

## Back to School Toolkit by Mental Health America: Selfies, Social, & Screens

Virtual spaces are everywhere and have become a constant presence, offering social connectedness and the ease of instant communication. But the online world of selfies and social media also brings with it challenging situations that can have a negative impact on youth mental health. This 2023 toolkit provides information, tips, and resources for young people, caregivers, and school personnel on how to protect youth mental health in a digital world.

**Back To School  
ToolKit**

## Supports for Foster Families

Parenting any child can be both rewarding and difficult. There are unique challenges that foster parents face when caring for children and youth. These resources compiled by Childwelfare.gov offer support and guidance to foster parents, as well as a list of national organizations through which foster parents can find additional information and supports as they navigate the process.

**Support for Foster  
Fam**



## Back to School 2023

Back-to-school season is not only about new supplies and clothes, but it's also an opportunity to set the stage for educational success for the children in your care. According to data from the Annie E. Casey Foundation, foster children are more likely to experience frequent school changes, resulting in disruptions to their education. This instability can lead to lower graduation rates and decreased academic achievement compared to their non-foster peers. Tips like consistent communication between foster parents and educators, establishing a Routine:

**Tips for Getting Kids  
Ready for Back-to-  
School**

## Next Rural QPI Committee Meeting

**Wednesday, September 27, 2023 11:00  
AM-12:00 PM**



Get involved with ensuring that foster care in rural Nevada is evidence based, child led, and family focused. This month we invite Patricia McClinton & Kayla Auzenne are from the Louisiana Department of Children and Family Services to talk about successful Comfort Calls.

Microsoft Teams meeting  
Meeting ID: 225 703 733 440  
Passcode: gP6Uyn  
**Or call in (audio only)**  
**+1 775-321-6111**  
United States, Reno  
Phone Conference ID: 611 151 924#

**Or Email Kevin Quint for Meeting Link**  
kevin.quint@dcfs.nv.gov

**Request Meeting  
Link**

## Caregiver Corner Virtual Meeting



**Next meeting: 10/4/23 @ 8 PM**  
Please join us for another opportunity to connect among your Rural NV Fostering Community.

Microsoft Teams Meeting Link:  
**Join on your computer, mobile app or room device**  
Meeting ID: 217 959 700 112  
Passcode: egRbJu  
**Or call in (audio only)**  
**+1 775-321-6111**  
United States, Reno  
Phone Conference ID: 794 519 779#

## New Respite Co-op List

**Sign up for the NEW Respite Co-Op**

DCFS is piloting an additional way of supporting respite care. The respite Co-op is a voluntary list of licensed foster parents in DCFS that are willing to share their name and contact info with other licensed foster homes to reach for respite purposes. Respite opportunities can be large & small. Utilize it for things like:

- Out of State Trips
- Parent's Night Out
- Arrange School Carpool

# RESPITE CO-OP

FOR FOSTER HOMES

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- Rest & Destress
- In between daycare/school spots
- Etc.

If you are interested in joining the Respite Co-Op, please fill out our form below to receive more details. Alone we can do so little, together we can do so much more.

**Sign Up for Respite Co-Op**

## Angel Tree Season 2023 is Coming



### Angel Tree Season is Coming!

*Caregivers:*

**Start asking the youth in your home what they want for Christmas.**

Each DCFS District Office arranges some kind of Christmas toy donation program for each DCFS youth.

**If you care for a child whose case is managed out of the Carson DCFS office, please fill out the wish list below by 10/27/2023.**

*If You are Caring for a Youth in any other area please standby for information on your local Angel Tree*

**CARSON YOUTH WISH LIST**

## Next Fall Training & Foster Parent Recruitment Challenge

### 5 Homes & Counting Signed up for This Fall's Training

Our next foster parent training is starting on October 3rd 2023 Via Microsoft Teams.

Live Online Class

Powered By:  
Microsoft Teams

## PRE-SERVICE TRAINING FOR FOSTER CARE APPLICANTS\*\*

Tuesdays & Thursdays  
October 3rd - 26th  
6PM - 9PM

All dates:

October 3rd  
October 5th,  
October 10th  
October 12th  
October 17th  
October 19th  
October 24th  
October 26th

After attending and completing all eight sessions, participants will move on to the next steps in foster care licensure.

\*\*This Pre-Service Training is for people interested in becoming licensed to provide Family Foster Care. If you are interested in becoming licensed to become an adoptive home, please contact Kevin Quint for adoptive resources outside of DCFS.

To Register Create an account  
at [www.ruralnvfostercare.com](http://www.ruralnvfostercare.com)



888-423-2659



[shelby.riley@dcfs.nv.gov](mailto:shelby.riley@dcfs.nv.gov)

### Topics Covered:

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



This training season were challenging **YOU** to recruit foster homes and a chance to win a \$15 Starbucks gift card. Here are the rules:

**1. Print our Training Flyer below.**

**2. Post it at your work, gym, church, kids school, or wherever you congregate with your community.**

**3. Take a picture and email it to [shelby.riley@dcfs.nv.gov](mailto:shelby.riley@dcfs.nv.gov) with the location you posted in.**

**\*Alternatively, you can send the flyer in an eblast and CC Shelby on the blast\***

**A lucky winner will be drawn on October 3rd 2023!**

**Help us gain more amazing foster homes in Rural Nevada!**

**Contact:**

[shelby.riley@dcfs.nv.gov](mailto:shelby.riley@dcfs.nv.gov); 775-684-1850

Start Application: [ruralnvfostercare.com](http://ruralnvfostercare.com)

**Download  
Flyer**

## Next QPI Webinar



**Click to  
Register**

**Webinar: Diverse Families, Family System Considerations in Kinship Care.**

**Sep 14, 2023 11:00 AM**

Kinship care, a term often used broadly, hides the rich tapestry of diverse family members who step up to provide care when children can't live with their parents. This includes grandparents, adult siblings, and family friends - each contributing unique strengths and facing specific challenges.

Julia Brasileiro  
Dr. Laura Widman  
Dr. Kate Norwalk  
Department of Psychology

**NC STATE  
UNIVERSITY**

### YOUTH NEEDED!

Help us improve the health of youth in out-of-home care!

#### Who?

Youth ages 14-24 who are or have been in out-of-home care (e.g., foster care, adoptive care, kin care, group homes).

EARN A \$10 GIFT CARD + FIRST 25 PEOPLE TO COMPLETE THE SURVEY WILL BE ENTERED INTO A RAFFLE FOR A \$50 GIFT CARD!

#### What?

A 10-minute survey to share your opinions about a brief online sexual and relationship health program for youth.

#### Why?

To get information about sexual and relationship health into the hands of youth who want it!

To get started, click [HERE](#)

Questions? Email:

[jcbrasil@ncsu.edu](mailto:jcbrasil@ncsu.edu)

Funding: National Institutes of Health

### 10 Minute Survey for Youth

#### Youth Survey for Improving Out of Home Care

HEART is an online sexual and relationship health program for youth. Our goal is to make HEART available to more youth in out-of-home care (e.g., foster care, group homes, adoptive homes, kin care) across the U.S. We are asking for feedback from you so that we can find out if youth would like and use HEART.

How does it work? If you qualify for the study and agree to take part, you will do a 10-minute online survey, which asks about the best way to make HEART available to youth in out-of-home care.

**You will receive a \$10 Amazon gift card for your participation.** You are only allowed to complete this survey one time. The North Carolina State University Institutional Review Board approved this study.



### View Screen Time Resources

#### Boost Your Child's Mental Health into Adulthood-Delay the Smartphone - Better Screen Time

A new study shows that the older a person is when they get their first smartphone, the better their mental health in young adulthood. Learn about tips & tools to gradually introduce youth to Smart Technology. *And find some Awesome offers on Basic Cell Phones for youth.*

[Watch Video](#)





## A Parent's Guide to Navigating Back to School Anxiety

Going back to school is exciting, but also represents a time of transition and change. For children who experience anxiety, starting a new school year can cause emotional distress. Hannah is a child/ adolescent/ and teen therapist who works with children that experience high levels of anxiety shares her wisdom in her Youtube Video



[Register For Free](#)

### Tips to Tackle Overwhelm

**Tips to Tackle Overwhelm: Tips & Tools to Manage Parental Overwhelm in the Heat of the Moment** In this 1 Hour webinar you will hear from Emily De La Torre, a marriage and family therapist, and creator of the social media sensation account @Mindful\_Madre!



[Listen On Spotify](#)

### Optimal sleep practices for Kids and Teens with Tania Johnson, Episode #34

Listen to this episode from The Child Psych Podcast on Spotify. In this episode, Tania Johnson and Tammy Schamuhn explore optimal sleep practices to bring rest back into your household. Everything from optimal sleep practices, to the best time for exercise, to setting up a bed time routine is discussed.

## Other News & Resources



Foster Change Offers  
Membership to Rural NV  
Foster Parents

Receive the following:

- Free access to the Foster Change Lending Library
- Access to Information and Referral Hotline
- Access to specific DFS events for all children in the home, not just those with open cases – (this access will include the handouts of basic need supplies, such as shoes, backpacks, gifts.)
- Invitation to attend regularly scheduled Foster Change One Voice Town Hall meetings, giving you a chance to have your voice heard and elevated in real time, on matters that are important and are affecting you and your fellow peers, with the expectation of responses on behalf of the department, presented at the beginning of each next One Voice Town Hall.

Please email

**[jessica@fosterchangecc.org](mailto:jessica@fosterchangecc.org)** to sign up for a free membership.

Call or text (702) 970-4546 or email **[jessica@fosterchangecc.org](mailto:jessica@fosterchangecc.org)** if you have any questions about becoming a member.

\*You will be contacted upon completion of processing with your membership number and other pressing information.

**Free Foster Change  
Membership**



**Just in Time training**  
**QPI Nevada**

Keep up with your licensing hours by accessing an array of trainings online. Access up to date foster licensing regulations and find other neat handouts and resources.

**QPI Nevada**



**Click The Logo Above to Join Our Facebook Page**

**Welcome New Foster Home!**

Phillip & Christina Dickerman Lovelock, NV

Ryan Robinson & Michael Dilay

Desiree & Brandon Maciel

Nicole Williams

Ashley Keely & Nicolas Schultz



Debbie & Kenneth McLelland  
Lavinia Kim Ferrin  
Valentina Hunter  
Aaron & Karri Mouritsen  
Billie & Mario Maldonado  
Kristen & Justin Roe

NV Division of Child & Family Services | 2533 N Carson St, 100, Carson City, NV 89706

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