



# Resource Family Connection

News, Events and Information Benefiting  
the Children of Waukesha County

June 2014



## Taking Care of Yourself Is Part of Trauma-Informed Parenting!

Taking care of themselves is a must for foster, adoptive, and kin caregivers. If you don't, life becomes a spinning top, constantly twirling, and eventually you won't have what it takes to help the young people who depend on you.

Because you work with children who have histories of trauma, self-care also means protecting yourself from secondary traumatic stress.

### Secondary Traumatic Stress

When foster, adoptive, and kin caregivers hear about the traumatic experiences of children or birth parents, they can experience extreme distress or even secondary traumatic stress (also called "vicarious trauma" or "compassion fatigue"). If you're exposed to others' trauma stories, you may have similar stress reactions.

### How to Protect Yourself

Be aware of how your work with children and families can affect you. Try to recognize when you are feeling frustrated or overwhelmed, and identify ways to take care of yourself. These can include relaxation techniques, prayer or meditation, getting plenty of sleep, exercise and a healthy diet, keeping a routine schedule, making time for fun activities, and of course maintaining a robust support network of friends and family.

Talk to other resource parents, a therapist, or people who have gone through similar experiences to help you keep things in perspective, understand your own reactions, and avoid words or actions that could make the situation worse.

### Why Make Time for Self-Care?

- Makes you more effective at accomplishing your goals.
- Gives you strength to manage difficult situations as they arise.
- Ensures you have the emotional resources and focus you need to help children, making you a more effective and fulfilled parent.



### Challenges for Kinship Parents

Working with a traumatized birth parent can be more complicated for kinship parents, who often don't have training before becoming foster parents and may have a shared family history of trauma or feelings of shame, anger, responsibility, or guilt related to the parents' or child's trauma. Kinship parents may also have a strained relationship with the birth parent related to the parent's involvement with the child welfare system.

Kinship parents may be more personally impacted by both birth parents' and children's actions and reactions, and so may have a greater need to protect themselves from secondary traumatic stress.

Adapted from NCTSN, 2011

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[www.fosteringperspectives.org](http://www.fosteringperspectives.org)

## Fun Things to Do In June

### Red, White and Blue at the Pool:

Buchner Pool

Receive a patriotic flag, enjoy the sounds of a DJ and participate in patriotic trivia as we celebrate Independence Day at the pool.

**Saturday, June 28**

**\$3.50 or Pool Pass**

**6:00 to 8:00 pm**

### Playground Program Age 7-12

(Traditional Drop-Off/In Sites):

Playground leaders will provide safe supervised activities including sports, games, arts and crafts, nature and more. This program is designed to provide "drop-in" activities for children.

At this playground program, attendance is neither mandatory nor enforced. Leaders will supervise activities and encourage your child to participate, however, they will not prevent your child from leaving supervised activities if your child desires to do so. We ask all parents to discuss with their child when they may leave the playground and their behavior while attending playgrounds. We also ask parents to encourage their children to participate in supervised activities within the park to ensure maximum safety. In addition to the regular activities everyday, the Summer Playground Program enjoys a rich tradition of special events and field trips on Fridays.

*Rain Policy for traditional playgrounds:* If we see lightning, hear thunder, experience heavy rain/wind in the area, the park program will close and children will be asked to leave the area for a minimum of 30 minutes. If the storm continues, the park will remain closed the rest of the day. Please call the information line (262-522-9356) in the event of inclement weather to obtain the most current information. You may want to discuss alternate options with your children in the event of severe weather.

Class #	AGE	DATE	DAY	TIME	R/NR FEE
BUCHNER 3000.242	7-12	6/16-8/7	M-Th	Noon-5:00 pm	\$46/\$66
FOX RIVER PARKWAY SOUTH 3000.243	7-12	6/16-8/7	M-Th	Noon-5:00 pm	\$46/\$66
*SARATOGA 3000.244	7-12	6/16-8/7	M-Th	Noon-5:00 pm	\$46/\$66
MERRILL CREST PARK 3000.245	7-12	6/16-8/7	M-Th	Noon-5:00 pm	\$46/\$66
PEBBLE VALLEY PARK 3000.246	7-12	6/16-8/7	M-Th	Noon-5:00 pm	\$46/\$66
**SENTINEL PARK 3000.247	7-12	6/16-8/7	M-Th	Noon-5:00 pm	\$46/\$66

Instructor: WPRF Playground Staff Min: 12 Max: 120

\*The Saratoga Playground Program is offered at no charge for those living in the designated Saratoga Neighborhood with the assistance of Community Development Block Grants. Registration is required.

\*\*The Sentinel Park Playground is offered at no charge for those living in the designated Sentinel Park Neighborhood with the assistance of Community Development Block Grants.

Registration is required.

## 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 Caring, 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



### Clothing Closet Corner

We need the following items for the Clothing Closet:

- Gift Cards for Teens



### UW-Oshkosh Summer Program for Foster Youth

The University of Wisconsin-Oshkosh has developed a program for foster youth to participate in a summer program with mentorship through the school year. The program is for any foster youth in Wisconsin entering the 8-12 grades this fall. The grant does not require them to apply/enroll at UW Oshkosh after high school graduation. The main goal is to help them prepare for college and to create an awareness of the educational opportunities available to them wherever they decide to attend.

The first session of programs start June 21 and end July 3 and the second session programs start July 13 and end July 25. Please refer to the website for more details with dates of programs and program descriptions, along with the application forms. [www.uwosh.edu/precollege](http://www.uwosh.edu/precollege)



**U.S. Consumer Product Safety Commission**  
**OnSafety Blog Post**  
**Another Death Reported in a**  
**Nap Nanny Infant Recliner**

We've received a tragic sixth report of a baby dying in a Nap Nanny infant recliner.

Our Safe to Sleep experts urges all parents and caregivers who own a Nap Nanny or Nap Nanny Chill recliner to stop using it immediately. We do not want any other family to suffer the loss of their child or experience serious injury to their child.

Help us save other babies—spread the word.

Since 2010, safety problems with the Nap Nanny have been explained in recalls, a safety blog, and a legal settlement against the now out-of-business firm. CPSC is again warning parents to stop using these infant recliners because deaths occurred in two ways:

1. The baby partly falls or hangs over the side of a Nap Nanny and gets trapped between the product and crib bumpers;
2. The baby suffocates on the inside of the Nap Nanny.

The latest death occurred in Hopatcong, N.J. where an 8-month-old girl secured by a belt was found partly hanging over the side of a Nap Nanny recliner, trapped between the product and a crib bumper.

Dispose of these products from your home immediately.

Nap Nanny recliners should no longer be sold in stores, but stay away from them at yard sales, as a hand-me-down gifts or on an online auction site. CPSC is aware of parents posting online about how much they like these products, but the products are hazardous and it is illegal to sell or resell them.

Our concern at CPSC is for the safety of any baby placed inside this product. Deaths have happened in both the Generation 2 (Gen 2) and Chill models of the Nap Nanny.

Five of the six deaths occurred in a Nap Nanny recliner placed in a crib with a crib bumper where the caregiver thought the child would be safe. Remember the safest place for your baby is in a bare crib on his or her back. Never add cushions, pillows, quilts or comforters to your baby's crib, bassinet or play yard.

CPSC urges consumers to immediately stop using all Nap Nanny and Nap Nanny Chill recliners. The manufacturer, Baby Matters LLC, is no longer in business and is not accepting returns. In December 2012, four major retailers—Amazon.com, Buy Buy Baby, Diapers.com, and Toys R Us/Babies R Us—announced a voluntary recall of Nap Nanny and Chill models sold in their stores. Consumers who purchased a Nap Nanny from one of these retailers should contact the retailer for instructions on how to obtain a refund for the product.

**U.S. Consumer Product Safety Commission**

## A SAFER GENERATION OF STROLLERS

**New Federal Requirements**

ALL types of strollers and carriages must be built, tested and labeled to minimize issues with:

Hinges that can pinch, cut, or amputate fingers

Seat belts that allow children to unfasten or escape

Broken and detached wheels

Latch/lock mechanism failures

Parking brake failures

**ADDITIONAL safety improvements address stroller stability and structural integrity**

All strollers and carriages made after September 10, 2015 must meet new federal requirements for overall stroller safety.

**NSN**  
NATIONAL SAFE CHILDREN

**CPSC**  
U.S. CONSUMER PRODUCT SAFETY COMMISSION



NSN 147

# 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

### SAVE THE DATE

### Resource Family Appreciation Event

July 26, 2014

11:00 AM to 2:00 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, 262-521-0317.

### Foundation Training – Level 2 Only

A new session of Foster Parent Foundation Training will begin in September. If you need to complete this training, please sign up as soon as possible. To register for the training, go to: <https://pdsonline.csod.com/client/pdsonline/default.aspx>.

If you have not signed up for a training in PDS Online before, please go to:

<http://wcpds.wisc.edu/pdsonline/fosterparents.aspx>

All of the fall training sessions will be held on Tuesdays from 5:30 PM - 8:30 PM at Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI 53188. The dates for the training are **September 16, 2014-November 11, 2014.**

### Relative Caregivers Support/Education Group

We will not be having the Relative Caregiver Support/Education group in June or July.

**Our next group will be:**

**August 19, 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)

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

### When:

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.

## Training

Parents Place Programs  
262-549-5575 [www.ppacinc.org](http://www.ppacinc.org)

- **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
- **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
- **Effective Discipline for the Challenging Child**  
Mondays, July 7 - 28 from 6:00 - 7:30 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

## April 2014 Placements

Level 2 Placements:  
43 Children

Juvenile Corrections:  
1 Children

Group Homes:  
2 Children

Residential Care Facilities:  
9 Children

Level 1 Placements:  
39 Children

Level 2 Foster Homes:  
99 Homes

Level 1 Foster Homes:  
44 Homes

Total Children in OHC:  
91 Children

