Christian has a warming smile and a sincere heart. He is friendly, thoughtful and has a great desire to please others.

Christian receives good reports in school and has plans for advanced education. He is strongly interested in cars and car maintenance, and has dreamed of working his way up through the ranks of the Ford Motor Company or owning his own car detailing business in the future.

Christian is excited to secure a loving home with mutual respect and support. For more information, please contact Sheila Suderwalla, Director of A Place to Call Home, at 800.FOSTER.3 (314.367.8373), or sheilasudderwalla@foster-adopt.org.

NEWSCHANNEL 5



Wendy's Wonderful Kids



Photo Courtesy of Sears Portrait Studio

Deion (13) is quick to lend a helping hand, and takes care of his responsibilities without even being asked. Once chores and homework are finished, Deion heads outside where he enjoys riding his bike, playing sports, swimming, and spending time with friends.

Deion faces a chronic medical challenge as a result of being born prematurely. However, he is currently in stable health, with no activity restrictions. Deion is in the fifth grade, an honor roll student, and enjoys math.

Deion has been in care for six years, and is legally free for adoption. For more information, contact Connie Doty, Wendy's Wonderful Kids Recruiter, at 800.FOSTER.3 (314.367.8373), or conniedoty@foster-adopt.org.

