Rural Nevada Caregiver Newsletter



Foster/ Relative/ Fictive Kin Caregivers

Court Information

The <u>Court Notification Policy</u> was updated and approved in December, to include changes to help provide caregivers with court information in a more timely manner. Foster parents and caregivers are allowed and encouraged to attend certain court hearings – the Adjudicatory Hearing, Disposition Hearing, Semi-Annual Review Hearing, and Permanency Hearing. To learn more about each of these hearings, take a look at page 2 of this newsletter, and the <u>NV Court Process Guide</u>. At these hearings, you may be asked to give updates on children in your care, including how the child has been adjusting in the home, medical, educational, mental and behavioral health, and any challenges with the child. If you are unable to attend a court hearing, you can always share information about a child in your home during the court hearing by completing the <u>Caregiver's Update on Child Form</u> and providing this to the case worker prior to the court hearing. The caseworker will share this information with the Court and/ or put the information in the court report. This form should be provided to you when you are notified of a court hearing, and can also be found on the QPI website by clicking the link above.

COURTROOM BASICS

Court hearings may occur in a courtroom or by audio/video conferencing suchas Zoom, GoTo Meeting, Blue Jeans, etc.

· ARRIVE ON TIME

- \square Arrive at the courthouse at least 15 minutes before each scheduled hearing.
- If you are appearing by video, log-in at least 10-15 minutes early to ensure there are no technical problems.



· DRESS APPROPRIATELY

Avoid wearing any of the following to your hearing (either in person, or during a video conference):

- Torn jeans
- Halter topsShirts with logos
- Short skirts
- · Shirts with inappropriate language

HatsPajamas

· DO NOT BRING FOOD OR DRINKS INTO THE COURTROOM OR CHEW GUM

• TAKE COURT SERIOUSLY AND SHOW THE COURT RESPECT

- Address the judicial officer as "Judge" or "Your Honor."
- Image: Refrain from cursing, interrupting others, or yelling.

· LISTEN CAREFULLY

 $\ensuremath{\mathbb I}$ If you do not understand a question, ask the court to explain it to you.

· REQUEST ASSISTANCE, IF NEEDED

Before your hearing starts, request an interpreter if you or a family member do not speak orunderstand English, or if you are hearing impaired.

Child Welfare Court Process Quick Guide For Families

THE PRIMARY GOAL IS THE SAFETY OF THE CHILD

Below is brief overview of the steps involved in the Nevada Child Welfare Court Process. Ideal outcomes preserve and reunify the family by making it possible for the child to be safe at home. Parent/Caregiver commitment to completing the requirements of their individualized Case Plan is <u>crucial</u> to helping that outcome become a reality.



Rev. 012921

NOTE: NOT EVERY ITEM SHOWN WILL APPLY IN EVERY SITUATION.



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

The QPI Website has been updated with an easier to navigate format! Check it out!

http://www.qpinevada.org/index.html

3 New training videos and quizzes are posted on the QPI website:

Providing Support to Youth Who Have Experienced Toxic Stress

This video provides an overview of adverse childhood experiences and toxic stress, how toxic stress shows up in behaviors and beliefs, as well as how to

support youth who have experienced or are experiencing toxic stress. Presented by licensed Marriage and Family Therapist, Barbara Lankamp-

Kochis. 0.5 hours

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. 0.5 hours

Interested in Adoption?

Alexandria, Patsy, and Alexander

DOB: 2014, 2016, and 2019

LOOKING FOR A FOREVER HOME

Alexandria goes by "Allie". Allie is sweet and kind and an awesome big sister! She is most happy when she is outside playing in the dirt. But don't be mistaken, she also loves dress up, dancing, and listening to music. She loves to talk and has lots to say!

Patsy has no problem going with the flow. She is affectionate and easy going. She adores getting dressed up and especially getting her nails done! Independent and loving describes Alexander who goes by "Alex". His favorite foods are anything breakfast related. He loves to play with cars and sing!

If you are interested in learning more about Alexandria, Patsy, and Alexander please contact their recruiter at <u>adoptionrecruiter@dcfs.nv.gov</u>

Resources

National Suicide Prevention Lifeline

Call 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Children's Mobile Crisis Response Team

Northern NV – 775-688-4970; M-F, 8am to 8pm; Sat-Sun, 8am-6pm

Rural NV – 702-486-7865; Mon-Sun, 9am-6pm Southern NV – 702-786-7865; Mon-Sun, 24 hours The Mobile Crisis Response Team provides crisis intervention and support to Nevada families dealing with a behavioral or mental health crisis, either in

person or over the phone.

Nevada Non-Emergency Medical

Transportation

MTM provides Medicaid recipients with rides to appointments (if they have no other way to get there) OR reimbursement of mileage to appointments.

For Kids Foundation

The For Kids Foundation provides financial assistance to pay for any needed assistance or product that parents or caregivers cannot afford and which no other agency or organization can fund. The application process is easy, no proof of income required, and the approval process generally takes less than two weeks.



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!

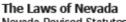
Fill out the Rural Quality Parenting Spotlight Nomination form here and the QPI Coordinator will do the rest of the work.

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

Car Seat Update

Effective January 1 st, 2022, updates regarding child passengers and safety for the state of Nevada were made. Previously, a child passenger must use a child restraint system until they are at least 6 years old and 60 pounds. As of January 1, the state eliminated the weight requirement and has instead replaced it with a height requirement. Children passengers less than 6 years old and less than 57 inches tall, (that's 4'9") must ride in an approved child restraint system. They have also added that children under 2 years of age must ride in a rear-facing child safety seat. This is the minimum requirement set forth by the state but remember that we always want to select the safest restraint system for our children.

Buckle Up!



Nevada Revised Statutes require front and rear seat occupants of almost all passenger vehicles to wear safety belts or ride in an approved child restraint system. (NRS 484D.495 and 484B.157)

The Laws of Physics If you crash or slam on your brakes, your car comes to a sudden stop. But you will keep moving until you, too, are stopped - by the wind-

shield, dashboard, pavement or seat belt.

Air Bags



Air bags are more effective when you're buckled up and can be dangerous if you're not. You should be seated at least 10" away from the air bag as measured from the center of the steering wheel to your breastbone.

Air bags should be turned off only for those with certain medical conditions, those who cannot sit 10" away and when transporting young children in the front seat.

Never place a rear-facing child safety seat in front of an air bag! Children under 12 should ride in the back.

Expectant mothers should buckle up and leave the air bag on. Never place the lap belt above or on your belly.

Did you know?



Seven of ten child safety seats are installed improperly. Free inspections and advice are offered throughout Nevada. Call 866-SEAT-CHECK or visit seatcheck. org to find one in your area.

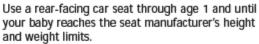
Child Seat Law

Any child less than 6 years of age who is less than 57 inches tall must ride in an approved child re-straint system. Children under 2 years old must ride in a rear-facing safety seat in the back seat of the vehicle. (NRS 484B.157 effective January 1, 2022)

Best Practices

Keep children in the back seat until at least age 12. Select a car seat based on your child's age and size and use it every time.

Birth – 2 Years





Keep your child rear-facing as long as possible. Then use a forward-facing toddler seat with a harness until your toddler outgrows that seat's limits.

4 – 7 Years ◄

Once your child has outgrown the seat with a harness, use a booster seat until he or she is large enough for seat belts. Stay in the back seat.

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Ľ 8 – 12 Years

4 Use safety belts once they fit properly. The lap belt should lie across the thighs, not the stomach. The shoulder belt should not cross the neck or face.

Seat Belt Tips

Never use just a lap belt across a child sitting in a booster seat designed for shoulder belts.

Never use pillows, books, or towels to boost a child. They can slide around and hit the occupant.

Never put a shoulder belt behind anyone's arm or back because it eliminates the protection for the upper part of the body and increases the risk of severe injury in a crash.

Kids Aren't Cargo!

Passengers under 18 may not ride in the back of a pickup or flatbed truck. This does not apply to farming and ranching activity, parades or to camper shells or slide-in campers. (NRS 484B.160)





Nevada Department of Motor Vehicles Nevada Department of Transportation dmvnv.com | zerofatalitiesnv.com

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