



the foster NETWORK

October/November

Foster VC Kids Manager Message

Fostering is both a calling of joy and sorrow. We rejoice in giving comfort and care to children who are both sad and afraid and when we see them thrive in the midst of such comfort and support. We rejoice when we see families grow and change, resulting in parents receiving their children home again. We rejoice when the children we love become new member of our own families. Nevertheless, this labor of love is also one that comes with sorrows: sorrow when we feel rejected by the very children we are caring for; sorrow when children experience their own rejection and sorrow when reunification fails and sorrow when reunification is successful.

You have heard us say that our caregivers are valued partners. You are valued. Children and families cannot be successful without your support, your guidance, your championing. At the same time, you may not always feel like a valued partner. We would like to find new ways to listen to, hear and support you with concrete actions. As part of this effort, I have formed the new Foster Parent Advisory Round Table. The Roundtable is open to all caregivers and will meet on a monthly basis to discuss what is and is not working well, what improvements need to take place within our agency and caregiving community and how we can better support and equip caregivers to provide the best trauma informed care. If you have interest in taking part in this monthly meeting on a regular or drop in basis, please contact the RDS unit at 805-654-3220 or email us at fostervckids@ventura.org. Our first meeting is scheduled for Wednesday, November 4th at 7pm at our Partridge Road office in Ventura.

Thank you for all that you give.

Elizabeth Thasiah

CFS Contacts

Recruitment, Retention, & Support Info Line	654-3220	General Info Emergency Response and Court Units	654-3444
RDS Manager	654-5594	General Info Ongoing Units	240-2700
Licensing	955-2274	General Info East County	955-2290
Relative Approval	654-3422	General Information Central Programs	654-3405
Placement Coordinators	654-3211, 654-3217 or 654-3216	Children's Services Auxiliary (CSA)	654-3245
Placement Vacancy Line	289-1900	CSA Reimbursements	289-1926
Adoptions	385-9158	Field Based Case Aids	654-3449 or 289-1989
Youth Services Division	385-9146	ILP Coordinators	385-9114 or 385-9143
Rx for Kids Public Health Program	981-5373	Eligibility Officer of the Day	654-3409
Children's Health & Disability Prevention Nurse	654-5536		

FAMILY, FRIENDS, AND CONNECTION

This is the time of year where the hustle and bustle starts to pick up, and the planning and preparation for holidays begins. As we head into the holiday season, it is always important to start thinking about how you will support the children in your home in staying connected to their families and culture during this time of celebration and memory making. Holidays are a time for family, friends, and connection. Being away from our families and friends during this time can especially result in increased loneliness and longing for our families. The holidays are a great time to practice partnership with your child's birth family and relatives-you may ask questions about important holiday rituals, customs or gift ideas for the child, you may want to consider asking the social worker for permission to take a family member with you to start the holiday shopping, or perhaps a special recipe will be shared with you that you can try to master before the holidays!

It is also important to remember that holidays, and other big events, are often a time when more questions (and more feelings) begin to surface. Remember it is important to leave time to answer these big questions and to help children process their strong feelings about being away from their families during the holidays. This is a time to cue into any changes in your child's behavior, communication, and overall functioning. It is not uncommon that some regressive behavior takes place during times of strong emotions and changes to the routine. If you begin to notice significant changes, or any changes that worry you, please remember to speak to your child's social worker and discuss the possibility of having the child re-screened for mental health services. Also, it is very helpful to articulate to the child what the child may be feeling, but not fully understand, such as "You seem sad...I imagine being away from you mommy at Christmas is sad for you." You may also contact the child's social worker, or your Foster VC Kids RDS worker, and request a referral to the Support, Education, and Training (SET) program Kids and Families Together offers. This program can provide in-home training and education with a clinician who can help you fine-tune your plan to support the child during the exciting and emotional holiday season.

NOVEMBER 21ST IS NATIONAL ADOPTION DAY!

National Adoption Day is a collective national effort to raise awareness of the more than 100,000 children in foster care in the nation waiting to find permanent, loving families. Within Ventura County, we have approximately 100 children within long term foster care who need unconditional, permanent connections. Let us give thanks and celebrate the many families in Ventura County who provide a lifelong permanent and loving connection! This year to date, 113 children have been adopted into loving homes! To learn more about adoption and adoption resources, go to the National Adoption Day website or visit us at <http://fostervckids.org/adoption/>. Check out the What's Goin' On section for information on the Ventura County Foster Parent Association's November meeting that will focus on adoption! Our county Board of Supervisors will also be celebrating our local adoptive families on Tuesday, November 3rd. Please contact an adoptions supervisor at (805)240-2700 for more info!

FAITH IN MOTION

Cornerstone Church, one of our Foster VC Kids Faith in Motion partners, will be hosting the Mosaic one day retreat for adoptive mothers. The heart of

Mosaic is to create a safe atmosphere where adoptive moms can come as they are, joyful or broken, energized or exhausted, and worship with other woman who share very similar life journeys. It is a day of worship, prayer, and encouragement through the Word. And, of course, lots of chocolate and fun! This year's retreat will be held on Friday, November 6th from 9 am -9 pm. View the retreat agenda and register at <http://mosaicretreat.com/>

Agency Updates

FOSTER HEALTH LINK

Have you registered to use our new web and app based Foster Health Link portal to access health history of children in your care? Foster Parent Antony B. has had 65 placements and said this is was one of the most important new resources for him as a caregiver. He said it is very easy to use and he uses it both on his phone and his tablet to find out medical information for the children in his care! Among a host of health supports, it allows you to immediately access your child's health records, immunization records, and locate your child's physician. All caregivers are requested to sign-up to have access to this information. We know life gets busy and that you have had every intention of signing up! But then when you found the time, the password was expired! Fear not! You can get a new password and join in all the information sharing! Just call the FHL support team at (844) 654-3251 and request a password reset. Please note that the area code is 844 and not 805. Don't forget to visit www.fosterVCKids.org/fhl to view a short video about using Foster Health Link, download the new app, read some FAQs, and to link directly to the site!

EMERGENCY SHELTER FOSTER HOMES

As part of our Continuum of Care Reform efforts, we have prioritized the need for children to be placed with families in home settings rather than emergency group home shelters when first removed from their parents. In order to do so, we are seeking to expand the number of Emergency Shelter Foster Homes (ESFH) in Ventura County, particularly within the West County region. Emergency Shelter Care placements are short term foster placements limited to 30 days (to a maximum of 60 days with management approval). ESHF caregivers will agree to accept any placement request if they have an emergency bed available for the age range/ gender requested. The goal is to ensure that children are placed in a family setting rather than group home while we locate a stable relative or longer term foster placement. Emergency shelter foster caregivers are seasoned, high quality county or FFA homes who agree to be available 24/7 to receive an emergency placement for a 30 day time period. We will also identify additional support resources while we work together to stabilize the children during the painful and frightening time of removal. Emergency Care Foster Homes will receive a monthly retainer fee for each shelter bed identified, independent of whether a child is placed in care, with the understanding that caregivers shall be prepared to take an emergency placement at any time of day and will accept all placement requests if they have an available ESHF bed (unless during an identified vacation or respite break). ESHF contractors will also agree to provide transportation to the child's home school if it is within a 10 mile radius, as well as visits to siblings. Monthly retainers range from \$325 to \$775/ month per ESHF bed. If you would like to learn more about becoming an Emergency Shelter Foster Home, please contact Vicky Gonzales at Victoria.gonzales@ventura.org or call Foster VC Kids at 805-654-3220.

OUT OF COUNTY PLACEMENTS

We continue to receive word that some of our families are being contacted by neighboring counties to take placement of non-Ventura county children. We also know that some families, in the hopes of being able to open their home sooner, also contact neighboring counties to request placement of that county's children in their home. Your license is a state license that allows you to care for any child in foster care in California. It is important that you remember, however, that taking placements of an out-of-county child will affect what kinds of resources and support you will be able access and limits local children's access to local caregivers and here in Ventura County. Many of our programs, such as the Children's Services Auxiliary and our Channel Islands Social Services Respite Program, are specifically for Ventura County children and cases supervised by Ventura County CFS. Other considerations include how you will support visitation and maintaining family connections for an out-of-county child and what kinds of medical and mental health services will be available to an out-of-county child. If you have not received a placement request from our local placement coordinators, you can leave them a message on the vacancy line at 289-1900 to let them know you have an opening. You may want to also consider changing your capacity to enable you to meet a broader range of placement needs—we often find that caregivers who haven't had a placement have a narrow capacity that limits which children they are able to support in the home. If this is the case, talk with your licensing program analyst about a possible license modification.

PRACTICAL ASPECTS OF CARING FOR SUBSTANCE-EXPOSED INFANTS

Join our public health nurse Melissa Nicholas for an important training on caring for substance exposed infants. She will be focusing on the practical aspects of this specialized care giving and will be available to answer your questions! This training will take place at our Foster VC Kids November networking meetings! Join us on Tuesday, November 17th from 6:00 pm-8:00 pm or Wednesday, November 18th 10:00 am-12:00 pm at Ventura Missionary Church. Childcare provided by CISS by calling 805-384-0983!

STRENGTHENING FAMILIES/PROTECTIVE FACTORS FRAMEWORK LEARNING COMMUNITY

This series of five sessions will feature topics that help participants embed the Strengthening Families Approach and Protective Factors in the care and support they provide. No charge. Spanish interpretation is available. (Funded through Ventura County Children and Family Services) This series will focus on authentic parent engagement, youth thrive framework, tough conversations and the effects of trauma on a family's resilience and staff. You will receive training credit for these classes. Location: Ventura County Community Foundation 4001 Mission Oaks Blvd., Camarillo

Session 1: October 5, 2015— 1:30pm - 4:30pm:

Engage Parents, Build Leaders. This session will discuss a wide array of activities for engaging families: Direct relationships with service providers, Mutual support shared among parents, Advocacy by parents on behalf of their families, Decision-making, leadership, advisory roles, and Community Leadership. Register today at: <https://sfpf.wufoo.com/forms/series-3-learning-community-s1/>

Session 2: November 18, 2015 - 9:00am– 12:00pm

Youth Thrive: Strengthening Adolescents. The Youth Thrive Framework uses and incorporates the latest science and research to build on work grounded on the five protective & promotive factors for adolescent success. This Interactive session provides an overview on: Protective and Promotive Factors for Healthy Development & Well-Being Framework, explores how to develop support systems that advance healthy development & well-being in adolescents, and explores how to reduce negative life-experiences with the protective factors for young adults ages 9-26. Register today at: <https://sfpf.wufoo.com/forms/series-3-learning-community-s2/>

Session 3: January 28, 2016 - 9:00am– 12:00pm

Trauma and The Brain. Trauma can have serious consequences for the normal development of a child's brain, brain chemistry and nervous system. Childhood traumatic stress can be better understood when using a developmental framework. In this session, participants will learn: How traumatic stress affects the brain and development throughout childhood and techniques to respond to children exhibiting challenging behaviors. Register today at: <https://sfpf.wufoo.com/forms/series3-learning-community-s3/>

Session 4: March 10, 2016– 9:00am-12:00pm

Tough Conversations: Responding to Troubled Interactions. In our work with families, we have a unique window into family's strengths and challenges. In witnessing troubled parent/child interactions, it is sometimes difficult to know how to help build family capacity, strengthen the connection between parent and child, and ensure the child's safety. This session will: Cover strategies that family strengthening staff can use to support positive parenting and how to intervene when one witnesses a troubled interaction Register at: <https://s3sflc.wufoo.com/forms/learning-community-s4/>

Session 5: May 12, 2016 - 9:00pm– 12:00pm

Thrive: Empowering Family Strengthening Staff to Prevent Burnout & Vicarious Trauma. In our work with families, it's easy to get overwhelmed, overscheduled, and burn out. Effective work with families requires family strengthening workers to understand complex trauma and the effects of secondary, or vicarious trauma. This session will: Explore the importance of practicing self-care, coping with work-related stress, and creating & maintaining work/life balance. Participants will develop an in-depth self-care plan & explore how to improve staff team support to lessen the effects of vicarious trauma. Register today at: <https://s3sflc.wufoo.com/forms/learning-community-s5/>



ROAD TO INDEPENDENCE

If you are caring for a foster youth ages 14-18, this event is not to be missed! Casa Pacifica's Transitional Youth Services will be hosting its Road to Independence, a "mock city" event for transitional youth ages 14-18 years, on Saturday, October 24, 2015, from 8:30 a.m. to 1:30 p.m., in the gymnasium located at 1722 S. Lewis Road, Camarillo, CA. With so many youth leaving systems of support to be on their own early in life, it is essential to provide a point of reference and a fundamental understanding of what to expect from life once they begin their journey out on their own. The Road to Independence accesses the professional skills and expertise of community members to directly teach young, disadvantaged foster youth practical lessons about what it takes to be successful in life. The event features eighteen booths where youth practice life skills – booths such as a courthouse, apartment rentals, grocery store, survival station, bank, credit counseling, educational options, employment, health care, social services, transitional housing, transportation, electric, gas, and telephone companies. Replicating real life experiences to familiarize them with detailed and specific personal management requirements ensure youth are better prepared to transition to adulthood. With that said, all youth still need a lifelong, unconditionally committed family. We continue to seek permanency for our older youth, so that they do not need to grow up alone and without support. For further information about this event and to RSVP please call Lisa Sparrow at 805-366-4019 or lsparrow@casapacifica.org.

UPCOMING INFORMATIONAL SESSIONS FOR PROSPECTIVE FOSTER PARENTS

To find out more about becoming a foster parent, complete our Foster VC Kids Online Info Session located on our fostervckids.org website. Then, join one of our monthly pre-service training series listed on our Foster VC Kids Events Calendar and start the journey today!

You may also join an in-person Informational Session:

Tuesday, October 20th from 6:00 pm-8:00 pm at 855 Partridge Dr., Ventura

Tuesday, November 17th from 6:00 pm-8:00 pm at 855 Partridge Dr., Ventura

*Please RSVP at 805-654-3220 or email fostervckids@ventura.org.

Resource Corner

Foster VC Kids is here to help. If you have specific material or resource needs, contact your social worker or Foster VC Kids for support at HSA-CFS-Resources@ventura.org or call us at 654-3220. We can help you to access the resources you and your child need to thrive. To see the full list of resource providers, see our full Foster VC Kids Resource Toolkit.

CLOTHES, BACK TO SCHOOL SUPPLIES & MORE!

The James Storehouse warehouse has clothing for children of all ages, school supplies, baby gear, homecoming dresses, shoes, and accessories. Visit them during open hours on Tuesdays, Wednesdays, and Fridays from 9 am- 2 pm at 3541 Old Conejo Road #117, Newbury Park. Email them at jamesstorehouse@gmail.com for more information!

EVERY KID IN A PARK

Did you know that every 4th grader in the nation can get a free pass to visit our National Parks? Beginning September 1st, all kids in the fourth grade have access to their own Every Kid in a Park pass at www.everykidinapark.gov. This pass provides free access to national parks, national forests, national wildlife refuges, and more! The Every Kid in a Park pass is good for the 2015-2016 school year, until August 31, 2016.

CAR SEAT SAFETY

The technology of car seats is always changing! Car seats are most effective when used correctly, and when children are secured to the seats and the seats are secured to the car! Do you have questions about how to ensure that you are safely securing your seat and that you are positioning the straps in the safest ways? Yes, it can feel like rocket science! Do you have questions about when you should be using a rear-facing seat vs. a forward facing seat? What are the most current weight guidelines for car seats vs. boosters? Did you know there are places you can go to have your seat inspected and get educated on proper installation?!

Visit one of these locations for assistance with your car seat installation:

VENTURA COUNTY FIRE DEPARTMENT

**Regional Training Center
102 Durley Avenue
Camarillo, CA, 93010
(805) 389-9748**

UNIVERSITY CHILD DEVELOPMENT CENTER

**2801 Atlas Avenue
Thousand Oaks, CA, 91360
(805) 241-4871**

CALIFORNIA HIGHWAY PATROL MOORPARK

**610 Spring Road
Moorpark, CA, 93021
(805) 553-0800**

MOORPARK/SIMI VALLEY NFL

**612-B Spring Road #401
Moorpark, CA, 93021
(805) 552-1917**

And visit <https://healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx> to read more about which car seat to use for different developmental and size stages! If you have any questions about using your car seat, be sure to talk to child's social worker for support in properly securing your child in the car!





Let the Celebration Begin!

Here are some upcoming events to help you kick off the holidays in your homes!

The Great Pumpkin Roll

Hosted by Supervisor Bennett. Supervisor Steve Bennett and his wife, Leslie, would like to invite foster children and their families to a day of fall festivities! There will be pumpkin carving & contest, a potluck dinner, pumpkin bowling, and pumpkin catapulting. Families are asked to bring a side dish to share, their own carving tools and any special food or drink needs! Please note parking is limited so families will be asked to unload and then park down the street.

When: Saturday, October 24th, 2:45 pm-7:00 pm

Where: RSVP for location Space is limited to RSVP early to cruz.benitez@ventura.org or 654-2703.

Fall Pool Party!

The Ventura Police Activity League along with The Ventura Aquatic Center is hosting a Foster Care Pool Party on **October 24th, from 12 noon-3:30 p.m.** Families are invited to attend free of charge. Pizza and drinks will be provided for families to enjoy. Please remember to wear appropriate swim wear in order to be allowed to participate in the water activities. This event will be for the first 65 people to **RSVP with Elisa Carreno at 805-289-1926 or by email at elisa.carreno@ventura.org.**

Family Halloween Haunt!

Arrow Child & Family Ministries invites you to the Family Halloween Hunt! Bring the entire family to Trick-or-Treat in the safety and comfort of the Ventura County Community Foundation building. Throughout the building, participating offices will be decorated, staff will be in costume, and there will be lots of goodies to pass out!

When: Thursday, October 29th 3pm- 5pm

Where: 4001 Mission Oaks Blvd. (Ventura County Community Foundation building), Camarillo

For more info: Contact Kathy Donofrio 805-482-2423 or Kathy.donofrio@arrow.org www.arrow.org

Ventura County Foster Youth Sports Day

hosted by Progression Athletics International

Children ages 6-18 are invited to attend this fun event. Basketball, football and soccer games will be organized for the youth and all participants will be provided shirts, bags and sports items!

When: November 8th

Time: 10am to 12pm, with lunch right after from 12 pm

Location: Santa Clara High School, Oxnard

RSVP: 654-3220 or elisa.carreno@ventura.org

Project You Belong

A ministry of Child Hope Services, invites you to come and receive a gift box filled with toys and items for the youth(s) in your care. Also included will be a Bible and book. There will be a jolly jumper and snacks for the kids!

When: Saturday, November 14th, 10 am-3pm

Where: Thille Park, 5400 Thille St., Ventura

RSVP by October 15th to www.projectyoubelong.org

Calvary Community Church Winter Event

Save the Date Sunday, December 6th! Calvary Community Church's clothing ministry will be hosting a clothing giveaway for foster families just before the church's winter event! The winter event will include sledding on real snow, making s'mores, enjoying a petting zoo, and listening to the Christmas story. More info will be shared closer to the event!

When: Sunday, December 6th

Where: 5495 Via Rocas, Westlake Village, CA 91362

For more information, contact

Calvary Church at 818- 991-8040

Children's Services Auxiliary Holiday Party and Toy Store

Join the CSA for their annual holiday party for children in the foster care system and their foster and relative caregivers! This year's celebration will be Saturday, December 5th in Oxnard! The CSA will also be operating the holiday toy store from **December 17th-December 23rd!** More details to come!



Kudos Corner

Foster VC Kids is so appreciative of all the amazing care and partnership taking place in Ventura County. Liz's story shows us the importance of modeling for birth families and how the support foster parents offers birth parents can last long past the time the child is in care. Wendy and Donald demonstrate how to get communication off to a good start. Melissa and Tony's story reveals how co-parenting makes the process of reunification a bit easier for everyone. Read below and also go to our Foster VC Kids YouTube Channel to hear from some of our fantastic foster parents!

Partnership in Action

[The child's mom] brought me a Nothing Bundt cake, flowers and huge balloon. Her boyfriend, now husband, is a day laborer and he had to have worked all day to pay for this. I had given her the same things (Nothing Bundt cake, balloon and flowers) when the baby went home as an encouragement for the family. She copied the expression of love given to her. For us the gift wasn't a financial sacrifice, but for them it was. I was touched beyond words and happy to be part of a success story of foster parents interacting with bio parents. We all are a part of the village needed for success. We have received so much more than we have had to give. I love being a foster mom and am looking forward to being the adoptive mom of 4! What a joy! -Liz T., Foster Mother

Communication is Key!

[Wendy and Donald] are very welcoming, and are truly concerned about [the children in their care]. They stated they will email me with schedules or any changes right away and made sure they had my email and phone number. They had questions that were specific to one child and her visitation and wanted to ensure everything goes smoothly for her. I just wanted to tell you that they are fantastic!! It makes things go so much more smoothly when we can work so closely with the foster parents! -Shantelle Y., Field Based Case Aide

Co-Parenting and Reunification

Melissa and Tony have established themselves as a support system for the birth parents of their foster child. In December of this past year, a child, who had never been exposed to structure or routine was placed in the home. The entire family, Melissa and Tony's children, worked through the stress of having a child with high needs in the home. The foster parents arranged for a meeting at the school and insisted that the biological parents of the child be a part of that meeting. This was just the beginning of Melissa and Tony's focus on incorporating the biological parents as much as possible into their care for the child. Melissa and Tony allowed the

parents to call the foster home to speak to the child and updated the biological parents on the child's behaviors at school. Melissa and Tony also began PCIT (Parent-Child Interaction Therapy) with the child and eventually TBS (Therapeutic Behavioral Services) as well. During this time, the foster parents worked with the biological parents to ensure that the tools they were learning in PCIT were being utilized with the biological parents during visits so that the child was provided with consistent care and the parents felt empowered that they were a part of the child's treatment process. As visits increased, Melissa and Tony allowed the biological parents to pick the child up directly from their home which allowed them to further work together with the parents and establish a routine and boundaries for the child as a united team. Recently, the child was placed with the parents for a 60 day visit. At the Team Decision Making meeting, due to the relationship they had established, the team was able to openly address concerns in a respectful manner. Furthermore, during the meeting the biological parents stated their respect and gratitude for Melissa and Tony and thanked them for loving their son while he was out of their care. One of the outcomes of the Team Decision Making meeting was that Melissa and Tony decided with the biological parents that they are going to continue to be a part of the child's life through scheduled play dates.

Melissa and Tony informed the agency that working as a team with the biological parents made the process of returning the child to the biological parent's home easier than with previous children they have had in their care, as they will remain in contact with this child and continue to be a support system for this child's family. -Katie B., Social Worker

Call for Kudos!

We know that excellent partnership between caregivers and social workers happens every day. Now, the Foster VC Kids team wants to hear about it. We try to include caregiver kudos submitted by social worker in each issue.

Now we're asking for caregivers to submit kudos about their social workers to the Foster VC Kids team. Please drop an email to angelina.mccormick-soll@ventura.org to share the love!

What's Goin' On?

Foster VC Kids Calendar of Events

Please don't forget to visit our Events calendar at www.fostervckids.org for up-to-date information on training, networking groups, and other events. Be sure to also "like" **Foster VC Kids on Facebook** to get regular updates about training, other Foster VC Kids events & read caregiver kudos.

How Do Your Children Grow? Ages & Stages of Child Development

Tuesdays: October 6th, October 13th, November 10th, November 17th from 6:30-8:30pm
Where: Kids and Families, Together 4001 Mission Oaks Blvd. Suite P, Camarillo

These 2-hour workshops examine the major developmental stages of childhood and identify typical development as well as the challenges to typical development. We invite you to attend as you please- come to the workshop/s of your choice or join us for the entire series! Emphasis is on strategies for success for each stage, infancy through adolescence. Trainer: Carol Howell, M.S. Please RSVP to Rhonda Carlson at rcarlson@vcccd.edu or call 805-289-6181 and specify which classes you intend to take. Participants will receive credit for 2 hours upon completion of each segment of training.

Infants (Tuesday, October 6th 6:30-8:30pm)

Caregiver interactions have a vital impact on how infants experience total well-being in their physical growth, mental health, emotional stability, and human relationships. Come update your understanding of the unique needs and developmental principles of care for babies.

Toddlers & Preschoolers (Tuesday, October 13th 6:30-8:30pm)

Preschoolers aren't babies anymore. They are curious explorers, full of energy, great imitators, little scientists, imaginative thinkers, full of language and building their sense of self. Even though preschoolers are on a quest for independence they still need to learn limits and how to live within the family structure. Come and learn about the many milestones and this vitally essential time during your little one's development.

School Age (Tuesday, November 10th 6:30-8:30pm)

The middle years of childhood (from about 5-11 or 12) are years of enormous social and intellectual growth, complex years when children's self-esteem is reinforced daily. The habits and behavior patterns that children develop during these years will strongly influence their later health and well-being, their successes at school and work and their relationships. Join us for a brief overview of this important time of child development.

Adolescence (Tuesday, November 17th 6:30-8:30pm)

The "tween" and teen years are a time of great change. The years from puberty to adulthood can be sub-divided into three more stages: early adolescence, middle adolescence and late adolescence. In addition to physiological growth, several

intellectual, psychological and developmental tasks are squeezed into these years. Come get a sneak peak of what to expect from this dynamic time of life!

Building resilience in Children & Youth

Thursday, October 8th, 6 pm-9pm, 71 Day Rd., Ventura

Resiliency is the capacity to spring back, rebound, and successfully adapt in the face of adversity. For children with traumatic backgrounds, the need to foster resiliency is especially important. In this 3 hour workshop, we will discuss the "Seven Key Resiliencies" defined by Dr. Stephen J Wolin, MD & Dr. Sybil Wolin, look at the Resiliency Mandala, discuss what all children need to be raised mentally healthy, and discuss several ways to build healthy self-esteem in children and teens. To RSVP for the training, email rcarlson@vcccd.edu or call 805-289-6181. Participants will receive credit for 3 hours of training upon completion of the class.

Life Space Crisis Intervention

Thursdays, October 8, 9, 28, 29, & 30 (5 days of training), 9 am- 3pm, 975 Flynn Rd, Camarillo

This course introduces a child and youth care method for nurturing insight and self-awareness in young people who are stuck in patterns of ineffective behavior. Participants engage in case studies, guided practice, and group discussion about six specific behavioral patterns: displaced emotions, misperceptions, lagging social skills, bullying, impulsivity, and destructive peer relationships. Topics include: how stress impacts the brain and learning, factors that launch conflict into an ongoing cycle, listening and validation skills, the use of questions to increase self-awareness, and the stages of effective intervention. RSVP at <http://www.eventbrite.com/e/life-space-crisis-intervention-tickets-17399208501>.

Foster Parent Networking

Friday, October 9th, 9:00am – 11:00am, 2080 Winifred St., Simi Valley (Cornerstone Church)

An opportunity to receive updated information as to changes related to foster care and network with other foster parents who are geographically related. Specific topics will be addressed each month and friendships will be made and resources revealed. Please RSVP to Facilitator Wendy Homan at homanwendy@aol.com Sponsor: Moorpark College FKCE

What's Goin' On?

Foster VC Kids Calendar of Events

Supporting Emerging Adults Networking Group

2nd Friday of every month: October 9th, November 13th, December 11th 5:30-7:30pm

Please RSVP for west county location and directions

*Facilitators: Rhonda Carlson & Foster Care
School Liaison Laura Welbourn*

Typical young adults are staying at home longer and longer. The average age of independence for young adults is almost 30! Yet we expect our youth from traumatic backgrounds to begin to be independent at 18-21. Clearly a huge gap exists for these emerging adults. Many former foster parents, kinship providers, mentors and other “non-related” family members step in to fill that gap by opening up their homes and/or providing other financial, emotional and physical support, especially as young people begin to “age out” of the resources available to them. If you are one of the many care givers out there in this situation, we’ve designed this group just for you. Please join Rhonda and Laura (whose passion for youth overflow into every aspect of their lives) for this new monthly Networking and Resource Group the second Friday of each month. A specific topic will be explored each month: October (Striking a Balance: How do I know if I’m doing too much or too little?); November (Handling the Holidays) December (Limited Resources in the Season of Giving OR The Next Generation: Supporting My Parenting Emerging Adult) To RSVP for the training, email rcarlson@vcccd.edu or call 805-289-6181. Participants will receive credit for 2 hours of training upon completion of each class.

Educational Champion Training

When: Saturday, October 10, 9 am-4 pm

Where: 5189 Verdugo Way (Simi Room, upstairs), Camarillo

If you would like to help a child in foster care navigate the education system, come learn about becoming an “Education Rights Holder.” When a child in foster care does not have a viable adult in his life to support, advocate, and remove barriers to his education, the court must appoint a responsible adult to carry out these duties. Ventura County has a need for volunteers who are willing to be assigned education rights for one or more children in foster care. Relatives, foster parents, mentors, and other trained, committed volunteers are appropriate education rights holders. Minimum commitment to an assigned child is one year. Parents will receive 6 hours of training credit! For more information on becoming an Ed Rights Holder, call FYS at 805-437-1525 or email at fys@vcoe.org. To register for the training, email rcarlson@vcccd.edu. Sponsored by Ventura County Office of Education & Ventura College FKCE.

Baby Basics and Beyond

When: 2nd Monday of each month: October 12, November 9, and December 14 7:00pm – 9:00pm

Where: Please RSVP for address and directions

Participants will discuss developmental needs and characteristics of infants, identify variations on those needs depending on the special needs of the at-risk infant, and explore ways of addressing the needs of the infant that will support secure attachment and developmental growth. Participants will learn methods of self-care to better support family health during the infancy stage. Please RSVP to Jason_lee5@vcccd.edu Facilitator: Mariana Abarta Sponsor: Moorpark College FKCE.

The Person-Brain Model

Thursday, October 15 & Friday, October 16, 9 am-4pm

Where: 975 Flynn Rd, Camarillo

Shifting from common deficit or strictly behavioral models, this two-day course presents a practice model for “therapeutic helpers” (e.g. educators, child & youth care workers, foster parents) based on the workings of various brain systems and equips participants with a practical framework for short-term, momentary management and long-term planning for young people who may have experienced relational stress, trauma, or disrupted relationships. RSVP at <http://www.eventbrite.com/e/the-personbrain-model-tickets-17402832340>

CASA of Ventura County In-Service: Harm at Home – How to Prevent, Rescue and Restore Victims of Sex Trafficking

Thursday, October 15, 6 pm - 8:00 pm

Where: CASA Office, Camarillo

The majority of children, and especially children in foster care, will be approached by a sexual predator in person or online before their 18th birthday. Many will become trapped in the sex industry. Learn how you can help prevent, rescue, and restore victims of sex trafficking. Presented by Sharman Busch. RSVP at Janet@casaofventuracounty.org or call 805-389-3120.

Post-Traumatic Stress in Children and Teens

*Thursday, October 15th 6:30-8:30pm, 71 Day
Road Ventura, Large Training Room*

This class offers a brief overview of the concept of Post-Traumatic Stress Disorder (PTSD) and adjustment disorders. We will examine the physical and psychological effects of stress. Best practices, appropriate developmental expectations, treatment options, interventions and resources to help address the needs

of the young person suffering from PTSD will be explored. Sponsor: Oxnard College FKCE Facilitator: James Carlson, MFT James Carlson is a licensed Marriage & Family Therapist with many years of personal and professional experience working with youth and families in out of home care. Participants will receive credit for 2 hours of training upon completion the class. Please RSVP debbieflowers@vcccd.edu

Healthy Sexual Development of Children and Teens

Tuesday, October 20th 6:00-8:00pm, 4001 Mission Oaks Blvd, Camarillo, Board Room

When you're caring for children and teens, sexual development is a natural part of growing up, but why does it feel so mysterious? Join us to discover all aspects of healthy sexual development and behaviors of children and teens, both typical and non-typical, in a safe and open forum. Participants will learn how to create awareness for children surrounding these topics (because they WILL have questions). A component of My Body Belongs To Me will be shared so participants can teach children how to protect themselves and caregivers will learn prevention tactics to help children who cannot protect themselves. Time will also be devoted to discussing areas of concern. Sponsor: Oxnard College FKCE Trainers: Laura Tomlinson & Carrie McAuliffe. Participants will receive credit for 2 hours of training upon completion of the class. Please RSVP to debbieflowers@vcccd.edu

Evening West County Foster Parent Networking

**Tuesday, October 27th, 6 pm-8 pm
Where: Ventura Missionary Church, 500 High Point Dr., Ventura (Sanctuary Building)**

An opportunity to receive updated information as to changes related to foster care, receive support from your foster parent peers, and earn training hours. Please RSVP fostervckids@ventura.org or 654-3220. Childcare provided by contacting Channel Islands Social Services at (805) 384-0983.

Morning West County Foster Parent Networking

**Wednesday, October 28th, 10 am – 12 pm
Where: Ventura Missionary Church, 500 High Point Dr., Ventura (Sanctuary Building)**

An opportunity to receive updated information as to changes related to foster care, receive support from your foster parent peers, and earn training hours. Please RSVP fostervckids@ventura.org or 654-3220. Childcare provided by contacting Channel Islands Social Services at (805) 384-0983.

Handling Power Struggles

**Wednesday October 28th 6:00-8:30 pm
Day Road Center @ Ventura College 71 Day Road Ventura, Large Training Room**

Power struggles happen every day in every home, between children and parents, siblings, spouses, co-workers and at work. It is the main misbehavior of childhood that we never stop doing into adulthood. Learn how to recognize and disengage from a power struggle and learn the eight steps to take to disengage when you are in the midst of one. Also learn how to lessen or prevent power struggles in the future. These methods are appropriate for use with children of all ages, even those who come in "adult" bodies! The course will be facilitated by Stephanie Main-Bell, M.A, mother of three, who has been teaching parenting classes for almost 20 years. Sponsor: Ventura College FKCE Participants will receive credit for 2.5 hours of training upon completion of the class. RSVP to rcarlson@vcccd.edu

Foster Parent Support Group

Thursday, October 29th, RSVP for time and location

Support from your peer foster parents is critical to your success! One of our long time foster parents, Amanda Bowles, has created a support group that is open to caregivers! The group will meet the last Thursday of the month. Contact Amanda at 805-320-6705 or amanda.bowles86@gmail.com for the time and location.

Building a Successful Team

**Thursday, October 29th, 6:00pm – 8:00pm
Where: 2080 Winifred St., Simi Valley (Cornerstone Church)**

In this class we will define all of the individuals who are directly involved in the case plan. The exploration of resources and benefits of each person and appropriate information and communication as it relates to the case plan are discussed. There should be a clear understanding of the persons involved and available to yourself and your placement at the finish of this discussion. Please RSVP to Facilitator Wendy Homan at homanwendy@aol.com. Sponsor: Moorpark College FKCE.

TEACH and Other Scholarship Opportunities for Foster Youth

**Tuesday, December 1st from 6:30-8:30 pm
Where: Ventura County Office of Education
5100 Adolfo Road, Camarillo**

Current or former foster youth have unique scholarship opportunities available just for them! This informational session for care providers and youth will provide information about the TEACH scholarship and other VCCF scholarships available to Ventura County foster youth who plan to attend college or vocational training in the Fall of 2016. Please RSVP to Rhonda Carlson at rcarlson@vcccd.edu or call 805-289-6181. Presenter: Rhonda Carlson Sponsors: Ventura College FKCE & Ventura County Office of Education

What's Goin' On?

Foster VC Kids Calendar of Events

The Person-Brain Model

Thursday, November 5 & Friday, November 6, 9 am-4pm
Where: 975 Flynn Rd, Camarillo

Shifting from common deficit or strictly behavioral models, this two-day course presents a practice model for “therapeutic helpers” (e.g. educators, child & youth care workers, foster parents) based on the workings of various brain systems and equips participants with a practical framework for short-term, momentary management and long-term planning for young people who may have experienced relational stress, trauma, or disrupted relationships. RSVP at <http://www.eventbrite.com/e/the-personbrain-model-tickets-17402850394>

From Surviving to Thriving as a Foster Parent

Thursday, November 12th 6:30pm – 8:30pm, 71
Day Road Ventura, Large Training Room

In this class we will discuss the impact your care will have on the well-being, security, and happiness of the children in your care. You will learn techniques that help heal the child you care for while reducing stress and making your experience more comfortable overall. Facilitator: Wendy Homan. Wendy has been a foster parent for 21 years and an FKCE Instructor for about 7 years. Come learn from her tremendous experience! Sponsor: Ventura College FKCE Participants will receive credit for 2 hours of training upon completion of the class. Please RSVP to rcarlson@vcccd.edu

Creating Cooperative Families

Monday, November 16th 6:00-8:30pm, 71 Day
Road Ventura, Large Training Room

Creating a peaceful, harmonious environment at home may sound like an impossible dream when we consider the many challenges and activities in our and our children’s day-to-day lives. This workshop will provide ten tools that will work with all of the people in your life. Included will be how different parenting styles affect cooperation and how setting boundaries and using shared decision-making and encouragement can lead to a more cooperative atmosphere at home. The course will be facilitated by Stephanie Main-Bell, M.A, mother of three, who has been teaching parenting classes for almost 20 years. Sponsor: Ventura College FKCE Participants will receive credit for 2 hours of training upon completion of the class. Please RSVP to rcarlson@vcccd.edu

The Therapeutic Use of Daily Events

Thursday, November 17, 9 am-3 pm, 975 Flynn Rd, Camarillo

This course explores the use of everyday life events, as they are occurring, for therapeutic purposes. It provides a framework of supporting others in moving to a place of less pain and trouble – or simply towards the next step in their development. Topics include recognizing daily life events, themes, and opportunities, characteristics of relational child and youth care, the process of change, and the elements of intervention. RSVP at <http://www.eventbrite.com/e/the-therapeutic-use-of-daily-life-events-tickets-17362506725>

Evening West County Foster Parent Networking

Tuesday, November 17th, 6 pm-8 pm
Where: Ventura Missionary Church, 500 High Point Dr., Ventura (Sanctuary Building)

**Please note meeting is taking place on the 3rd Tuesday due to Thanksgiving. An opportunity to receive updated information as to changes related to foster care, receive support from your foster parent peers, and earn training hours. Please RSVP fostervckids@ventura.org or 654-3220. Childcare provided by contacting Channel Islands Social Services at (805) 384-0983.

Morning West County Foster Parent Networking

Wednesday, November 18th, 10 am – 12 pm,
Ventura Missionary Church, 500 High Point Dr., Ventura (Sanctuary Building)

**Please note meeting is taking place on the 3rd Wednesday due to Thanksgiving. An opportunity to receive updated information as to changes related to foster care, receive support from your foster parent peers, and earn training hours. Please RSVP fostervckids@ventura.org or 654-3220. Childcare provided by contacting Channel Islands Social Services at (805) 384-0983.

Foster Parent Support Group

Thursday, November 19th, RSVP for time and location

Support from your peer foster parents is critical to your success! One of our long time foster parents, Amanda Bowles, has created a support group that is open to caregivers! Please note this group usually meets the last Thursday of the month, but due to Thanksgiving November’s meeting is taking place the 3rd Thursday. Contact Amanda at (805)320-6705 or amanda.bowles86@gmail.com for the time and location.



Ventura County Children & Family Services

What's Goin' On?

Foster VC Kids Calendar of Events

Ventura County Foster Parent Association Meeting

Thursday, November 19, 7 pm- 9 pm, Mission Church, 2875 Elba St, Ventura

We will be honoring adoptive families who have stepped up to help our children in the system and thank the foster families that care for the kids prior to adoption. Free Child Care Provided by Channel Islands Social Services. Register for care at rsvp@vcfpa.com or call (805) 384-0983.

CASA of Ventura County In-Service: Supporting Foster Youth Through the Holidays

Thursday, November 19, 6 - 8:00 pm, CASA Office, Camarillo

The holiday season can be the “most wonderful time of the year,” but for many youth involved in the child welfare system, it is a time of sadness, loss, and longing for families that they are missing, families that were not safe or joyful to be a part of, or families that they do not even remember ever having. For traumatized children, this can be a very triggering season. We will discuss how to support these youth during the holiday season, when there are so many great opportunities to engage them in holiday activities, but also so many potential reminders for them of what they miss or what they have lost. Presented by Jen Bailey, Psy.D. RSVP to Janet@casaofventuracounty.org or call 805.389.3120

CPR and First Aid Re-Certifications

Please note that if you're CPR or First Aid certification has already expired, you need to take the full class. These classes are only for participants whose certifications have not expired.

CPR Recertification

*Friday October 9th from 4:30-6:30 in Ventura.
You must RSVP. Please email rcarlson@vcccd.edu
edu Sponsor: Ventura College FKCE*

First Aid Recertification

*Friday, November 13th from 4:30-6:30 in Ventura. You must RSVP. Please email rcarlson@vcccd.edu
Sponsor: Ventura College FKCE*

Kinship Parenting for Relative Care Givers (Walk-ins welcome!)

Kinship care is the full or part-time parenting of children by grandparents or other relatives. These training groups will explore the practical issues related to parenting a second generation and provide tools and support to help you get and keep your bearing along the way. **No RSVP needed.** For further information, email kssp@kidsandfamilies.org.

Oxnard Resource Group

1st & 3rd Tuesdays of each month,
6:00 pm-7:30 pm, Sierra Linda Elementary School, 2201 Jasmine Street, Oxnard

Ventura Resource Group

2nd & 4th Tuesdays of each month,
6:00 pm-8:00 pm, Kids & Families Together
856 E. Thompson Blvd. Ventura

Simi Valley Resource Group

3rd Wednesday of each month,
6:00-8:00pm, Simi Valley Senior Center,
3900 Avenida Simi, Simi Valley

Thousand Oaks Resource Group

2nd Tuesday of each month,
6:30 pm-8:30 pm, Senior Concerns, 401
Hodencamp Rd. Thousand Oaks

Camarillo Resource Group

4th Wednesday of each month,
6:00 pm-8:00 pm, at CISS,
5251 Verdugo Rd. Suite G, Camarillo

Santa Paula Resource Group (Bilingual)

2nd & 4th Tuesday of the Month
6:00 pm- 8:00 pm, SPS 404 N. 6th
St. Room 114, Santa Paula



Foster Care Snapshot:

The Critical Need Continues...

In the Month of July: There were **903** children in care
273 children were in foster home placements (County and FFA)
385 children were in kinship/relative care placements
111 children in guardian homes
13 finalized adoptions (100 Fiscal year to date)
87 children remained in group homes
49% of siblings are separated from each other
We welcomed **13** new foster homes into the Foster VC Kids family!



Please help us spread the word about the need for quality foster homes! Remember, foster parents are eligible to receive an incentive of **\$100** for referring a family once they complete the licensing process and an additional **\$100** once a child is placed in the new foster family's home! **Contact your licensing analyst for more information!**

Useful Links

Foster VC Kids
fostervckids.org
iFoster
www.ifoster.org

CFS Independent Living Program
www.ventura.org/ilp-youth/ilp-youth
Children's Services Auxiliary
www.csavc.org

CASA: Court Appointed Special Advocates
www.casaofventuracounty.org/
Channel Islands Social Services
www.islandsocialservices.org/
California Youth Connection
www.cal-youthconn.org/
Hope 4 Kids Festival & Run
<http://www.hope4kids.myevent.com/>

Kids & Families Together
www.kidsandfamilies.org/
VC Foster Parent Association
www.vcfpa.com/
Dark to Dawn
www.darktodawn.org/

James Storehouse
www.jamesstorehouse.org/
Women of Substance, Men of Honor
www.wosmohinc.com/

Interface Children & Family Services
www.icfs.org
Aspiranet
www.aspiranet.org/

Arrow Child & Family Ministries
www.arrow.org/
Casa Pacifica

www.casapacifica.org/

Koinonia Family Services
www.kfh.org/

National Foster Parent Association
www.nfpaonline.org/
TEACH Fund Scholarship

www.vccf.org/scholarship/tech/index.shtml
VC Office of Education Foster Care Services
www.vcoe.org/spes/FosterYouthServices.aspx
Neighborhoods for Learning
www.first5ventura.org/parents-caregivers/neighborhoods-for-learning

Child Development Resources
www.childdevelopmentresources.org/
Rainbow Connection Family Resource Center
www.rainbowconnectionfrc.weebly.com/
Macaroni Kid
www.camarillo.macaronikid.com/
Parent Click
www.ventura-ca.parentclick.com/

Foster Parent Training Sites

Foster Care & Adoptive Community
www.fosterparents.com/
Foster Parent College
www.fosterparentcollege.com/
California's Just in Time Training
www.qpicalifornia.com
Foster Club
www.fosterclub.com/_booster/article/foster-parent-online-training
Centpatco U
<http://www.cenpatcoU.com>