



Resource Family Connection

News, Events and Information Benefiting
the Children of Waukesha County

May 2014



Navigating Resources

By: Coalition for Children, Youth and Families

All of us at some point in our lives find ourselves in the position of needing support and resources from others. When this occurs, it is important to know where to turn for assistance and support.

Whether you are already aware of the many services that may be available to you and your family, it is always helpful to know what's out there just in case you or someone you know may be in need of support resources. Luckily for all of us, there are several great programs that are designed to assist families and individuals.

How to Apply for Services Through Access

For many programs available through the State of Wisconsin, there is a helpful website called Access; which is available in English and Español. Once you have entered your information into Access—either through the website or by talking to a customer service specialist on the phone—it will let you know which programs you are eligible for and how to receive assistance.

In addition, your information is forwarded to your county so that you can receive follow-up assistance and schedule an appointment with a worker. If you do not feel comfortable searching on the Internet or if you have any additional questions, contact your local county for further assistance.

<http://www.access.wisconsin.gov/>

A listing of some programs that may be helpful for you are:

- Wisconsin Shares—Child Care Subsidy Program
- Birth to Three
- Wisconsin Home Energy Assistance Program (WHEAP)
- Early Childhood Special Education Services
- Cooperative Educational Service Agency (CESA)
- Community Action Programs (WISCAP)

Common Local Community Programs

Whether it is someone ringing a bell at a local business during the holiday season, or an agency providing a homeless shelter, local community and non-profit organizations provide a tremendous amount of support, services, and resources for people in need.

Some of the most common resources you will find in your telephone book or by searching the web and include:

- Salvation Army
- Goodwill Industries
- Headstart
- Unemployment Services
- The American Red Cross

- The United Way's 211 Service

Reaching Out

Sometimes life throws you an unexpected curve ball, or maybe you just never had the opportunity to save for a rainy day. Know that it is okay to ask for and receive help. A lot of people know that already, but then find it's another thing to actually ask for help.

Why does that occur? Just by admitting that we may need help can mean a lot of things to a lot of different people. For some it means a sense of failure and loss of pride, while for others there are feelings of fear, guilt and shame.

So what is the best way to work through those feelings and emotions? For some, they are able to write down why they are uncomfortable asking for assistance. Others are able to reach out to a good friend or family member and talk about their options and opportunities.

Regardless of how you are able to work through those feelings, once you do, you often realize how your decision can positively impact you and your loved ones lives.

Decision can positively impact you and your loved ones lives.

Lifting the Weight off Your Shoulders

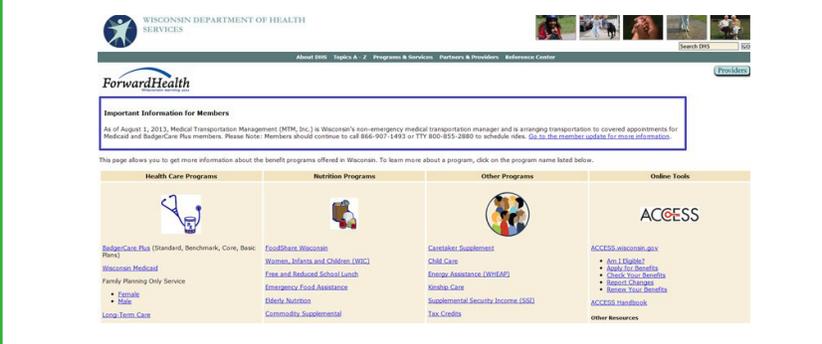
Once you have learned about the various programs and organizations and made your decision about which service or services best meet your needs, it may feel as if a weight has been lifted off of your shoulders.

Through this experience you probably have begun to change your viewpoint and look at things differently. Some people learn to focus on what they *do* have versus what they don't, especially when finances are tight or life circumstances have taken an unexpected turn.

Perhaps you will remind yourself that what we truly need are people in our lives who we love unconditionally and who love us back in the same manner. This is most likely the reason that you became a relative caregiver or foster parent in the first place.

The next time you have a minute to yourself, take some time to create an inventory about the people and things that matter the most to you. Reaching out to others in need has been your calling and there are times in which you may also need to reach out to others for support.

Forward Health, is a comprehensive website featuring many resources.



National Foster Care Month 2014

Building Blocks Toward Permanent Families

www.childwelfare.gov/fostercaremonth



HAVE YOU HEARD?

Eve Altizer & Rebecca Hollister
Child and Family Division
Supervisors

2014 continues to be a year of changes! We'd like to welcome Melissa Lipovsek who replaced Suzie Arnold who retired in February. Melissa was an ongoing social worker in Rock County for 8 years! Greg Rewolinski took a position in the Adolescent and Family Division and although we are sad to see him go, we are excited for him and his new adventure! We welcomed Tracy Clark to fill Greg's position. Tracy brings 14 years of ongoing social work experience from Milwaukee County.

Madi Prange, our current Foster Care Coordinator, has also taken a different position in Waukesha County and transitioned into her new position in the Access Unit at the end of April. Madi has done an excellent job in this position and she will truly be missed! Janis Mantel-Ramos will be taking on the FCC position beginning May 5th. Janis has 18 years of social work experience and for the past 2 years she has been the Child and Family Division's Lead Social Worker. We are excited to have her start this new journey!

As you know, May is Foster Parent Appreciation Month! From all of the staff here at Waukesha County, we'd like to take a moment to THANK YOU for the hard work you do caring for the children we serve. By opening your home and heart, you play a vital role in helping children and families in crisis heal. Your commitment leaves an indelible mark on all of the children you care for, whether you are caring for a family member or are caring for a child you initially didn't know. YOU - and all that you do - are a critical piece in providing safety and security to children who need it the most!

We know you don't get nearly enough thanks or recognition for your efforts but please know that all of us here at Waukesha County appreciate all you do and wanted you to know. And although children you've helped don't always tell you, their lives have been changed forever having known and been helped by you. Thank you for sharing your family and your home, giving love, encouragement, and hope to children and families in need.

Sincerely and with the utmost gratitude, respect, and appreciation,
Eve and Rebecca

Royal Family Kids Camp

Registration is currently open! Please contact your social worker or foster care coordinator to sign up.

Royal Family KIDS Camp - Hartland year 2 is set for August 18-22, 2014! There will be more information about registration to follow. This is a FREE, week long camp for foster children, 6-12 years old in Waukesha County.

"Hartland Year 1 was an amazing success... The community came together in support. Lamers provided a beautiful coach bus for the kids to come to camp in 'style'. Hartland's chief of police, Robert Rosch and Waukesha's sheriff gave the campers an exciting "royal" escort to camp. Sheets & pillows were provided by Lake Country Car-ing, was a really nice 'welcome' to the kids when they arrived at camp, entered their cabins and found a bed of their own fully made for them with a little stuffed owl at the pillow." Julie Holzi, Camp Director



Be Smart About Safe Sleep: 6 Essential Facts

1. The safest place for your baby to sleep is in his/her own crib in your room.
2. All cribs must meet new 2012 crib safety standards. Drop-side cribs are banned.
3. Check the crib regularly for loose or missing parts. Use only manufacturers' recommended parts.
4. Remove all soft bedding, such as pillows, comforters, blankets, billowy bumpers, toys.
5. Never add a supplemental mattress/pad to a mesh-sided play yard. Only use the mattress sold with the play yard.
6. Always place your baby to sleep on his/her back.

*Keeping Babies Safe (KBS) is an independent 501(c)(3) not-for-profit corporation organized exclusively for charitable and/or educational purposes. KBS does not endorse this or any other product.

Watch our Safe Sleep Environment for Babies video at www.keepingbabiesafe.org

Thank You

A special thank you to the Yates Family, Wendy, Harold, William and Amanda. Wendy and her children put baskets together complete with toys and goodies, candy and a chocolate Easter bunny.



Clothing Closet Corner

We need the following items for the Clothing Closet:

- Children's shoes of all sizes
- Gift Cards for Teens



IOI ways to nurture your spirit

 PAINT A PICTURE, MAKE A COLLAGE, BAKE BREAD AND KNEAD DOUGH, **CREATE**, NURTURE SOMETHING (A FLOWER, A PUPPY, A HOBBY, A CHILD), **TRY SOMETHING NEW**, KNIT A COMFY SWEATER,  ESTABLISH A COZY SPOT, ALLOW 30 MINUTES FOR A CANDLE-LIT BATH, GET A MASSAGE, ACCEPT FAVORS, TAKE A NAP,  **TRUST YOUR INTUITION**, KEEP SOMETHING NEARBY THAT IS JUST FOR YOU, PAMPER YOURSELF, SEND YOURSELF A THANK-YOU NOTE, **LEARN TO BE SELFISH**, DO FAVORS, SAY  GOOD MORNING TO A STRANGER,  SNEAK IN RANDOM ACTS OF KINDNESS, GIVE A MASSAGE, BE IMPECCABLE WITH YOUR WORDS,  FORGIVE, DISCOVER WHAT  MAKES ANOTHER HAPPY, MEET YOUR CO-WORKERS JUST FOR FUN, **MISTAKES ARE OPPORTUNITIES FOR GROWTH**, LOOK A CHILD IN  THE EYE, LET OTHERS KNOW WHEN THEY MAKE YOU HAPPY, **BUILD RELATIONSHIPS**, BE HONEST WITHOUT MALICE, GIVE HUGS, KEEP ONLY CONSTRUCTIVE RELATIONSHIPS (TOXIC PEOPLE BRING YOU DOWN), ASK FOR FORGIVENESS, **SOLVE PROBLEMS AS A TEAM**, FIND SOMEONE WHO CAN HOLD YOU  IN MIND, SHARE YOUR GRIEF AND LOSSES, LOOK FOR A SYMPATHETIC EYE, **QUIET YOURSELF**, SHARE HOW YOU COPE, ASK FOR  REMINDERS OF WHAT YOU ARE DOING WELL, LET OTHERS  KNOW WHEN YOUR BURDEN IS TOO HEAVY, STAY NEAR PEOPLE WHO LET YOU BE YOU, **OFFER PRAISE**, ASK FOR A HUG, PRACTICE ABUNDANCE RATHER THAN SCARCITY,  BE CHILD-LIKE, LAUGH OFTEN AND EARLY IN THE DAY, START OVER EVERY DAY, **LET SOMEONE KNOW THAT YOU ARE THINKING OF**  THEM, LIVE IN THE MOMENT, KNOW THAT YOUR SMILE AND TIME ARE THE BEST TEACHERS, PUT YOUR ERRORS IN PERSPECTIVE, KNOW THAT YOU DO NOT HAVE TO BE SUPERHUMAN, **JUST**  SAY "NO," CELEBRATE YOUR STRENGTHS AND ACCOMPLISHMENTS, FIND THE FUNNY IN EACH MOMENT, SUBSTITUTE A POSITIVE FOR A  NEGATIVE, WALK AND PLAY OUTSIDE, RIDE A BIKE OR A HORSE, FIND EXERCISE YOU ENJOY, DANCE, SWIM, EAT AN APPLE, **COMMUNICATE WHAT YOU NEED**, STRETCH, BUILD SOCIAL SUPPORT, LEARN YOGA, OBSERVE NATURE, SET ASIDE A PERSONAL SABBATH, PRAY, JOURNAL, START EACH DAY WITH A MINDFUL MINUTE  TO REVISIT THE REASON FOR THE WORK YOU DO, LISTEN TO NATURE, **THINK OUTSIDE THE BOX**, RUN WATER IN YOUR ROOM, PLAY A  DRUM, BREATHE DEEPLY THEN EXHALE SLOWLY AND SIGH,  LET "I AM WORTHY" BE YOUR MANTRA, TENSE YOUR SHOULDERS THEN RELEASE, **NURTURE A POSITIVE ATTITUDE**, INSIST ON FIVE  MINUTES OF SILENCE TO REFLECT ON WHAT YOU LIKED ABOUT YOUR DAY AND WHAT YOU CAN CHANGE, FACE A FEAR, LEARN NEW SOFTWARE OR TECHNOLOGY, **LOVE YOURSELF**, DO  SOMETHING SILLY, LEARN "HELLO" IN A NEW LANGUAGE, DRESS UP, PLAN A VACATION, DRINK A NEW HERBAL TEA, TAKE A CLASS,  SET GOALS THAT SAY "I MATTER," FOCUS ON GETTING  BETTER EACH DAY, ASK OTHERS TO CLARIFY EXPECTATIONS, **BE CONSTRUCTIVE**, HANG A SIGN THAT STATES WHAT YOU WANT TO GET  DONE TODAY, **YOU ARE A SUPER HUMAN**, SET ASIDE TIME TO PLAN HOW YOU WILL TAKE CARE  OF YOURSELF THIS WEEK, **PROTECT THE THINGS THAT GIVE YOU MEANING AND SATISFACTION**, USE UPSETS TO RE-EVALUATE THE WAY YOU WANT TO LIVE, **FOCUS ON WHAT'S IMPORTANT**, REMOVE DISTRACTIONS, REPLACE COMPETITION WITH COOPERATION, **EXERCISE**, CLARIFY A PERSONAL VISION WITH REALISTIC GOALS, ADDRESS  PROBLEMS WHEN THEY ARE SMALL, DELEGATE, BE AN ENTHUSIASTIC LEADER, EXPRESS THE MUTUAL BENEFITS OF SOLVING A  PROBLEM, **MOVE AT YOUR OWN PACE**, COMPROMISE, SEEK OTHERS' OPINIONS, LET OTHERS KNOW WHEN YOU FEEL LIKE AN EQUAL, DERAIL DESTRUCTIVE PATTERNS, KNOW WHEN TO GET OUTSIDE HELP, DISCOVER YOUR  CHILD WITHIN, **THERE IS ALWAYS TOMORROW**, GIVE UNKNOWN FEELINGS PERMISSION TO BE REVEALED BY NAMING THEM,  **LEARN TO MEDITATE**, FORGIVE YOURSELF, **IT ONLY TAKES ONE PERSON TO CHANGE A SYSTEM**, RECOGNIZE A FEELING WHEN IT STARTS AS AN EARLY WARNING, PULL UP THE ROOT OF WHY YOU EXPERIENCE EMOTIONS,  KNOW YOURSELF BETTER THAN ANYONE ELSE, **BE STILL AND RELAX**, BELIEVE THAT ALL PEOPLE—EVEN CHILDREN—SEEK WHAT THEY NEED, **UNCOVER ISSUES IN YOUR OWN LIFE**, BELIEVE THAT THERE  IS A WAY TO HANDLE WHATEVER COMES YOUR WAY—LITTLE ADVANCES CAN MAKE A DIFFERENCE, **YOU ARE GOOD ENOUGH**

... AT HOME, AT WORK, AND ON THE STREET

Training and Events



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

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

Stacy Kurkiewicz..... 262-548-7262

Jessica Larsen 262-548-7346

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

Maria Maurer 262-548-7345

Jessica McDonald 262-548-7639

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

Susan Peck..... 262-896-8574

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

Deb Fosberg..... 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



Training Offered By Waukesha County

Annual Potluck Meeting

May 15, 2014

5:30 PM to 8:00 PM

Center for Excellence, N4W22000 Bluemound Road, Waukesha

SAVE THE DATE

Resource Family Appreciation Event

July 26, 2014

5:30 PM to 8:00 PM

Minooka Park

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.

June 3, 2014, August 5, 2014, October 7, 2014, and 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, 262-548-8080.

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

When:

May 5, 2014, June 2, 2014, July 7, 2014, August 4, 2014, October 6, 2014, 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.

Relative Caregivers Support/Education Group

Third Tuesday of each month.

May 20, 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

- **Spirited Child**
Monday, May 5 from 5:30 - 7:00 PM
- **Kids Managing Anger**
Tuesdays, May 6 - 27 from 5:30 - 7:00 PM
- **ADHD**
Mondays, May 12 & 19 from 6:00 - 7:30 PM
- **Building a Better Future for Mothers and Daughters**
Mondays, June 2 - 23 from 5:30 - 7:00 PM
- **Love and Logic®**
Tuesdays, June 3 - 24 from 5:30 - 7:30 PM
- **Adult Anger**
Mondays, June 9 - 23 from 5:30 - 7:00 PM
- **Growing Creative and Happy Kids**
Monday, June 11 from 1:00 - 3:00 PM
- **Sensory Integration**
Wednesdays, June 11 & 25 from 6:00 - 7:30 PM
- **Kids Smarts: A Preschool/4K Readiness Program**
Wednesdays, June 18 & 25 from 9:30 - 10:30 AM
- **Dads Group**
Tuesdays, July 8 & 15 from 6:00 - 7:30 PM
- **Effective Discipline for the Challenging Child**
Mondays, July 7 - 28 from 6:00 - 7:30 PM
- **Growing Creative and Happy Kids**
Wednesday, July 9 from 1:00 - 3:00 PM
- **Co-parenting**
Mondays, July 14 - 28 from 5:30 - 7:00 PM
- **Individual Education Plan (IEP) Basics for Parents**
Wednesday, July 23 from 6:00 - 7:30 PM

March 2014 Placements

Level 2 Placement: 30 Children	Juvenile Corrections: 1 Children	Group Homes: 2 Children	Residential Care Facilities: 6 Children
Level 1 Placements: 25 Children	Level 2 Foster Homes: 99 Homes	Level 1 Foster Homes: 44 Homes	Total Children in OHC: 97 Children