



Resource Family Connection

News, Events and Information Benefiting
the Children of Waukesha County
September 2015



Parenting a Child Who Has Experienced Trauma, Part 3 of 3 By: Child Welfare Information Gateway

Continued from August, 2015 Helping Yourself and Your Family

Parenting a child or youth who has experienced trauma can be difficult. Families can sometimes feel isolated, as if no one else understands what they are going through. This can put a strain not only on your relationship with your child, but with other family members, as well (including your spouse or partner).

Learning about what your child experienced may even act as a trigger for you, if you have your own trauma history that is not fully healed. Being affected by someone else's trauma is sometimes called "secondary trauma." The table at the end of this article lists signs that you may be experiencing secondary trauma.

The best cure for secondary trauma is prevention. In order to take good care of your child, you must take good care of yourself. Here are some things you can do:

- ⊗ Be honest about your expectations for your child and your relationship. Having realistic expectations about parenting a child with a history of trauma increases the chances for a healthy relationship.
- ⊗ Celebrate small victories. Take note of the improvements your child has made.
- ⊗ Don't take your child's difficulties personally. Your child's struggles are a result of the trauma he or she experienced; they are not a sign of your failure as a parent.
- ⊗ Take care of yourself. Make time for things you enjoy doing that support your physical, emotional, and spiritual health.
- ⊗ Focus on your own healing. If you have experienced trauma, it will be important for you to pursue your own healing, separate from your child.

- ⊗ Seek support. Your circle of support may include friends, family, and professional support if needed. Don't be afraid to ask about resources available from the child welfare system, such as a caseworker or support groups.

Conclusion

Trauma can affect children's behavior in ways that may be confusing or distressing for caregivers. It can impact the long-term health and well-being of the child and his or her family members. However, with understanding, care, and proper treatment (when necessary), all members of the family can heal and thrive after a traumatic event.

Signs of Secondary Trauma	
Physical Symptoms	<ul style="list-style-type: none"> ⊗ Headaches ⊗ Stomach problems ⊗ Sleep problems ⊗ Weight gain or loss ⊗ Lack of energy
Behavioral Symptoms	<ul style="list-style-type: none"> ⊗ Increased drinking or smoking ⊗ Procrastination ⊗ Feeling overly critical ⊗ Avoiding other people
Emotional Symptoms	<ul style="list-style-type: none"> ⊗ Anxiety ⊗ Frequent crying ⊗ Irritability ⊗ Loneliness ⊗ Depression
Cognitive Symptoms	<ul style="list-style-type: none"> ⊗ Inability to concentrate ⊗ Forgetfulness ⊗ Loss of humor/fun ⊗ Inability to make decisions

Used with permission from Child Welfare Information Gateway
<http://www.childwelfare.gov>



Foster Care Tips of the Month By: Dr. John DeGarmo



Teachers, foster parents, and case workers should place reasonable expectations on a foster child, not only in the student's academics, but also his behavior and social skills. After determining where the child's academic level of performance is at, and what he is capable of, adults need to ensure that they do not demand more than he is capable of. These reasonable expectations must be realistic ones. After all, each child is different, every child learns differently, and every child is not bound for Harvard or Oxford after high school. Children in foster care, as we have seen, perform at a lower academic level than their peers, for a variety of reasons. This fact alone needs to be remembered by those who care for them. Indeed, these caretakers should not expect school to be the focus of their young lives, as it is not. This is important to bear in mind with students in foster care, as they are likely not going to strive for academic excellence. Furthermore, many foster children are not going to place school work as a priority in their lives. More so, a large number of these students just may not care about their school work, their grades, or how they behave in school. This will not change magically overnight once a child is placed into a foster home. To be sure, it may take a very large length of time for a student in foster care to change his attitude towards school after he is placed into a foster home. Indeed, he may not change his attitude towards school at all while under the supervision of foster care, or even for the rest of his life, for that matter. This may be due to the fact that the child had lived in an environment or home for many years where school was not stressed as important. To that end, teachers, caseworkers, and foster parents need to be aware of this possibility.

More Tips

- ⊗ Be aware that your foster child may experience significant mood swings after visitations. These mood swings may be those of joy to sorrow, to hopefulness to disappointment, to anticipation to frustration. Be understanding of these emotions, and offer compassion as well as patience.
- ⊗ Your foster child may have many questions after a visitation with his biological family. Try to be as open and honest as possible when answering them. Listen to his hopes and worries with a compassionate ear. If he shares with you any concerning comments or discussions by his biological family members during the visitation, report these to the caseworker.

Used with permission from Dr. John DeGarmo
<http://drjohndegarmofostercare.weebly.com>

CANS CORNER

Eve Altizer & Rebecca Hollister
Child and Family Division
Supervisors

Hello Caregivers! In this month's installment of our CANS Corner, we'd like to share some tips and reminders that can help you in the future when discussing CANS in the future...

What do the scores mean?

Needs Scoring

0= means there is no "need" or problem in a particular area.

1= means that an area might require a little attention or an issue that we want to keep our eye on. Items can also be rated a "1" if we want to do some prevention to make sure problems don't resurface.

2= means that there is a problem that should be worked on. For scoring it is less important to figure out what we need to do, or who is going to do it (that will come in the plan); we simply are trying to agree that there is a problem that needs attention.

3= means that there is a problem that needs to be addressed immediately! Items rated as 3's indicate areas where there is significant concern and require immediate attention.

Strengths Scoring

0= means this is the best thing the youth has going for them, it is the best rating a youth can get in the area of strengths.

1= means a strength that can be useful when service/case planning with a youth.

2= means this is not a useful strength, but has potential. For these items the team needs to decide if they can build these strengths.

3= means there is no strength identified in a particular area.

What do I need to do to prepare to discuss the CANS with my social worker?

- ⚙ Make sure you have enough time set aside to talk about the current issues and past events. If you need more time suggest a follow up meeting.
- ⚙ Don't try to solve problems during the assessment meeting. Simply try to get on the same page with the team about the needs and strengths.
- ⚙ Review the previous CANS assessment before the meeting (if there was one). Think about what has changed since then.
- ⚙ Make sure important team members are invited, if they can't attend get their input before the meeting.

Tips to keep in mind when talking about the CANS during the meeting:

- ⚙ Remember the importance of being open and transparent with your child's team about what is going on with your child and family.
- ⚙ Remain mindful of the 'big picture' of your child and family's needs, while staying focused on, and prioritizing your child's most important needs.
- ⚙ At the end of the assessment, schedule a time to develop the service plan with your worker/team. Follow Up after Assessment Meeting
- ⚙ Make sure you obtain a copy of the assessment, check it for accuracy.
- ⚙ Track progress of the youth (building strengths and working on areas of need).
- ⚙ Use the assessment to guide the development of the plan. Make sure areas of need are addressed in the plan.
- ⚙ Each identified need will not necessarily need to be addressed separately. Work with the team to come up with ideas about how the different types of needs your child has might be related to one another. This will allow the team to develop targeted goals and work to achieve improvements in multiple areas of your child's life.

What should I expect after the CANS is completed?

- ⚙ Make sure you obtain a copy of the assessment, check it for accuracy.
- ⚙ Track progress of the youth (building strengths and working on areas of need).
- ⚙ Use the assessment to guide the development of the plan. Make sure areas of need are addressed in the plan.
- ⚙ Each identified need will not necessarily need to be addressed separately. Work with the team to come up with ideas about how the different types of needs your child has might be related to one another. This will allow the team to develop targeted goals and work to achieve improvements in multiple areas of your child's life.

(adapted from the CANS Cheat Sheet for Caregivers developed by the University of Maryland School of Social Work)

As always – if you have questions about the CANS Assessment, the process, scoring, planning, etc. please contact your social worker!

Thank you for all that you do,

Rebecca and Eve

School Age Programs at Waukesha Public Library

321 Wisconsin Avenue, Waukesha, WI 53186

Children's Services: (262) 524-3692

Adult & Teen Reference: (262) 524-3682

Hours Monday–Thursday: 9:00 a.m. – 9:00 p.m.

Friday: 9:00 a.m. – 5:00 p.m.

Saturday: 9:00 a.m. – 5:00 p.m. (Labor Day – Memorial Day)

Saturday: 9:00 a.m. – 1:00 p.m. (Summer)

Sunday: 1:00 p.m. – 4:00 p.m. (October – April)

www.waukeshapubliclibrary.org

4th/5th/6th Grade Book Discussions

Wednesdays, 4:15-5:15 p.m. October 7 (Registration begins September 21) November 4 (Registration begins October 7) Books are provided by the Friends of Waukesha Public Library and are yours to keep after you join us for the discussion. Hurry! These discussions fill up fast.

Chess Club/Open-Play Tuesdays, October 20 – November 17 3rd-6th Grade: 6:30-7:30 p.m. No registration required for open-play. Emphasis is on fun rather than competition. Boards and pieces will be provided. Chess Tournament Tuesday, November 24, 6:30-8:30 p.m. Register at one of the weekly open-plays.

LEGO™ Club Ages 5 years and up. No registration required. Thursdays, 4:00-5:30 p.m. September 10 & 24, October 8 & 22, November 5 & 19, December 3 & 17 Meet in the Children's Program Room to create, build and make new LEGO loving friends.

LOL! Improv Comedy & Theatre Games Ages 6-8 years Registration begins September 1. Mondays, 6:30-7:15 p.m., September 28 – October 12 Children will have a blast expressing themselves creatively, using their imaginations and learning to work together. Ages 9-12 years Registration begins October 19. Mondays, 6:30-7:15 p.m., November 2-16 Improvisation is all about having fun and learning to think on your feet! It is the coolest way to develop Creativity (writing and thinking), Community (team, listening and respect) and Leadership (public speaking, self-confidence, eye contact). No experience is needed, just a willingness to have fun...and laugh a lot, too!

Minecraft Club ~ Survival Mode

2nd-6th Grade. Registration begins September 1 for all four classes. Tuesdays, 6:30-7:30 p.m., September 22 – October 13 Children will be encouraged to explore new worlds and build things in survival mode. iPads provided.

Read to Rover Ages 4-10 years. First registration begins August 31. Curl up with a dog & a good book! Register for a 15-minute time slot with one of our loveable volunteer therapy dogs and their owner/handlers. Registration for the later classes begins the day of the prior class. Saturdays, 10:00 a.m.-noon September 12 & 26, October 10 & 24, November 7 & 21, December 12

Scary Stories AFTER DARK 2nd-6th Grade. Registration begins October 12. Wednesday, October 28, 8:00-9:00 p.m. Children and their parents are welcome to join us in the "HAUNTED" Library for scary stories & activities that are sure to give you a fright! BOO!



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

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

September 13 is Grandparents Day!

Happy Grandparents Day to all! We extend a special thank you to all grandparents who are caring for their grandchildren, and encourage you to do something special for yourselves on this day!



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.



CPS Units Will Be Back Up At Full Staff Soon!

Eugenio (a-you-henio) Quantro-Plaga will be joining Rebecca's unit! Eugenio is a recent Title IV-E graduate of UW-Madison's Social Work Master's program as well as bilingual. He has some experience in foster care in Dane County as well as IA work in Rock County as a part of his internships. Eugenio will be starting 8/27/15.

Danita Graham will be joining Eve's unit! Danita has an MSW from Loyola University and has a diverse background in child welfare and mental health. Her start date will be 9/14/2015.

Fun Things To Do This Fall

See the colors

The season's colorful leaves are most impressive as a panorama, so visit the observation tower at the Lapham Peak Unit of the Kettle Moraine State Forest. The 45-foot tower stands on the highest point in Waukesha County, offering a bird's eye view of the surrounding forest and, sometimes, Milwaukee's skyline. The scenic tower at Holy Hill, the National Shrine of Mary, also offers an expansive view. From its base to spire, the tower is 192 feet, and visitors climb 178 steps to the top. It's open through October, weather permitting.

Board a train

Step back in time on the East Troy Electric Railroad and ride historic railcars on a 7.5-mile loop. Riders board at either the East Troy Depot, where they can also check out a railroad museum, or at The Elegant Farmer in Mukwonago, where visitors can grab some famous apple pie baked in a paper bag. The train runs Saturdays and Sundays September through November, and a ticket offers unlimited rides all day.

Go to the birds

Horicon Marsh Wildlife Area is the country's largest freshwater cattail marsh, and more than 300 species of birds nest there. Canada Geese take center stage between mid-September and November, when 200,000 geese on their southern migration stop at the marsh for a few weeks. The population peaks in late October. Visitors can view the birds, hike trails and check out the newly opened Explorium at the Horicon Marsh Education and Visitor Center for hands-on exhibits and more information.

Ride a bike

The 15-mile Lake Country Recreation from Oconomowoc to Pewaukee follows the former Interurban railway line. While portions of the trail have been closed the past year for construction on overhead power lines, the trail is scheduled to be completely open this fall. Other options include the 14-mile Bugline Trail from Merton to Menomonee Falls and the 52-mile Glacial Drumlin State Trail from Waukesha to Cottage Grove. Much of the Lake Country trails are paved but changing to crushed limestone farther away.

Visit a museum

Fall is the last call to explore many local museums that are open only by appointment during winter. The Oconomowoc Historical Society & Museum is open Thursday, Friday and Sunday afternoons through November. Pewaukee's Clark House Museum is open Sunday afternoons and Wednesday evenings through October. Hawks Inn in Delafield runs tours on Saturday afternoons through October. The Octagon House in Watertown offers daily tours through October. On the plus side, the Charles Z. Horwitz Planetarium at Retzer Nature Center in Waukesha is part of the school system, and it kicks off its public programming in fall.

Watch some football

While we cheer for the Packers from our couch each Sunday, a high school football game gives kids a chance to experience the sport up close. Friday night lights are exciting, and each community truly comes out to support their teams on Homecoming. Both the Oconomowoc High School Cooneys and Arrowhead Warhawks play Homecoming games Sept. 25. The Kettle Moraine Lasers have Homecoming Sept. 18, and the Pewaukee Pirates play Oct. 2. Check the high school websites for other game dates.

Navigate a maze

Homestead Animal Farm in the Town of Merton creates the area's most elaborate corn maze. This year's theme is "Farms=Food." Visitors can navigate their way through paths in the shape of a pumpkin, carrot, corn, peapod and more. Along the way, visitors also will find a dozen checkpoints, unscramble letters to reveal a secret word and play a QR code game. Guests can also take an I Spy Hayride and visit the petting zoo. The maze is open weekends Sept. 26 through Oct. 25.



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.

Relative Caregivers Support/Education Group

September 15, 2015 & November 17, 2015
6:00 PM to 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 Janis (262-548-7267) or Libby (262-548-7277)

Foster Parent Support Group

First Wednesday of each month

September 2, 2015
6:00 PM to 7:30 PM

Parents Place

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

On-sight 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

September 25, 2015
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://wcpds.wisc.edu/foster-parent-training/>. Please save the certificates after you have completed each module. These are required to become licensed.

When:

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.



Training

Parents Place Programs

262-549-5575 www.ppacinc.org

- **Strong Willed Child**
Tuesdays, September 1 - 22 from 6:00 - 7:30 PM
- **Parenting the Early Years Series**
Wednesdays, September 2 - October 28 from 5:30 - 7:00 PM
- **It's All About Teens (Parent and Teen Class)**
Mondays, September 14 - October 26 from 5:30 - 7:00 PM
- **Having Fun With Your Kids in the Kitchen (Parent and child class)**
Thursdays, September 24 - November 5 from 5:30 - 7:00 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

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..... 262-548-7639

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

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

July 2015 Placements

Waukesha County Licensed Homes

Relative/Kinship/Level 1 Placements:
 42 Children

Level 2 Placements:
 38 Children

Waukesha County Children in Out of Home Placement

Juvenile Corrections:	1 Child	Group Homes:	0 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 Foster Homes:	99 Children	Inpatient Hospital:	0 Children
		Total Children in OHC:	93 Children

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

FASPP

Norma Schoenberg
 920-922-9627