

Foster Family Network News



Strengthening Families

Children and Families First provides a wonderful series of parenting classes to its clients entitled "Strengthening Families." The Strengthening Families program is a family skills training program designed to reduce risk factors for substance abuse and other problem behaviors in high-risk children. The program builds on protective factors by improving family relationships, parenting skills and improving the youth's social and life skills. Parents learn to increase desired behaviors in children by utilizing attention and reinforcement strategies, communication, problem solving and limit setting. Children learn communication, social skills, problem solving, resisting peer pressure and compliance with parental rules. The program lasts 14 weeks and includes dinner and various incentives at key points in the series. In order to obtain a certificate of completion, the parents must be able to demonstrate proficiency in the various parenting skills taught throughout the classes.

One of the key components to these classes is that the last hour of each class is dedicated to having the parents actually practice the skills they have learned with their children. For cases in which the children have been placed in foster care, it is often difficult for foster parents to get the children to and from the class each week. Children and Families First recognizes the value of having children and parents participate together. So, to make that happen, effective immediately, if DFS refers a family for the parenting class and the children have been removed from home, the worker will include the name, address and phone number of the children's foster family. Children and Families First will then contact the placement to arrange transportation. If the foster family is unable or unwilling to provide the transportation, then Children and Families First will provide the transportation.

Foster parents are welcome to participate in the classes with the children and their families, however, their attendance is not mandatory. The value in having the foster parents participate in the class is that the children will be receiving the same messages at their foster home as well as at their parent's home. If the foster parent is interested in participating, they should let the Children and Families First worker know when they call to make arrangements for transportation.

The Division of Family Services is excited to provide this opportunity to birth families, foster families, and most importantly, the children that we serve. If you have any questions about the Strengthening Families program, please feel free to contact Valerie McAllister from Children and Families First at 658-5177, or JoAnn Bruch from DFS at 633-2690.

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*"Knowledge is the
Prime need of the
hour"*

*-Mary MacLeod
Bethune*



CPR & First Aid: The First Defense

In a life and death situation, every second counts. In those precious moments, it is everyone's responsibility to give the best care possible until trained medical professionals take over. That's why it is vital to have the proper first aid and CPR training. In the past, DFS foster parents had to seek out First Aid and /or CPR training in the community, pay for the class and then request reimbursement. Since the fall of 2006, DFS has been offering both certifications on the training calendar. This fall, all of the First Aid/CPR trainings are being held on Saturdays. Lunch and daycare will be provided.



Although DFS no longer offers reimbursements for classes taken in the community, foster parents may go to the web-site of the contractor at www.sharpertraining.net, click on "CPR schedule" and look for the class "Pediatric CPR/First Aid." They may also call 302-379-3072 to find a time, date and location that is more convenient for them.

Teens who assist foster parents with caring for children are also encouraged to attend.

Please take advantage of this new offering. Someone who is trained is someone who is prepared for an emergency!

Emergency Preparedness

During the spring training session of 2007, DFS offered Emergency Planning that included information on natural, man-made and technological hazards, how to develop a plan for your family sheltering, evacuation and life safety. Also covered was a summary of the Delaware Division of Family Services Emergency Preparedness Procedures.

Covered in those procedures are instructions to foster parents on how to report the location of children during planned and unplanned emergencies. Guidelines and information about evacuation procedures will be provided.

It is required that **all** foster parents review the Delaware Division of Family Services Emergency Preparedness Procedures either at the Emergency Planning trainings or with their coordinators by the end of 2007. In addition to the semi-annual fire and evacuation drills of the foster home, the Delaware Division of Family Services Emergency Preparedness Procedures will now be required documentation in the annual review.



Promoting Safe & Stable Families

Calling All Foster Parents

Are you in need of a strength-based, family support program that can assist you with interventions and strategies in your role as a Foster Parent???

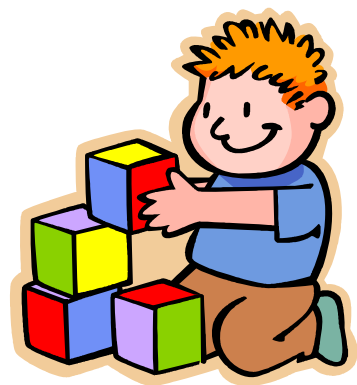
If yes is your answer . . .Then the Promoting Safe & Stable Families Program (PSSF) is for you!

The PSSF Program is a Family Support & Family Preservation Program for Parents, Caregivers & Foster Parents who have children under the age of 18.

Through a strength-based, family consultation process, families are able to identify and address areas of concern/stressors, mobilize their network of supports, develop action plans and goals, gain a better understanding of parent/child relationships and understand the causes of behaviors.

All PSSF services are provided free of charge to participating families. Families who actively participate in the PSSF program can expect to . . .

- Reduce their stress level
- Improve parent/child relationships
- Reduce family stress & isolation
- Increase their network of supports
- Increase their knowledge of community resources
- Learn a different way to plan



Contact our referral number for service. If you reside in
New Castle County – (302)892-4509 – Ms. Carmella Johnson-Giddens
Kent or Sussex County – (302)739-8367 – Ms. Janette Medina

Program Administrator – Ms. Vickie Artis – (302)892-4502



New Castle County Workshop Overview

(training descriptions - pages 7 - 9)

Tuesday, October 16 6:00 - 9:00 p.m. Human Sexuality: Girls and Sexual Health Community Service Building 100 W. 10th Street Wilmington, DE	Saturday, October 27 9:00 a.m. - 3:30 p.m. Crisis Intervention Aldersgate Church 2313 Concord Pike (Fairfax), Wilmington, DE	Saturday, October 27 9:00 a.m. - 3:30 p.m. CPR Certification/First Aid Aldersgate Church 2313 Concord Pike (Fairfax), Wilmington, DE	Saturday, October 27 9:00 a.m. - 3:30 p.m. Working with Birth Families Aldersgate Church 2313 Concord Pike (Fairfax), Wilmington, DE
Saturday, October 27 9:15 a.m. - 12:15 p.m. Emergency Planning Concord Presbyterian Church 1800 Fairfax Blvd. Wilmington, DE	Wednesday, November 7 9:00 a.m. - 4:00 p.m. AIDS/HIV Prevention & Education Girl Scouts 501 South College Ave. Newark, DE	Tuesday, November 13 9:00 a.m. - 12:00 p.m. Creating a Safe Haven Girl Scouts 501 South College Ave. Newark, DE	Tuesday, November 13 6:00 - 9:00 p.m. Depression & Suicide in Adolescent Girls Community Service Building 100 W. 10th Street Wilmington, DE

"Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless."

Jamie Paolinetti



Kent County Workshop Overview

Thursday, September 20 6:30 - 8:30 p.m. Fire Safety in the home Pressley Ridge 870 Forrest Ave. Dover, DE 19904	Tuesday, October 23 6:00 - 9:00 p.m. Foster Parent Module I: The Foundation for Meeting the Developmental Needs of Children at Risk Del Tech Terry Campus 100 Campus Drive Dover, DE	Tuesday, October 23 6:00 - 9:00 p.m. Becoming a Love and Logic Parent Del Tech Terry Campus Corporate Training Center 100 Campus Drive Dover, DE	Tuesday, October 30 6:00 - 9:00 p.m. Foster Parent Module I: The Foundation for Meeting the Developmental Needs of Children at Risk Del Tech Terry Campus 100 Campus Drive Dover, DE
Tuesday, October 30 6:00 - 9:00 p.m. Foster Parent Module I: The Foundation for Meeting the Developmental Needs of Children at Risk Del Tech Terry Campus 100 Campus Drive Dover, DE	Tuesday, November 6 6:00 - 9:00 p.m. Foster Parent Module I: The Foundation for Meeting the Developmental Needs of Children at Risk Del Tech Terry Campus 100 Campus Drive Dover, DE	Tuesday, November 6 6:00 - 9:00 p.m. Becoming a Love and Logic Parent Del Tech Terry Campus Corporate Training Center 100 Campus Drive Dover, DE	Tuesday, November 13 6:00 - 9:00 p.m. Foster Parent Module I: The Foundation for Meeting the Developmental Needs of Children at Risk Del Tech Terry Campus 100 Campus Drive Dover, DE
Tuesday, November 13 6:00 - 9:00 p.m. Becoming a Love and Logic Parent Del Tech Terry Campus Corporate Training Center 100 Campus Drive Dover, DE	Tuesday, November 27 6:00 - 9:00 p.m. Depression & Suicide in Adolescent Girls Del Tech Terry Campus Corporate Training Center 100 Campus Drive Dover, DE	Wednesday, December 5 6:30 - 7:30 p.m. Universal Precautions Del Tech Terry Campus Corporate Training Center 100 Campus Drive Dover, DE	



Sussex County Workshop Overview

Thursday, October 4 6:00 - 7:30 p.m. Fostering Literacy: Key Components of Communication in Young Children Series 1 Milford Church of God 500 N. Walnut St. Milford, DE 19963	Thursday, September 27 6:00 - 7:30 p.m. Fostering Literacy: Alphabet Knowledge and Phonic Awareness Series 2 Milford Church of God 500 N. Walnut St. Milford, DE 19963	Wednesday, October 17 6:00 - 9:00 p.m. Human Sexuality: Girls and Sexual Health Del Tech Owens Campus Route 18, Georgetown, DE	Thursday, October 18 6:00 - 7:30 p.m. Fostering Literacy: Phonics and Fluency Series 3 Milford Church of God 500 N. Walnut St. Milford, DE 19963
Saturday, November 3 9:15 a.m. - 12:15 p.m. Emergency Planning Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE	Saturday, November 3 9:00 a.m. - 3:30 p.m. Foster Parent Module I: The Foundation for Meeting the Developmental Needs of Children at Risk Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE	Saturday, November 3 9:00 a.m. - 3:30 p.m. Sexual Abuse: How it Affects Our Children and How We Can Help Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE	Saturday, November 3 9:00 a.m. - 3:30 p.m. First Aid/CPR Certification Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE
Saturday, November 7 6:30 a.m. - 7:30 p.m. Universal Precautions Del Tech Owens Campus Route 18, Georgetown, DE	Thursday, November 15 6:00 - 7:30 p.m. Fostering Literacy: Vocabulary and Comprehension Series 4 Milford Church of God 500 N. Walnut St. Milford, DE 19963	Saturday, November 17 9:00 a.m. - 3:30 p.m. CPR Certification/First Aid Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE	Saturday, November 17 9:15 a.m. - 3:15 p.m. Crisis Intervention Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE
Saturday, November 17 9:15 a.m. - 12:15 p.m. Emergency Planning Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE	Saturday, November 17 9:00 a.m. - 3:30 p.m. Foster Parent Module I: The Foundation for Meeting the Developmental Needs of Children at Risk Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE	Saturday, November 17 9:00 a.m. - 3:30 p.m. Sexual Abuse: How it Affects Our Children and How We Can Help Eagles Nest Fellowship Church 26633 Zion Church Road. Milton, DE	Thursday, December 13 6:00 - 7:30 p.m. Fostering Literacy: Reading and Writing: Working Together Series 5 Milford Church of God 500 N. Walnut St. Milford, DE 19963



Training Descriptions Listed Alphabetically

(Registration Information - page 10)

AIDS/HIV Prevention & Education (7 Hours) Supplemental Training

This presentation will provide an interactive overview of the prevention, transmission and stages of HIV/AIDS. Creative strategies will be offered that effectively educate young people. A video will be shown to prompt a discussion on the challenges facing girls who are HIV positive. *Facilitator: Akosua Bempomaah-Akowuah, BS*

***Register with The Delaware Girls Initiative**

Becoming a Love and Logic Parent (12 Hours) Level 2

Would you like to have more fun parenting? Would you like to have fewer power struggles with your children? Learn the Love and Logic way to parent. This program was developed by Foster Cline M.D. an internationally renowned child psychiatrist and the father of birth children, an adopted child and several foster children. The principles you will learn in this class will help you raise foster children who are self-confident, motivated and ready for the real world. Your foster children will win because they'll learn to solve their own problems while gaining the confidence they need to meet life's challenges. And you'll win because you'll establish healthy control-without anger, threats, nagging or exhausting power struggles. *Facilitator: Kellie Turner, Prevent Child Abuse Delaware*

Creating Safe Havens: Girls and Suicide (3 Hours) Supplemental Training

The presentation will provide a profile of girls and young women at risk based on the latest research. This profile will be counterbalanced with the effective interventions for clinical assessment/intervention indicated to keep girls safe from harming themselves. *Facilitator: Denise E. Bray, MS*

***Register with The Delaware Girls Initiative**

Crisis Intervention (6 hours) Level 5

Foster parents working with children, youth and families must understand the importance of being safe while ensuring the safety of others. Many harmful incidents can be avoided if individuals recognize and respond appropriately to potentially volatile situations. Through participation in this workshop, foster parents will understand the inter-relationships between themselves and others and learn strategies to de-escalate crisis situations. *Facilitators: Nicole Cunningham and Karen Watchorn, Division of Family Services (New Castle County)*
Facilitator: TBA (Sussex County)

CPR Certification/First Aid (6 hours) Level 2

If a cardiac arrest happened in your home would you know how to perform life-saving CPR, which can double a victim's chance of survival? Surprisingly, the vast majority of Americans don't. Foster parents will learn CPR and receive general first aid information. *Facilitator: Sharper Training & Consultation*

Depression & Suicide in Adolescent Girls (3 Hours) Level 4

This presentation will provide a profile of depression and girls at risk of suicide. We will discuss symptoms of depression, warning signs for increased risk of suicide and ways foster parents can help ensure treatment for girls. Format will include lecture and group discussion; please share your experience—you are the ones living with these girls! *Facilitator: Allison L. Cassidy, LCSW, Coordinator*

Key:  Meets GTF training requirement  Refreshments provided  Childcare provided



Training Descriptions Continued

Emergency Planning (3 Hours) - Supplemental Training ☺☺❤

This workshop will cover information on natural, man-made and technological hazards, how to develop a plan for your family, sheltering, evacuation and life safety. There will also be a summary of the Delaware Division of Family Services Emergency Preparedness Procedures.

Facilitator: *Dave Carpenter Jr., Coordinator of Emergency Planning, New Castle County Dept. of Public Safety, Office of Emergency Management*

Fire Safety in the Home (2 Hours) - Supplemental Training

An Assistant State Fire Marshall will review common dangers found in the home, stress the importance of testing smoke detectors (and provide a demonstration), fire extinguishers and, review fire drills and evacuation planning. The importance of reviewing fire safety plans with all occupants in the home routinely will also be discussed.

Facilitator: *Daniel Moore, Recruitment & Licensing Specialist*

Foster Pride Module 1: The Foundation for Meeting the Developmental Needs of Children at Risk (12 hours)

Level 1 ☺☺☺❤ – All foster parents are required to complete this module

One of the biggest challenges foster parents face is learning how to help badly abused and neglected children build their shattered self-esteem. Foster parents will learn to assess the self-concept of children who have been abused, neglected and separated from their families. Participants will become aware of the connection between self-esteem and behavior and will practice communication skills that nurture children and promote healing and growth. *Facilitator: Karen DeRasmo, Prevent Child Abuse Delaware*

Fostering Literacy in Delaware

Through a series of hands-on workshops, parents will be better equipped to foster the literacy skills of the children in their care as well as become informed and knowledgeable partners in their children's education. All workshops are research-based, approved by the Delaware Department of Education, and designed in an easy-to-understand format. You may take one, two or all five; however, the series is most beneficial when completed in its entirety.

The series consist of the following:

- Fostering Literacy: Key components of Communication in Young Children
- Fostering Literacy: Alphabet Knowledge and Phonemic Awareness
- Fostering Literacy: Vocabulary and Comprehension
- Fostering Literacy: Reading and Writing : Working Together

Facilitator: *Judie Caroleo, Reading ASSIST Institute*

Human Sexuality: Girls and Sexual Health (3 Hours) - Supplemental Training ☺☺

This workshop will provide an overview of human sexuality with a particular focus on adolescent sexuality. Topics covered will include sexual development, sexual orientation, sexual rights and "Tips for Care Givers." Technical information and statistics will be shared from the latest research along with practical guidelines for increasing the sexual health of girls and young women. *Facilitator: Denise Bray, MS and Allison Cassidy, LCSW*

Key: ☺ Meets GTF training requirement ☺☺ Refreshments provided ❤ Childcare provided



Training Descriptions Continued

Sexual Abuse: How it Affects Our Children and How We Can Help (12 Hours) Level 3 (Sat Only) 🍷🍷🍷❤️

There are 60 million people in this country who have been victims of sexual abuse. This means it is very likely that a foster parent will provide care to a child who has been a victim of sexual abuse. This interactive workshop will focus on how sexual abuse affects children across development. It will include a brief introduction to sexual abuse, which will comprise of definitions, impact and the dynamics of sexual abuse. Additionally, participants will explore ways to care for a child who has been sexually abused. This workshop will allow foster parents to practice techniques and discuss any current concerns they have about a child in their care or behaviors they are facing. *Facilitator: Kellie Turner, Prevent Child Abuse Delaware*

Understanding IEP's (2 Hours) Supplemental Training

This training overviews the Individual Education Plan for special education youth; special education laws; federal/state provisions for special education students; and provides parents directives on how to become an Educational Surrogate Parent and their role as advocate. *Facilitator: Daniel Moore, Recruitment & Licensing Specialist*

Universal Precautions (1 hour) Level 3 👍

Come learn simple ways to keep your home healthier while also learning how to handle situations that could be potentially risky to you or your family's health. HIV and Hepatitis B and C are blood transmitted diseases that foster parents knowingly or unknowingly face while caring for children in their home. Implementation of standard precautions in the home will reduce the risks of these blood-borne pathogens contaminating your home. *Facilitator: Kellie Turner, Prevent Child Abuse Delaware*

Working with Birth Families (6 hours) Level 2 👍🍷🍷❤️ (Sat Only)

It is not easy for foster parents to work with birth parents who have abused and neglected their children or who continue to disappoint their children. But a child's bond with his/her parent is powerful and, no matter what happened, the child often still wants to be connected in some way with his/her biological family. Who are these birth parents anyway? Come learn how foster parents can share the parenting role with birth parents in a way that holds the best promise for a child today and tomorrow. *Facilitators: Karen DeRasmo, Prevent Child Abuse Delaware and Emily Quill Foster Parent*



Key: 👍 Meets GTF training requirement 🍷🍷 Refreshments provided ❤️ Childcare provided



Registration Information for Trainings

- ♦ REGISTRATION IS REQUIRED FOR ALL CLASSES. Please call Prevent Child Abuse Delaware, our foster parent training contractor at 425-7490 (New Castle) 1-866-925-7223 (Kent & Sussex) to register. The phones in Kent and Sussex offices will often have a recording on which you may leave your registration information.
- ♦ You will receive a postcard confirming your registration.
- ♦ Childcare and lunch are offered at Saturday trainings (except Emergency Planning). Please pre-register the children you will be bringing because space is limited to the first 50 children registered.
- ♦ Please do not bring children to a class when childcare is not offered. The content of the classes is not appropriate for children and children cannot be left unsupervised in another room.

** To Register with The Delaware Girls Initiative*

The Delaware Girls Initiative is an innovative partnership between local, state and federal government, the faith-based community, universities, foundations, corporations and nonprofit organizations to address the gender specific needs of girls who are at risk. The initiative is a comprehensive collaboration charged with better understanding and effectively addressing the issues faced by girls.

- ♦ Contact Carolyn Petrak, DGI Program Assistant by email at cpetrak@dcjustice.org or by telephone at (302) 657-0909 to reserve a space.
- ♦ Please include your name, telephone, e-mail and organization when you register.
- ♦ Registration closes three weeks prior to each scheduled workshop.
- ♦ Space is limited so they encourage participants to register as soon as possible for any workshops.
- ♦ If workshops fill they will retain a waiting list.
- ♦ If you are unable to attend a workshop you have already registered for, please contact Carolyn Petrak so they can make your spot available to someone else.



Training Requirements of Delaware Foster Care Model

The Delaware Foster Care Model was developed by the Foster Care Task Force appointed by Governor Minner in January 2001. One of the major recommendations of the Task Force was that foster care board payments be linked to the skills, training and services provided by a foster parent rather than paying according to the level of care of the child. The hope is that the child can be matched with the foster parent with the skills, training and ability to provide the child with services the child needs. The Division has been transitioning to the Model since its inception.

The Delaware Foster Care Model sets out training requirements (at the present time for DFS foster parents only) for each level of the model:

Basic Level 1:	Foster PRIDE pre-service training	27 hours
	Module 1: Meeting the Developmental needs of Children at Risk	12 hours
	First Aid & CPR Certifications	
	* Supplemental training per year	5 hours
Moderate Level 2:	All Requirements for Level 1 plus	
	Parenting With Love and Logic	12 hours
	Working with Birth Parents	6 hours
	Educational Surrogate Parent Training	2 hours
	What Foster Parents Need to Know about Psychotropic Medication	3 hours
	Specialized Training as Needed	
	* Supplemental training per year	12 hours
Intensive Level 3:	All Requirements for Level 1 and 2 plus	
	Sexual Abuse: How it Affects Our Children and How We Can Help	6 hours
	Specialized Training as Needed	
	* Supplemental training per year	15 hours
Intensive Level 4:	All Requirements for Level 1, 2 and 3 plus	
	Depression in Children and Adolescents: From Sadness to Suicide Warnings	6 hours
	(or)	
	Mental Health in Children -Part 2	6 hours
	Specialized Training as Needed	
	* Supplemental training per year	20 hours
Intensive Level 5:	All Requirements for Level 1, 2, 3 and 4 plus	
	Crisis Intervention	6 hours
	Specialized Training as Needed	
	* Supplemental training per year	20 hours

If you have questions about your current GTF (Governor's Task Force) level or how the GTF leveling system works, please contact your coordinator.



FOSTER FAMILY
NETWORK NEWS
Fall 2007

Cari DeSantis, Secretary
Department of Services for Children
Youth and Their Families
Carlyse A. Giddins, Director
Division of Family Services
John Bates
Foster Care Program Manager
(302) 633-2665
<http://www.state.de.us/kids/>

The Department of Services
for Children,
Youth and Their Families

*Division of Family Services
Delaware Youth and Family Center
1825 Faulkland Road
Wilmington, DE 19805
370630*

"Official Business, Penalty for Private Use \$300"

"Think of the Child First"

