



Rural Nevada Caregiver Newsletter

Foster/ Relative/ Fictive Kin/ Adoptive Parents

The Best News! By Kevin Quint, DCFS

I spend a good deal of time following the news. Local, national, world news--I'm interested in all of it. In fact, I'm a little addicted to knowing what's going on in our country and our world.

There is so much news that is sad and disappointing and because of that I also love a news story that has a happy ending. An athlete sold her Olympic medal to help pay for a toddler's heart operation. A young man donated bone marrow to save a woman's life that he doesn't even know. A hairstylist spends his Sundays giving free haircuts to those that cannot afford to go to a barber shop or salon.

Stories that don't often hit the news are stories about the generosity, love, and care provided to the hundreds of children in foster homes across the Rural Region of Nevada. In fact, that is some of the best news ever!

Each day foster parents in rural Nevada generously welcome children into their homes based only on the fact that the child needs a safe place. Each day, foster parents in rural Nevada commit to "never give up" on a child that needs the love and stability that their home can provide. Each day, foster parents in rural Nevada teach children how to be part of a loving family and prepare those children for a life of fulfillment, happiness, and success.

This is all GREAT news, and we want to thank all our foster parents for everything that you do for the children that we place in your homes. We know that while what you do is a labor of love, it can also include challenges. Whether you have one foster child or six, there is great joy in having those children but there can also be times that you feel tired or just need a break.

In fact, we want to make sure you know that it's OK to take care of yourself! There is a little self-care acronym I learned years ago, and it is this: H.A.L.T. Here goes:

- **Don't get too HUNGRY.** In other words, make sure that you eat a nutritional diet and stay hydrated.
- **Don't get too ANGRY.** In this case, take care to manage your emotions. Even though you are a caregiver, you have emotions and emotional needs, as well. Talk to someone you trust and get help if you need it.
- **Don't get too LONELY.** Maintain your friendships and social circle. If your life mainly consists of diapers and kids, that's not enough.
- **Don't get too TIRED.** Engage in recreation. Have fun. Take naps. Get to bed at a reasonable hour and get your sleep. Sleep is NOT for the weak. It's for those that want to stay strong!

There are lots of self-care resources out there. We encourage you to take some time to explore some of these.

In a world of lots of "bad news," we consider all foster parents to be some of the "best news" around. Thanks for who you are and for all that you do for the children of Nevada! We value you and look forward to working together so the children we both care about can thrive and live their best lives!

[Self-Care Tips For Maintaining Your Sanity | Nevada Moms \(nvmoms.com\)](https://www.nvmoms.com)

[8 Areas of Self-Care: Modern Therapy](#)

[Self Care for Foster Parents](#)

Licensing Corner

The DCFS Foster Care Licensing Team is responsible for the licensing of all general foster care applicants, relatives, and fictive kin in the fifteen rural counties in the state. The Team consists of eight full-time, dedicated staff:

Shelby Riley – Foster Care Recruitment Worker ([775-684-1950](tel:775-684-1950))

Rebecca Savala – Foster Care Licensing Worker, Elko District Office (District 1, [775-753-1284](tel:775-753-1284))

Tawney Simpson – Foster Care Licensing Worker, Carson District Office (District 2, [775-684-1938](tel:775-684-1938))

Shana Rogers – Foster Care Licensing Worker, Fallon District Office (District 3, [775-684-1983](tel:775-684-1983))

Benael John-Rose – Foster Care Licensing Worker, Pahrump District Office (District 4, [775-727-8497](tel:775-727-8497), ext. 222)

Nicole Bennett – Administrative Assistant ([775-684-1981](tel:775-684-1981))

Lori Nichols – Foster Care Licensing Supervisor ([775-684-1967](tel:775-684-1967))

Kevin Quint – Clinical Program Manager, Advanced Foster Care ([775-684-1973](tel:775-684-1973))

Each of these hard-working folks has a specific job to do, all while keeping the very best interests and safety of foster children at the forefront. Even though this unit has a small number of staff, they cover a LOT of ground! If you have any questions for the Team about licensing, regulations, and everything foster care, please give them a call, directly! They would love to hear from you!

DID YOU KNOW?

An EPSDT (early periodic screening, diagnostic, and treatment) exam **MUST** be scheduled within 7 days of a child entering foster care and periodically thereafter (see the screening schedule [here](#)). You are encouraged to invite and inform biological parents to participate and attend appointments unless prohibited from doing so by the case manager. Additionally, it is your responsibility to keep the agency updated on medical, dental, vision, behavioral health, and emergency appointments for a child in your care. In order for the agency to create and maintain an accurate “medical passport” for all children, please fill out the [Monthly Medical History Form for Foster Children](#) and email it to fosterchildmedform@dcfs.nv.gov, even if you have no updates for the previous month!

Welcome New Foster Parents!

Kristine Martin – Fallon

Sharon and Alec Brian – Pahrump

Melissa and Cullen Jones – Carson City

Deborah and Michael Garner – Tonopah

Kristen and Tyler DeShane – Ely

Michelle Onstott – Carson City

Nicole and Ruben Moreno - Elko

Help DCFS Recruit More Foster Homes!



DID YOU KNOW?

The Most effective and successful way to recruit foster families is through foster families?

The DCFS foster care recruiter would like YOUR help in finding more outstanding homes like yours!

Helping Us Recruit Can Look Like:

- Partnering with your organization or church to host a recruitment event.
- Decorate and help at recruitment booths.
- Organize a raffle or donation drive.
- Any other ideas, we are open to them!

EMAIL FC RECRUITER, SHELBY RILEY TO LEARN MORE

HOW YOU CAN HELP:

SHELBY.RILEY@DCFS.NV.GOV

Why was the
Jack-o'-lantern
afraid?
It had no guts.



Resource Spotlight

The Northern Nevada Moses Project, a 501(c)(3) non-profit, was founded by licensed foster parents, Elishia and Jon Gift. They saw a need and wanted to fill it! “The project was founded to help children and families in need. While the main focus is on children in foster care, we focus on helping out any and all foster situations, such as fictive kin placements. Any time a child is removed from their home, regardless of the circumstance, they often have a need for clothing, basic necessities, food, and a place to rest. Foster parents are often notified just moments before a child is placed in care, any time day or night. Foster parents try to be prepared for any situation however every situation is unique. They may not have everything they need, or may not have the means to get the things they need right away. Some foster parents may not receive any support from outside agencies, other foster parents will have to wait a good amount of time before receiving reimbursement. This is where we are wanting to make a difference, we will be taking private donations of clothing, food, money, furniture, and anything essential in a child’s life to make their lives more comfortable. We will be working with local businesses in our community to fill these gaps as well. It has been said that it takes a village to raise a child, that could not be truer. All donations go back into our community, benefitting our very own foster families. These children are worth it! They need our help and we would like to answer the call!

To learn more about the Northern Nevada Moses Project, visit their website at <https://www.nnmosesproject.org/> or call or email at [775-304-7424](tel:775-304-7424) or elishia.gift@nnmosesproject.org



We believe that when children can't be with their parents, they should be with their family. Foster Kinship was established as a 501(c)(3) organization in 2011 to help the 30,000 children in Nevada living with relative caregivers, also known as kinship care. Alarmingly, six percent of children in Nevada are growing up without either parent. Grandparents, other relatives, and family friends step up, ensuring children who can't live safely with their parents live with family. However, kinship families find their willingness is not met with the support and resources they need to raise healthy children. Kinship families need help. We close this gap by providing evidence-based programs that strengthen caregivers' capacity to provide safe, permanent, and nurturing homes for vulnerable children. Foster Kinship advocates for all kinship families to receive equitable access to services. **Foster Kinship helps keep home in the family.**

KINSHIP NAVIGATOR PROGRAM

The Kinship Navigator Program is designed to increase kinship caregivers' capacity to provide safe, stable, and nurturing homes for children. Our services address the immediate needs of kinship children, working towards the most permanent legal status for the family, ensuring families receive financial support and increasing the quality of parenting kinship caregivers provide.

1. Information, Referrals and Support

a. Foster Kinship can provide information and referrals on legal and financial needs and referrals to a wide range of community resources as well as provide emotional support 1:1 or through support groups.

2. Case Management:

Foster Kinship can provide support for Application explanation, completion, and submission support including: NRS 159 guardianship, private TPR/adoption, child-only TANF applications/child-support documents, SNAP, Medical, Energy Assistance Program, kinship licensing through foster care, childcare subsidy, WIC, etc. And families need emergency resources: diapers, food, clothing, beds, strollers, gift cards, birth certificates, car seats, childcare or rent payments, provided it meets case plan goals.

Navigator services are free and available in English or Spanish to anyone parenting a kinship child in Nevada.

Contact: 775-374-4770, FamilyAdvocate@FosterKinship.org, www.FosterKinship.org

Upcoming Training and Events

Monthly QPI Meeting – 3rd Wednesday at 11am
Email the QPI Coordinator, Liz Stetson,
lstetson@dcfs.nv.gov, for the meeting invite

Virtual Pre-service training – Keep an eye out for
dates at the beginning of 2022

New training videos and quizzes are posted on the
QPI website, along with all of the recordings from
the 2021 QPI Conference!

<http://www.qpinevada.org/videoRecent.html>

Check out the QPI [calendar](#) for upcoming QPI
meetings, QPI Webinars and Practice Exchange,
and upcoming trainings!

Elko

<https://stayhappening.com/elko>

Ely

<http://elynevada.net/events/2021-09/>

Winnemucca

[http://winnemucca.com/calendar-
events/community-calendar](http://winnemucca.com/calendar-events/community-calendar)

Carson

<https://visitcarsoncity.com/events/>
https://carsonnow.org/date_list

[http://carsonvalley.chambermaster.com/directory/jsp/events/
dlg/Public_PrintSummary.jsp?ccid=820](http://carsonvalley.chambermaster.com/directory/jsp/events/dlg/Public_PrintSummary.jsp?ccid=820)

Lyon County

[https://www.lyon-county.org/858/Activities-and-
Events](https://www.lyon-county.org/858/Activities-and-Events)

Fallon

<https://www.fallonchamber.com/news/calendar/>

Pahrump

<https://visitpahrump.com/events/>

Tonopah

<https://www.tonopahnevada.com/annualevents/>



Training Highlight

Advanced Foster Care coaches Kelly McKiddie and Stacy Peters will be hosting a series of interactive virtual trainings starting this month!

October's topic will be "Understanding Attachment of Caregivers and Youth", and will cover attachment styles, attachment theory and how it relates to caregivers and youth in care, developmental stages, relating and connecting with youth, and how best to self-regulate.

Two sessions via Microsoft Teams will be offered:
10/18/2021 6pm-8pm (no breaks)
10/19/2021 9:30am – 12pm (with a break)

Please RSVP by Friday 10/15/2021 to
KMckiddie@dcfs.nv.gov and/or
Stacy.Peters@dcfs.nv.gov.

You will receive a link to the training when you RSVP.

ALL interested parties are invited (licensed foster parents, relative, fictive kin, caseworkers etc)!

Will you Weigh In?

We would like to interact with you through this newsletter and provide information that is important to you! Please click [here](#) to take a short survey about what you would like to see in future newsletters!

If you would like to be removed from this mailing list, please email n.bennett@dcfs.nv.gov