

THE RESOURCE FAMILY HERALD

APRIL / MAY / JUNE 2020

DIRECTOR'S CORNER

Resource Family Partners,

I hope this message finds you well, and that you all are maintaining your health and safety during these unprecedented times. First and foremost, I'd like to thank each and every one of you for your dedication to our foster children and youth in San Mateo County. Now more than ever, the young people in our care need folks just like you in their corner to support their academic, physical, emotional and mental health needs. Your efforts are very much appreciated.

Response to COVID-19 has required much flexibility and agility on all our parts. San Mateo County Children & Family Services continues to work closely with our Federal and State partners, our County Manager, and our County Health Officer to ensure the safety and health of the children and youth in our care, as well as their families, our staff, and all other individuals involved in the lives of San Mateo County dependents, to include Resource Families like yourselves. In the coming months, please expect frequent communication from our C&FS team, who will be providing you with additional support, and any new information related to the COVID-19 community response.

At this time, much of our San Mateo County Children & Family Services workforce is working from home, and has been provided detailed instructions on how to continue to provide essential services to the children and families we serve. Much of what we do will be delivered by telephone or videoconference, and our teams have mobilized to ensure we are proficient in our use of the technology available to us. We ask that you please let us know if you are having any challenges in accessing or utilizing the communication platforms we have integrated into our practice. Our staff are here to assist in any way possible.

I have been a part of San Mateo County Children & Family Services in different capacities for the past 16 years. During my time working for this organization, I have come to understand why it is I feel so strongly about continuing my work in this community. It is because the strength of our system reaches far beyond our San Mateo County offices. The strength of our system relies heavily on an engaged, dedicated and compassionate community, without whom, child safety, well-being and permanency could not be achieved. It is because of you all that we are able to continue to meet our mission, especially during times of great crisis. For that, I am forever grateful.

On behalf of San Mateo County Children & Family Services, I thank you for your continued service, your compassionate hearts, and open arms. Together we will make it through this challenging time, with the strength and resilience embodied in the foundation of our community. Be safe and be well.

Respectfully,

John Fong



CHILD WELFARE NEWS

STATE SENATE BILL WOULD EXTEND FOSTER CARE THROUGH AGE 25

A California senator, Jim Beall (D), introduced groundbreaking legislation this week to extend the state's foster care system through age 25. Its lofty aim would make California the first state to expand services to young adults beyond the current age limit of 21.

"We ought to have a full-service support system and extend the age," Beall said in an interview with *The Chronicle of Social Change*.

For far too long, when they turned 18, foster youth who had not been reunited with relatives or adopted were "emancipated" into lives of poverty, homelessness and incarceration. Since 2018, 18 states have extended some federal foster care housing support until age 23.

In California, a study released last year by the University of Chicago's Chapin Hall found that youth who remain in extended foster care have more savings and are more educated than their peers who exit at 18. Other studies show lifetime earnings increasing by as much as \$500,000 for those with a college degree.

"The humane thing to do is to honor that young people who've experienced foster care need the same love and support that all young people need at this time," said Haydée Cuza, executive director of the California Youth Connection.

Beall has not yet released details on what services and supports would be offered under his bill. The placeholder language available now suggests a straightforward extension of all benefits that are now currently offered – benefits that include cash stipends, housing support, tuition help and social worker assignments.

APRIL / MAY / JUNE 2020 CALENDAR

All meetings are on hold or will be held virtual until further notice. Please check in with us. Thank you.

ADOPTION EDUCATION GROUP

Topics include parenting, behavioral issues and adoption. This group is open to adoptive and foster parents.

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

Contact: Carlos Bravo, cbravo@smcgov.org

FOSTER PARENT ASSOCIATION MEETINGS

Great resource for new and seasoned parents. Meets monthly on the first Thursday of the month. (No meeting in January)

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

RESOURCE PARENT SUPPORT GROUP

Open to all families, new and seasoned.

Contact: Diane Carleson

(650) 245-2428 / geminidvc@aol.com

RESOURCE PARENT TRAINING

12 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

TEEN/RESOURCE PARENT SUPPORT GROUP

Open to families parenting teenagers.

Contact: Diane Carleson

(650) 341-8520 / geminidvc@aol.com

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



Proper Hand Washing Can Save Lives

With the flu and Covid-19 viruses active in our communities, handwashing remains critical in preventing getting sick and the spreading of germs. Besides staying away from large crowds, avoiding touching face, and staying home and away from others when you are sick, one of the best ways to protect your family from getting sick is to wash your hands often and properly. Handwashing is important not only during the flu season or with Covid-19 – make handwashing a healthy habit year-round.

According to the CDC, everyone should wash their hands:

- ▶ **Before, during, and after** preparing food
- ▶ **Before** eating food
- ▶ **Before** and **after** caring for someone at home who is sick
- ▶ **Before** and **after** treating a cut or wound
- ▶ **After** using the toilet
- ▶ **After** changing diapers or cleaning up a child who has used the toilet
- ▶ **After** blowing your nose, coughing, or sneezing
- ▶ **After** touching an animal, animal feed, or animal waste
- ▶ **After** handling pet food or pet treats
- ▶ **After** touching garbage
- ▶ **After** you have been in a public place

Teaching and helping everyone, especially children, to learn proper handwashing technique and timing is important. Wet, lather, scrub (for at least 20 seconds – sing Happy Birthday song twice) including between fingers and under nails, rinse, and dry. Simple handwashing can save lives (CDC, 2019).

When soap and water are unavailable for handwashing, alcohol-based hand sanitizers with at least 60% alcohol is the best way to reduce the number of germs on hands – check the product label for alcohol content. Cover all surfaces of your hands with the hand sanitizer, and rub your hands together until they are dry, about 20 seconds. However, hand sanitizers do not get rid of all types of germs and they are not as effective when hands are greasy or visibly dirty. Be careful to keep hand sanitizers out of reach of young children as they can cause alcohol poisoning if consumed (CDC, 2019).

Resource Families should contact their family's and/or child's health care provider for further advice or questions. The Health Plan of San Mateo also has a 24/7 Nurse Advice Line – **1-833-846-8773** – for any questions regarding symptoms or illness any time of day.



Mediterranean Bulgur Bowl



RECIPE AND IMAGE BY
TASTE OF HOME.COM

INGREDIENTS

- 1 cup bulgur
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 2 cups water
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 6 ounces fresh baby spinach (about 8 cups)
- 2 cups cherry tomatoes, halved
- 1 small red onion, halved and thinly sliced
- ½ cup crumbled feta cheese
- ¼ cup hummus
- 2 tablespoons chopped fresh mint
- 2 tablespoons lemon juice

DIRECTIONS

1. In a 6-qt. stockpot, combine the first 4 ingredients; bring to a boil. Reduce heat; simmer, covered, until tender, 10-12 minutes. Stir in garbanzo beans; heat through.
2. Remove from heat; stir in spinach. Let stand, covered, until spinach is wilted, about 5 minutes. Stir in remaining ingredients. Serve warm, or refrigerate and serve cold.

STUDENTS' GENES CANNOT ACCURATELY PREDICT EDUCATIONAL ACHIEVEMENT

Pupils' genetic data do not predict their educational outcomes with sufficient accuracy and shouldn't be used to design a genetically personalized curriculum or tailor teaching, according to a new University of Bristol study. The findings, which compared the genetic scores of 3,500 pupils with their exam results, are published in the journal *eLife* today.

To measure whether genetic data could predict

a pupils' achievement, researchers from the Bristol Medical School and the MRC Integrative Epidemiology Unit took genetic and educational data from 3,500 children in Bristol's Children of the 90s study. They compared pupil's polygenic scores with their educational exam results at ages 7, 11, 14 and 16.

Their analysis showed that while the genetic scores modestly predicted educational achievement at each age, these predictions were little better than using standard information known to predict educational outcomes, such as achievement at younger ages, parents' educational attainment or family socioeconomic position. At the population level, researchers found that children with higher polygenic scores, on average, had higher exam

scores than those with lower polygenic scores. They add that polygenic scores can be informative for identifying group level differences, but they currently have no practical use for predicting individual educational performance or for personalized education.

Dr. Morris added: "Educational achievement is incredibly complex and influenced by a large range of factors including parental characteristics, family environment, personality, intelligence, genetics, teachers, peers and schools, and—often overlooked—chance or random events. This complexity will make it perhaps irresolvably difficult to accurately predict how well any one pupil will do from their DNA."

"The best piece of information we currently have for predicting how well a pupil will perform is how well they did in school earlier in childhood. Where we don't know this, such as at the start of schooling, we can make better predictions about a pupil's future educational performance by knowing how educated their parents are than by knowing their DNA."



APRIL / MAY / JUNE 2020
IN THIS ISSUE
Bill Would Extend Foster Care to Age 25
Proper Hand Washing Habits
Recipe: Mediterranean Bulgur Bowl



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

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