



Resource Family Connection

News, Events and Information Benefiting
the Children of Waukesha County

August 2015



Parenting a Child Who Has Experienced Trauma, Part 2 of 3

By: Child Welfare Information Gateway

Continued from July, 2015 Trauma and Mental Health

Trauma symptoms that are more severe or disruptive to a child's ability to function at home or at school may overlap with specific mental health diagnoses. This may be one reason why nearly 80 percent of children aging out of foster care have received a mental health diagnosis. For example:

- ⚙ Children who have difficulty concentrating may be diagnosed with ADHD (attention deficit hyperactivity disorder).
- ⚙ Children who appear anxious or easily overwhelmed by emotions may be diagnosed with anxiety or depression.
- ⚙ Children who have trouble with the unexpected may respond by trying to control every situation or by showing extreme reactions to change. In some cases, these behaviors may be labeled ODD (oppositional defiant disorder) or intermittent explosive disorder (IED).
- ⚙ Dissociation in response to a trauma trigger may be viewed as defiance of authority, or it may be diagnosed as depression, ADHD (inattentive type), or even a developmental delay.

It may be necessary to treat these diagnoses with traditional mental health approaches (including the use of medications, where indicated) in the short term. However, treating the underlying cause by addressing the child's experience of trauma will be more effective in the long run.

Helping Your Child

Although childhood trauma can have serious, lasting effects, there is hope. With the help of supportive, caring adults, children can and do recover. Consider the following tips:

- ⚙ **Identify trauma triggers.** Something you are doing or saying, or something harmless in your home, may be triggering your child without either of you realizing it. It is important to watch for patterns of behavior and reactions that do not seem to "fit" the situation. What distracts your child, makes him or her anxious, or results in a tantrum or outburst? Help your child avoid situations that trigger traumatic memories, at least until more healing has occurred.
- ⚙ **Be emotionally and physically available.** Some traumatized children act in ways that keep adults at a distance (whether they mean to or not). Provide attention, comfort, and encouragement in ways your child will accept. Younger children may want extra hugs or cuddling; for older youth, this might just mean spending time together as a family. Follow their lead and be patient if children seem needy.
- ⚙ **Respond, don't react.** Your reactions may trigger a child or youth who is already feeling overwhelmed. (Some children are even uncomfortable being looked at directly for too long.) When your child is upset, do what you can to keep calm: Lower your voice, acknowledge your child's feelings, and be reassuring and honest.
- ⚙ **Avoid physical punishment.** This may make an abused child's stress or feeling of panic even worse. Parents need to set responsible and consistent limits and expectations and use praise for desirable behaviors.
- ⚙ **Don't take behavior personally.** Allow the child to feel his or her feelings without judgement. Help him or her find words and other acceptable ways of expressing feelings, and offer praise when these are used.
- ⚙ **Listen.** Don't avoid difficult topics or uncomfortable conversations. (But don't force children to talk before they are ready.) Let children know that it's normal to have many feelings after a traumatic experience. Take their reactions seriously, correct any



misinformation about the traumatic event, and reassure them that what happened was not their fault.

- ⚙ **Help your child learn to relax.** Encourage your child to practice slow breathing, listen to calming music, or say positive things ("I am safe now.").
- ⚙ **Be consistent and predictable.** Develop a regular routing for meals, play time, and bedtime. Prepare your child in advance for changes or new experiences.
- ⚙ **Be patient.** Everyone heals differently from trauma, and trust does not develop overnight. Respecting each child's own course of recovery is important.
- ⚙ **Allow some control.** Reasonable, age-appropriate choices encourage a child or youth's sense of having control of his or her own life.
- ⚙ **Encourage self-esteem.** Positive experiences can help children recover from trauma and increase resilience. Examples include mastering a new skill; feeling a sense of belonging to a community, group, or cause; setting and achieving goals; and being of service to others.

Seeking Treatment

If your child's symptoms last more than a few weeks, or if they are getting worse rather than better, it is time to ask for help. Mental health counseling or therapy by a professional trained to recognize and treat trauma in children can help address the root cause of your child's behavior and promote healing. A therapist or behavioral specialist might be able to help you understand your child and respond more effectively. At times, medications may be necessary to control symptoms and improve your child's ability to learn new skills.

Begin by asking your caseworker or agency whether your child has been screened for trauma. If you know that your child experienced trauma, ask whether he or she has had a formal mental health assessment by a professional who is aware of trauma's effects. Ideally, this assessment (including both strengths and needs) should be repeated periodically to help you and your child's therapist monitor progress.

Once your child has been assessed and it has been determined that treatment is needed, ask about treatment options. A number of effective trauma treatments have been developed. However, they are not all available in every community. Consult with your child's caseworker about the availability of trauma-focused treatment where you live.

Timely, effective mental and behavioral health interventions may help in the following ways:

- ⚙ Increase your child's feelings of safety
- ⚙ Teach your child how to manage emotions, particularly when faced with trauma triggers
- ⚙ Help your child develop a positive view of him- or herself
- ⚙ Give your child a greater sense of control over his/her own life
- ⚙ Improve your child's relationships - with family members and others

It is important to look for a provider who understands and has specific training in trauma. Most providers will agree to a brief interview in their office or over the phone, to determine whether they are a good fit for your needs.

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<http://www.childwelfare.gov>

Part 3 continued in next month's newsletter!

CANS CORNER

Eve Altizer & Rebecca Hollister
Child and Family Division
Supervisors

Introducing the CANS CORNER!!

As many of you are aware, the CANS (Child and Adolescent Needs and Strengths) tool is used by our social workers to assist in developing measures to assess clinical status, well-being, level of functioning and quality of life for each child in out of home care as a way to assist and better inform case managers, foster care coordinators, licensing agencies, and foster parents on the needs and strengths of the child. And you just thought it was a Rate Setting tool! Waukesha County has been given a rare opportunity to work with a collaborative endeavor with The Center for Child Trauma Assessment and Service Planning (CCTASP), the Family Informed Trauma Treatment Center (FITT), and the National Child Traumatic Stress Network (NCTSN) in a Breakthrough Collaborative Series (BSC) to implement the CANS as authentic family engagement, information gathering/integration, and service/treatment planning tools in order to delivery high-quality assessment, treatment, and services to youth and families.

YOU as a resource provider are an imperative part in the completion and assessment using the CANS! One of the areas of improvement we identified is to better inform and prepare you in the CANS assessment process. In the coming months, your social worker will be talking with you in greater detail regarding the CANS and asking for your assistance in completing it - as you know the child in your care! In addition, we will be including this "CANS Corner" in each newsletter with tips and information to help you prepare and be better informed when it comes to the CANS! As always, if you have questions or would like to start discussions regarding the CANS, please talk with your social worker and/or your licensor and they would be happy to help!

Sincerely,
Rebecca and Eve

Take Steps to Prevent Heat-Related Illnesses

Excerpt from Press Release from State of Wisconsin Department of Health Services, Released July 17, 2015

"Extreme heat can contribute to serious health issues and we want people to know that options like shopping malls and libraries are available to help you stay cool, especially if you do not have air conditioning at home," said Karen McKeown, State Health Officer.

Residents are asked to check on family, friends, and neighbors whom may be isolated or are elderly to ensure they are taking steps to prevent heat-related illnesses. Also, children, disabled individuals, or pets should never be left in parked cars, even briefly.



To stay safe, residents are encouraged to:

- ✧ Slow down and limit physical activity outdoors.
- ✧ Drink plenty of water and eat lightly.
- ✧ Wear lightweight, loose-fitting, light-colored clothing.
- ✧ Never stop taking medication unless your doctor says you should.
- ✧ Take a cool shower or bath to cool down.

Random Act of Kindness

Thanks to the Ben Franklin Quilt Club for their generous donation of beautiful hand-stitched quilts. We deeply appreciate and value their sharing of time, energy, and creativity reflected in these beautiful quilts that will serve as a comfort for children who have experienced traumatic events.



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.

Facilitator: Chuck Koenings
When: 4th Tuesday of each month, beginning 9/22/15;
6:00PM - 7:30PM
Where: Parents Place
1570 E. Moreland Blvd., Waukesha, WI
262-549-5575

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.



The Resource Family Recognition event was a huge success this year!



A big Thank You to Jack Safro for providing the beautiful t-shirts for staff and volunteers!

We would also like to thank the following organizations who generously provided raffle prizes for the event:

Wildwood Lodge
Divino Gelato Café
Flabbergast
Original Wisconsin Ducks
Brew City Paintball
The Clarke Hotel
Milwaukee County Zoo
Circus World Museum
Comedy Sportz
Pizza Hut

Rocky Rococo
Culvers
Waukesha Civic Theatre
Sunset Playhouse
Old World Wisconsin
Signature Salon and Spa
Applebee's
Badger Health Center
Harley-Davidson
Brookfield Hills Golf Course

Shedd Aquarium
Wisconsin Athletic Club
Little Amerricka Amusement Park
Packers
Edgewood Golf Course Big Bend
Milwaukee Bucks
PRP Wines
First Stage Milwaukee Theatre



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.

October 6, 2015; and December 1, 2015
5:30 PM 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://wcpwps.wisc.edu/foster-parent-training/>. Please save the certificates after you have completed each module. These are required to become licensed.

When:

August 11, 2015; September 8, 2015; October 13, 2015; November 10, 2015; and December 8, 2015
 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.

Foster Parent Support Group

First Wednesday of each month
August 5, 2015
6:00 PM to 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.

Waukesha County Foundation Training

All licensed Level 2 foster homes need to complete this required training within their first two years of licensing. It is highly recommended that you complete this training as soon as possible to help you in preparing for a placement.

Waukesha Series 1: Bob Alioto and Peg Cadd

Series Dates: Saturdays, 9/15/15 - 11/17/15

Session ID: Waukesha Series 2

All of Waukesha Series 2 trainings will be held on at Waukesha County Human Services Center, 514 Riverview Ave, Waukesha, WI 53188. Here are the dates of the trainings:

- ◆ Module 1, Partners in Permanency
9/15/15, 5:30 PM - 6:30 PM
- ◆ Module 2, Cultural Dynamics in Placement
9/22/15, 5:30 PM - 6:30 PM
- ◆ Module 3, Maintaining Family Connectedness
9/29/15, 5:30 PM - 6:30 PM
- ◆ Module 4a, Dynamics of Abuse & Neglect Part 1
10/6/15, 5:30 PM - 6:30 PM
- ◆ Module 4b, Dynamics of Abuse & Neglect Part 2
10/13/15, 5:30 PM - 6:30 PM
- ◆ Module 5, Impact of Trauma on Child Development
10/20/15, 5:30 PM - 6:30 PM
- ◆ Module 6, Attachment
10/27/15, 5:30 PM - 6:30 PM
- ◆ Module 7, Separation & Placement
11/3/15, 5:30 PM - 6:30 PM
- ◆ Module 8, Guidance & Positive Discipline
11/10/15, 5:30 PM - 6:30 PM
- ◆ Module 9, Effects of Fostering on Your Family
11/17/15, 5:30 PM - 6:30 PM

For register for trainings, go to Foster Parents Log In Instructions at: <http://wcpwps.wisc.edu/pdsonline/fosterparents.aspx>

Training

Parents Place Programs

262-549-5575 www.ppacinc.org

- **Kids Managing Anger (parent & child class)**
Mondays, August 3 - 24 from 5:30 - 7:30 PM
- **Love and Logic ®**
Tuesdays, August 4 - 25 from 5:30 - 7:00 PM
- **Five Love Languages**
Wednesday, August 19 from 5:30 - 7:00 PM

Coalition for Children

www.coalitionforicyf.org

For other training opportunities, see the Coalition for Children, Youth & Families website: www.coalitionforicyf.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

Vickie Smith, Supervisor
262-970-4761

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:

- 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
- Melissa Lipovsek 262-548-7348
- Maria Maurer 262-548-7345
- Chelsey Nisbet 262-896-6896
- Rachel O'Sullivan 262-548-7262
- 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

June 2015 Placements

Waukesha County Licensed Homes		Waukesha County Children in Out of Home Placement		
Relative/Kinship/Level 1 Placements:	Juvenile Corrections:	1 Children	Group Homes:	0 Children
49 Children	Residential Care Facilities:	9 Children	Shelter Care	0 Children
	Relative/Kinship Level 1 Foster Homes:	50 Children	Treatment Foster Homes:	0 Children
Level 2 Placements:	Level 2 Foster Homes:	99 Children	Inpatient Hospital:	0 Children
38 Children			Total Children in OHC:	99 Children

