

**53 HOUR FOSTER PARENT
TRAINING**
North Vancouver Evenings
April/May 2009
Location: #110-255 West 1st Street

Series 1

S1-1 Overview of the B.C. Foster Care Education Program	April 7th 6pm-8:30pm
S1-2 Communication & Self Awareness	April 8th 6pm-8:30pm
S1-3 The Effects of Caregiving	April 14th 6pm-8:30pm
S1-4 The Childs Family	April 15th 6pm-8:30pm
S1-5 Observe, Record & Report	April 21st 6pm-8:30pm
S1-6 Child & Youth Development	April 22nd 6pm-8:30pm
S1-7 Attachment, Separation & Loss	April 28th 6pm-8:30pm
S1-8 When Children Experience Abuse & Neglect	April 29th 6pm-8:30pm
S1-9 Guiding Behaviours	May 5th 6pm-8:30pm

Series 2

S2-1 Cultural Awareness	May 6th 6pm-8:30pm
S2-2 Aboriginal Children in Care	May 12th 6pm-8:30pm
S2-3 Substance Misuse	May 13th 6pm-8:30pm
S2-4 FAE/FAS/NAE	May 19th 6pm-8:30pm
S2-5 Suicide	May 20th 6pm-9pm

REGISTRATION: 1-877-926-1185 or bfoyle@hollyburn.ca

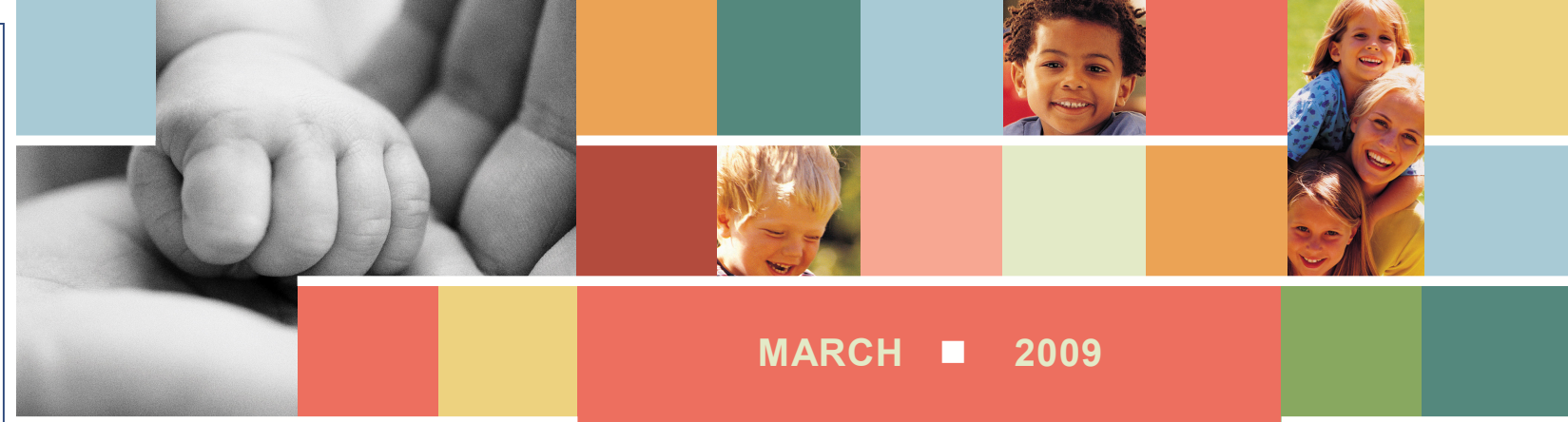


Caroline Bugge

The fostering community is sad to announce the passing of Caroline Bugge, in February 2009.

Caroline was a respected long time foster parent and caregiver. We will celebrate Caroline's life and her contributions as a foster parent with a tribute in the next newsletter.

Our sympathy goes out to her family and friends at this time.



Foster Parent
Express

Stand Together IV

Multi-Faceted Training for Caregiving Professionals
April 3 & 4, 2009. Richmond, BC.



The fourth annual Standing Together conference presents some of North America's most acclaimed child development and child care specialists. Their presentations will provide practical strategies and techniques to help some of our most vulnerable children and youth.

FRIDAY APRIL 3

■ **Troubled Transplants**

This inspiring, encouraging and practical full-day presentation will address ways to proactively intervene with and support foster and adoptive parents in their attempts to reach troubled children. It will describe an approach to parent training and mental health consultation that maximizes the positive impact of foster and adoptive families and helps reduce the incidence of placement breakdown.

Dr. Rick Delaney PhD, is a nationally known American, author, trainer and speaker, and consultant to foster, kinship, and adoptive parents. Dr. Delaney has worked with caseworkers, mental health professionals, and agencies for over 20 years. He is consultant to the Casey Family Programs and other child care agencies. Dr. Delaney is the author of numerous influential books, including *The Healing Power of the Family*, *Fostering Changes: Treating Attachment-Disordered Foster Children*, *Raising Cain: Caring for Troubled Children*, and co-author of *Troubled Transplants: Unconventional Strategies for Treating Disturbed Foster and Adopted Children*.

SATURDAY APRIL 4

■ **If the Eyes Have No Tears, The Soul Has No Rainbow: A Training on Fetal Alcohol Spectrum Disorder**

This comprehensive workshop will cover screening and diagnosis, the implications of a FASD diagnosis, the differences between behaviours caused by structurally different brains and negative environments, interventions and strategies, and the strengths and weaknesses of people who are alcohol exposed.

Julie Gelo is the mother of thirteen children, eight of whom have been diagnosed with FASD. She has fostered 22 children. Julie is a leading international, national and state advocate for people with FASD. Julie has been a Family

Advocate for the Washington State Fetal Alcohol Syndrome Diagnostic and Prevention Network core team at the University of Washington for over a decade. She is also a member of the Master Training Team for the Foster Parent Training Institute with the Department of Social and Health Services/Division of Licensed Resources. She is also a foster parent with Ina Maka, a foster care agency with United Indians of All Tribes Foundation.

■ **Boys and Girls Learn Differently**

Based on the work of Dr. Michael Gurian and his book *Boys and Girls Learn Differently*, attendees will learn best practices for meeting the needs of both boys and girls, introduce the main findings on brain development and age, and introduce the implications of new research in attachment and brain-based differences on how we deal with boys and girls.

Bruce Ivany, has been an educator for the past 33 years. He has taught grade 4-12, worked as an elementary and secondary counsellor, an elementary vice-principal and principal, and for the past nine years he has been Assistant Superintendent for the Abbotsford School District. Bruce is a certified trainer with the Gurian Institute and has conducted over 85 workshops for schools districts and parents on *How Boys and Girls Learn Differently*.

TICKETS & REGISTRATION

Full Registration

Registration at 8:30 am on both days.

■ Foster/adoptive parents \$50 includes both days, refreshments & Friday evening reception and lunch on Saturday (if attending Julie Gelo's FASD workshops).

Book online at

http:

afa26085021.eventbrite.com



Comings and Goings!

We say good bye to Robyn Thompsom who was part of the FSGV foster parent support program. She has gone to work at the Delta View Life Enrichment Center. Mary Miller is now with both the foster support and out of care programs.

Cassandra Santal, Connexus, is off on maternity leave. We wish her all the best! Bob Chambers is covering for her while she is on leave—welcome Bob.

Laura Fritz, Out of Care Coordinator, MCFD has moved to another position within MCFD. Thanks for all of your hard work and dedication Laura.

Ceone Veldman, FASD Keyworker at Connexus has also moved on. We welcome Jon Megella to the support team!

Foster Parent Support Groups / Networking

North Vancouver

Under 12 Foster Parent Morning Tea Group! When: Once a month from 10am-12pm

A social opportunity to meet other Foster Parent's and children under 12 living in the north shore. Contact Leanne Schneider on 778-322-4387 or lschneider@hollyburn.ca for more information and to RSVP if you are interested in coming.

Richmond

Coastal Foster Parent Community Kitchen When: Once a month, 9:30am-12:30pm. Join other caregivers in the kitchen! We make enough of everything for everyone to take home to their families! No cost and lots of fun to be had! Contact Holly Fiddes on 604-618-9723 for more information and to register

Richmond Foster Parent Group When: Third Wednesday of every month, 10am-11:30am For Foster parent's to get involved in meetings and activities for children. Contact: Lee Walters Foster Parent 604-207-8911 or email riverside.bb@shaw.ca

Community Garden When: Every Thursday morning. Join other caregivers in the garden. Learn about, or share your knowledge in the garden. Contact Holly Fiddes at 604.618.9723 for more information.

Vancouver

A Cultural Drop- In Get- Together for Foster Parents and Families A gathering for families to come together and network with other foster parents, plan programs, learn about First Nations Culture, enjoy traditional story telling, songs and food. Contact Bernie Foyle at bfoyle@hollyburn.ca to RSVP or for further information.

Memory Keeper When: Once a week, drop in. It is so important for each child/ young person in care to have memory book to look back on. These books can contain photos, drawings, report cards etc. A great opportunity for foster parent's to be creative, share ideas, have a cup of tea and chat. Contact: Leanne Schneider 778-322-4387

The Vancouver Foster Care Club (under 12 caregivers) Location: (VACFSS office) 3284 East Broadway, Vancouver, When: Third Tuesday of every month from 10am-12 noon. Providing support to develop strong well informed foster parents. Contact: Marylou Bancud on 604-215-5578

FASD Support and Education Group When: Every other Thursday. This is a opportunity for foster parents of children with FASD to connect and share information. Contact Holly Fiddes at 604.273.5027 for more information

The Gran's Group When: Once a month from 12:30pm-2:00pm, For all Grandparents raising their grandchildren - a social afternoon which includes lunch, activities, discussions, and support. Contact Myrt 604- 439-1971 or b_granforever@shaw.ca for further information.

Safe Babies

Location: 3284 E. Broadway, Vancouver When: Last Thursday of every month.

A learning opportunity and support group for foster parent's caring for babies in foster care. Contact Kate Brown 604-660-5676

Richmond Addiction Services Youth and Family Programs



Constructive Alternative to Teen Suspension (CATS)

The Constructive Alternative to Teen Suspension (CATS) program started in October 2007 and is continuing through to the 2008-2009 school year. The program is offered to support Richmond schools to find effective ways in dealing with students who violate substance use policies of the Richmond School District. The goal is to ensure that first time offenders who are suspended for violation of this policy are provided with education, accurate information and decision making skills that will help these students make better decisions in the future.

Counselling Services

Outpatient Counselling

We provide youth the safety of one to one counselling at our Cook Rd. location in order to help our client's cope with the challenges they face.

Outreach Counselling

This service is about meeting youth where they are at and helping eliminate some of the barriers to accessing treatment. We provide the safety of one to one counselling at a location of our client's choice, as long as it is a safe public location for our counsellors.

Family Counselling

Support and counselling is offered to the family members who are being impacted by a youth who is using or misusing substances, is gambling and or is involved in other addictive behaviours like internet gaming. We understand that it is not only the individual who is impacted by the problematic behaviour but the entire family. Ideally we match the family members with one counsellor and the person struggling with substance use, gambling and other addictive behaviours with another counsellor. This creates a safe place for all individuals to work out difficulties and increase understanding of how addictive behaviours can impact all members of the family. Best practice literature recommends family involvement as the standard level of care when working with youth and the Youth and Family program is committed to providing this level of care. This has created a more comprehensive program and a significantly increased demand on our counsellors and overall program.

Ear Acupuncture at Youth Clinic

Ear acupuncture helps with reducing reactivity to the strains and emotional distress involved in daily life. It is also a coping strategy for individuals in the early recovery of substance use and other addictive behaviours as it reduces withdrawal symptoms. Regular ear acupuncture helps with maintaining craving management and aids in relapse prevention. Ear acupuncture has a calming affect on an individual and can prepare them for one on one counselling. It is our experience that ear acupuncture is an effective treatment in combination with counselling for maximum benefit. The youth at the 8100 Granville Youth Clinic can take advantage of ear acupuncture every Wednesday and counselling with a Youth and Family Outreach Counsellor can be arranged.

Your Life – Your Rights

Your Life – Your Rights: A Guide to the Rights of Young People in BC is a handbook that explains the rights of youth when they are accessing government services (including child welfare, youth justice and the health and mental health systems). With the support of the Ministry of Children and Family Development, this book was developed by the Federation of BC Youth in Care Networks in consultation with young people across BC, and replaces the out-dated Know Your Rights booklet.

To view the handbook online, please visit www.fbcyicn.ca, and to learn more about services for youth in B.C., please visit www.strongsafesupported.com/EN/for_youth/

Out of Care Options: What Are They?

Did you know that every year many children are diverted from our foster care system as family and friends have stepped forward to care for these children? One of the ways that this can happen is through Out of Care Options which are also known as Kith and Kin Agreements and Placement with Other under the Director's Supervision. A Kith and Kin Agreement is a three way written contract between parents, caregivers and the Ministry of Children and Family Development (MCFD) that outlines each party's respective roles and responsibilities. Placement with Other under the Director's Supervision occurs when a child has been legally removed from their parents' custodial care. Here a court order is granted under which the caregiver is given time limited custody of the child.

Caregivers may be family, friends or individuals who have an established relationship with the child. Once a potential caregiver has been identified their suitability is assessed to ensure that they can provide a safe, suitable home for the child. This occurs through an interview, viewing of the home, a criminal record check, a check for prior involvement with the MCFD and three reference checks one of which is the individual's doctor. If the Caregivers are approved then the child will go to live with them. As these individuals are caring for children who would otherwise be in foster care they are given financial support to meet the children's daily needs and, if necessary, parenting support for the challenges associated with their new care taking responsibilities.

As the Out of Care Coordinator it has been my pleasure to assess and work with this group of Caregivers. They are an incredible group of people with both foster parent and protection like roles in caring for and ensuring the safety of the children in their care.

Laura Fritz (Former Out of Care Coordinator)

LOOKING FOR RELIEF? TIME FOR A BREAK?



SLACKMASTER RELIEF SERVICES

HAS RECENTLY HIRED AND TRAINING NEW RELIEF WORKERS !! EMAIL JODI AT slackmasterrelief@yahoo.ca WITH THE AGES OF YOUR CHILDREN AND SHE WILL SEND YOU THE LIST OF SUITABLE RELIEF WORKERS.

Important DATE!

Mark your calendars for the **Annual Foster Parent Picnic!**

Saturday **June 13th, 2009**

New Brighton Park
11am-2pm.

Please keep tuned for further details!

Contribute something to the next news letter and win a \$50 gift certificate! Send in your fostering-related contributions to hfiddes@fsgv.ca or call 604.618.9723



Congratulations and best wishes to Saugar and Jodi Takhar on the birth of their beautiful daughter Brooklyn, born Jan 21st, 2009.



A little sister for Lily! May she bring you both much happiness and joy.

WELCOME NEW FOSTER PARENTS.

Foster support services would like to welcome you with a welcome wagon!

For more information, please call 1.877.926.1185

The Circle of Courage



Dr. Martin Brokenleg (Rev. Canon Martin Brokenleg) is the director of Native Ministries Programmes and Professor of First Nations Ministry and Theology. brokenleg@vst.edu. Dr. Brokenleg has degrees from South Dakota State University in Communications and Religion, from the Episcopal Divinity School in Pastoral Care, and from the University of South Dakota in Counselling and Educational Psychology. He is the co-author of *Reclaiming Youth at Risk: Our Hope For The Future*, and other articles and chapters on preaching, aboriginal thought and culture, and the spirituality of First Nations Peoples.

Martin has developed and led educational programs for clergy and laity covering topics in culture, spirituality, pastoral care, and human sexuality. (www.diocesesd.org). Father Martin is an Oblate of Blue Cloud Abbey (Benedictine) in south Dakota (www.bluecloud.org) and a Benedictine Canon of the diocese of South Dakota.

The Circle of Courage

For thousands of years, American Indian cultures nourished respectful and courageous children without employing punitive discipline. Now, recent youth development research is revealing the essential elements in raising confident, caring children. Drawing on his research with Drs. Larry Brendtro and Steve Van Bockern in their book, *Reclaiming Youth At Risk*, Dr. Brokenleg presents "The Circle of Courage" which offers concrete strategies for creating environments in which all young people can grow and flourish.

Location: Cascade Community Church, 35190 Delair Road, Abbotsford

Date: March 27th, 2009

Registration: 8:15 – 8:45

Time: 9:00 – 4:00

Cost: Early Bird Registration:(before March 9th) **\$75.00**, Registration (after March 9th): **\$90.00**

Cost includes Continental Breakfast and Coffee and Tea (Lunch on your own)

Please make cheque payable to Kula Zervos and mail to: 2247 Mountain Drive, Abbotsford, BC V3G 1E4

If you need more information please contact Kula at 604-854-3309 or by email @: kulzer1@telus.net

The BC Federation of Foster Parent Associations will be relocating its Provincial Office effective March 2009

Our new address will be
207-22561 Dewdney Trunk Road
Maple Ridge, BC V2X 3K1

New Phone Number: 604 466-7487
New FAX Number: 604-466-7890
Same Toll Free (in BC) Foster Line: 1-800-663-9999



We look forward to continuing to service BC Foster Parents in the same capacity as we have done for 42 years.

STANDARDS FOR FOSTER HOMES

STANDARD C.2 Maintaining Relationships

Children are encouraged and supported to maintain relationships with their families and others of significance to them in accordance with their comprehensive plan of care.

C.2.4 Children confirm that they are provided reasonable opportunities to receive visitors in the home, including family members and friends.

Caregiver Practices

C.2.5 The caregiver fulfills their role and responsibilities with the child's family members, as specified in the comprehensive plan of care.

C.2.6 The caregiver encourages the child to have contact with their family unless such access has been denied or restricted by the child's social worker, or court order.

C.2.7 Unauthorized denials of visits, telephone contacts or correspondence with family members are not used by the caregiver as consequences for the child.

C.2. When the comprehensive plan of care indicates that a child cannot have contact with their parents or family members, the caregiver helps the child come to terms with this.

C.2.9 The caregiver encourages the child to develop and maintain positive friendships.

C.2.10 Within the context of the child's comprehensive plan of care, the caregiver provides reasonable opportunities for the child to receive visitors in the home, including family members and friends.

Foster Parent Transformation Project

You may have received an invitation and/or participated in the recent Ministry of Child and Family Development Transformation focus groups within the region. **The Foster Parent Engagement Project** was designed to provide a voice to foster parents about their strategies, challenges and strengths, and to get their input about how to best maintain the feedback loops with the Ministry.

The 6 focus groups were lead by two foster parents, Lenox Neher and Cindy Parry. They were held in Vancouver, Richmond, North Vancouver, Powell River, Gibsons/Sechelt with 2 phone/e-mail interviews conducted for Squamish.

Special thanks go out to Colleen Mudry, Claude Cuff, Holly Fiddes, Bernie Foyle, and Hollyburn Family Services for their support in putting the focus groups together, providing space and fielding calls for those who were leery about the prospect of speaking out. Also huge thanks to Sharon Armstrong, who has taken a personal interest in making this region a beacon for real Transformation.

The preliminary research portion has now been completed. In total, 51 foster parents, representing over 650 years experience working with Ministry children, participated in the focus groups.

Some of the information across the region was consistent:

- Caseloads for social workers and resource workers are too big making it extremely difficult to perform all aspects of their job effectively and in a timely manner. This area received the most attention as needing improvement.
- Current relief/respite lists and increases in funding for these positions also topped the “wish lists”.
- Foster noted being disheartened by “threats” of bed closures or child removal, especially when they thought a new (perhaps inappropriate) referral was being proposed, or they were actively advocating for their child. Consistency within the Levels of Care was questioned, as there appears to be some fluctuation according to the behaviours or numbers of children being placed in homes.

It was interesting to note, both “Child Behaviours” and “Self-Care” appeared to be the least mentioned as challenging components of fostering. We’re obviously in it because we like working with the kids, we recognize the work requires skills that can be learned and we realize there are some personal concessions as a result.

There were excellent suggestions about how some things could change – people had obviously put thought into this process. These suggestions will be presented in the final reports, which are currently being constructed. Some of the suggestions will be easy to implement, while others will take more time and some will not be able to be addressed at all. The goal is to create a concerted effort where everyone is working toward improved communication, with mutual support and successes more often noted and struggles more easily reconciled.

It is obvious that foster parents are keen to continue working toward service excellence for the children they serve, and enjoyed being asked “what’s working for you and what would you like to see changed.”

Submitted by: Lenox Neher

Kids Who Lie... (courtesy of Sheri Rego's workshop handout on Kids Who Lie)



Reasons Children lie.

Developmental: The child has not developed the capacity or ability to tell the difference between truth and non-truth or fantasy.

Self-protection: The child lies to escape the consequences of his/her behavior.

Self-fulfilling prophecy: The child has repeatedly been accused of “being a liar” and lives up to that expectation.

Reality testing: The child attempts to find out what is real by testing other people’s reactions.

Denial: The child tries to rid him/herself of painful feelings and/or memories.

Fantasy: The child’s daydreams and imagined events become real for him/her.

Protection of others: The child feels s/he must protect others from the truth, or from the consequences of the truth.

Recognition/Peer Pressure: The child uses lying to gain acceptance from peers or to enhance his/her reputation.

Power: The child uses lying as a means of controlling or manipulating others, or as a way to get revenge.

Negative attention: The child gets noticed when s/he lies.

Learning/Imitation: The child has been taught to lie, or is imitating the behaviors of others.

Self-Concept: The child tries to appear or feel more loveable, worthwhile, capable or responsible by sensationalizing or exaggerating the truth.

Testing Limits: The child tries to see where the boundaries and limits are.

Lack of information: The child fills in gaps in knowledge with “made-up” information.

Responding to Lying

When the child lies, ask yourself the following:

What is the child’s reason/motivation for lying?

Are there certain situations that predictably lead to lying?

What are my feelings when this happens?

Are my feelings and/or reactions a clue as to why the child behaves this way?

Do I need to gather more information about the situation before taking action or making a response?

Given the child’s reason for lying, follow through on one or more of the following responses:

Look for ways to teach the child appropriate behavior, not to punish the child for inappropriate behavior.

Use reflective listening to demonstrate your understanding of the child’s underlying needs/feelings.

Meet the underlying needs/feelings.

Ignore the lying behavior and acknowledge the child and/or his/her behavior when s/he is not lying.

Use I-Messages to share your honest feelings about the child’s behavior.

Provide/offer the child accurate information so she does not have to rely on her imagination to fill in the gaps.

Establish rules and enforce them consistently if the child is testing your reactions.

To confront a lie directly:

Be absolutely sure that the child has lied. Rely on what **you** saw or heard, not on what others said they saw or heard.

Do not accuse the child of lying or being a liar.

Use an I-Message to clearly describe the specific behavior and its impact on you. Saying, “I was so worried when you told me you would be at Hannah’s house but your weren’t” is much more effective than saying, “I didn’t like it when you lied to me about being at Hannah’s house” or “Why did you lie to me about being at Hannah’s house?”

If the child is developmentally unable to tell truth from fantasy, help the child develop this skill by gently pointing out when the truth becomes fantasy. For example, state “Oh, now you’re telling me a story . . . I like this story”.

To prevent/reduce lying behavior*:

Demonstrate honesty yourself.

Demonstrate acceptance and safety so the child does not feel s/he must protect him/herself from you.

Give the child attention when not lying.

Help the child to feel loved, valued, capable and responsible.

Build a trusting relationship with the child.

Provide the child with accurate information.

Help the child talk about his/her feelings and fears.

Clearly and directly communicate expectations, limits and rules. Enforce them consistently so that the child does not have to test them.