# November- December NV DCFS Caregiver Courier

# The Holidays in Foster Care: Why Things Might Get Rough

During the holidays, we are inundated with messages from a number of sources (movies, music, TV, social media, commercials) about how we should be feeling joyful, happy, and thankful. Surrounded by loving (and attractive) family, laughter, fancy food served at perfectly set tables and loads of expensive gifts, these images rarely reflect the truth for the majority of people. For children in foster care, conflicting loyalties and lost dreams can make the holidays an even more especially difficult time. They often report feeling especially vulnerable, lonely and sad, at a time when they are expected to feel exactly the opposite.

**Foster Parent Holiday Tips** 

### November is Children's Grief Awareness Month

Many adults believe that infants and toddlers are too young to grieve.

The truth is any child old enough to love is old enough to feel the impacts of a loss.

Yes, even babies can notice and react to the loss of a loved one.

Infants, toddlers, and young children often show their grief, stress, or loss through behavior. You may notice infants have increased crying, sadness, fussiness, or changes to eating or sleeping habits. Click below for more tips on supporting grief in youth by the National Alliance of Children's Grief.

Youth Grief Resources



# Happy Holidays from DCFS

As the holiday season approaches, it's important to recognize the diverse experiences foster children may have during this time. Creating a sense of belonging and understanding, managing expectations with empathy, and fostering gratitude are key during this period. Celebrating diverse traditions and backgrounds, establishing strong support systems, and emphasizing the value of giving back can make a significant difference on how a child will look back on this Christmas in foster care. There's a lot buzzing around DCFS too, Angel Tree. Sweets with Santa and some other fun Holiday surprises are right around the corner! Read up in this newsletter to stay up to date and thank you for another year of fostering.

Short Video on Foster
Parenting During
Xmas

### **Next Rural QPI Committee Meeting**



## Wednesday, December 20, 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.

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: 1/3/24 @ 8 PM

We will be taking a break from meeting in December and enjoy the holiday festivities.

Please join us for another opportunity to connect among your Rural NV Fostering Community on January 3rd 2024.

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#

### **Next DCFS In House Training**

DCFS Presents: Interrupting the

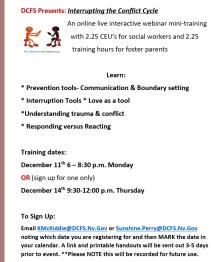
Conflict Cycle

**December 11 @ 8:30PM** 

OR

December 14 @ 9:30 AM

An online live interactive webinar mini-training



with 2.25 CEU's for social workers and 2.25 training hours for foster parents.

### Learn:

- \* Prevention tools- Communication & Boundary setting
- \* Interruption Tools \* Love as a tool
- \*Understanding trauma & conflict
- \* Responding versus Reacting

To Sign Up Email:

KMcKiddie@DCFS.Nv.Gov

or Sunshine.Perry@DCFS.Nv.Gov

noting which date you are registering for and
then MARK the date in your calendar. A link and
printable handouts will be sent out 3-5 days prior
to event.

\*\*Please NOTE this will be recorded for future

Download Flyer

### New Respite Co-op List

# RESPITE CO-OP FOR FOSTER HOMES

# DCFS NEW Respite Co-Op to be launched soon.

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
- 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



# Nominate the Excellent parenting you see in the foster community.

DCFS wants your help recognizing our community members doing the work for youth in foster care. Click Below to nominate a Champion in Rural NV Foster Care. Results will be announced in our January newsletter. All nominations will also be submitted to the national QPI Champion Nominations that will be announced on December 14 2023.

### **Categories:**

Champion Foster Parent
Champion Case Worker
Champion Community Partner
Champion with Lived Experience

Submit Nominations by 12/9/23

### Next Training for new applicants & Foster Parent Recruitment Challenge



2nd Recruitment Challenge is now open
Our next foster parent training is starting on January
20th 2023 Via Microsoft Teams.

This training season were challenging **YOU** to recruit foster homes and a chance to win a \$10 Starbucks gift card. Here are the rules:

1.Print our Training Flyer below.

2.Post it at your work, gym, church, kid's school, FB Page or wherever you congregate with your community.

3.Take a picture and email it to 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 January 19th 2024!

Help us gain more amazing foster homes in Rural Nevada!

### Contact:

shelby.riley@dcfs.nv.gov; 775-684-1850 Start Application: <u>ruralnvfostercare.com</u>

Download Flyer

### **Next QPI Webinars**



### Click to Register

Next QPI National webinar: Exploring Grief and Loss in Our QPI Work.

Thursday November 16 @ 11AM

Grief is a universal human experience, and it can manifest in various forms when we encounter loss. In the context of the child welfare system, the experience of grief and loss is both profound and complex. Join us for an insightful webinar that explores the intricacies of grief and loss within our QPI work.



### Click to Register

Elevate and Celebrate - Quality Parenting Initiative

Thursday December 14 @ 11AM

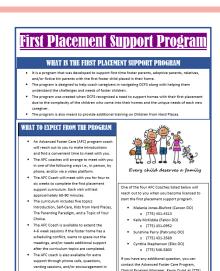
This will be the nationally held webinar to celebrate QPI champions across the county. Submit your nomination today to highlight someone that has been doing amazing QPI work this year!

### **Events & Programming**



# Give a THANKS to the Reno Rodeo Foundation

The Reno Rodeo Foundation has spent \$13,051.15 to clothe 90 DCFS kids this year. In order to expand this program the RRF is asking for anecdotes of the impact this program is making with our children to share with the Board. Click the link below to show thanks if you received any donations from Reno Rodeo this year.



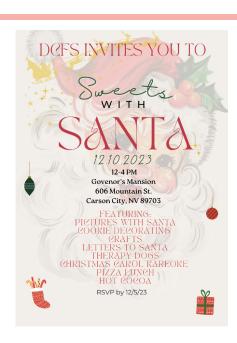
# First Placement Support Program

The DCFS Advanced Foster Care team has launched a new program to support placement stability of our youth in care.

The program is designed to help coach.

 The program is designed to help coach new caregivers in navigating DCFS along with helping them understand the challenges and needs of foster children. Read below about this program.

> Download Flyer



# Sweets With Santa Carson City

Join DCFS and Santa Clause for our Annual Christmas Party & lunch! All household members are welcomed.

Sunday 12/10/23 12-4 PM Govenor's Mansion 606 Mountain St.

Carson City, NV 89703
Please RSVP by 12/5/23 by clicking below.

RSVP HERE



CARSON CITY, NV 89703

# Elk's Lodge Christmas Party for Foster Families

This is a space limited Christmas party for foster families on 12/9/23 11:30 AM to 2 PM. Spots are first come, first served.

RSVP with Carol Park E-mail: cpsuzyp@aol.com Phone: (775) 882-3751

> DOWNLOAD FLYER

### Other News & Resources



# Ten Tips to get through the Holidays

Check out 10 quick tips to support foster youth during the Holidays provided by FosterClub.org.

Download Flyer



# Coping with Holiday Stress for Youth In Care

A PowerPoint Presentation on navigating the stress that may come during holiday seasons and tips on how to incorporate your foster child in the holiday fun.

**Download PowerPoint** 



# Youth Perspective on the Holidays and 12 tips to support them

Read excerpts from former youth in care and how they experienced the holidays. This PowerPoint was developed by FosterClub.org.

**Download PowerPoint** 

# Tips for Youth During the Holidays

This tip sheet is meant for older youth in care to read and navigate ways to make their holiday feel more at home.

Download Flyer



### 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

-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 to sign up for a free membership.



# Just in Time training OPI 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** 

Call or text (702) 970-4546 or email 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



### Click The Logo Above to Join Our Facbook Page



# Welcome New Foster Home! Framel Thompson Pahrump, NV Leshal & Talicia Beck Lockwood, NV Jeff & Heather Paul Carson City, NV Lisa Davis Carson City, NV Jeff & Christa Lambin Carson City, NV

Garrett & Desiree Plumb Fernley, NV Hallie Bauer & Louie Rodriguez Fernley, NV

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

Unsubscribe shelby.riley@dcfs.nv.gov

<u>Update Profile</u> |Constant Contact Data Notice

Sent byshelby.riley@dcfs.nv.govpowered by



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