

THE RESOURCE FAMILY HERALD

JANUARY / FEBRUARY / MARCH 2020

EDUCATION CORNER

SCHOOL STABILITY MATTERS!

Research indicates that school stability supports academic achievement for foster youth. Alternatively, studies show with every school change, foster youth can lose 4–6 months of learning and academic growth. When school changes occur, foster youth may lose connection to peers, trusted adults, and their community. For many, their school community is one of few consistent factors in their lives.

In order to help address the importance of school stability and academic achievement, legislation has been created that aims at increasing educational outcomes for foster youth. Specifically, educational code 48853.5 protects a foster youth's right to remain in their school of origin if it is in their best interest when there is a placement change (as determined by the educational rights holder). It is necessary to consider the school of origin prior to any home placement change.



A foster child's "school of origin" is (1) the school in which the child was last enrolled, (2) the school the child attended when permanently housed (i.e., prior to removal from the home), or

(3) any other school the child attended within the immediately preceding 15 months to which the child feels connected. EC 48853.5(g). If a foster child's residence changes, the LEA must let the child remain in their school of origin for as long as the court has jurisdiction over the child's placement. EC 48853.5(f). *CA Foster Youth Education Law Fact Sheets 7th Ed. 2019*

When a placement change is identified, the best practice to determine whether the youth should remain in the school of origin is to convene a meeting to include the Educational Rights Holder and District Foster Youth Liaison, and if possible, the current caregiver, child's attorney, and the social worker/probation officer. *Educational Liaisons are available for consultation throughout this process.*

The Best Interest In School of Origin Decisions: A Checklist for Decision Making (adapted from San Diego County) may be helpful in discussing best interest and school of origin. The form can be found at the link below:

tinyurl.com/School-Origin-checklist

The foster youth's best interest is always the priority, and meeting to consider remaining in the school of origin after a placement change is just one more way we can support the youth's educational development.

Please feel free to consult if you have questions.

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For more Foster Youth Education information please see:

kids-alliance.org/edtoolkit/
tinyurl.com/CAFosterYouth-factsheet

DIRECTOR'S CORNER

Spring Brings New Beginnings!

We are very excited to be launching a new year and a new decade to boost. It is an opportunity to really look at the impacts we want to make moving forward. This is a time to assess technology and find ways to enhance services.



We are pleased to announce the beginning stages of the development of an app. This is an opportunity to have resources readily available on your cell phone. The app will provide resources for our older youth regarding education and employment activities, gatherings, and other items requested from our focus groups. It will also provide resources to Resource Parents to help them be successful on their journey. We will send out a notification when it is ready for download. It will be available for Apple and IOS phones.

The other technology push for the New Year is an active recruitment for additional Resource Families. We are hoping to air on Comcast three commercials to highlight the fabulous work you do and recruit others. The goal is to keep our youth here in the county if possible.

"You can't do today's job with yesterday's methods and be in business tomorrow"
~ unknown

Happy New Decade!

Jennifer D. Valencia, CFS Director

JANUARY / FEBRUARY / MARCH 2020 CALENDAR

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.

Meets 3rd Thursdays of the month (Sept-June)

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. (No meeting in January) 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

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

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.



MEDICATION MANAGEMENT

Children are prescribed different medications for a variety of reasons. Here are several important reminders around medication management for children in foster care.

Children and youth in foster care should only be taking medications that are approved and/or prescribed to them by a doctor/nurse practitioner. This includes all things the child/youth will ingest or apply on their skin (ie: all over-the-counter medications, pills, medication solutions/syrups, inhalers, sunscreen, diaper rash cream, herbal remedies, lice treatments, etc.). **DO NOT GIVE/APPLY ANYTHING TO THE CHILD UNLESS IT IS APPROVED/PRESCRIBED.** Call the child/youth's doctor/nurse practitioner for any medication needs.

For children/youth with the Health Plan of San Mateo: 24/7 Nurse Advice Line – Call 1-833-846-8773 for after-hours nurse advice and if there is a need for, or questions about, medications. Infants and young children are prescribed dosages according to their weight.

For children with another health insurance: Ask the doctor/nurse practitioner's clinic for 24/7 nurse advice line information.

- Always double check the 5 Rights to Medication Administration before giving any medication to a child or youth.
 1. Right child
 2. Right medication
 3. Right dosage (how much?)
 4. Right route (is it oral, inhalation, topical, or injection?)
 5. Right time (example: morning, afternoon, evening, before bed, with or without food?)
- **Always wash your hands** before helping administer a medication to a child/youth.
- **Always log the medication(s)** taken by the child/youth in a medication log to track the medication(s) given.

- **Be aware of any potential side effects** of each medication and know when to contact the child's doctor/nurse practitioner when any concerns arise.
- **Call the child/youth's doctor/nurse practitioner** if you are unsure about any of the medications or if you have any questions or concerns about them.
- **Medications** should only be given according to the doctor's orders. Do not change the dosage or timing of the medications without a doctor's order. You must only give the medication as ordered, no more and no less, at the time the doctor ordered for it to be given.
- **Store medications** as instructed by the doctor/nurse practitioner.

Remember: Children in foster care have the right to refuse to take any medication, including psychotropic medications. If a child refuses to take their medication(s), contact the prescribing doctor to let them know right away. The child's social worker and public health nurse also needs to be notified, especially when the medications are court-ordered (ie: psychotropic medications).

Note: Youth that are 12 years old and older can consent to their own birth control methods and they also have privacy around their use of oral contraception. They may take these medications on their own without your knowing.

Medications requiring Judge's order:

Psychotropic medications and any anesthesia needs must be sent to court by the social worker for the judge's approval prior to the child starting/receiving any of these medications. The child's social worker and/or Public Health Nurse will inform you once approval has been obtained.

****Psychotropic medications and anesthesia can be administered on an emergency basis as recommended by a doctor/nurse practitioner but you must notify the Agency as soon as possible so the necessary steps can be taken.**

YOUTH IN FOSTER CARE MAY APPLY FOR BIRTH CERTIFICATE WITHOUT FEE

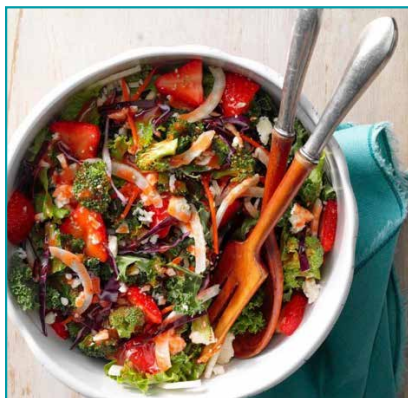
The California Department of Social Services (CDSS) released All County Letter (ACL) 19-103 informing county child welfare agencies and juvenile probation departments of the requirement to allow youth in foster care to receive a fee-exempt certified record of live birth if the youth is currently in foster care and the foster care status can be verified.

Requests for birth records may only be directed to the county recorder office or local registrar where the birth occurred. Applicants must fulfill the requirements listed on the Affidavit Of Youth In Foster Care Status For Fee-Exempt Certified Copy Of Birth Certificate to receive a free copy of a birth record.

The ACL also provides an overview of Section 103578 of the Health and Safety Code which requires that each local registrar or county recorder issue a certified record of live birth at no cost to an eligible youth in foster care. It also limits the amount of fee exempt birth records to one per application.

In order to receive a fee exempt certified record of live birth, eligible youth in foster care, or a person lawfully entitled to request a certificate on behalf of the youth, must present an affidavit signed by both the person requesting the record and a county child welfare agency or probation department representative. County welfare agencies or probation departments with knowledge of a youth's foster care status must provide verification of foster care status through completion of the affidavit. Youth who are applying for a fee exempt certified record of live birth must be in foster care at the time the form is signed by the agent.

Former foster youth are not eligible for this fee exemption.



Kale Slaw Spring Salad

RECIPE AND IMAGE BY TASTEOFHOME.COM

INGREDIENTS

- | | |
|-------------------------------------|--------------------------------|
| 5 cups chopped fresh kale | 1/3 cup extra virgin olive oil |
| 3 cups torn romaine | 3 tablespoons sesame oil |
| 1 package (14 ounces) coleslaw mix | 2 tablespoons honey |
| 1 medium fennel bulb, thinly sliced | 2 tablespoons cider vinegar |
| 1 cup chopped fresh broccoli | 2 tablespoons lemon juice |
| 1/2 cup shredded red cabbage | 1/3 cup pureed strawberries |
| 1 cup crumbled feta cheese | Sliced fresh strawberries |
| 1/4 cup sesame seeds, toasted | |

DIRECTIONS

1. Combine kale and romaine. Add coleslaw mix, fennel, broccoli and red cabbage; sprinkle with feta cheese and sesame seeds. Toss to combine.
2. Stir together olive oil and sesame oil. Whisk in honey, vinegar and lemon juice. Add pureed strawberries. Whisk until combined. Dress salad just before serving; top with sliced strawberries.

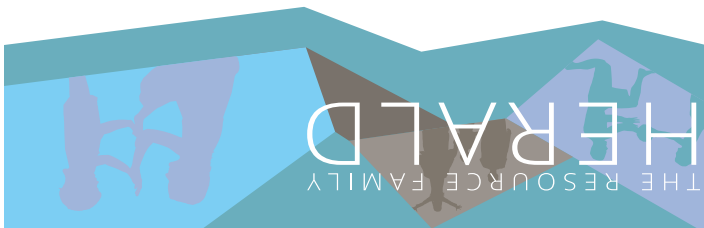
Recipe: Kale Slaw Spring Salad

Medication Management

School Stability Matters

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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

Jazz Lamadora
Resource Parent Ombudsperson
County of San Mateo
Human Services Agency
Children and Family Services
1 Davis Drive, Belmont
Phone: (650) 802-7982
E-mail: jlamadora@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