



Resource Family Connection

News, Events and Information Benefiting
the Children of Waukesha County

November 2014



Celebrating the Holidays with Children You Foster

By: Coalition for Children, Youth and Families

Conflicting loyalties and lost dreams often make the holidays a difficult time for children in foster care. Just as studies show that holidays are stressful times for most of us, these reactions are compounded for youth placed in your home. Here are some suggestions for managing the holidays.

How can my family make it easier for the children in foster care while they are in our home?

- Talk about the season ahead of time. Talk about how your family celebrates the holidays. Tell children which of the traditional holidays your house recognizes. Is it Thanksgiving? St. Nick's Day? Kwanzaa? Hanukah? Christmas? New Year? Or all of the above? Talking about the holidays gives children time to anticipate the upcoming activities and ask questions.
- Help children in foster care imagine what to expect in your home. Much of what we assume to be commonplace can be new to the children you foster.
- Share the religious meanings the holidays may have for your family. Talk about your family's specific customs and activities.
- Use this time of sharing to learn especially about the religious beliefs, customs, and activities of the children you foster.
- Try to incorporate at least some of their traditions into your traditions.
- Some parents try to keep the holidays low key in order to help minimize some of the stress.

How can we work with birth families during the holidays?

- Again, ask children about their experiences and try to incorporate some of their traditions. The children placed in your home may miss some activities that they experienced with their family or in a previous placement.
- If possible, ask your child's family members about their holiday traditions and customs. Ask about their beliefs and observances. Although you may feel stretched at the holidays, try to coordinate schedules with the birth families. This gives the children a chance to share what is familiar while experiencing new traditions.
- This is a good time for the youth in your home to make small gifts and send cards to their birth families or old neighbors and friends.
- This is a time when many children feel conflicted feelings about their birth families and worry about them to be safe and cared for even if their family struggles. Reassure them if you can, about the safety and care of their birth family.

What are some of the ways I can help the children who I foster get through the holidays? What are some signs of grief or sadness that I can look for?

- Be prepared for the sadness and grief. Talk about your child's feelings throughout the season.
- Give your children time and space to grieve. Grief takes many forms and may be exhibited in lots of ways, including:
 - Reverting back to younger behaviors developmentally
 - Soiling themselves or bedwetting

- Becoming withdrawn and isolated
- Having temper tantrums
- Being rebellious
- Complaining more than usual
- Try to remember the developmental age of the children you foster. It will also help you to stay patient if you keep in mind the challenges of the season for your child before you react.

What are some things we can do to make family get-togethers easier?

- Talk about upcoming events and the people who will be there. If you cannot get together before the big event, introduce your children to family and friends who will be at the celebration by going through pictures.
- Prepare them for the "characters" in your family and also tell them about other children who might be there.
- Tell them if your celebrations are quiet or loud, sacred or silly, big or small.
- Describe the home or place where the event will be held, and tell how it usually proceeds.
- Be realistic about it—do not make your celebrations seem perfect, but do not stress the challenges that are part of all family events.
- Give your children a camera so that they can record the celebration, and also give them one for holiday visits with their birth families.

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What can I do to help my children learn what is expected of them at family celebrations?

- This is an opportunity to teach the behaviors and manners that you would like the youth you foster to learn. Go over basic manners such as “please” and “thank you.”
- Explain the expectations of children prior to family get-togethers, and practice those behaviors ahead of time.
- Use role playing at home so that they can practice.
- Make sure you and your family/friends are on the same page regarding gifts from and to your children. Perhaps try to have your child bring a small hostess gift to the get together: baked goods, nuts, candles, ornament, etc.
- Tell family and friends about your children, and try to introduce them before the holidays. It’s a good time to remind others about the confidentiality you honor concerning the children you foster, and it might be a good time to practice some polite but firm answers to some questions.
- Remember especially to ask your children what they would like to have shared about them.

Resources

Utah Division of Child and Family Services brochure, *The Holidays in Foster Care*

<http://www.hsdcsf.utah.gov/PDF/Weekly%20Updates/The%20Holidays%20In%20Foster%20Care%20Brochure.pdf>

Expect Weird Responses from Foster Kids Towards the Holidays

<http://library.adoption.com/foster-parentingandadoption/expect-weird-responses-fromfoster-kids-toward-the-holidays/article/1652/1.html>

Before You Celebrate the Holidays in Foster Care by Carrie Craft

<http://adoption.about.com/od/fostering/bb/fosterholidays.htm>

When A Child Cant be Home For Christmas

<http://www.sfgate.com/opinion/article/When-a-child-can-t-be-home-for-Christmas-3299859.php>

Holiday Stress in Foster Children

<http://suite101.com/article/holiday-stress-in-foster-children-a36753>

Foster Club: Holidays

<http://www.fosterclub.com/topics/holidays>

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<http://www.wifostercareandadoption.org>

Clothing Closet Corner

We need the following items for the Clothing Closet:

- Gift Cards for Teens

The Clothing Closet is open to all providers.



Foster Family Holiday Party

Wednesday, December 17, 2014

- * FREE Dinner Provided
- * Kids Christmas Puppet Play
- * Presents for all kids



Sign up at <http://www.coolkidsevent.com> or call [262-404-5092](tel:262-404-5092) to register your family

Need Caps or Mittens for Your Foster Kids?

Each year WCTC staff and students collect and distribute caps and mittens to several organizations helping the needy in our community. If you would like to receive mittens or caps for the foster kids in your care, please email the following by December 6th to bwinkler@wctc.edu:

- ★ The foster child’s first name and gender,
- ★ Age, and
- ★ Color preference.



Care4Kids Children’s Hospital of Wisconsin’s Foster Care Medical Home Program

Care4Kids is a Medicaid program developed by Wisconsin’s Department of Children and Families and the Department of Health Services that began on January 1, 2014. The program is administered in partnership with Children’s Hospital of Wisconsin and its affiliate Children’s Community Health Plan, the state’s largest Badger-CarePlus Medicaid Health Maintenance Organization (HMO). The Care4Kids program provides comprehensive, coordinated care for children in Out-of-Home Care (OHC, otherwise known as “foster care”) in six southeastern Wisconsin counties: Milwaukee, Waukesha, Racine, Kenosha, Washington and Ozaukee counties. All children in OHC are automatically enrolled in Medicaid. The Care4Kids program is a *voluntary* specialized Medicaid program for youth placed in OHC in which parents/guardians of the youth placed in OHC have the choice to enroll their child(ren) into the Care4Kids program. Parents/guardians can enroll their child(ren) in the Care4Kids program or discontinue their child’s enrollment in the Care4Kids program at any time. Only parents/guardians can choose to enroll or disenroll their child(ren) from the program.

Providers within the Care4Kids network are expected to provide services in such a way that reflects trauma-informed principles and recognizes the unique needs of children placed in OHC. Care is coordinated for the child by the Children’s Community Health Plan Care4Kids team that is inclusive of Registered Nurses, Master’s level Advanced Practice Social Workers and other professionals who work to build relationships between children and their medical providers, specialty providers and OHC caregivers. Children receive consistent care that is coordinated between providers who are familiar with the specific needs of the children for which they provide care. Through Care4Kids, children entering OHC will receive:

- ★ An OHC Health Screen within 2 business days of entering care, ideally provided at a Children’s Hospital Child Protection/Advocacy Center
- ★ A Comprehensive Initial Health Assessment within 30 days of entering OHC care inclusive of a mental health and/or developmental screen
- ★ A mental health and or developmental evaluation (if needed)
- ★ Dental and Vision care
- ★ Coordinated health care services from a Health Care Coordination Team
- ★ Ongoing health care from providers trained in the unique needs of children in OHC
- ★ A Comprehensive Health Care Plan tailored to the child’s individual health needs
- ★ Continued/optional coordinated health care for an additional

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- ★ 12 months after discharge from OHC
- ★ More frequent well child check ups
- ★ All Medicaid-covered services

Ideally, ongoing medical services, inclusive of the Comprehensive Initial Health Assessment will be conducted at Care4Kids "Centers of Excellence." A Center of Excellence (COE) is a primary care medical clinic with a special interest in providing health care to children in foster care. COE providers have expertise in caring for children in the foster care system, understand their need for enhanced health care needs and are sensitive to the prior trauma these children have experienced. The COE will prioritize appointments for children in Care4Kids with a commitment that the child will be scheduled for a comprehensive initial health assessment within 30 days. The COE will support and assist with managing a child's care needs, provide well child check-ups, acute care exams, and specialty referrals for these children. COE providers will partner with the Care4Kids health care coordinators to ensure that information is shared amongst all involved in the child's health care, to enhance collaboration and communication and to improve outcomes.

In summary, the Care4Kids program is designed to:

Improve Quality

- ◆ Healthcare is provided by professionals trained in the unique needs of children in OHC
- ◆ Healthcare is managed, organized, and coordinated
- ◆ A Comprehensive Health Care Plan (CHCP) is developed and implemented

Improve Access

- ◆ Healthcare is accessible, as providers are available throughout the region within the Children's Community Health Plan provider network
- ◆ Healthcare is timely, as primary care providers give scheduling priority to Care4Kids children

Improve Outcomes

- ◆ Physical health
- ◆ Mental health
- ◆ Dental care

Frequently Asked Questions:

Who is eligible for Care4Kids? Children who are newly placed in Out of Home (OHC) **subsequent** to January of 2014 in eligible placements within the 6 county catchment area for the program (Milwaukee, Waukesha, Racine, Kenosha, Washington & Ozaukee counties) **AND** children who have been placed in Out of Home (OHC) care **prior** to January of 2014 but remain in eligible OHC placements within the 6 county catchment area. This co-hort of children are being enrolled in the program from July through December of 2014 as part of "Phase 2" for the Care4Kids program. It is ex-

pected that there will be over 3,000 kids enrolled in the Care4Kids program by the end of the year (2014).

What is an eligible OHC placement for Care4Kids? All OHC placements, including foster care, within the 6 county catchment area are eligible placements with the exception of Residential Care Centers for Youth (RCCY's) or secure settings (e.g. juvenile detention center) or institutional setting beyond 30 days. Additionally, if the child moves to a non-catchment county area the child becomes ineligible for the Care4Kids program.

What is the American Academy of Pediatrics increased well child check periodicity schedule that the state of Wisconsin has adopted for the Care4Kids program?

- ★ Every month for the first six months of age
- ★ Every 3 months from 6 months to 2 years of age
- ★ Twice a year after 2 years of age



As a foster parent, can I disenroll or "opt" my foster child out of the program?

No - Care4Kids is a voluntary Medicaid program that only biological parents/guardians of the child can choose to disenroll his/her child from the program.

Who do I contact to find out if my foster child is eligible for the Care4Kids program or if I have any other questions about the program?

You can contact the Health Care Coordination staff at Children's Community Health Plan toll free Monday-Thursday 8AM-6:30PM and Fridays from 8AM-4:30PM at 1-855-371-8104 or via email at Care4Kids@chw.org and a team member will assist you during that timeframe.

Are there other resources I should be aware of? Contacting the Health Care Coordination team is your best resource to get your needs met. Additional resources are also available to assist you: Children's Community Health Plan and Provider Website:

www.childschp.com

Children's Community Health Plan 24/7 Nurse Triage Number: 1-877-257-5861

Department of Children and Families and Department of Health Services webpage information:

<http://dcf.wisconsin.gov/children/foster/care4kids/default.htm>

<http://www.dhs.wisconsin.gov/care4kids>.



Training and Events



Training Offered By Waukesha County

Parent Café

Parent Café's are an educational opportunity for parents to come together and deal with the stressors, worries and challenges of parenting in a supportive environment.

December 2, 2014
5:30 to 8:00 PM

Center for Excellence, N4W22000 Bluemound Road, Waukesha
To register for childcare, RSVP or for questions call, 262-521-0317.

Waukesha County Foster Parent Orientation

Waukesha Department of Health and Human Services invites you to attend a foster parent orientation meeting. These meetings are open to anyone who is interested in learning about our foster care program. **If you are currently in the process of becoming a licensed foster parent, you are required to attend an orientation session prior to approval of your foster care license.**

We encourage you to complete the online foster parent pre-placement training prior to attending this information session. The training can be found online at <http://wcpdps.wisc.edu/foster-parent-training/>. Please save the certificates after you have completed each module. These are required to become licensed.

When:

November 3, 2014, and December 1, 2014
All orientation sessions occur from 6:00- 8:00 PM

Where: Human Services Center, 514 Riverview Ave., Waukesha, WI 53188

To register for an orientation session, contact your foster care coordinator.

Fostering Love and Discipline With The Brain In Mind

Presented by: Dr. Mary Hess, PhD, Licensed Clinical Psychologist

When: Tuesday, December 9, 2014
5:30 to 7:30 PM

Where: Waukesha County Human Services Center
514 Riverview Avenue, Waukesha

RSVP by November 21, 2014 to Janis Ramos at 262-548-7267

Implementing Shared Parenting

This six hour training will explore the relationship development of birth families and foster families. Information will be shared about prioritizing and maintaining healthy boundaries and creating opportunities to support family connections. Participants will identify and develop strategies to address the resistance and fears that create barriers to this relationship. This will be a highly interactive training. **A minimum of 6 people is required to have this training.**

When: Saturday, November 8
9:00 AM to 4:00 PM

Where: Waukesha County Human Services Center
514 Riverview Avenue, Waukesha

RSVP to Janis Ramos (262-548-7267) or Libby Sinclair (262-548-7277)

Relative Caregivers Support/Education Group

Third Tuesday of each month.
November 18, 2014
6:00 PM to 7:00 PM

Parents Place, 1570 E. Moreland Blvd., Waukesha, WI
262- 549-5575

Free childcare available. Please call Parents Place to reserve your spot.
Waukesha County Relative Resource Families
Please RSVP to Janis (262-548-7267) or Libby (262-548-7277)

Training

Parents Place Programs
262-549-5575 www.ppacinc.org

- **Adult Anger**
Mondays, Nov. 3 - 17 from 5:30 - 7:00 PM
- **Kids Managing Anger**
Tuesday, Nov. 4 - 25 from 5:30 - 7:00 PM
- **Special Therapies to present: Craniosacral Therapy**
Wednesday, Nov. 12 from 6:00 - 7:00 PM
- **Effective Discipline for the Challenging Child**
Mondays, Nov. 17 - Dec. 8 from 6:00 - 7:30 PM

Coalition for Children
www.coalitionforcyf.org

For other training opportunities, see the Coalition for Children, Youth & Families website: www.coalitionforcyf.org. They offer interactive webinars that count toward the required face to face training hours.

Contact Numbers:

Waukesha County
Health & Human Services
262-548-7212

Eve Altizer, Supervisor
262-548-7272

Rebecca Hollister, Supervisor
262-548-7271

Kathy Mullooly, Supervisor
262-896-6832

Janis Ramos, Foster Care Coord.
262-548-7267

Susan Peck, Foster Care Coord.
262-896-8574

Libby Sinclair, Relative Licensing
262-548-7277

Social Workers:

Jennifer Adler..... 262-548-7265

Tracy Clark..... 262-548-7270

Megan Fishler 262-896-8570

Laura Jahnke..... 262-548-7359

Becca Kuester 262-896-6857

Jessica Larsen 262-548-7346

Melissa Lipovsek..... 262-548-7348

Amy Mantey..... 262-548-7341

Maria Maurer 262-548-7345

Jessica McDonald 262-548-7639

Chelsey Nisbet..... 262-896-6896

Stacy Pawlak 262-548-7262

Michael Reed..... 262-548-7347

Elizabeth Russo 262-548-7349

Kim Sampson..... 262-548-7273

Linda Senger 262-548-7698

Kinship Workers:

Linda Finn..... 262-548-7254

Jessica Morris 262-548-7256

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911
Family Emergency: 211

Foster Parent Mentor

Jen Mersfelder 262-542-2926

David Mersfelder 262-542-2926

If an Allegation of Abuse or Neglect has been made against you, please call:

FASPP
Norma Schoenberg
920-922-9627

September 2014 Placements

Level 2 Placements:
46 Children

Juvenile Corrections:
1 Children

Group Homes:
2 Children

Residential Care Facilities:
5 Children

Level 1 Placements:
48 Children

Level 2 Foster Homes:
99 Homes

Level 1 Foster Homes:
50 Homes

Total Children in OHC:
104 Children

