

THE RESOURCE FAMILY HERALD

JANUARY / FEBRUARY / MARCH 2019

CHILD WELFARE NEWS

“INSTANT FAMILY” IS A POWERFUL MOVIE THAT SHOWS CHALLENGES AND JOYS OF FOSTER CARE, ADOPTION

Posted by GWright on 11/14/18 on Social Workers Speak, NASW



In the film “Instant Family” Pete and Ellie (actors Mark Wahlberg and Rose Byrne) are an attractive, successful couple nearing middle age who become foster parents for three Latinx siblings.

But don’t look for this dramedy to be the usual, formulaic film movie about white saviors who come in to rescue brown or black people in distress. “Instant Family,” shows the difficulties and rewards of becoming a foster or adoptive parent in a realistic, moving and inspiring way.

The film covers all the stages foster parents go through. The honeymoon period when the children first come to a new home and revel in their new rooms and toys. The trauma and anger that can prompt children who are in foster care to act out and disrespect their foster parents. The issues that occur when parents foster and adopt children of different races or cultures. And the patience and love that is needed when new families are created through adoption.

“This film is a must-see,” said National Association of Social Workers Chief Executive Officer Angelo McClain, PhD, LICSW, who moderated a Q&A session after a screening of the film at the National Air and Space Museum in Washington, D.C. on November 13. “It will delight and entertain viewers while shining a spotlight on the joys and challenges of adopting

foster youth.”

Watch the trailer for the film and find out where it is playing near you at www.InstantFamilyMovie.com

Director and writer Sean Anders, who has done raunchy comedies such as “Dumb and Dumber To” and “Hot Tub Time Machine,” based this family film on the experiences of himself and his wife Beth, who adopted three children. The Anders, who were at the screening Washington, D.C., hope the film will encourage other people to consider fostering and adopting.

“People have made moves on this topic but never got into the dirt of how it works,” Anders said. He went on to say that most films focus on the tragedy and trauma surrounding foster care and adoption but his movie “focuses on the wonderful families that come out of this.”

Beth and Sean Anders credited social workers with being by their side throughout the adoption process, helping them overcome the emotional hurdles of the process.

That is why Sean Anders has two strong social worker roles in the film. Octavia Spencer and Tig Notaro portray social workers Karen and Sharon, who run a support group for foster and adoptive parents.

There are about 500,000 foster children in the United States and not enough people willing to be foster or adoptive parents. Social worker Rep. Karen Bass (D-CA), who spoke at the screening, said considering the wealth of the United States “the least we can do is provide families for children.”

McClain hopes “Instant Family” will raise awareness about this issue.

“Everybody please go see this movie and talk about it with your friends,” he said. “This film is an opportunity for us to change the narrative on adopting foster children.”

COUNTY OF SAN MATEO HUMAN SERVICES AGENCY

DIRECTOR’S CORNER

As the holiday season comes to a close, we are thankful for all the memories created in the past year and are anxiously awaiting the new memories to be created in 2019.

As I transition to my new assignment of CFS Director, I want to thank each of you who help provide our children a connection to family and togetherness. The gift of self is a genuine commitment of compassion and should be celebrated not only at New Year but throughout the year. Every child deserves an opportunity to experience a safe and healthy example of family and with this; they can rest peacefully knowing they are at home.

Having somewhere to go is HOME.

Having someone to love is FAMILY.

Having both is a BLESSING.

- UNKNOWN

Thank you for “Making a Difference!”

Jennifer D. Valencia, CFS Director

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

JANUARY / FEBRUARY / MARCH 2019 CALENDAR

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

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.

DENTAL HEALTH OVERVIEW

Stanford Children's Health 2018



Most pediatric dentists will agree that regular dental care should begin by one year of age, with a dental check-up at least twice each consecutive year for most children. Some children may need more frequent evaluations and care. In accordance with this recommendation, the American Academy of Pediatric Dentistry (AAPD) has provided the following dental checklist for infants and toddlers:

Birth To Six Months Of Age

- Clean the infant's mouth with gauze or use a soft infant toothbrush after feedings and at bedtime.
- Consult your child's pediatrician or pediatric dentist regarding fluoride supplements.
- Regulate feeding habits (bottle-feeding and breastfeeding).

Six To 12 Months Of Age

- During this time, the first tooth should appear. Consult a pediatric dentist for an examination.
- Brush teeth after each feeding and at bedtime with a small, soft-bristled brush.
- As the child begins to walk, stay alert for potential dental and/or facial injuries.
- Wean the child from the bottle by his or her first birthday. (If a woman breastfeeds her child, the AAPD recommends breastfeeding for at least one year. The World Health Organization recommends breastfeeding for at least two years.)

Twelve To 24 Months Of Age

- Follow the schedule of dental examinations and cleanings, as recommended by your child's pediatric dentist. Generally, dental examinations and cleanings are recommended every six months for children and adults.
- As your child learns to rinse his or her mouth, and as most primary (baby) teeth have erupted by this age, brushing with a pea-sized portion of fluoridated toothpaste becomes appropriate, in most cases. However, it is advised to consult your child's pediatric dentist regarding the appropriate time for your toddler to begin using toothpaste.

Facts About Deciduous (Primary Or Baby) Teeth

- Proper care of a child's deciduous teeth (also known as "baby" or primary teeth) is very important, as these teeth hold space for the future eruption of permanent teeth.
- If a baby tooth decays or is removed too early, the space necessary for the permanent teeth is lost and can only be regained through orthodontic treatment.
- Infected baby teeth can cause the permanent teeth to develop improperly resulting in stains, pits, and weaker teeth.
- Primary Teeth Are Important In Speech Development
- Primary teeth aid in chewing food properly, promoting healthy nutrition.
- Most children begin losing their baby teeth around the ages of five or six, with usually the front teeth first. They continue to lose baby teeth until the age of 12 or 13 when all of the permanent teeth finally come through, except for the third molars (wisdom teeth). These molars begin to appear around the ages of 17 to 21.

Diet And Dental Care For Children

The AAPD recommends the following to ensure your child eats correctly to maintain a healthy body and teeth:

- Ask your child's pediatric dentist to help you assess your child's diet.
- Shop smart. Do not routinely stock your pantry with sugary or starchy snacks.
- Buy "fun foods" just for special times.
- Limit the number of snacks and choose nutritious snacks.
- Provide a balanced diet, and save foods with sugar or starch for mealtimes.
- Do not put your young child to bed with a bottle of milk, formula, or juice.
- If your child chews gum or sips soda, choose those without sugar.

SCHOOL STABILITY MATTERS!

Recent studies have shown that foster youth (FY) transfer schools an average of 8 times while in foster care. As a result of school instability, only 21% of FY are proficient in English by 11th grade and 6% in math. Nationally, fewer than 60% of FY graduate from high school.

FY have the right to remain in their school of origin (SOO) if it is in their best interest, as determined by their Educational Rights Holder (ERH).

How does one determine a SOO? 1) The school the FY attended when removed from their home will always be a SOO; 2) the school the FY last attended; and, 3) any school the FY attended in the last 15 months with which they have a connection.

Also important to note is feeder patterns. If FY are transitioning between elementary and middle, or middle and high school, SOO includes the next school within the school districts' feeder patterns. Magnet and charter schools are included as a SOO, court and community schools are not.

If a FY's court case closes while they are in grades K – 8th, they have a right to remain in their SOO until the end of the current school year. If FY are in high school when their case closes, they have a right to remain in their SOO until they graduate from high school.

School of origin is the default. Before moving a FY from their SOO, it is best practice to convene a meeting (in person or over the phone) to include the district FY liaison and the ERH, and, if possible, the social worker, current caregiver and educational liaison. This meeting is to evaluate the best interest of the FY and should include, but not be limited to, such topics as: continuity of instruction, age/grade of the FY, length of anticipated stay in the placement, FY's need for special instruction, etc.

The Educational Liaisons have a checklist to use when there is about to be or has been a recent placement change. Please feel free to consult if you have questions.

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Renee Vorrisse, MSW, PPSC
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WINTER VEGETABLE SHEPHERD'S PIE / SERVES 8

INGREDIENTS

3 cups cubed peeled butternut squash (1-inch pieces)
1 large potato, peeled and cut into 1-inch cubes (2 cups)
2 medium carrots, thinly sliced
2 cups vegetable broth
1/2 teaspoon plus 3/4 teaspoon salt, divided
3/4 teaspoon pepper, divided
2 pounds ground turkey
1 large onion, chopped
1 tablespoon olive oil
3/4 pound sliced fresh mushrooms
3 garlic cloves, minced
1/2 cup white wine or broth

1 teaspoon dried thyme
1/4 cup all-purpose flour
2 cups frozen peas (about 8 ounces)

DIRECTIONS

1. Preheat oven to 350°. Place first four ingredients in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until vegetables are tender, 10-15 minutes. Drain vegetables, reserving broth. Mash vegetables until smooth, stirring in 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. In two batches, cook turkey and onion in a Dutch oven over medium-high heat until turkey is no longer pink, 5-7 minutes, breaking turkey into crumbles. Remove from pan.

3. In same pan, heat oil over medium-high heat; sauté mushrooms until tender, 7-9 minutes. Add garlic; cook and stir 1 minute. Add wine, thyme and the remaining salt and pepper; bring to a boil, stirring to remove browned bits from pan. Cook until liquid is evaporated. Stir in flour until blended; gradually stir in reserved broth. Bring to a boil; cook and stir until thickened. Stir in peas and turkey mixture; heat through.
4. Transfer to a greased 2-1/2-quart baking dish. Spread with mashed vegetables. Bake, uncovered, until filling is bubbly, 30-35 minutes. Let stand 10 minutes before serving.

Recipe and image by tasetofhome.com



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.

CPR Certification

Visit: www.ssf.net/departments/fire/about-us/cpr-certification

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