



Rural Nevada Caregiver Newsletter

Foster/ Relative/ Fictive Kin/ Adoptive Parents

Reno Rodeo Foundation

The Reno Rodeo Foundation supports children and families DCFS is working with. They were founded in 1986 and have distributed over \$7.5 million in over 35 years. They provide new clothes and toiletries for the children and youth in 14 Northern Nevada counties and hold events throughout the year in which they give even more to DCFS and the families we serve.



Each office has a Reno Rodeo “Buckaroo”. They are the liaisons between the Reno Rodeo Foundation and DCFS. Please let the Buckaroo in your office or your caseworker know if you have a child that needs clothes or toiletries or interview clothing. The Buckaroos are also in charge of contacting you if any special events are coming up including:

- Denim Drive – collection period November – December
- Holiday Toy Distribution – late November or early December
- Reno Rodeo Tickets – Saturday in June during the rodeo
- Scholarships – application period October – February
- Back to school distribution – July

If you have questions, please contact the Buckaroo in your office for more information or contact Karla Delgado at kdelgado@dcfs.nv.gov.

MEET THE FOSTER PARENT: LENA

Lena is a foster parent in Fernley. She has been fostering for over seven years. She initially took in her niece from California and said, “I was told to get a foster license so I could have her in my home.” Lena eventually adopted her niece but thought, “I think I’d like to continue to foster.” Since that time, she has fostered seven girls. Lena says that some of her favorite aspects of fostering are the different personalities of the girls that come into her home. She loves being a mom to the girls and being part of giving them a “second chance at life.”

When I ask Lena about her favorite memory as a foster parent, she says, “There’s just so many but I think that the favorite is the first time they call me ‘mom.’ It fulfills me. It’s my blessing.”

Lena says that if she were to offer newer foster parents any words of wisdom, she would say, “Don’t take anything personal.” She goes on to say that “I would advise foster parents to learn about trauma, PTSD, and anything they can that will help the child in their home. We all need to get more knowledge about how to work with the children.”

When asked about what works in her home, she says, “You gotta be consistent and have structure. You need to let them know what you expect and to have boundaries. But as a foster parent, you need to follow through and show that consistency.”

That may sound like Lena is all business and no play but there is nothing further from the truth. She and the girls in her home take road trips to California, they go shopping, eat out, celebrate holidays and birthdays, and they do crafts at home. They also bowl, go to the go-cart race track, and go to the water park in summer. Family time is very important to Lena.

I ask her, “What keeps you going?” Her response is, “When you’re a mom, you can’t call in sick. You do get tired and ask yourself, ‘Why am I doing this?’ But when the kids say, ‘I love you,’ that makes it worth it. And I think, ‘It’s all about them (i.e. the kids).’”

Despite her devotion and love for the kids, Lena knows when to take a break. She finds time to get a facial and pedicure, get her hair done, and go shopping. From time to time, she finds a day or two to “get a little time in” for herself. “I get my self-care in,” she says.

Finally, Lena says sometimes the staff “drive me nuts.” She says that with a smile and then quickly adds, “I’ve been blessed with good social workers. Staff are helpful and they bring resources.” The only complaint she has is summarized by this statement, “I could use a housekeeper.” I tell her that she’s on her own for that one. She smiles and laughs.



Training and Events

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

2 New training videos and quizzes are posted on the
QPI website,

[Creating Permanency for Youth](#)

Youth transitioning out of foster care often come out at a disadvantage. The norm they had grown accustomed to where supportive adults fulfill specific needs typically comes to an end when they leave foster care. However, that's when they actually need more supportive people and this training addresses the need. This training is designed to help caretakers have the conversations needed to discover the supports youth will have when they leave care. 1.5 hours

[Tools for Maintaining African American Hair](#)

This training addresses questions many foster parents have about caring for ethnic hair types. The training interviews two barbers on hair care routines, needs, and how to maintain the hair of foster youth. Many foster parents have questions and want to hear it from the experts. .5 hours

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

October's Training, "Understanding Attachment and Implementing Self-Regulation" is being offered again!

This training 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:
Monday 12/13/2021 6pm-8pm (no breaks)
Tuesday 12/14/2021 9:30am – 12pm (with a break)

Please RSVP by Monday, 12/6/2021 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).

Foster parents, you will receive 2 re-licensing hours for participating in this training!

The Division of Child and Family Services
presents:

PRE-SERVICE TRAINING FOR FOSTER CARE APPLICANTS

**The training will be held on four Saturdays January 22, 29
& February 5, 12, 2022**

The training day goes from 9:00 am to 3:00 pm. This is a virtual, live training and will held via *Microsoft Teams*. You will be able to attend the training from home or from wherever you have your computer or laptop. *Participants will need a computer or laptop.*


Topics Covered in the Training Include:

- **The "Life of a Foster Care Case"**
- **Foster parent roles**
- **Keys to successful fostering**
- **Helping children with special needs**
- **The foster care licensing process**
- **Helping children who have experienced trauma**
- **Working with the birth family**
- **Transitions**
- **You will also hear from current foster parents, former foster children, birth parents, and more**

Participants must attend all four sessions to obtain credit and move on to the next step in foster care licensure

To register, please contact: Kevin Quint
Division of Child & Family Services
1-775-684-1973
kevin.quint@dcfs.nv.gov

Space is limited so please register today! We look forward to hearing from you!



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.

Rural Quality Parenting Spotlight

We want to celebrate all team members that touch the lives of children and families in our communities and need your help to do so! Our mission is to give recognition to every person who is helping children and families. Please take a minute to nominate a foster parent/ caregiver, DCFS staff, parent, or any community member who you feel deserves to be recognized!

Fill out the Rural Quality Parenting Spotlight Nomination form [here](#) and the QPI Coordinator will do the rest of the work.

Let's celebrate together and showcase our amazing community and all the people involved!

Join Carson DCFS for SWEETS WITH SANTA!

December 11, 2021

10 AM- 4PM

Pictures with Santa

Cookie Decorating

Arts & Crafts

Pizza Lunch provided at 12 PM

Carson City Children's Museum

813 N Carson St

Carson City, NV 89701

RSVP:

CLICK OR SCAN BELOW



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

DID YOU KNOW?

The [CDC](#) has approved COVID vaccines for youth ages 5 and older. Vaccines for youth are now widely available throughout all rural communities, including local pharmacies. Becoming vaccinated is the best way for you to help prevent the spread of this disease. In the upcoming months DCFS will be reaching out to caregivers, parents, and youth to ensure everyone has access and an opportunity to receive the COVID vaccine. For specifics relative to your area, please visit www.immunizenevada.org.

Health Services Policy Updates

Per NV state policy 0207 ([Health Services](#)), “When a foster child is prescribed a medication other than a psychotropic medication, **the foster parent/substitute care provider is required by Nevada law to request from the medical professional a written explanation for both the need for the medication and the effect of the medication on the child. The foster parent/substitute care provider must then provide a copy of the written explanation to the Child Welfare Agency for submission to the court for the child’s review hearings.**”
Talk to your worker if you are having trouble getting this from a medical provider!

“Children one (1) year or older, younger if evidence of tooth decay, are to be seen by a dentist within ninety (90) days of entering Child Welfare custody for a complete dental check-up. Children must have dental check-ups annually and cleanings every six (6) months.”