

NEWSLETTER

RESOURCE/ RELATIVE/ FICTIVE KIN/ ADOPTIVE PARENTS

COVID-19 CORNER

If **ANY** household members exhibit any symptoms of COVID-19, even if mild, **OR** if they have been exposed to a COVID-19 positive person, **OR** if anyone in the household tests positive for COVID-19, that they must:

1. Contact the health department or their medical provider for guidance on testing
2. Immediately self-isolate the household until medically cleared. This includes any in-person contact including visitation, meetings, appointments etc.
3. Notify the child(ren)'s caseworker(s) and the licensing worker within the same business day



Advanced Child Behavior Solutions, LLC

Advanced Behavioral Solutions provides Applied Behavior Analysis (ABA) services. These services are intended for children 0-12 (sometimes older) who are engaging in problematic behaviors, including toileting issues. ABA services start with a functional behavioral assessment (FBA) of the problem behavior. The goal is to understand the function of the behavior in terms of what maintains the behavior in order to design intervention and/or provide caregiver training. Below are the services available:

- Functional Behavioral Assessment
- Assessment Write-up, to include intervention plan
- Caregiver training/consultation (regarding the intervention plan)

To help determine if ABA services might be of help, please contact your caseworker.

Don't miss Trauma Informed Care Training

Trauma Informed Care Training

When you understand what trauma is and how it has affected your child, it becomes easier to:

- Communicate with your child
- Improve your child's behavior and attitudes
- Get your child the help he or she needs
- Reduce the risk of your own compassion fatigue or secondary traumatization
- Become a more effective and satisfied resource parent.¹

Hosted by WCHSA and presented by:

Heather Hughes, LCSW

Jessica Crane, LCSW

Falon Schneider, MA, MFT

Monday, March 8th
& Tuesday, March 9th

9:00am - 1:00pm



Where: Zoom
When: Monday, March 8th and Tuesday, March 9th
2-part training: 9:00am to 1:00pm each session

- More dates to be announced!
- Space is limited to 20 spots
- All resource parents and providers are welcome
- Fulfills 8 hours of required annual training (licensing requirement)

To reserve your spot in this training, please contact Claire McNamara at cmcnamara@washoecounty.us

*Training materials/handouts and Zoom link will be provided prior to the training

¹ The National Child Traumatic Stress Network, Resource Parent Workshop Handbook, 2010; www.nctsn.org



BRIDGES
out of
POVERTY



This is a **mandatory** training requirement for your license renewal.

Dates of training:
Saturday, March 20, 2020
10:00am-12

Please contact Matt Polly for more information or to register.

MPolley@washoecounty.us

Resource Parent, relative, Fictive Kin & adoptive Support Groups

WE ARE LOOKING TO ENHANCE OUR SUPPORT GROUPS

- **Fatai Langi** offers support group on the **2nd and 4th Wednesday** of every month from **8:30-9:30pm**. Please contact Koula@3angelscare.org to RSVP.
- **Resource Parent Advisory Board** support group is the **4th Tuesday of every month** at **11:00am-12:30**. Please contact kspring@washoecounty.us to RSVP
- **Adoptive Parent Therapeutic Support Group:** For pre- & Post-Adoptive Families. **Wednesday 5-6** vis Zoom. Please contact jcasarez@washoecounty.us or danderson@washoecounty.us for any question or if you want to attend
- **Relative Support Group:** Every **Thursday at 7pm**. Join Zoom Meeting <https://us04web.zoom.us/j/73578283111?pwd=Y2R2eEVKV0RzU0l5VjRjZWZNNmhUQT09>
Meeting ID: 735 7828 3111
Passcode: qp4zU6
- **Be in the Loop Group:** Be in the loop group is a monthly meeting where WCHSA staff, resource parents, and birth parents meet and work collaboratively to improve Quality Parenting within Washoe County. This meeting is held the **Third Thursday** of every month at **noon** on TEAMS. We would love for you to join. Please email Kylee Spring kspring@washoecounty.us to be added to the invite

REMINDER

We are trying to get more support groups together especially in Spanish! Please email Kylee Spring if you would like to start a support group. Kylee can help make that happen!
kspring@washoecounty.us



We are working on getting an updated list and would love to get the word out to others. Please reach out with any other support groups that I have missed.

Just in Time Training
Training you need, when and where you need it.

Top Tips for Getting a Certificate

- No Fast Forward**: You will see a box beneath the video where the link to the quiz will be available. But if you fast forward anywhere in the video, the link will not be enabled.
- Avoid Cell Phone**: You can watch any of the videos on a cell phone. BUT, beware of viewing on a cell phone if you need a certificate. You may be more likely to close the screen or restart the video which will affect your ability to access the link to the quiz.
- 3 Tries And Locked**: You are only allowed 3 attempts to pass the quiz – even if you took the quiz months ago. If you are locked out, we will need to unlock your account before you can try again.
- Upon passing the quiz, please download (or right click) your certificate before printing or emailing for credit.**

We are here to help! We want you to have the best experience possible. If you need assistance (including unlocking your account) email center-support@ust.edu and provide us with your **NAME, TITLE** of the video or quiz, which **STATE** you reside in and the **ISSUE** you are having. We will respond within 24 hours Monday through Friday.

New Training updates:

QPI WEBSITE:

[HTTP://WWW.QPINEVADA.ORG/](http://www.qpnevada.org/)

Below are amazing new trainings that are on the QPI website that you can get renewal training hours!

Strategies for LGBTQ Youth Inclusion: Family Acceptance, Wellness, and Safety

Join us to learn evidence-based strategies and best practices to ensure that the LGBTQ youth you work with are affirmed, safe, and healthy. LGBTQ youth comprise 15.7 to 21.5 percent of Florida high school populations, and face some of the highest rates of self-harm, harassment, substance abuse, homelessness, and victimization. These risks are heightened for youth in the dependency and juvenile justice systems. This session is led by Ian Siljstrom, Equality Florida Institute's Safe and Healthy Schools Statewide Associate Director, who will guide participants in the exploration of family acceptance, LGBTQ youth affirming environments, and building youth resiliency and wellness. 1.5 hours

Psychotropic Medications 201: In-Depth Psychopharmacology for Those in the Child Welfare System

Children in the child welfare system are prescribed psychotropic medications at rates much higher than the general public. Thus, those who interact with these children need an understanding of how these medications should be used, the characteristics of different types of medications, and the potential risks and benefits of medication treatment. Psychiatrist Kristopher Kaliebe reviews classes of medications, common indications for medications, evidence of effectiveness, and rationales for combining medication. He also reviews adjuvants to treatment including nutritional supplements. Catarolyn M. Glenn, MA, Learning & Development Facilitator at the Center for Child Welfare of the University of South Florida incorporates case work examples of problems related to psychotropic medication, and success stories from her experience in working with children in the dependency system. 1.5 hours

Intersections: Where Domestic Violence, Mental Health, and Substance Abuse Meet

Many families impacted by domestic violence perpetrators' behaviors have multiple, complex, and intersecting issues. In the past, we might have referred to these as co-occurring issues. But the language of co-occurrence often doesn't provide us with a sense of how these issues interact. For example, listing the family's issues is not as powerful as explaining how the domestic violence perpetrator interfered with his partner's recovery, for example. Listing that the family has experienced both domestic violence and mental health issues is not as useful as describing how the perpetrator's violence has produced anxiety and aggression in the adult survivor. Using an intersectional framework, rather than a co-occurrence framework, we increase perpetrator accountability and improve our ability to assess the family and to partner with adult survivors. This course provides guidance in how to understand the connections, or intersections, and make them work for us in our practice. 1.5 hours

Human Trafficking Survivor

The presenter, Melinda, shares her personal story of becoming a survivor and thriver. She also provides her own story of learning how to practice self-care and shares tips to continue to provide compassionate care to others. 0.5 hours

Meeting "Their" Needs so "Our" Kids Can Go Home

In the child welfare system, if a parent's mental health condition goes unnoticed and unaddressed, this can have a devastating impact on the achievement of case plan outcomes and cause permanency delays. Once a parent is diagnosed, finding the right treatment to meet their mental health needs goes beyond simply putting in a referral for services and hoping for the best. In this workshop, participants will learn how to identify when a parent's mental health is impacting their caregiver protective capacities and what strategies to use to identify not just services, but the right services to meet the parent's mental health needs. 1.0 hours

Is Compassion Really Fatiguing? The CE-CERT Model for Secondary Trauma

In Sustaining a career in helping requires making our work more than tolerable—enjoyable! The Components for Enhancing Clinician Experience and Reducing Trauma (CE-CERT) model synthesizes evidence-informed components into five skills to help the helper remain emotionally regulated. Implementing these skills supports the enhancement of the real-time experience of the helper as they provide services to traumatically stressed populations and promotes immediate recovery after a difficult experience. 1.0 hours

Washoe Quality Parenting Spotlight Award!

We want to celebrate all team members that touch the lives of children and family in our community and need your help to do so! As you have seen there has been videos going out to resource families and WCHSA staff shining a spotlight on people who are nominated. These nominations can be resource parents, WCHSA staff or any community member we want to hear and shine the spotlight on everyone!

Our mission is to give recognition to every person who is helping children and families. All that has to be done to nominate is to fill out the Quality Parenting Washoe Spotlight Nomination form that can be found on the QPI website (<http://www.qpnevada.org/>). After you fill it out send it to Kylee Spring, QPI Liaison (kspring@washoecounty.us) and she will do the rest of the work. Remember you can nominate resource parents, caregivers, birth parents, WCHSA staff, or community providers.

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

Interested in Adoption?

Andre'

14-year-old

LOOKING FOR AN ADOPTIVE HOME

Andre' is a sweet, well-spoken youth with a great sense of humor. He can be shy when he's first getting to know you, but it doesn't take him long to warm up and show his true "chatty", outgoing self. Andre' likes poetry, art and listen to records, or as he likes to call them, "vinyl's". He is smart and school is important to him. He is currently participating in choir and hopes to get involved in other school activities/clubs such as ROTC.

Overall, Andre' is a typical teen who wants to be able to hang out with his friends and live a typical teen life. Still, he longs for the permanency of a family and is looking for one with pets. Does this sound like you?

If you would like to learn more about Andre', please contact Tawnya Robertson at TRobertson@washoecounty.us



Briana & Isaac

Briana, 7 years old & Isaac, 4 years old

LEGAL RISK- RECRUITING FOR A FLEX FAMILY

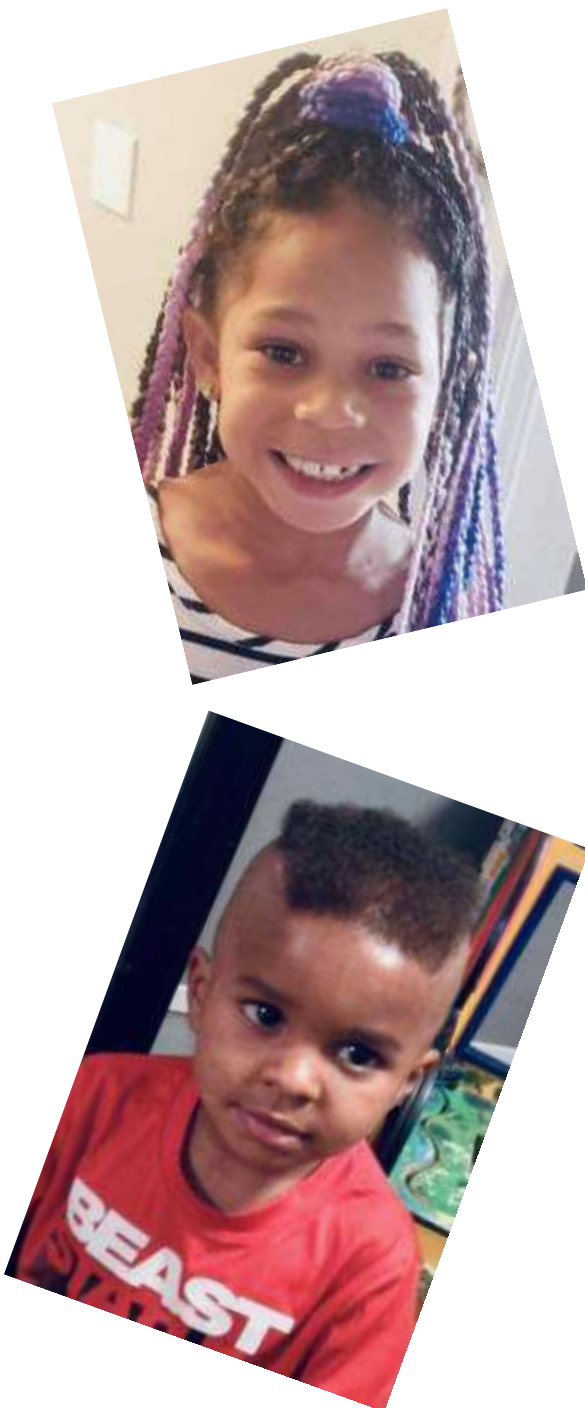
Meet Briana & Isaac!

These siblings are looking for a home where they can grow together and thrive. Briana is described by those who know her best as creative, maternal, and liking things to be "fair."

In addition to having an affinity for social justice, she is a "girly girl" in the traditional sense. Briana loves having her hair done and likes Barbies/Babies. Her preferred movies include a Disney Princess. Briana volunteers to help with chores and makes her bed daily. When meeting new people Briana is guarded. Her space must be respected, and her trust must be earned. Any applicant wishing to be considered must commit to "*Meeting Briana where she is,*" emotionally. Services to assist Briana with impulsivity are being explored. Briana excels at artistic expression and responds well to a predictable schedule. Sometimes Briana requires gentle reminders not to, "*parent*" her little brother. Isaac is an affectionate little boy who just turned four years old in January. His favorite toys are trucks, balls and above all else, his iPad. His favorite thing on TV is *Umizoomi* and his favorite food to eat is steak. Isaac gets along well with other children. Like his big sister, Isaac can be guarded when meeting new people. Isaac is being assessed for speech services. Both children like animals and are good with the pets in their current home. Additionally, both Briana and Isaac are good eaters and sleep well thru the night. These beautiful children share a strong bond with their current resource parents. They will benefit from a thoughtful transition.

Interested in learning more about Briana & Isaac? Please contact Mitch Matthews, LSW Children's Division - Washoe County Human Services Agency

mmatthews@washoecounty.us



Washoe County School District Update

REOPENING - Stay tuned for updates on schools slowly increasing capacity, and keep your eyes and ears peeled for your school messages and school website updates! Things are rolling out slowly but surely! Baby steps!

Fall enrollment is upon us!

- Schools are notifying families to complete enrolment
- If your student attends an out of zone school – you may be receiving a notification from the wrong school (the zoned school).
- Our kids are allowed to remain in their current school while in custody AND through the end of the school year that the case closed.
- WCSD is working swiftly to correct all of the schools where the rollover enrollment is incorrect, so please work with the school when possible and reach out to your worker (or me) if you need help getting your student enrolled in his/her existing school.
- Students matriculating to Middle or High School have the right to attend the school that their current school would matriculate to.
 - If the team wishes for the student to attend the zoned school rather than the one they would naturally matriculate to – this is also a school change and your worker will need to follow the HSA process for that.

Transportation

- REIMBURSEMENT - Please don't forget that IF transportation is requested and IF there is no bus available to accommodate the request, reimbursement is available to parents "or anyone that is willing to drive"! Quick and easy! A short/sweet contract is drawn up and reimbursement is disbursed once per month for the previous month – by check or automatic deposit – one round trip based on attendance and no tracking mileage necessary!
- Changes to existing transportation during Spring Break need to be submitted by your worker by MONDAY, MARCH 8TH.

Spot to Share

THIS FAMILY IS AT IT AGAIN!

Joshua and Charlotte Bronson

The Bronsons were featured in January 2021 regarding the amazing work with a birth mother. This time they are being featured after a relative of a child that was placed in their home had reached out about the amazing care her grandsons had when in the Bronsons' home. She stated that her grandsons weren't in the Bronsons' home long before returning to their mother's care but in that short time the Bronsons had such an impact.

This relative was very impressed that the resource family called mom to check on the boys after they went home. They also provided mom with some clothing they had bought for the boys and dropped off the Medicaid cards that were mailed to them.

Thank you, Joshua and Charlotte, for caring so much about these little ones who were only in your home a short time and for taking the time to develop this relationship with mom.



REMINDER: If you have a story to share for the next newsletter please contact Kylee Spring (kspring@washoecounty.us)

QPI KEYWORD

Icebreaker

An Icebreaker refers to a facilitated, child-focused meeting held shortly after a child is placed (or the placement changes) in out-of-home care to provide an opportunity for the birth parents and resource parents to meet each other and to share information about the needs of the child. Much like a comfort call, this meeting helps to establish a positive co-parenting relationship between the child's parents and caregiver.



TO OUR NEW STAFF!

I wanted to let everyone know that there is a new engager at the Family Engagement Center! Patty Daniels has a wealth of knowledge as she previously worked at Crossroads. Patty has been a foster parent for many years and joined HAS as a Human Support Specialist (HSSS) worker in December 2018 at Crossroads Women's facility. Next time you are at the FEC please say hi to Patty and give her a warm welcome!

WCHSA and the Media

You may have seen that WCHSA has been on the local news! WCHSA is working hard to spread the word about the need of foster homes in our area, especially for youth ages 12-18. All of the people in the PSA's are from Washoe County and have fostered or adopted Washoe County Children.

All three "Will You Be the One?" PSA's are linked below.

[Will You Be the One? \(washoecounty.us\)](http://washoecounty.us)



Do you have friends and family ask you about foster care or adoption?

Our Recruitment and Training Team is a wealth of knowledge and would come to your village (virtually) to help spread the word about foster and adoption. Even in times of COVID our Recruitment and Training are meeting and training resource parents through Zoom. They are able to answer any questions your friends and family may have. Let's work together so every child has a home.

To Schedule or learn more about this call the Recruitment and Training team at 337-4470!



Have a Heart Washoe is a website that has tons of information. There is information about the agency, programs, and children still looking for their forever home. Please check it out and refer your friends and family to jump over to the site to learn about how you can help our kids through mentoring, fostering, and adoption.

HaveaHeartWashoe.com

Who do you know?

Do you know someone who might not be ready to foster but may be willing to provide an occasional, short-term Safe Place bed for a youth in crisis? If interested in learning more, please email Kylee Spring. kspring@washoecounty.us



Resources

RENO VOLLEYBALL CLUB

The Reno Volleyball Club is willing to offer discounts to children and youth in WCHSA foster care who would like to play volleyball. For more information, visit their website or contact Cindy Lawrence at 775-313-4124 or RenoVBC@aol.com.

SOCCKER SPROUTS

The Reno Sportsdome is offering discounts to foster youth who have an interest in soccer! For more information contact Shannon at sprouts@renodome.com.

RAISE THE FUTURE

Offers several webinar options on their website for families regarding adoption and foster care topics. View their main [Classes and Training](#) page as well as their [Upcoming Classes](#). In addition, they also have a free lending library. They offer a wide variety of books with topics ranging from; exposure, grief & trauma healing, mental illness, sexual abuse, special needs adoption, books for children and more. Visit their website above or call 1-800-451-5246 to learn how easy it is to borrow and return.

NEVADA EQUINE ASSISTED THERAPY (NEATS)

If you're interested in learning more about NEATS and how their services can help you or a youth in your home visit their website or call Laurie at 750-9823.

HEAD START

Has openings! The Community Services Agency (Head Start, State Pre-K and Early Head Start) would love to talk to you if you're interested in early education for your 0-3 or 3-5-year-old. Contact Megan Jack at (775) 786-6023 ext. 207 or mjack@csareno.org.

BIGGEST LITTLE BABY

Previously the Nurturing Nest, Biggest Little Baby is a birth and parenting community that offers a variety of free classes from pregnancy and childbirth to yoga. They also offer free weekly circles of support, toddler playgroups and breast-feeding circle to mention just a few.

A CHILD'S WORLD

Offers a community support group for parents of children with attachment or trauma issues. Receive one hour of training credit per group attended. Groups are the 3rd Tuesday of each month from 7-8:30p.m. (excluding December). **Please RSVP** to Sharon Willams at least 1 day in advance at 322-4650 or Sharonacwoffice@att.net.

WANDA'S BABY CLOSET

Have you ever heard of Casa de Vida? They're a great resource for our teen moms. What you may not be aware of is Wanda's Baby Closet who works in collaboration with Casa de Vida providing free baby clothes and supplies to our bio and foster parents. For information on how to access this amazing resource or to help your bio parent call (775) 329-3211.

KIWANIS CLUB

Has great bikes and accessories available at discounted prices! Contact them at (775) 337-1717 or check out their website above.

FREE TUTORING!

If your youth needs tutoring, please reach out to [Joseph](#) at Sierra Association of Foster Families (SAFF). As a reminder, SAFF can tutor students of all ages who are foster, adopted and/or have reunified.

Nevada 211 YOUTH APP

Ages 12 to 19
Easy
Fast
Confidential

SEARCH FOR LOCAL RESOURCES AT YOUR FINGERTIPS 24/7

DOWNLOAD THE APP TODAY

Find help 24/7 by dialing 2-1-1, texting 898-211 or visiting www.nevada211.org

NEVADA 211 YOUTH APP

¡descargue su aplicación para jóvenes Nevada 211 hoy!

BÚSQUEDA DE RECURSOS LOCALES A TUS DEDOS 24/7

Actividades y campamentos
Asesoramiento
Líneas directas de crisis
Recursos de equidad
Alimentos de emergencia
Refugio de emergencia
Cuidado de la salud
Servicios LGBTQ
SafeVoice
Grupos de apoyo
Empleo juvenil

¡Y mucho más!