

THE RESOURCE FAMILY HERALD

JULY / AUGUST / SEPTEMBER 2019

CHILD WELFARE NEWS

FOSTER YOUTH MORE FREQUENTLY PLACED IN FAMILY SETTINGS, REPORT FINDS

April 3, 2019 John Kelly, *Chronicleofsocialchange.org*

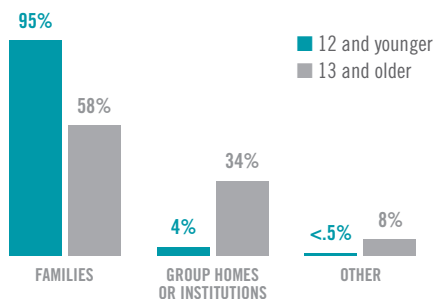
As states prepare for a child welfare overhaul that will limit federal funds to group care, a recent report shows that most systems are already gravitating toward greater use of family foster homes and relative caregivers.

Eighty-six percent of the 442,995 foster youth in America were placed with families in 2017, up 81 percent from a decade before, according to an analysis done by Child Trends and the Annie E. Casey Foundation.

“When it comes to finding a home for children and young people who have been separated from their parents, child welfare systems across the country are making progress in putting family first,” it says in the report, “Keeping Kids in Families.”

The analysis used data from the Adoption and Foster Care Analysis and Reporting System (AFCARS), which is managed by the federal Administration for Children and Families and is collected from state child welfare information systems. Analysts compared the most recent AFCARS period, 2017, to data from 2007.

Percentage of Children in Foster Care by Placement Type & Age: 2017



Children were counted as living with family if they were placed in foster or pre-adoptive homes, with relatives, or in what's called a trial home setting (a test return home to birth parents.) They were counted as not living with family if they were in a group home or any other “congregate care” placement, in independent living, or had run away from any child welfare setting.

The gains were not even across demographics or states. The upward shift in family-based placements for African-American youth was only 3 percent, and 19 percent of those children were not placed with families in 2017, the lowest of any racial or ethnic group.

Systems continue to place older foster youth outside of family settings at a far higher rate than younger children. The analysis found that 95 percent of children younger than 13 lived in family settings, but just 58 percent of teenagers did. Just over a third of teens lived in congregate care in 2017.

“States have made progress in finding more families for young people who cannot live with their parents,” the report said. “But they can do better, and they must, with a focus on finding families for older youth and achieving racial equity in their approaches and decision making.”

While the 10-year trend in the use of congregate care is promising, several states have leaned more heavily on group settings since 2012, when the number of foster youth in the country began a steady increase after years of decline. The Chronicle of Social Change’s “Who Cares” project on foster care capacity found that 31 states have placed a higher percent of foster youth in these types of placements in 2016 than they did in 2012.

The (Annie E.) Casey Foundation report comes several months before the majority of the Family First Prevention Services Act takes effect. Signed into law in February of 2018, the law opens up the Title IV-E child welfare entitlement – previously reserved for foster care and adoption costs – to be used for certain supports aimed at stabilizing some families without removing children.

The law also sets a limit of two weeks on federal funds for a congregate care placement, with some notable exceptions for clinical or targeted residential programs.

The report urges states to take advantage of the new funding available under Family First.

DIRECTOR'S CORNER

Caretaking the Caretaker...

It is tremendous work to be a caretaker. It often requires you to give all of yourself including sometimes putting yourself second. This is admirable but not always sustainable. It is important to have good self-care and find opportunities to recharge so you can continue to do the good the work that you do.

Time to recharge! You are cordially invited to an adult only event where you can take a moment to relax without children, share experiences with other parents, and network with others who understand the balance of life with children and enjoy a tasty meal without child interruption.

Please mark your calendars for Saturday July 13th, 11am- 2pm. We will be caretaking our caretakers at Poplar Creek Golf Course Grill, 1700 Coyote Point Dr. San Mateo.

*You can't pour from an empty cup.
Take care of yourself first. ~ unknown*

See you on July 13th!

Jennifer D. Valencia, CFS Director

“The law follows a long tradition of federal legislation designed to ensure children and teens grow up in a family,” report authors said. “It recognizes that too many children are unnecessarily separated from parents who could provide safe and loving care if given access to needed mental health services, substance abuse treatment or guidance for improving their parenting skills.”

The Family First Act’s provisions on new foster care prevention funds and limits on congregate care will take effect in October of 2019. States have the option to seek a one- or two-year delay on the congregate limits, but are precluded from accessing prevention money under such a delay.

COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY

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. Dinner and childcare provided with RSVP.

Contact: Cristin Winn Reyes
President, Foster Parent Association
(408) 393-2454 / cristinwinn@gmail.com

MEDICALLY FRAGILE CARE SUPPORT GROUP

Refreshments and childcare provided with RSVP.

Contact: Lorena Torres
(650) 312-6260 / Lmtorres@smcgov.org
Location: 31 Tower Road, San Mateo

RESOURCE PARENT SUPPORT GROUP

Open to all families, new and seasoned. Dinner and childcare provided with RSVP.

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

RESOURCE PARENT TRAINING

16 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

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.

TEEN/FOSTER PARENT SUPPORT GROUP

Open to families parenting teenagers.

Contact: Diane Carleson
(650) 341-8520 / geminidvc@aol.com
Location: 346 Sylvan Ave., San Mateo

RESOURCE FAMILY APPRECIATION

July 13, Saturday, 11 am - 2 pm

Poplar Creek Golf Course Grill
1700 Coyote Point Dr., San Mateo

JULY / AUGUST / SEPTEMBER 2019 CALENDAR

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



SUN SAFETY AND PROTECTION

Summer is officially here, and many of us are ready to spend some more time outdoors in the sun. Though seemingly harmless, the sun's rays can quickly become sunburns in children and adults alike. As you enjoy the outdoors this summer, remember to follow a few tips from the American Academy of Pediatrics (2019) for optimal sun safety and protection.

For Children Under 6 Months of Age:

- Keep babies under 6 months old out of direct sunlight. Babies should be shaded under a tree, an umbrella, or stroller canopy.
- Baby's arms and legs should be covered in lightweight clothing.
- Use hats that cover the neck to prevent sunburns.
- Consult the pediatrician prior to applying any sunscreen. Sunscreen is usually not recommended for children under six months old.
- If a baby gets sunburn, apply a cool compress to the affected area.

Sun Safety for Children:

- Stay in the shade as much as possible.
- Limit sun exposure between 10am and 4pm, when the sun's intensity peaks.
- Wear a wide-brimmed hat that shades the face, ears, and the back of the neck.
- Wear sunglasses to protect the child's eyes from UV rays.
- Wear clothes that are made of tightly woven fabric (for example, cotton clothing is cooling and protective).

- Consult your pediatrician prior to applying sunscreen for the first time. Sunscreen with SPF 15 or higher can protect skin that is uncovered by clothing. Some children can be allergic to sunscreen, and therefore, always contact the child's primary care provider for recommendations first before applying sunscreen for the first time!
- Sunscreen, when recommended, should be reapplied every 2 hours or after swimming or sweating.
- Contact the pediatrician if your child gets sunburn that results in blistering, pain, or fever.

For the Family:

- Try to stay out of direct sunlight between 10am and 4pm when the sun's rays are the strongest.
- The sun's UV rays bounce back from sand, water, concrete, and snow, so be careful in these areas.
- Wear commercially available sun-protective clothing, such as swim shirts.
- The sun's damaging rays can still come through the clouds when it appears to be overcast. Still use sun protection on cloudy days.
- When sunscreens are used, choose broad-spectrum coverage, and choose one that is at least SPF 15. Rub the sunscreen in well at least 30 minutes prior to going outside, and make sure to apply to all exposed areas, especially on the face, neck, ears, nose, feet, and hands.

We hope everyone has an enjoyable, safe, well-hydrated, and fun summer!

OUR DAUGHTER NEEDS US

Written by Irene Clements, Executive Director, National Foster Parent Association CBX May 2019, Vol. 20. No. 4

Upon opening a Facebook message recently, I found the following from the biological mother of one of our former foster daughters: "I think our daughter needs us." This may not sound significant, but the relationship between her mother and I has been ongoing for the past 19 years. Our family's willingness to mentor—and at times parent—our former foster daughter's mother resulted in her being able to have her daughter returned to her care at the age of 15. It took 2 years of frequent support opportunities to help this mother make it happen.

Over the past 20 years, there has been a decline in foster families mentoring birth families, with many foster parents and staff fearing communication and connection between the two families. Common sense must be utilized when determining how much communication and connection is safe and best for the children involved. But, that said, this relationship can make or break reunification.

As the tenets of the Family First Prevention Services Act are developed and rolled out across this great country, it is imperative that foster families and those who support them recognize their intrinsic value in the reunification process and seek ways to encourage the vital role they play in the foster care system. Important, too, is the support and services available to the caregiver families as they experience secondary trauma through their work with the children who join their family through foster care and as they provide supports to the birth families.

Recruiting families that want to make a significant difference to numerous children over numerous years must become a priority, and assessments, training, and supports help prepare each family for the work ahead. When a child joins a foster, kinship, or adoptive family, there will be opportunities for learning and growth that can lead to wisdom over the years. The wisdom these families gain can prepare them to care for children and youth with increased needs while building trusting relationships.

Foster parent associations and other support groups are key to providing understanding and compassion for the families who practice what my friend and former foster child, Rhonda, calls "radical hospitality."



SUMMER CORN, TOMATO & WHITE BEAN SALAD

MAKES ABOUT 4 CUPS

INGREDIENTS

- 1, 15 ounce can cannellini beans, drained & rinsed
- 2 cups cherry tomatoes, halved or quartered if larger
- 1 ear fresh corn
- Large handful fresh basil, julienned
- 1 tablespoon virgin olive oil
- 1 tablespoon balsamic vinegar
- Freshly cracked sea salt & black pepper

DIRECTIONS

1. Use a knife to cut corn kernels off of the cob. Combine corn in a bowl with tomatoes and cannellini beans. Drizzle with olive oil and balsamic vinegar and stir to coat. Season generously with salt and pepper and sprinkle with basil. Stir to evenly distribute basil.
2. Serve salad as is, spooned over crusty bread, or with toasted pita wedges as a dip. Drizzle with additional balsamic vinegar before serving if desired.
3. Leftovers can be stored in the fridge for up to 5 days.

Recipe and image from www.themostlyvegan.com



Check Out Our New Website

www.helpsanmateokids.com

Recipe: Summer Corn, Tomato
& White Bean Salad

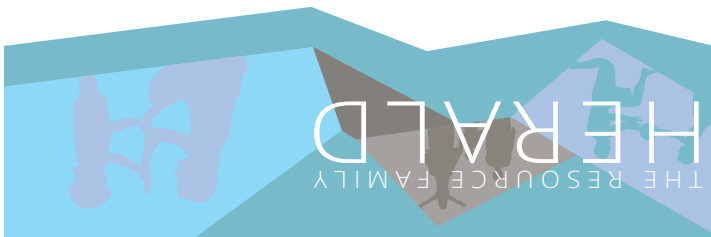
Sun Safety and Protection

In Family Settings

Foster Youth More Frequently Placed

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.

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

Vida CPR Training Center

Classes available in English and Spanish in your home. \$50.00 per person.

Julio Castro
(925) 864-6195
Vidacpr@gmail.com

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