



the foster NETWORK



June

Working Together

Starting any new relationship often comes with many questions: Will he/she like me? Will we get along? What is he/she going to be like? Will we have things in common? The list could go on and on. When we think about building relationships between birth families and caregivers the questions become even more emotionally charged: Will the parent be mad at me? Is the caregiver trying to adopt my child? Will my privacy and rules be respected? Will my child miss me? How will we be able to work together? Will I get to talk to my child as much as I would like to? Will this parent be able to reunify? Am I going to be able to get my kids back? What are we going to do about visitation? How will I know what the child likes and doesn't like?

Foster VC Kids has continued to develop support and training around building relationships between families because we know that it benefits the child and both families! This summer we will be rolling out even more strategies to assist in the development of these critical partnerships. CFS will be working to ensure that families have the chance to meet early on to share information about the child and begin to partner on the care of the child. These opportunities are called Ice Breakers and will be facilitated by agency staff to assist everyone in the getting to know you process. Ice Breakers are a widely used practice to bridge communication between families and to have critical conversations about supporting the child during this challenging time. We will be sharing more information as we finalize our implementation plans. To learn more about Ice Breakers and co-parenting, please visit <https://www.childwelfare.gov/topics/outofhome/resources-foster-families/working-together-foster-families-and-birth-parents/>. Please see page 2 for a great example of how helpful Ice Breakers can be!

Once Ice Breakers have been launched, we will be rolling out our new QPI visitation model called Fostering Relationships in Visitation. This model is for children under 6 years of age and invites the foster caregiver and birth parents to work together during visits. The goal of this model is to support parents in engaging in child directed interactions that support healthy attachment by offering training before the visit and in the moment positive support during the visit from the foster caregivers. Other counties who have adopted this model have found it to be successful in the development of co-parenting relationships, making visitation a less stressful experience, and in supporting reunification efforts. Keep your eyes and ears open for more information about implementation and training opportunities! To learn more and see a video about the mode, visit <http://fostervckids.org/frv/>.

Elizabeth Thasiah

CFS Contacts

Adoptions	240-2700
CFS Hotline	654-3200
Children's Health & Disability Prevention Nurse	240-2700
CSA Reimbursement	654-3220
Eligibility Officer of the Day	654-3409
Field Based Case Aids	654-3444
Recruitment, Development, & Support Info Line	654-3220
General Information East County	955-2290
General Information Emergency Response & Court Units	654-3444

General Information Family Support and Collaboration

(Formerly Central Programs)	654-3405
General Information Ongoing Units:	240-2700
ILP Coordinators	240-2700
Licensing NEW NUMBER!	654-3405
Placement Vacancy Line	289-1900
RDS Manager	654-5594
Relative Approval	654-3405
RFA Officer of the Day	654-3405
Rx for Kids Public Health Program	289-9308
Youth Services Division	240-2700



ICE BREAKER EXAMPLE

Just before a visit, a foster mom was asked if she would be open to meeting the child's mother and mother was asked if she would be open to meeting the foster parent. Both expressed doubt about how well this meeting would go and neither was sure how the other would react to meeting. The foster mother was concerned the mother would be upset and mother worried that she would be judged and was unhappy that someone else was caring for her baby. Just before a visit, a foster mom was asked if she would be open to meeting the child's mother and mother was asked if she would be open to meeting the foster parent. Both expressed doubt about how well this meeting would go and neither was sure how the other would react to meeting. The foster mother was concerned the mother would be upset and mother worried that she would be judged and was unhappy that someone else was caring for her baby. After meeting each other, and seeing that each was committed to the baby, they began to work together more. They were even able to address the pain that mother felt when she heard the baby call foster mother "mom". The foster parent has made herself available to the mother and is supporting her to be successful and reunify with her baby. Foster mom even transports on weekends for visits. Mom now knows her baby is in good hands with foster mom and is really appreciative and thankful for this.

Did YOU Know? Take our new and improved satisfaction survey!

Your experience is important to us and your feedback makes a difference. Please take a moment to complete our satisfaction survey at fostervckids.org! You can complete this survey any time you have feedback on what's working well, what you are worried about, or when you have an idea for improvements!

EXTRA! EXTRA!

The newsletter will now be distributed quarterly. To see a complete list of trainings, events and resources, please make sure to visit our online calendar as well as our facebook for new information.

EMPOWERED to Connect

In April, Defending the Fatherless and Calvary Nexus hosted The Empowered to Connect Conference, a two-day event presented by Show Hope and the Karyn Purvis Institute of Child Development which offered practical teaching in a safe and supportive community that worked to equip families, churches, and professionals to better serve children impacted by adoption and foster care. More than 40 Social Workers, Resource Families and others attended benefitted from this free two day conference. Featuring Trust-Based Relational Intervention® methods developed by Dr. Karyn Purvis and Dr. David Cross from the Karyn Purvis Institute of Child Development, this conference helped everyone to understand the importance of attachment and connection in families. Resource parent Leeann stated, "I cannot tell you how much taking "Empowered to Connect" has impacted my life so quickly. I have never experienced something so profound in so long. My husband and I both were really inspired to take those initial steps and start

with what we do well and incorporate what we learned WOW what a eye opener that was! I'm inspired to continue with TBRI (Trust Based Relational Intervention) alongside my fellow PPEs and our families."

You can watch this video from the Karyn Purvis Institute of Child Development : **TBRI® An Overview: Putting the Pieces Together** online here: <https://www.youtube.com/watch?v=T43zJDgTNPA>

We look forward to the next conference and hope you all will take advantage of the next opportunity to train in TBRI! Look for more training opportunities with FKCE and our Foster VC Kids team!



Foster VC Kids Required Caregiver Training Policy changes

Foster VC Kids is introducing new training requirement to assist you in accessing training that will continue to grow your skills set as a trauma informed caregiver with the most current research, information, and resources available. **Caregivers will now be required to complete a total of 10 hours of annual training. This change will be implemented July 1st, 2017.**

In the first year of approval, conversion, or implementation of the policy (whichever come first) , caregivers will be required to attend 3 specific trainings plus one trauma training. After that, caregivers will have more flexibility on what training they receive but will always be required to complete at least one trauma training, a CSEC, & teen training (depending on age of children they are approved for). Caregivers are responsible for tracking their own training hours and will submit documentation when they receive an annual home inspection.

In order to ensure that our caregivers receive training that will deepen their knowledge and skills with the most up to date and current information, Foster VC Kids will now require specific caregiver training topics. These recommendations will allow for completion of training in-person or online, and allow for enough flexibility that caregivers will also be able to select trainings of their interest as well.

Substance exposed children

* Required of all caregivers approved/licensed for children 0-5 within 1st year of approval/ conversion/or implementation of policy (whichever comes first)

Teaming

* Caregivers will attend 1 training per year that focuses on teaming in child welfare. This may include topics such as co-parenting, visitation, family team meetings, building partnerships, & working with service providers

CSEC Awareness

* Required of all caregivers within 1st year of approval/ conversion/or implementation of policy (whichever comes first).
* Caregivers approved for children over 5 must complete an update or more in-depth, such as caring for children who are been CSEC survivors, training every 2 years

Mandated Reporter

* Required of all caregivers within 1st year of approval/ conversion/or implementation of policy (which ver comes first) ..

Trauma

* All caregivers are required to complete 1 training per year on any trauma related topic.

Teen Issues

* 1 training per year required of all caregivers approved/licensed to care for children 12 and up
* Topics may include: parenting teens, supporting non-minor dependents, caring for pregnant and parenting teens, Promoting Healthy Sexual Development in Teens, networking groups specific for caregivers of teens

If you have any questions, please discuss with your PPE or CSS, or you can always reach out to RDS at 654-3220.



Call for Action!

To all of our wonderful resource families who are co-parenting with birth families – We want to hear from you! We would love to talk to you more about your experiences and successes and share your stories. Please contact Jaci Johnson at 805-289-1948 or email her at Jaci.Johnson@Ventura.org

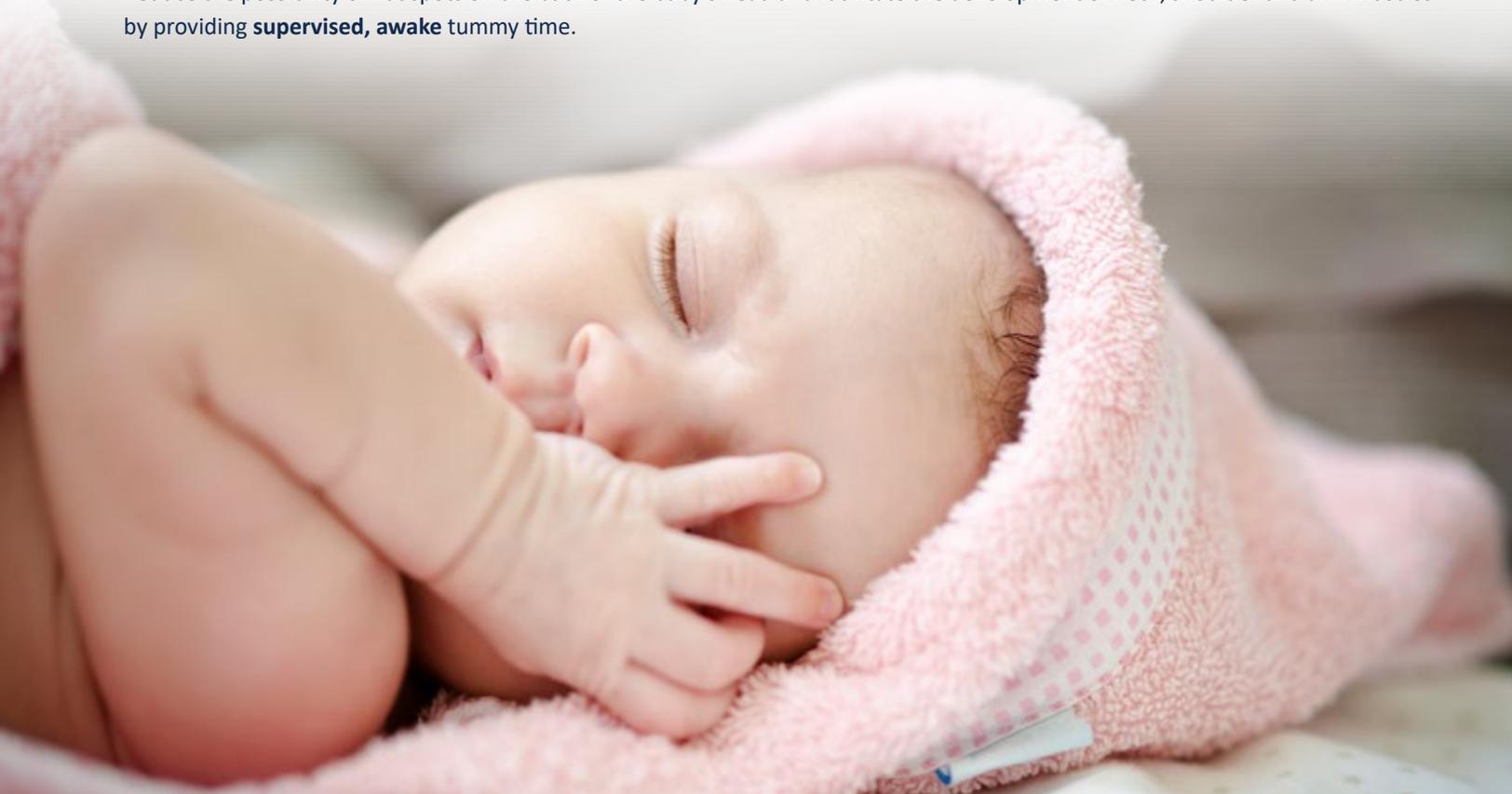
Safe Sleep Recommendations for Babies

By Julie Anne De Santi, RN, BSN, Public Health Nurse

Recent statistics show that approximately 3,500 infants die every year in the United States from sleep-related deaths, including Sudden Infant Death Syndrome (SIDS), accidental entrapment, suffocation and strangulation. SIDS is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation. SIDS is the leading cause of death in babies 1 month to 1 year of age.

The American Academy of Pediatrics most current recommendations for providing a safe sleep environment include:

- Place the baby on his or her back on a firm sleep surface such as a crib or bassinet with a tight fitting sheet. The crib, bassinet or play yard should meet current safety standards.
- **Do not** use pillows, blankets, quilts, comforters, sheepskins, crib bumpers, soft toys or any other soft bedding. Keep the crib bare.
- Place the baby to sleep in the same room where you sleep, **but not the same bed**. Share a bedroom with the baby preferably until the baby turns 1 year old (or at least for the first six months). Room sharing reduced the risk of SIDS and other sleep-related causes of infant death by as much as 50%. Baby should be placed on his or her back in a separate sleep area such as a safety approved crib, bassinet or portable play area in the same room close to your bed.
- **Do not smoke** around the baby and keep baby away from places where people smoke. Remember that it is against regulations for caregivers to smoke in the presence of foster children. Avoid baby's exposure to all smoke, alcohol or illicit drugs.
- Offer the baby a dry pacifier that is not attached to a string or other item for nap time and bedtime.
- **Do not** let the baby get too hot during sleep. Dress the baby in one layer of clothing and keep the room at a temperature that is comfortable for an adult.
- **Do not** use home heart or breathing monitors to reduce the risk of SIDS. For questions regarding the use of monitors for other conditions speak to your health care provider.
- Take baby to all well child health checkups and follow health care provider guidance on your baby's vaccines.
- Be cautious about buying products that claim to reduce the risk of SIDS.
- Reduce the possibility of flat spots on the back of the baby's head and facilitate the development of neck, shoulder and arm muscles by providing **supervised, awake** tummy time.



Kudos Corner



Savannah J.

Savanna has been a strong advocate for the children and there has been a noticeable difference in their language and social skills since placement began. She has taken the time to make sure all of their needs are met and has followed up with their multiple appointments and services. Savanna has been very informative about the needs of the children and has always had their best interest in mind. She's gone out of her way to develop strong communication with the mother of the children, and has even provided ongoing support to help the mother meet her goals. Savanna has been a very positive and supportive foster mother!

– Susan D.

Savannah J.

For her willingness to work with bio mom while she was at Prototypes. Way to go!

– Elisa C.

Sally B. & Raising Hope

Furry connections are sometimes the most unconditional, stable relationships our kids have. You have done a very wonderful and special thing by taking in a foster youth's dog while in care and giving that child peace of mind and heart. Thank you!

– Cynthia H.

Jessica V.

Our Case Aides are very important to our agency! You are very appreciated by social workers, families and kiddos in care. Thank you for all you do, your love for helping our kids shows in everything you do!

– Crystal S.

Angela F.

This foster parent was determined to advocate for her little one from the beginning. The child placed in her care had special medical and developmental needs, and she made sure those needs were met. She did what was best for this child, though it was not always the easiest path. This foster mom loved and nurtured this little one and had enough left to reach out and embrace the dad in reunification. Well-deserved kudos.

– Betty C.

Karissa & Nathan L.

I would like to acknowledge and thank this spectacular family for hitting the ground running with fostering. They have been so open and flexible with everything that is asked of them. Karissa has done an AMAZING job at advocating and seeking at resources and services for our kids. Thank you again!

– Janelle M.

Call for Kudos!

We know that excellent partnership between caregivers, bio parents, community resources and social workers happen every day. Now, the Foster VC Kids team wants to hear about it! We are asking for everyone to submit kudos about any great experience they want to share. Please drop an email to Crystal.Stratton@ventura.org to share the love!!

Swim Time Safety

According to the CDC, drowning is the number one cause of unintentional death for children between the ages of 1 and 4. And according to the U.S. Consumer Product Safety Commission, 390 deaths a year on average are attributed to drowning in a swimming pool or at a spa.

Just a reminder to families who put up pools for the summer - Please review the RFA Written Directives or Title 22 Regulations about bodies of water, or to contact your LPA or RFA worker for questions! Let's continue to keep our kiddo's safe!



The School Zone

Dear FYS,

We are new foster parents and have a set of school-aged siblings who are spread throughout elementary, middle, and high school. They are all in need of academic and enrichment activities over the summer. What's available?

— *Working Mom*

Dear Working Mom,

You have many options, and we'd recommend the best place to start would be with your district's Foster Youth Liaison. A list can be found here: <http://www.vcoe.org/Portals/7/Special-Populations/Foster-Youth/List%20of%20Liaisons%20by%20District%202016-17.pdf>. Ask the Liaison what programs are sponsored by the district over the summer as well as any other programs the district is recommending. You may also be able to find that information on the district's website. For example, OUHSD has posted information on summer school for online and school-based courses: <http://www.ouhdsd.k12.ca.us/blog/summer-school-2017/>.

There are other programs outside of the districts that may be of interest. For students entering grades 9-12, there are a host of summer camps offered through the Career Education Center, and all are free! High-interest topics such as animation, coding, aviation, child development, criminal justice, game design, film and TV, and many others are now open for registration. You can search and register here: <https://cec.gosignmeup.com/Public/Course/Browse>. For students of all ages, many Boys and Girls Clubs offer summer programming in full-day camps that balance academics, sports, art, and other activities. The YMCA offers summer camp and many other programs throughout the summer and offers some scholarships for foster youth. The Ventura YMCA programs can be found here: https://issuu.com/channelislandsymca/docs/vensummerguide_web__2_/2?ff=true&e=18623113/45129927.

Remember also that the Children's Auxiliary will reimburse care providers for many enrichment activities, including summer camp! Keeping kids busy and engaged throughout the summer will diminish the academic gap that can develop over the summer without the formal structure of the classroom. For our youth in care, this is especially critical.

— FYSCP

If you have any questions regarding summer activities, be sure to contact us at fys@vcoe.org or (805) 437-1525.

Businesses with
HE  **RT**
Ventura County Children & Family Services

Businesses with Heart is our newest addition to the Foster VC Kids family of resources.

Many local businesses have asked how they can help support our foster community. Businesses with Heart provides an opportunity for businesses to partner with Foster VC Kids to help support our foster youth and caregivers. Businesses can provide discounts on their products or services, they can mentor a youth to provide an inside look at what goes on in the day of a particular business, even offer an internship or job! Businesses can also give back by connecting with one of many non-profit partners which directly supports our foster community.

Many businesses are already on board, and we are looking forward to our official launch of Businesses with Heart this upcoming July. Please check our website for all details on services and discounts for: restaurants, dentists, mechanics, recreational activities, furniture, barber shop, and much, much more!

If you would like to suggest a particular need or would like to refer a business to Businesses with Heart, please contact Jaci Johnson at jaci.johnson@ventura.org.

What's Goin' On?

Foster VC Kids Events

It's Summer Camp Registration Time!

Don't forget, CSA provides camperships for both general and specialized camps. Don't forget to register your little or big ones for fun and enriching camp opportunities, CSA can reimburse for these in accordance with guidelines. For more information visit www.csavc.org/reimbursement-procedures.html

Check out your city Parks and Recreation web page or go to the Conejo Valley Guide for camp ideas throughout the entire Ventura County. www.crpdc.org/parkfac/conejo/summer_day_camps.asp

FREE VBS Maker Fun Factory

(Simi Valley) July 10-14, 8:30-11:30am

Free attendance for foster youth at Vacation Bible School, Trinity Lutheran, 2949 Alamo Street, Simi Valley. For more information contact Chris Kun at ckun@tlcsimi.com or visit www.trinitylutheranchurchsimi.com.

YMCA

• Santa Paula Swim Lessons:

Swimming lessons will be available in Santa Paula this summer at the High School! Ages 3-16, all levels and abilities. Open swim times will also be available on Saturdays. Registration will be in June with classes starting in July. More details will be available at the end of May on www.ciyymca.org/ventura.

• For summer camp discounts:

Looking for a fun summer camp that includes a discount? The YMCA offers scholarships! Download the application at: <http://www.ciyymca.org/html/financialassistance.html> in English and Spanish. Turn in the completed application at your YMCA branch. Please allow for 2 weeks processing time.

• Operation Ventura- VENTURA BRANCH ONLY

Call Foster VC Kids at 805-654-3220 to request your Operation Ventura certificate. Certificates are free. Any of the Ventura YMCA's session classes are covered in Operation Ventura PLUS one swim class. The certificate allows a child to do one swim class and one other class of their choosing. Programs range from Sports, Dance, Martial Arts, and more. Certificate are limited and only distributed by Foster VC Kids.

Teen Reach Adventure Camp (TRAC)

FREE single-gender weekend camps for kids ages 12-15. The Girls camp is July 7-9, the Boys camp is July 14-16. TRAC provides a fun and safe camp experience, giving every camper an exciting weekend full of positive memories and encouragement. These camps are action-packed with activities including hiking, swimming, archery, BB guns, woodworking, and art. To sign up, contact our child placement coordinator Karen at kkozielca@gmail.com.

Royal Family Kids Camps of Ventura

RFK of Ventura is part of the nation's leading network of camps for abused, abandoned and neglected children. RFK is a residential summer camp where, for one full week, children (ages 7 to 11) in foster care from throughout Ventura & L.A. Counties can experience wholesome affection, undivided attention, and unconditional love. Campers enjoy hiking, swimming, horseback riding, zip-lining, bug- & lizard-catching, bike riding, skateboarding, canoeing, singing, dancing, participating in skits, roasting marshmallows around a campfire, hearing Bible stories, playing sports and other outdoor games, You can be involved by volunteering as a camp counselor or by donating funds to sponsor the camp this summer. For more details, click on this link: <http://ventura.royalfamilykids.org/about-our-camp/applications-and-information/>

ComfortZone Camp

ComfortZone Camp is an incredible non-profit organization that offers FREE weekend bereavement camps for kids ages 7-17 throughout the year for children who have lost a parent, sibling or primary care giver.

One camp location is only about 20 minutes south of Oxnard. You can refer any foster youth directly to ComfortZone camp via the website below, and/or have the caregiver apply. Once a child is accepted to participate, the child can return once a year, for free, until they reach the age of 18.

There are licensed therapists in attendance who work directly with the campers throughout the weekend. Our partner referred a foster child a couple of years ago, and he has attended twice. This partner shared that "it has really been helpful for him to process a family member's death in such a healing environment, surrounded by nature, as well as having traumatic loss become more normalized by being around other kids who have experienced similar experiences." Website for more info: <https://www.comfortzonecamp.org/>



Resource Center

In March, Hillcrest School partnered with James Storehouse and held a March Gladness basketball tournament after school. The whole school was involved, and all proceeds went into the school's foster care fund. On April 13th, the entire school (kindergarten through 12th grade), staff and parent chaperones took the James Storehouse list of essential items and went shopping at Target in small groups to purchase all of the items. After shopping, they returned to school to pack the Emergency Placement Kits for children entering care. Each kit has toiletries, undergarments, a full new outfit, pajamas, and school supplies (diapers for babies). The Emergency Placement Kits are for ages newborn to aged-out youth. This is Hillcrest's third year in a row shopping for essentials and packing Emergency Placement Kits for children entering care. Thank you Hillcrest- We appreciate your hard work, and caring hearts!!

FEATURED RESOURCE PARTNER:

Children's Services Auxiliary

The CSA partners with CFS to provide a range of financial supports to foster youth and their families. Families can apply for reimbursements for extracurricular activities, summer camps, computers, clothing, medical expenses, and educational scholarships. Reimbursements can take up to 60 days to be processed. The CSA also hosts the Holiday Toy Store and events throughout the year. Please visit www.csavc.org to learn more about the CSA. The reimbursement form can be downloaded from www.csavc.org/reimbursement-procedures.html, fostervckids.org or provided to you by calling 805-654-3220.

To submit a reimbursement, please email the form and receipt to HSA-CFS-Resources@ventura.org. **Please note that request must be made within 90 days of payment/registration.

DONATE THROUGH *Rite Aid Kid Cents*

CSA is excited to announce that we have partnered with Rite Aid and are now an official KidCents charity! KidCents is a program created by The Rite Aid Foundation that allows Rite Aid customers to round up their purchases to the nearest dollar and donate their change to help support kid-focused charities. For more information visit our CSA KidCents page.

DO YOU SHOP AT AMAZON?

Donate through AmazonSmile

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

Already signed up? Go directly to the Amazon Smile toys page!

Foster VC Kids is here to help. We have many resources available for you and your children's needs, other than the above highlighted. If you have specific material or resource needs, contact your social worker or Foster VC Kids for support at fostervckids@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** at www.fostervckids.org/resources.

Places we've been



Ana N. and Richard H. at The Partnership 5k



Chick fil A's cow visits the Foster VC Kids booth at the HOPE4Kids run!

Resource Events Looking Back

nCourage Church hosted a free movie night event for foster youth and families and to honor Social Workers for Social Worker appreciation month! Some of our kiddos won prizes such as bikes, games, movies and free haircuts! Our social workers that attended went home with gift baskets full of goodies! They loved it! Thank you nCourage Church for such a special night! A HUGE thank you to Alfredo Leon at Ventura Barber Company for donating free haircuts as part of our 'Thank you!' Gift baskets!

Ventura Barber Co. 2040 E Main Street, Suite C, Ventura Ca
805-628-3624



Koinonia Social Worker, Keri Rushing-King with some of the items from her goody bag!



Girls Beach Bash – On April 22nd, **Westminster Presbyterian Church** Ladies Ministry hosted a beach bash full of activities, and fun in the sun for foster girls, ages 11-17. They filled the day with sand castles, painting, baking, and jewelry making, make up makeovers, shrinky dinks, street tacos and fellowship. It was a blessing. The girls tried things they had not tried before and created beautiful things. They look forward to hosting more girls next year!

Upcoming Resource Events

CSA Foster Family Picnic

Saturday, July 8th, 11:00am-2:00pm

Please join us at Freedom Park, 480 Skyway Drive in Camarillo for Lunch, raffles, arts and crafts, games, pony rides and jolly jumpers! BBQ provided by the Conejo Valley Kiwanis. Please bring a side dish to share. RSVP at 805-654-3220 or fostervckids@ventura.org by June 24th.

Back-to-School Shopping

Saturday, August 5th

James Storehouse is hosting this annual event at Casa Pacifica's Barn for all Ventura County foster youth, ages 10-22. Register by emailing jamesstorehouse@gmail.com



Clothing Distribution for Foster Youth

June 10th 9:30-11:30am

Calvary Community Church appreciates all Foster Youth and their families. We want to invite you to our Foster Youth Clothing Distribution. We have "gently used" clothing featuring various sizes and brand names that will fit girls and boys from birth to age 25 years old. Calvary Community Church, 5495 Via Rocas, Westlake Village CA 91362, Room 1100

To make sure we have plenty of clothing for all, please RSVP to Patricia Kawamoto kenkawa@sbcglobal.net

Mom's-To-Be Baby Shower

Saturday, June 10th 9:30-11:30am

James Storehouse is partnering with Calvary Church to celebrate our soon-to-be moms and dads. RSVP to Natascha at ncrecion@gmail.com



Rest & Reunion!

Saturday, June 24th 9:30a-1:30p

Foster youth and their families are encouraged to join Missions of Mercy at St. Peter Claver for festivities, food, face painting and games for an afternoon of fun! 2380 Stow Street, Simi Valley For more info contact Bianca at directoroffaithformation@gmail.com

WOSMOH HOOPS 3x3 Basketball Tournament

Saturday, June 17th Game begins at 9:00am

-All ages and skill levels are welcome - teams of 4 players. 100% of proceeds provide emergency housing for at-risk youth. Registration opens at 8:00am. To participate, visit www.wosmoh.org/wosmoh-hoops or call 805-376-0472.

What's Goin' On?

Foster VC Kids Calendar of Events

Paul Baker – The PersonBrain Model

Saturday, June 3rd, 8:30-11:30am

nCourage church, 2226 Goodyear Drive, Ventura 93003

Join us as we hear from a developmental neuropsychologist and foster/adoptive parent, Paul Baker speak on the Person-Brain Model. Our guest speaker will explore the emotions and challenges of accepting another person's child into your home, the dynamics of family culture, and ways to build trust in the parenting relationship. Childcare offered for children 3 and up.

Participants will receive credit for 3 hours of training upon completion.

*Current resource families attending will receive a raffle ticket for a prize drawing. Bring a friend and get two raffle tickets!

Register online at www.casapacifica.org/training
or contact Darlene Navarro at 805-366-4064 or
dnavarro@casapacifica.org

Parenting Again: Grandparents as Parents (West County) **NEW! Childcare Available!**

Facilitators: Pam & Bill Lehtonen

Saturday, June 3rd Time TBD

Ventura Missionary Church | 500 High Point Drive, Ventura

Just when you thought your parenting days were over, you get a call and your grandchildren or niece and nephew needs to come to your house to stay. For many of us, that temporary circumstance turns into a permanent situation and most of the time you are overwhelmed. You do your best and make sacrifices.

Bill and Pam Lehtonen have been raising their grandchildren for over 14 years. In their home, they have a 21 year old in college and two elementary aged children, 10 and 9. With over 35 years as parent educators, they have learned that traditional parenting is not enough for these kids. Children who come from hard places all experience loss, trauma, attachment issues and much more. Pam & Bill will share the struggles of loss, anxiety, financial problems, relationships with birth parents and the complexities of raising children in our fast-paced world. They will also discuss the many blessings that raising a second family can bring with practical tools that can make a lasting difference. You are not alone! Come and experience like families who want to learn ways to take care of themselves and also get the much needed help in raising their second family. Let's do this together!

Limited childcare is also available with pre-registration; please contact Miriam at Channel Islands Social Services to secure your child's spot. Email Miriam@IslandSocialServices.org or call (805) 384-0983 ext. 859, no later than Friday, May 26th

Participants will receive credit for 3.5 hours of training upon completion of the class series.

Please RSVP to Rhonda Carlson at rcarlson@vcccd.edu

Sponsor: Ventura College FKCE

Theraplay: An innovative approach to connecting with your child (West County)

NEW!

Trainer: Dianne Nicholas, MS, LMFT,

3-part series on 3 consecutive Thursdays:

June 15th, June 22nd & June 29th 6:00-8:00pm

Day Road Center @ Ventura College

71 Day Road Ventura, Large Training Room

Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge. Theraplay sessions create an active, emotional connection between the child and parent or caregiver, resulting in a changed view of the self as worthy and lovable and of relationships as positive and rewarding. In the 3 week workshop series you will learn about:

- Creating Felt Safety & Emotional Connection
- Complex Trauma & The Brain
- Theraplay Dimensions
- Tired of Time Outs: Discipline with attachment in mind
- Practice Theraplay Activities

The class will be facilitated by Dianne Nicholas, a licensed marriage family therapist and a Certified Theraplay therapist, trainer and supervisor. She holds a master's of science degree in counseling from California State University, Northridge and a BA in psychology with a minor in developmental psychology. She has worked extensively with children and families in the child-welfare system and specializes in attachment focused treatment for childhood trauma and abuse. Dianne has completed intensive training in Dyadic Development Psychotherapy with Daniel Hughes, PhD, trained in Trauma Focused-CBT, Dialectical Behavior Therapy (DBT) and Eye Movement Desensitization (EMDR). Dianne is a Consultant for Ventura County Children & Family Services providing Trauma- Informed Best Practices within the Agency. Dianne resides in Ventura, CA where she has a private practice. She views Theraplay as an integral component toward developing the relationship bond between the children and caregivers she sees in therapy. County approved and licensed caregiver are eligible for additional respite to attend this training by calling Angelina at 654-5582 or emailing at Angelina.mccormick-soll@ventura.org

Participants will receive credit for 6 hours of training upon completion of the series.

Please RSVP to Rhonda Carlson at rcarlson@vcccd.edu

Sponsor: Ventura College FKCE

What's Goin' On?

Foster VC Kids Calendar of Events

CPR & FIRST AID Recertification Training

Participants must already possess a valid CPR and/or First Aid card and need a RENEWAL of their current card. Priority goes to Foster & Kinship parents in Ventura County. Pre-registration is REQUIRED. **There is NO childcare available at these trainings.**

First Aid Recertification, Friday, June 2nd, 4:30-6:30pm (East County)

CPR Recertification Friday, June 9th, 4:30-6:30pm (West County)

First Aid Recertification, Saturday, June 24th 10:30-12:30 (SPANISH)

Please register with debbieflowers@vcccd.edu or rcarlson@vcccd.edu

Sponsor: Oxnard & Ventura College FKCE

Adult & pediatric CPR & First Aid *Recertification* Classes (East & West Counties)

All classes start at 4:30pm and end at 6:30pm

First Aid – June 2nd

James' Storehouse 3541 Old Conejo Rd. #117, Newbury Park, 91320

CPR – June 9th

Day Road Center at Ventura College, 71 Day Rd, Ventura, 93003

To register, please contact your local FKCE office: Email rcarlson@vcccd.edu or debbieflowers@vcccd.edu or call 805-678-5144 or 805-289-6181. All Ventura County Foster Caregivers are welcome at no charge. Hosted by FKCE

Human Trafficking 101 (Simi Valley)

Trainer: Shar Busch | June 17th 10am-12pm

Forever Found is hosting this upcoming training which will benefit foster parents to learn how to identify the signs of human trafficking and help survivors. You are the key to stopping the cycle. The free training will be held at Life & Annuity Masters, 159 Parrot Lane, Simi Valley, 93065. To register or for more information, email vicki@foreverfound.org.

Hold Me Tight Couples Workshop (8 sessions) (Camarillo)

July 11th – August 29th 6pm-8pm (This workshop is FREE and you'll receive training hours!)

Kids and Families Camarillo Office 4001 Mission Oaks Blvd., Suite P

Are you ready to strengthen your relationship with your partner and in turn, benefit your children and their future relationships?

The goals of this group are to: 1) identify and change frustrating and painful cycles couples get caught in, 2) improve communication, 3) help couples make sense of their own and their partner's emotions and relationship needs, 4) begin to heal and forgive past relationship hurts, and 5) deepen and enhance trust, emotional safety, and physical intimacy.

Research has shown that when partners are securely attached, they find it easier to be good parents. They also model healthy relationships for their children and tend to have children who are also securely attached. Securely attached children are happier, more socially competent, more resilient to stress, and more likely to form healthy relationships in the future. To register for the next group, please contact Rachel Ashleman, LMFT at 805.643.1446, ext. 106.

Resource Parent

Networking and Support Groups

*Resource Parent Networking provides foster parents the opportunity to meet and build relationships with other foster parents in their communities. Be sure to "Like" us on Facebook and visit www.fostervckids.org to view the most current information on events! * Please note that meetings are subject to change**

Stay tuned for more info about the Channel Islands Social Services Peer Partner Educator Networking Hub kick off event later in the Summer! You won't want to miss this exciting addition to our layer of support for caregivers!

Educational: Kids and Families Together hosts a support group on a range of topics provided in a safe and supportive environment, while strengthening their therapeutic parenting skills and getting training hours that can be applied toward Resource Parent training requirements. Child care provided by CISS and must be arranged at least 48 hours in advance. Attendance is not required each week.

Thursdays 6:00-8:00pm, June 8-July 27

Kids & Families Together 856 E. Thompson Blvd., Ventura
Call Amy at 805-643-1446 ext. 133 to register for group.

Simi Valley: Provided through the Ventura and Oxnard FKCE programs and meets the 2nd Friday of the Month at Cornerstone Church. Contact rcarlson@vcccd.edu or DebbieFlowers@vcccd.edu for more information.

Ventura: Foster VC Kids monthly networking meetings are currently hold hold. Contact Foster VC Kids at 805-654-3220 or fostervckids@ventura.org for more info and for upcoming dates.

Spanish: Foster VC Kids hosts meetings the last Wednesday of the month from 6-8 pm at Ventura Missionary Church. Contact Foster VC Kids at 805-654-3220 or fostervckids@ventura.org for more info and for upcoming dates.

Camarillo: Defending the Fatherless is a Christian faith based caregiver support network/group. All are welcome. Email defendingthefatherless.info@gmail.com or go to <http://www.defendingthefatherless.net/> for more info.

Ventura County Foster Parent Association (VCFPA): The VCFPA offers support, training and resources to Ventura County foster, adoptive, and relative caregivers. They hold monthly membership meetings bi-monthly. For information on the association and meetings dates/times/locations, visit <http://www.vcfpa.com/>.

What's Goin' On?

Foster VC Kids Calendar of Events

CASA In-Service Trainings

CASA has opened all of their trainings to our community and professional partners.

Sex and Sexuality

Trainer: Jennifer Bailey | Thursday, June 15, 6-8pm

Training Room 2

Learn appropriate ways to discuss sex and sexuality with your foster youth

CSEC 101

Trainer: CASA Staff and Advocate | Thursday, June 22, -am-12pm

Continuum of Care Reform

Trainer: David Swanson Hollinger, HSA

Thursday, July 20, 6-8pm | Training Room 2

To register, please call the office at **805-389-3120** or email Janet Barron at janet@casaofventuracounty.org.

All Ventura County Foster Caregivers are welcome at no charge. Hosted by CASA of Ventura County.

Come Visit Us

The Foster VC Kids CSC's have been making their way around the Ventura County, spreading the word about the need for loving homes for our Foster kiddos!

Make sure you come say hello at our upcoming events, and pick up a reusable shopping bag! Don't forget to let us know if you know of any events we should be a part of.

June 3

Oxnard College Student and Parent Leadership Summit. Keynote speaker, workshops, and family focused activities. 11am-2pm. For more info email: tguerra@oxnardsd.org

July 4

4th of July Street Fair, Main St. Ventura, Family & community event – (9am-5pm)

July 8

CSA Picnic, Camarillo, Event for our caregivers and foster youth. For more information visit www.fostervckids.org

July 29 & 30

Oxnard Salsa Festival, Plaza Park. Family & community event.



For Relative Caregivers

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- Walk-ins welcome! Training hour certificates provided upon request. For further information, email aacosta@kidsandfamilies.org. For further information, email kssp@kidsandfamilies.org

Sponsors: Ventura College FKCE, Oxnard College FKCE and Kids & Families Together

Ventura: 1st and 3rd Tuesdays 6:00-8:00pm
Kids & Families Together 856 E. Thompson Blvd.

Santa Paula: (Bilingual) 2nd Tuesday of the month 6:00-8:00pm | First 5 Neighborhood for Learning 217 10th St.

Oxnard: (Spanish) 1st & 3rd Wednesday of the month 6:00-8:00pm | Drifill Elementary School, 910 S. E Street

Camarillo: Last Thursday of the month 6:00-8:00pm
Channel Islands Social Services 5251 Verdugo Rd. Suite G.

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

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

Ojai: 4th Tuesday of the month 6:00-8:00pm
Ojai Valley Wesleyan Church 105 E. Topa Topa St.

For more information on the above classes or to RSVP you may call or email: Debbie Flowers at Oxnard College 678-5144 or Rhonda Carlson at Ventura College 289-6181 debbieflowers@vcccd.edu or rcarlson@vcccd.edu

Foster Care Snapshot:

The Critical Need Continues...

In the Month of March:

There were **826** children in care

239 children were in foster home placements (County & FFA)

370 children were in kinship/relative care placements

102 children were in guardian homes

17 finalized adoptions (**122** Calendar year-to-date)

54 children remained in group homes/shelter care

31.8% of siblings are separated from each other

16% are placed with some, but not all siblings

We welcomed **16** 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

Arrow Child & Family Ministries

www.arrow.org

Aspiranet

www.aspiranet.org

California Youth Connection

www.calyouthconn.org

Casa Pacifica

www.casapacifica.org

CASA: Court Appointed Special Advocates

www.casaofventuracounty.org

CFS Independent Living Program

www.ventura.org/ilp-youth/ilp-youth

Channel Islands Social Services

www.islandsocialservices.org

Child Development Resources

www.childdevelopmentresources.org

Child Hope Services

www.childhopeservices.org

Children's Services Auxiliary

www.csavc.org

Dark to Dawn

www.darktodawn.org

Foster VC Kids

www.fostervckids.org

iFoster

www.ifoster.org

Interface Children & Family Services

<http://icfs.org>

James Storehouse

www.jamesstorehouse.org

Kids & Families Together

www.kidsandfamilies.org

Koinonia Family Services

www.kfh.org

Macaroni Kid

www.camarillo.macaronikid.com

National Foster Parent Association

<http://nfpaonline.org>

Neighborhoods for Learning

www.first5ventura.org/parents-caregivers/neighborhoods-for-learning

Parent Click

www.ventura-ca.parentclick.com

QPI California

www.qpicalifornia.com

Rainbow Connection Family Resource Center

www.rainbowconnectionfrc.weebly.com

Raising HOPE/HOPE4Kids

www.raisinghope.org

TEACH Fund Scholarship

www.vccf.org/scholarship/tech/index.shtml

VC Foster Parent Association

www.vcfpa.com

Ventura County Office of Education Foster Youth Services

www.vcoe.org/spes/FosterYouthServices.aspx

Women of Substance, Men of Honor

www.wosmohinc.com

On-Line Training Resources

California Just in Time Training

www.qpicalifornia.org/justintime.shtml

Cenpatico U

www.cenpaticoU.com

Foster Care & Adoptive Community

www.fosterparents.com

Foster Club

www.fosterclub.com/_booster/article/foster-parent-online-training

Foster Parent College

www.fosterparentcollege.com