

THE RESOURCE FAMILY HERALD

JULY, AUGUST, SEPTEMBER 2018

CHILD WELFARE NEWS

FRIENDLY NEIGHBORHOODS AND LESS CHILD SPANKING MAY REDUCE LIKELIHOOD OF CPS INVOLVEMENT, STUDY SAYS

COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY

DIRECTOR'S CORNER

Dear Resource Parents,

The majority of the youth who come into our care have experienced trauma in their lives. Therefore, the work we all do with foster children needs to be sensitive to their experiences, and is what we call "Trauma Informed Care." This means looking at others through a trauma-informed lens, and taking into consideration that youth may react or behave in a certain way because of the trauma they have known, and not because they are intentionally trying to be "bad." Understanding the impact of trauma gives us a perspective through which to consider the experiences of others. Here is a link to a video highlighting the concept: <http://bit.ly/trauma-informedlens>

May certainly has been a busy month – Happy National Foster Care Month and belated Mother's Day!! Also Happy Star Wars Day which was May the 4th. Why is this relevant to us? Because Luke Skywalker was raised in Kinship Care!!

Thank you for all you do for the youth we serve.

Kerry

*Kerry Ahearn-Brown, LCSW
Director
Children & Family Services*



By Christie Renick, April 12, 2018
chronicleofsocialchange.org

There may be a relationship between the spanking of children, the type of neighborhood the children live in and the likelihood of a report of abuse or neglect to Child Protective Services (CPS), according to a new study published in the journal *Child Abuse & Neglect*.

The study looked at a sample of 2,267 children drawn from Princeton University's Fragile Families and Child Wellbeing Study. Researchers at the University of Michigan and Michigan State University compared that group against a random sample of 4,789 births between 1998-2000 in 20 large U.S. cities.

Neighborhood cohesion refers to those "where neighbors are willing to help each other and generally get along." The study determined that neighborhood cohesion – defined as places "where neighbors are willing to help each other and generally get along" – served as a protective factor against contact with CPS, the study found.

It also found that CPS is less likely to intervene in families where children are not often spanked.

"Our findings suggest that promoting caring, neighborly relationships among residents that support the needs and challenges of families with young children can help ensure children's safety," said study co-author Andrew Grogan-Kaylor, an associate professor of social work at the University of Michigan (UM).

According to Julie Ma, assistant professor of social work at UM-Flint, this is the first study to look at neighborhood conditions and spanking as precursors of child maltreatment at the same time, rather than separately.

"Both the types of neighborhoods in which parents choose, or are forced, to raise their children and parents' decisions about whether they spank their children influence the chances of CPS involvement," Ma said, in a statement announcing the report.

"Programs and policies should address strategies for building supportive resident interactions in the neighborhoods, as well as nonphysical child discipline to help reduce maltreatment."

ADOPTION EDUCATION GROUP

Topics include parenting, behavioral issues and adoption. This group is open to adoptive and foster parents. Dinner and childcare provided with RSVP. Contact: Carlos Bravo, cbravo@smcgov.org Location: 472 Harbor Blvd., Building B, Belmont

FOSTER PARENT ASSOCIATION MEETINGS

Great resource for new and seasoned parents. Meets monthly on the first Thursday of the month - except July and August. Dinner and childcare provided with RSVP.

Contact: Deborah Kemper, MBA President San Mateo County Foster Parent Association (510) 599-6100 / Debkemper0404@gmail.com Location: 400 Harbor Blvd., Building B, Belmont

RFA INFORMATIONAL MEETINGS

No need to RSVP.

Contact: Ayse Dogan (650) 802-5142 / ADogan@smcgov.org Location: 400 Harbor Blvd., Building B, Belmont Visit www.smchsa.org for directions.

MEDICALLY FRAGILE CARE SUPPORT GROUP

Refreshments and childcare provided with RSVP.

Contact: Enza Ferreira (650) 312-5253 / EFerreira@smcgov.org Location: 31 Tower Road, San Mateo

RESOURCE PARENT SUPPORT GROUP

Formally known as the Teen/Foster Parent Support Group. For families waiting for placements or who have received new placements. Dinner and childcare provided with RSVP.

Contact: Diane Carleson (650) 341-8520 / geminidvc@aol.com Location: 31 Tower Road, San Mateo

RESOURCE PARENT TRAINING

18 hours of great information, activities, and guest speakers. Individuals interested in becoming a resource parent must complete training as part of their application process. The training series is held over 3 consecutive Saturdays. Pre-registration is required to attend these classes. You will receive confirmation for your enrollment. Sorry no child care at this time.

Contact: Ayse Dogan (650) 802-5142 / ADogan@smcgov.org

JULY / AUGUST / SEPTEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 JULY	2 9:30-11:30 am Medically Fragile Care Support Group	3	4	5	6	7
8	9 6:30-8:30 pm Teen/Foster Parent Support Group	10 7-8:30 pm RFA Information Meeting	11 6:30-8:30 pm Resource Parent Support Group	12	13	14 9-4 pm RPT Session 1
15	16	17	18	19	20	21 9-4 pm RPT Session 1
22	23	24	25	26	27	28 9-4 pm RPT Session 1
29	30	31	1 AUGUST	2	3	4
5	6 9:30-11:30 am Medically Fragile Care Support Group	7 7-8:30 pm RFA Information Meeting	8 6:30-8:30 pm Resource Parent Support Group	9	10	11 9-4 pm RPT Session 2
12	13 6:30-8:30 pm Teen/Foster Parent Support Group	14	15	16	17	18 9-4 pm RPT Session 2
19	20	21	22	23	24	25 9-4 pm RPT Session 2
26	27	28	29	30	31	1 SEPTEMBER
2	3	4 7-8:30 pm RFA Information Meeting	5	6 6:30-8:30 pm Foster Parent Association Meeting	7	8 9-4 pm RPT Session 3
9	10 9:30-11:30 am Medically Fragile Care Support Group 6:30-8:30 pm Teen/Foster Parent Support Group	11	12 6:30-8:30 pm Resource Parent Support Group	13	14	15 9-4 pm RPT Session 3
16	17	18	19	20 7:00-8:30 pm Adoption Education Group	21	22 9-4 pm RPT Session 3
23	24	25	26	27	28	29
30						

TELL YOUR FRIENDS & FAMILY!



If you have friends or family that may be interested in finding out more about becoming Resource Parents, you can let them know about our informal monthly informational meetings. There is no commitment necessary to attend.



Even a Little Exercise Might Make Us Happier

By Gretchen Reynold, May 2, 2018
The NY Times Science Section

Small amounts of exercise could have an outsize effect on happiness.

According to a new review of research about good moods and physical activity, people who work out even once a week or for as little as 10 minutes a day tend to be more cheerful than those who never exercise. And any type of exercise may be helpful.

The idea that moving can affect our moods is not new. Many of us would probably say that we feel less cranky or more relaxed after a jog or visit to the gym.

Science would generally agree with us. A number of past studies have noted that physically active people have much lower risks of developing depression and anxiety than people who rarely move.

But that research centered on the relationships between exercise and psychological problems like depression and anxiety. Fewer past studies explored links between physical activity and upbeat emotions, especially in people who already were psychologically healthy, and those studies often looked at a single age group or type of exercise.

On their own, they do not tell us much about the amounts or types of exercise that might best lift our moods, or whether most of us might expect to find greater happiness with regular exercise or only certain groups of people.

So for the new review, in The Journal of Happiness Studies, researchers at the University of Michigan decided to aggregate and analyze multiple past studies of working out and happiness.

They began by combing research databases for relevant studies and wound up with 23 published since 1980. Most of those were observational, meaning that the scientists simply looked at a group of people, asking them how much they worked out and how happy they were. A few of the studies were experiments in which people started exercising and researchers measured their happiness before and after.

The number of participants in any one study was often small, but together, they represented more than 500,000 people ranging in age from adolescents to the very old and covering a broad range of ethnic and socioeconomic groups.

And for most of them, the Michigan researchers found, exercise was strongly linked to happiness.

“Every one of the observational studies showed a beneficial relationship between being physically active and being happy,”

says Weiyun Chen, an associate professor of kinesiology at the University of Michigan, who, with her graduate student Zhanjia Zhang, wrote the review.



CILANTRO LIME SALMON BOWLS

INGREDIENTS

3 Red peppers, sliced into strips	2 tsp. Honey
2/3 c. olive oil, plus 1 tablespoon	1 Garlic clove, minced
Salt	4 Salmon fillets
Black pepper	4 c. Cooked brown rice
1/3 c. Lime juice	1 Avocado, thinly sliced
2 tbsp. Finely chopped cilantro, plus more for serving	Lime wedges, for serving

DIRECTIONS

1. Preheat oven to 400° and line a large baking sheet with parchment paper. Place bell peppers onto baking sheet and toss with 1 tbsp olive oil. Season with salt and pepper and place in the oven to bake for 10 minutes.
2. Meanwhile, make cilantro lime marinade: combine olive oil, lime juice, cilantro, honey, and garlic and whisk to combine. Place salmon in a large bowl and season with salt and pepper. Pour half the marinade over fillets. Toss until fully coated. Set aside remaining marinade.
3. When peppers have baked for 10 minutes, remove from oven and place fillets on top of peppers. Bake until peppers are tender and salmon is cooked through, 15 to 20 minutes more.
4. Assemble bowls: divide rice into four bowls and top with salmon, peppers, avocado and a wedge of lime. Garnish with cilantro and serve with extra marinade on the side

HELLO

FROM THE SAN MATEO COUNTY OFFICE OF EDUCATION, FOSTER YOUTH SERVICES COORDINATING PROGRAM (FYSCP).

The San Mateo County Office of Education, Foster Youth Services Coordinating Program (FYSCP) provides educational support for all foster youth, including students from other counties, who attend schools within San Mateo County schools. The FYSCP educational liaisons assist foster youth in grades K-12 with many educational needs including, but not limited to: school enrollment, transfer of school records, credit review, appropriate school placement and training and advocacy around Foster Youth Legislation around education. In San Mateo County, the FYSCP is a partnership of the San Mateo County Office of Education and the San Mateo County Human Services Agency.

Below are some helpful resources as you gear up with your students for the next school year: San Mateo County Public Schools Calendar page, The Foster Youth Education Toolkit, Foster Youth Fact Sheets, and The AB 490 Summary: Ensuring Educational Rights and Stability.

www.smcoe.org/about-smcoe/calendars.html

<http://kids-alliance.org/programs/education/edtoolkit/>

www.cfyetf.org/publications_11_3259084835.pdf

www.ylc.org/wp/wp-content/uploads/ab490summary.pdf

As school begins, please contact the Educational Liaisons for any of the following for assistance:

- School enrollment needs
- Delays in school enrollment
- School changes
- Transfer of school records and IEP's

Please take note of our new contact information!

Rosanna Anderson (650) 598-2161
randerson@smcoe.org

Renee Vorrises (650) 598-2164
rvorrises@smcoe.org

31 Tower Road, San Mateo 94402 Room 101

The Educational Liaisons will be out of the office from June 9 and returning for the new academic year August 14th.

Neighborhoods & Less Spanking May Reduce
Likelihood of CPS Involvement
A Little Exercise Might Make Us Happy
Recipe: Cilantro Lime Bowls

IN THIS ISSUE

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Resource Parent Approval Unit Supervisor
Ayse Dogan
1 Davis Drive
Belmont, CA 94002
(650) 802-5142

RESOURCES

CPR/First Aid Classes Offered by Community Based Organizations

The following are resources for CPR/First Aid class. Remember the class you take must include infant and child CPR/First Aid. If you need childcare, please check with the agency you pick to see if that is something they offer.

In Home CPR

The American Heart Association's Heartsaver First Aid/CPR/AED course
Cost: \$95 per person
Location: 200 Main St. Suite 200C, Redwood City

Safetytrainingseminars.com

San Francisco American Heart Association holds a number of classes throughout each month.
No childcare provided.
Cost: \$120.00 per person, includes an American Heart Association CPR Book.
Location: 598 Vermont St (18th St), San Francisco
Plenty of free street parking.

Helponechild.org

Their classes are conducted quarterly. Their class is five hours long and usually runs from 8:30am-1:30pm. Childcare is available with RSVP.
Cost: \$50.00 per person, advanced payment and reservation required.
Location: 858 University Avenue, Los Altos
Contact: 888-KID-HOPE (888) 543-4673

On-line Training

You may renew your certification through on-line CPR/First Aid training. The advantages of on-line training include lower cost and convenience.
www.nationalcprfoundation.com

HSA Resource Parent Ombudsperson

Freda Cobb
Resource Parent Ombudsperson
County of San Mateo
Human Services Agency
Children and Family Services
1 Davis Drive, Belmont
Phone: (650) 802-7650
E-mail: fcobb@smcgov.org

Resource Family Recruitment Coordinator

Carlos Smith
csmith@smcgov.org
(650) 802-7637

Want To Earn \$500? As a Resource Parent, you are eligible to earn \$500 for recruiting a family that becomes licensed and eligible to receive a placement of a foster child in San Mateo County. When the family you are working with contacts the Agency, be sure and tell them to let us know they were referred by you. Questions, Contact Ayse at (650) 802-5142 or ADogan@smcgov.org