



Resource Family Connection

News, Events and Information Benefiting
the Children of Waukesha County

March / April, 2016



2016 Will Be A Year Of Change

2016 will be a year of change for Waukesha County Foster Care Licensing.

The responsibilities of Foster Care Licensing has moved to the Intake and Support Services Division in the Shared Services Unit at Health and Human Services in January of this year. This strategic move was made to help increase the supports and services to the Foster Parents of Waukesha County as we value each foster family and their efforts to help create stability and security for our foster youth during a time of turbulence in their young lives. This change has allowed us to allocate additional staff to help support the Foster Care Program. I would like to take the opportunity to introduce you to the new Foster Care Licensing Team for Waukesha County:

Relative Foster Care Licensing Coordinator (Level 1) – Libby Sinclair
Traditional Foster Care Licensing Coordinator (Level 2) – Susan Peck
Kinship Care & Foster Care Training Coordinator – Jessica Morris
Kinship Care & Foster Care Community Engagement Coordinator – Megan Quandt
Caregiver Support Program Coordinator – Allison Jaworski
Foster Care Licensing Supervisor – Vickie Smith
Division Manager – Kathy Mullooly



(From left to right) Allison Jaworski, Susan Peck, Kathy Mullooly, Libby Sinclair, Vickie Smith, Jessica Morris, Megan Quandt

We would like to invite all Licensed Foster Families to a Meet and Greet to hear more about the future hopes and dreams for the Waukesha County Foster Care Program and meet the Foster Care Team. During this Meet and Greet, we will be handing out a comprehensive survey as we want your honest and open feedback regarding the program. We want to hear about our current strengths as well as areas which you believe we could grow in. We will also talk about the Reasonable and Prudent Parenting Standard that just passed the Legislation and will become effective and require mandatory training for all foster parents in late 2016, shared parenting, life books for youth, and annual training requirements. This Meet and Greet will count towards your annual required training hours. Daycare and a light dinner will be provided. Details on page 5 of the newsletter.

As the new foster care licensing supervisor, I would like to thank you for opening your home and your heart to the youth of Waukesha County. I look forward to partnering with foster families to help grow and improve our systems to better support our foster parents and the services to our youth and families. Thank you for your commitment to the youth of Waukesha County.

Kind Regards,
Vickie Smith

Changes to Kinship and Foster Care Payment Process

In 2016, Health and Human Services moved to a paperless invoice system for Kinship and Foster Care Payments. You will no longer receive a paper invoice in the mail which required a signature and had to be returned in order to receive a payment. In the past, the date which payments went out was much more predictable however due to moving to this new process we cannot guarantee a specific payment date. Your payment will come sometime during the calendar month following the month services were actually provided. (Example: January's payment will come during the month of February.) Please hold off on contacting staff regarding where your payment is until the last day of the calendar month. (Example: February 29th for January's payment). The goal is that all payments will be mailed out in an adequate amount of time that you should receive your payment by the last date of the calendar month, however moving to this new process we cannot guarantee a specific payment date because it is subject to a payment batching calendar that is set by the State of Wisconsin.

Caregiver Support Program Automatic Referrals For All Initial Placements in 2016

Waukesha County Foster Care Licensing will be expanding its partnership with Saint A's Caregiver Support Program in 2016. The Caregiver Support Program is a voluntary program that provides licensed foster parents and relative caregivers of children in court-ordered care with a variety of services to enhance their ability to meet the children's needs. The primary goals of the program are to increase placement stability and to help ensure that caregivers, who are an imperative part of the team, feel supported. This clinical service is caregiver-driven and delivered through regular, face-to-face contact in the caregiver's home.

Allison Jaworski is our Caregiver Support Program Coordinator and has been working with Waukesha County Foster Parents for the last 10 years. Starting in February, all new initial placements of children will automatically receive a referral to the Caregiver Support Program. Allison and our Foster Care Coordinators want to assist you during the time of transition when you bring a new child into your home.



The Challenges of Foster Care: Grief and Loss

By: Coalition for Children, Youth and Families

You can't help but get attached to a child in your care - whether he or she is with you for a few days or a few years. Just like most parents experience some sadness when their kids leave home for college or jobs, foster parents may also grieve when kids in care leave ... only the circumstances are often bittersweet and complex.

Foster parent grief isn't talked about much, but yet it's cited as one of the most common reasons for not continuing to foster. Months or years of caring for a child who moves can leave a hole in the hearts and lives of foster families.

Sometimes parents also grieve when they cannot bond with a child or cannot meet the needs of a child. Many grieve when they give a 30-day notice (of terminating the placement). The situation is fraught with emotion for all.

Stages of Grief and Loss

There are many ways to experience loss an express grief as there are people. One cries. Another is stoic. A child becomes defiant. A teen cannot sleep. Others *only* want to sleep. Some throw themselves into work.

Here are some examples of the stages of grief with some common examples of reactions foster parents may experience.

Denial

Parents may deny an attachment to a child. Some who give a 30-day notice, may deny any feelings of sadness but grieve even though they know that were unable to help. *"I won't miss him. He was so naughty."*

Anger

Parents may blame social services, the system, or some other person for a removal of a child. They focus on issues that are not at the heart of the matter. *"It's the social worker's fault that Amy went back to her mom."*

Bargaining

It is not uncommon to try to substitute other people or activities to avoid experiencing grief. *"I will just take another nine-year old. He'll help me forget about Billy."*

Depression

Grieving has components of depression. A person feels constant tiredness, irritability, or inability to deal with life. It becomes hard to handle family, work, and marriage. *"I can't deal with these kids anymore. It all makes me feel like I can't do anything right. I am tired, cranky and worn out."*

Acceptance

In the end, grief over a loss diminishes and a sense of balance and well being returns. A foster parent acknowledges the losses and moves on. *"It's hard to see him go, but I know that each day of love and care I gave to that child was a blessing for him and me. I can deal with his move and do what I can to make it the best situation for all involved."*

Foster parents who grieve are likely to experience all of the above stages. A foster dad may become quiet and withdrawn one day, while he feels angry and denies feelings of loss in another.

Experiencing grief in foster care also happens to children in the home.

As one child says about his foster sister, "She learned to walk and talk at our house. She stayed with us for over a year. After a while, her dad did the stuff he needed to do to have her. He took classes and he promised he would be a good parent. After she visited him for a few days, she was given to him. When she left I was so sad. She had been part of the family, and I loved her so much!" (From *The Wisconsin Foster Care Handbook* <http://wifostercareandadoption.org/Resources.aspx>)

Guilt

Guilt can be another stage in the grieving process for foster parents. Parents often wonder what they did "wrong" and cannot share in the happiness even when the child's transition to a new home is a happy occasion.

Others may feel guilty if they cannot continue to care for a child. Another subtle but difficult situation occurs when foster parents love and provide for a child who cannot return that affection. These parents have to find hope in their sense of providing love and safety when there is little emotional connection in return.

Preparing to Let Go

Parents can do some things to prepare for the transitory nature of foster care.

Remember that fostering is not a guarantee of a forever placement from the start. This, of course, is especially difficult if you're a "concurrent" home - it takes a lot of courage to simultaneously prepare to adopt children, while you're also preparing to reunify them with their parents.

Keep a record of the child from day one. Take pictures of yourselves and your families, the pets, the house, the inside of the house.

Babies or toddlers may not remember you, but those children can see the love you gave them in photos of their life when you loved and cared for them. Even if the ending is not what you would have chosen, photos, letters, and memorabilia can give them a glimpse of what was good and safe with you.

Life books are great tools, not only for children, but also for families. Create a life book reflecting your journey as a foster parent.

For more information, go to our website for our *Lifebook* tip sheet.

Preparing for Separation

If possible, prepare for the separation before it occurs. Communicate your concerns and recommendation throughout the time a child is in your home. Ask to be included in decisions.

Work with the birth family while the child is in your care. This frequently establishes a pattern for future communication after the child returns home. The children also fare much better if they see some continuity in their journey through foster care through contact with birth parents and the folks from former placements... even if the placement ends in a less-than-idea way. In fact, that's probably when some extra contact is especially needed - for both of you.

(Continued on page 5)





Under the Umbrella

One of the first sights you'll take in if you're able to drop into our office here at Coalition for Children, Youth & Families, is walls of books, CDs and DVDs, framing a comfortable seating area. We take pride in offering a large, ever-growing selection of informative and supportive books and teaching tools to families and child welfare workers throughout the state of Wisconsin, for free!

If you aren't familiar with our library offerings, take a look at our website (<http://tinyurl.com/z6amt2u>) to peruse by title, author, or subject. You can select materials, add them to your cart, and check out online instantly. We mail them out to you with return postage paid. We always welcome you to come into our office and hand-pick your items, as well. We want what's most convenient for you and your family.

Here are a handful of titles to give you a sampling of what we have to offer.

Popularly Checked Out

- *Telling the Truth to your Adopted or Foster Child*, by Betsy Keefer & Jayne Schooler
- *Beyond Consequences, Logic and Control*, by Heather T. Forbes
- *Adoption Healing: A Path to Recovery for Mothers who Lost Children to Adoption*, by Joe Soll & Karen Wilson Buterbaugh
- *Siblings in Adoption and Foster Care: Traumatic Separations and Honored Connections*, by Deborah N. Silverstein
- *The Interracial Adoption Option*, by Marlene G. Fine
- *In Their Own Voices: Transracial Adoptees Tell their Stories*, by Rita J. Simon & Rhonda M. Roorda
- *Twenty Things Adopted Kids Wish their Adoptive Parents Knew*, by Sherrie Eldridge
- *Relatives Raising Children: An Overview of Kinship Care*, by Joseph Grumbley & Robert L. Little
- *Lifebooks: Creating a Treasure for the Adopted Child*, by Beth O'Malley
- *Working with Traumatized Children: A Handbook for Healing*, by Kathryn Brohl
- *Are We There Yet? - The Ultimate Road Trip: Adopting & Raising 22 Kids!*, by Hector & Sue Badeau

DVDs

- "Beyond Consequences Live," by Heather T. Forbes
- "Struggle for Identity - Issues in Transracial Adoption"
- "Characteristics of Successful Adoptive Families," by the National Resource for Special Needs Adoption
- "Creating Secure Attachment for Adopted Children," by Heather Forbes
- "Sensory World," by Dr. Karyn Purvic, Dr. David Cross & Carol Kranowitz
- "Building Through Touch," by Three Hearts LLC
- "Understanding Traumatized and Maltreated Children: The Core Concepts," by Dr. Bruce Perry"
- Foster Parents Working with Birth Parents," by Vera Fahlberg

Recent Additions

- *Loving Harder: Our Family's Odyssey through Adoption and Reactive Attachment Disorder*, by Lori Hetzel & Aleksandra Corwin
- *Mindful Co-Parenting; A Child-Friendly Path through Divorce*, by Jeremy S. Gaies, Psy.D. & James B. Morris, Jr., Ph.D.
- *Building Self-Esteem in Children and Teens Who are Adopted or Fostered*, by Dr. Sue Cornbluth
- *The Transgender Child: A Handbook for Families and Professionals*, by Stephanie Brill
- *The Invisible String*, by Patrice Karst
- *Guiding Your Teenage with Special Needs through the Transition from School to Adult Life*, by Mary Korpi
- *ADHD Living Without Brakes*, by Martin L. Kutscher MD
- *Parenting Without Panic: A Pocket Support Group for Parents of Children and Teens on the Autism Spectrum*, by Brenda Dater
- *The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma*, by Bessel van der Kolk MD

Books for Children & Youth

- *Maybe Days - A Book for Children in Foster Care*, by Jennifer Wilgocki & Marcia Kahn Wright
- *Families Change - A Book for Children Experiencing Termination of Parental Rights*, by Julie Nelson
- *Ladybird's Remarkable Relaxation: How Children (and Frogs, Dogs, Flamingoes and Dragons) Can Use Yoga Relaxation to Help Deal with Stress, Grief, Bullying and Lack of Confidence*, by Michael Chissick
- *I Wished For You: An Adoption Story*, by Marianne Richmond
- *Adolescent Volcanoes - Helping Adolescents and their Parents to Deal with Anger*, by Warwick Pudney
- *Some Bunny to Talk to: A Story about Going to Therapy*, by Cheryl Sterling
- *Little Volcanoes: Helping Young Children and their Parents to Deal with Anger*, by Warwick Pudney
- *It Happened to Me - Adopted: The Ultimate Teen Guide*, by Suzanne Buckingham Slade
- *You Grew in Our Hearts*, by Vachelle Johnston
- *Creative Expression Activities for Teens - Exploring Identity through Art, Craft and Journaling*, by Bonnie Thomas
- *The Disappointment Dragon, Learning to Cope with Disappointment (for all Children and Dragon Tamers, Including Those with Asperger's Syndrome)*, by K.I. Al-Ghani
- *Keisha's Doors - An Autism Story*, by Marvie Ellis
- *Dear Wonderful You, Letters to Adopted & Fostered Youth*, by Diane Rene Christian & Dr. Mei-Mei Akwai Ellerman
- *Why do I Have to? A Book for Children Who Find Themselves Frustrated by Everyday Rules*, by Laurie Leventhal-Belfer

W.I.S.E. Up!
The World About Adoption Conference
Saturday, March 19, 2016
8:30 a.m.—1:30 p.m.

Brought to you by the Coalition for Children, Youth & Families and the Wisconsin Post Adoption Resources Centers with the support of Jockey Being Family® and the Wisconsin Department of Children and Families



The W.I.S.E. Up! program empowers families to choose how they talk about their adoption story.



Parents will participate in a workshop that will focus on an in-depth conversation of what children understand, think, and feel about adoption as they grow. The common questions, fears, and concerns adopted children face will be addressed. We will also explore the dynamic between non-adopted peers, extended family, and even strangers.

The W.I.S.E. Up! program has spread across the country as children have embraced its simplicity and power to address the consistent challenge of explaining adoption and their adoption stories to peers, neighbors, and even strangers. W.I.S.E. Up!® is a tool to empower children to handle questions and comments about adoption from others. This program helps children realize that they are not alone with this task. *Children will learn* the program, create Powerstix, and role play various scenarios to help them practice what they have learned.

\$20/participant or \$30/twosome
\$10/youth
(1st—5th grade, adopted children ONLY)

Our Lord's United Methodist Church
5000 S. Sunnyslope Road
New Berlin WI 53151

A continental breakfast and lunch will be provided

Please note, child care for younger children will not be provided. Please make other arrangements.

Register online at:
<http://wiseup2016conference.eventbrite.com>

Questions?
Contact us at info@coalitionforcyf.org or call
414-475-1246



The W.I.S.E. Up! curriculum was created and provided by the Center for Adoption Support and Education.



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The Challenges of Foster Care: Grief and Loss (Continued from page 2)

When the Move is Happening

When it is determined where the child will go, prepare for separation with visits, conversations with the new family or birth family, and especially with the child who will be moving.

Talk to all of the members of your household about the upcoming move so that you are all on the same page during the stages of transition.

Reach out when you or your spouse or children need extra support. Talk to your social workers, therapists, community or religious staff who understand the losses in foster care and can provide grief counseling.

In an ideal transition and when appropriate, there is continuity of contact with visits, letters, emails and phone calls after the move too.

Recognize that family members may grieve, and that they will do so in their own individual way. The children in your house may also experience grief and loss, whether they are children in care, birth, or adopted children. They may experience a loss even when living with the other child was a difficult experiences. They may feel both relieved and sad that the child is gone. Then, like you, they may also feel guilty that they feel relieved.

Sharing Your Grief

Share your grief with your partner, the birth, foster and adopted children in your household as appropriate, and with workers and people in your support network who understand. Talk to foster parents involved with WAFPA (<http://wfapa.org>) and other foster parents.

Assess what you will continue to do and examine what you can change. Good relationships are good only when they evolve and grow with changing situations. Try not to give up on yourself for what you have done.

Know that just as you will find grief and loss are interwoven in the extraordinary work you are doing, so you will find what you give to the children in your care, day by day, week by week, is immeasurable. Reflect on your mission as a foster parent. Let your heart sour, so that in times when the losses come, you will have the reserve to continue your commitment to the children who need you so much.

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<http://www.wifostercareandadoption.org>

Feeding America - Free Food To Those In Need

No forms, no questions asked. Bring your own bags or boxes.

In cooperation with Our Savior's Lutheran Church and St. Paul's Ev. Lutheran Church.

www.feedingamerica.org

When:

**Friday, March 18 and Friday, April 15
3:00 - 6:00 PM (or until supplies last)**

Where: 45 Capitol Drive, Oconomowoc (across from The Lake Country Inn)

Note: April 15th pick-up will be in the Roosevelt Pavilion.

2016 Royal Family Kids - Hartland Camp

We have the 2016 camper applications available for the Royal Family Kids - Hartland Camp. Our week of camp is scheduled for **Monday, August 22 - Friday, August 26, 2016.**

As you may know, Royal Family Kids Camp is specifically designed for "at-risk" children, ages 6-12 (elementary grades 1-5). The camp experience provides a safe and positive way to create life changing moments to help them begin to hope and heal from past hurts. We have received great feedback from a few of the foster and adoptive parents of our campers. We are planning on recruiting and training 32 counselors this year to reach and serve **48 children.**

Please visit our website, <http://www.hartland.royalfamilykids.org/> or like us on Facebook "Royal Family Kids Camp Hartland" for more information.

Julie & Scott Holzli
Hartland Camp Directors, Royal Family Kids
<http://www.royalfamilykids.org/>

Clothing Closet Corner

The Foster Care Clothing Closet is a resource established to help meet the clothing needs of children placed in foster care and is available to all resource families. If you have a child placed in your home, please contact your social worker to make arrangements to visit the clothing closet.



We have had a steady stream of donations coming in particularly for younger children and are running out of room. We are currently looking for donations of clothing for older children/teens. If you have a donation you would like to make for this population, please contact Susan Peck at 262-896-8574.



Meet and Greet

Date: Monday, April 4th, 2016
Time: 6:00 PM to 7:30 PM
Where: Center of Excellence
N4W22000 Bluemound Road, Waukesha

Daycare and a light dinner will be provided. These hours will count toward your annual training requirements.

Please RSVP by March 27th at

<https://waukeshafostercaremeetandgreet.eventbrite.com>

Annual Foster Care Appreciation Event

This event will have a different feel and look in 2016.

Date: Thursday, May 12th, 2016
Time: 5:00 to 7:00 PM
Where: Center of Excellence
N4W22000 Bluemound Road, Waukesha

Daycare and a light dinner will be provided. These hours will count toward your annual training requirements.

RSVP information coming soon! Watch your e-mail!!

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.

April 5, June 7, October 4, December 6, 2016
5:30 PM - 8:00 PM

Center for Excellence

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

Relative Caregivers Support/Education Group

March 15, May 17, July 19, September 20, November 15, 2016

6:00 PM - 7:00 PM

Parents Place

1570 E. Moreland Blvd., Waukesha, WI

Free childcare available. Please call Parents Place to reserve your spot at 262-549-5575.

Waukesha County Relative Resource Families
Please RSVP to Libby (262-548-7277)

Foster Parent Support Group

First Wednesday of each month

March 2, 2016

April 6, 2016

6:00 PM - 7:30 PM

Parents Place

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

On-site daycare is available, but you must register in advance to secure a slot as there may be a cut-off depending on the number of children.

Support Group For Dads

This is a new group to enhance group members' experience as fathers. Topics of discussion will include coping with stress; developing a better relationship with partner/spouse/child's mother; identifying positive role models in your life; identifying how you are a positive role model for your child(ren); discussing your role as a father and what you would like to change or improve.

Fourth Tuesday of each month

March 22, 2016

April 26, 2016

6:00PM - 7:30PM

Parents Place

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

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://wcwpds.wisc.edu/foster-parent-training/>. Please save the certificates after you have completed each module. These are required to become licensed.

When:

Second Tuesday of each month

March 8, 2016

April 12, 2016

6:00 PM - 8:00 PM

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

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

Training

Parents Place Programs

262-549-5575 www.ppacinc.org

- **Having Fun With Your Kids In The Kitchen (Parent and Child Class)**
Thursdays, February 4 - March 17;
5:30 - 7:00 PM
- **Co-Parenting**
Mondays, March 7 - 28; 5:30 - 7:30 PM
- **It's All About Teens (Parents & Teens Meet In Separate Groups)**
Mondays March 7 - 28; 5:30 - 7:00 PM
- **The Five Love Languages**
Wednesday, March 9; 6:00-7:30 PM
- **Love and Logic ®**
Mondays, April 4 - 25; 6:00 - 7:30 PM
- **Unlock the Secrets to Discipline**
Tuesdays, April 5 - 19; 6:00 - 7:30 PM
- **Adult Anger**
Wednesdays, April 6 - 20; 5:30-7:00 PM
- **Creating a Love of Learning in Children**
Wednesday, April 13; 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

Vickie Smith, Foster Care
Licensing Supervisor
262-970-4761

Susan Peck, Foster Care Level 2
Coordinator
262-896-8574

Libby Sinclair, Relative Foster
Care Level 1 Coordinator
262-548-7277

Megan Quandt, Kinship & Foster
Care Community Enrichment
Coordinator
262-548-7373

Jessica Morris, Kinship & Foster
Care Training Coordinator
262-548-7277

Eve Altizer, Ongoing Social Work
Supervisor
262-548-7272

Rebecca Hollister, Ongoing Social
Work Supervisor
262-548-7271

Social Workers:

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

Megan Fishler 262-896-8570

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

Jamie Kasten..... 262-548-7265

Becca Kuester..... 262-896-6857

Jessica Larsen..... 262-548-7346

Danita Graham..... 262-548-7341

Maria Maurer 262-548-7345

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

Rachel O'Sullivan..... 262-548-7639

Stacy Pawlak 262-548-7262

Eugenio

Quantro-Plaga..... 262-548-7684

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

Elizabeth Russo 262-548-7349

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

Linda Senger 262-548-7698

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911

Family Emergency: 211 or

262-547-3388

Foster Parent Mentors

David & Jen Mersfelder

262-542-2926

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

FASPP

Norma Schoenberg

920-922-9627

