



North Okanagan Foster Parents

Calendar of Events

January to May 2009

301-3402 27th Ave., Vernon, B.C. V1T 1S1

Ph/Fax (250) 558-0939

NOKsupport@okfosterparents.ca

www.okfosterparents.ca

Happy New Year! I hope you have all enjoyed the best of the holiday season and are ready for the New Year! This Calendar of Events is full of information about the wonderful training opportunities available to you in the next few months. Time to dig out those new calendars and get organized!

Noelle

Add these to your 2009 calendar:

At least once a year

- ✓ change the batteries in your smoke detectors - replace smoke detector and fire extinguisher as needed
- ✓ submit your *record of skill development** to your resources social worker for your annual review
- ✓ submit *Health Care Passport* and *Cultural Log Book* (only aboriginal children in care) to child's social worker for child's Plan of Care
- ✓ give child's social worker a recent photo for their file
- ✓ renew your BCFFPA or AFPABC membership (BC Federation of Foster Parent Associations/ Aboriginal Foster Parents Association of BC) and be part of the collective voice of Foster Parents in BC
- ✓ review Schedule A of your contract, and *Standards for Foster Homes**, to ensure you are meeting your obligations



At least every 3 months

- ✓ invite a social worker to your home
- ✓ has your child grown? Get car seats/booster seats checked
- ✓ update your emergency kit

Every month

- ✓ submit a *monthly report** for each child in care
- ✓ submit billing forms if you have provided respite/relief
- ✓ submit mileage form* if you are pre-approved for extra mileage
- ✓ check your smoke detectors and fire extinguishers. Hold a fire drill
- ✓ update your *skill development record**
- ✓ schedule respite for next month
- ✓ add to child's life book
- ✓ return resources to Foster Parent Library



Daily

- ✓ record in each child's *daily log book**. Also record in health care passport/cultural log book/ medications record* if there is info to include
- ✓ celebrate all you give to the children of our community through fostering

* available at <http://www.okfosterparents.ca/publications.html>

Foster Parent Events:

Safe Babies Support Group & Training: 9 AM to noon, in the Clinic Room at the Health Unit.

- Jan 8: Susan Wells on Attachment & Bonding; Speech & Hearing
- Feb 12 Early Literacy; Car seat Safety Review
- Mar 12 Transition to Adoption,
- Apr 9 Assessing Safe Babies program; Walk in the Park



Certificates for classes attended will be issued at completion of the sessions in May 2009

Safe Babies Certificate Course: This 4-session course is mandatory training for any Foster Parent wishing to care for infants. Foster Parents who took it two or more years ago should consider taking it again. 9 AM to noon, May 7, May 14, May 21, June 4, and June 11 No cost but please pre-register 558-0939.

Basic Standards Series: 9:30 – 11 AM, at the People Place. These classes are a good opportunity to learn about current MCFD practice. No charge, but registration is required. *Certificates for classes attended will be issued at completion of the sessions in June 2009*

- Jan 20 Support Workers and Safeguarding
- Feb 17 Contracts
- Mar 31 Life Books
- Apr 28 Integrated Case Management
- May 19 Insurance and WCB



Lumby Area Foster Parents meet for training and support Jan 23, Feb 20, Mar 19, Apr 23 and May 22, 10 AM to noon, at the Lumby United Church Hall

Foster Care Education Program: mandatory training for Foster Parents, limited seating, register ASAP. *Please note:* Emily Mayne is not available to teach this session. Alison Dennis will be the instructor.

(S1-1) Overview of the BC Foster Care Education Program	6:30 pm -	9:30 pm	Mon. Jan. 12
(S1-2) Communication Skills and Self Awareness	6:30 pm -	9:30 pm	Mon. Jan. 19
(S1-7a) Attachment, Separation and Loss- Part 1	9:00 am -	12:00 pm	Sat. Jan. 24
(S1-7b) Attachment, Separation and Loss- Part 2	1:00 pm -	4:00 pm	Sat. Jan. 24
(S1-3) The Effects of Caregiving	6:30 pm -	9:30 pm	Mon. Feb. 2
(S1-4) The Child's Family	6:30 pm -	9:30 pm	Mon. Feb. 9
(S1-8a) Recognizing Abuse and Neglect- Part 1	9:00 am -	12:00 pm	Sat. Feb.14
(S1-8b) Recognizing Abuse and Neglect- Part 2	1:00 pm -	4:00 pm	Sat. Feb.14
(S1-5) Observe, Record and Report	6:30 pm -	9:30 pm	Mon. Feb. 23
(S1-9a) Guiding Behaviour of Children and Youth- Part 1	9:00 am -	12:00 pm	Sat. Feb. 28
(S1-9b) Guiding Behaviour of Children and Youth- Part 2	1:00 pm -	4:00 pm	Sat. Feb. 28
(S1-6) Child and Youth Development	6:30 pm -	9:30 pm	Mon. Mar. 9

Foster Parents & Aboriginal Team Partnership Meeting: 10 AM to noon, Jan 14, at the Gathering Place. All Foster Parents who care for Aboriginal children/youth in care are invited to meet with staff from the Aboriginal Team to share information and discuss issues of concern

Vernon Area Foster Parent Association – Board Meeting: 11:30 AM, Jan. 14, at the Pantry Restaurant.

Vernon Area Foster Parents Association is busy planning Foster Parent events for this year. If you have a good idea, want to help, or need a specific training contact Yvonne (president) 558-9946

Kevin (social) 503-0107
or Jeremy (education) 275-6356

Foster Parents & MCFD Partnership Meeting: Foster Parent representatives meet with MCFD staff to discuss issues of concern Jan 20. If you have something you'd like discussed at this meeting contact Yvonne 558-9946 or Noelle 558-0939

First Aid for Foster Parents: Vernon Area Foster Parents Association is hosting another First Aid class for Foster Parents! 8 am – 5 pm, Saturday, Jan 24, at St. Johns Ambulance. Registration form in this publication

Life Books Drop In: 10 AM to 11:30 AM, Jan 26, Feb 16, Apr 27, May 25, at the People Place. Drop in any time, have a coffee, and get a refresher on some of the options for developing Life Books. You can also bring a Life Book project to work on.

Working with the Child's Family: Tues, Jan 27, 9 – 2:30, at the Village Green Hotel Register now for this important workshop. \$20 registration fully refunded to Vernon area Foster Parents

Foster Parent Meeting with School District 22: Don Wilcox, head of Student Support Services for School District 22, will meet with Foster Parents on Friday, Jan 30, 10 AM, Left Bank, at the school board office. If you have a child with special school needs plan to attend this meeting.

Aboriginal Cultural Awareness Workshop: 9 AM to 3 PM, Feb 19 and 26. If you foster Aboriginal children or youth (or would like to) please make arrangements so you can attend this important training event.



Responding to Attachment Disorder: 9 AM to 2:30 PM, Apr 21st. Tanya Helton, M.Sc. is a parent coach and owner of Forest Cottage Centre Inc. which is an attachment-based support centre for parents and professionals dealing with severe behaviour in children. Okanagan Foster Parents Association is pleased to bring her to Vernon. Watch for details in future publications

Non Violent Crisis Intervention – Core Training: 9 AM – 3 PM, Tuesday, May 12 & Wednesday, May 13, at the People Place

Non Violent Crisis Intervention is a system for defusing escalating behavior and safely managing physically aggressive behavior. This training provides an understanding of effective communication during aggressive moments, along with the core philosophy of maintaining care, welfare, safety and security. It is recommended training for all Foster Parents, whether they have children who are physically aggressive or not.

On completion you will receive certification from the Crisis Prevention Institute No charge, but you MUST pre-register with Noelle. Seating is limited

Non Violent Crisis Intervention – Refresher: 6 - 10 PM, Tuesday, May 12 & Wednesday, May 13, at the People Place. For those of you whose certification has not expired. No charge, but you MUST pre-register with Noelle. Seating is limited

Community Events

Please remember the Importance of maintaining **confidentiality** when attending community events.
For detailed information and registration forms contact Noelle
If you want to attend training but can't for financial reasons you may be eligible for **financial assistance**. Contact Noelle for details

Grandparents Raising Grandchildren: Family Resource Centre hosts this group for grandparents who are raising their grandchildren. Contact FRC at 545-3390 for more information and to be put on a wait list for the next group

Parent to Parent Support Group: Tuesday, January 13th, 9:00am to 10:30 am, at NONA, for those who are parenting children/youth with Fetal Alcohol Spectrum Disorder and similar neurological conditions. This group is a valuable support for all parents including Foster Parents

Children in Care Committee: Anyone interested in this community based committee is invited to attend. 12:30 – 1:30 PM, Jan 20, at 28th St. MCFD

FASD Community Team: 9 AM, Jan 27, at NONA. Anyone interested in participating in this community-based committee is invited to attend. Contact Noelle for more details.

Connect Parenting Program: one hour a week for 11 weeks, starting in February – Foster Parents who attended the first session have lots of praise for this program and how it improved their ability to parent children and youth with challenging behaviours. Now's the time to sign up by contacting Lorel at 545-3572, lorel@noyfss.org, or Gary at 545-6517, gary@noyfss.org. You'll have to do a pre-inclusion interview with a CYMH counselor.

Adoption Boot Camp: 7 pm – 9 pm, Jan 8, Feb 12, Mar. 12, Apr 9, May 14, and June 11 at Bean To Cup 3903 27 St. For info contact: Teresa at (250) 545-2653 or email tkisilevich@shaw.ca

Reclaiming Our Children - Dr. Martin Brokenleg: 9 AM to 3 PM, Saturday, Feb 28 at Trinity United Church. Only \$20 and includes lunch. Several of you heard Dr. Brokenleg speak in Kelowna a few years ago – and now he's coming to Vernon! Hope you can take advantage of this wonderful opportunity. Registration form included in this publication

Dr. Gabor Maté: May 09. Gabor Maté is a noted physician, Globe and Mail columnist and best-selling author. He is also one of the country's pre-eminent experts on parenting, Attention Deficit Disorder and addictions. Watch for details in future publications.

Okanagan College offers a wide variety of classes through their Continuing Studies Department. Of particular interest to Foster Parents are:

- **It's NOT about You, It's ALL About You:** Sat, Mar 28
- **Tips and Tools for Proactive Behaviour Management:** Sat, Feb 21
- **Developing Capable People:** Sat. Mar 21 – Apr 4

They also offer several **First Aid Courses**

For more information pick up their brochure or visit on-line www.okanagan.bc.ca/cs

Webcast Courses from Autism Community Training:

- **What is ABA and Why is it Important in the Treatment of Autism?**
- **Practical Autism Treatment – From Theories to Realities**

2008/9 subscription costs (expires Dec 31, 2009) are only \$35. <http://www.actbc.ca>

from the Resources Team:

Happy New Year! I hope you had a great holiday season and everyone is well fed, well loved and ready for new adventures!

We are setting new goals for this year and I want to let you know what we'll be focusing on in the next year and ongoing.

Monthly reports: I am asking all foster families to submit monthly updates to their child's social worker and I will be following up with your Resource Worker to ensure that you are getting the help you need to get started. There are several good examples of outlines on the OFPA website or your child's social worker or resource social worker would be happy to give you a printed copy for you to use. Monthly reports are the best way to ensure that the guardianship worker has the information they need to work with you to plan for the child and they provide a way for you to track progress, changes and needs. I am often told by foster parents that the Social Worker doesn't listen to them or take their input into consideration and these reports are a way to ensure that your professional parenting is being reported in your words on a regular basis.

Lifebooks for Children in Care: All Children in Care need a LifeBook to honour their life transitions and experiences. We will be working with the adoption social worker and the adoption support worker from NOYFSS to provide some training and support in this process. There are many examples and some foster parents have lots of experience so we hope to develop some supports to you in this. The books are an important tool in helping the children we care for transition and move along in their life events.

Also in the news and updates department: Foster parents are able to sign and consent to immunizations for children in care via court order. Please check with your child's social worker if the child is in care through an agreement as the situation may be different and the parent may consent.

Please stay tuned for more on these topics very soon

Sheila Guenard,

Resource and Guardianship Team Leader
Vernon MCFD



Okanagan Foster Parents Association
& Vernon Area Foster Parents Association
Presents

First Aid Course for Foster Parents – Emergency Child Care

All Foster Parents should have a current First Aid/CPR Certificate and here's a great way to get yours. This fast paced 9 hour course teaches basic first aid procedures and practical skills that can be applied at the scene of an accident without special equipment; and in the absence of professional medical help or supervision.

Lesson includes:

- Emergency Scene Management
- Shock, Unconsciousness and Fainting
- Choking
- Adult CPR and Introduction to AED
- Severe Bleeding
- Medical Conditions
- Child Resuscitation
- Infant Resuscitation
- Bone and Joint Injuries
- Head and Spinal injuries (modified content)
- Eye Injuries
- Burns
- Poisons, Bites and Stings
- Heat and Cold Injuries
- Dental Emergencies



8 AM to 5:00 PM, Saturday, January 24

St John Ambulance, 1905 - 47th Ave.

ONLY \$35 (normally offered at a cost of \$89 plus taxes)

For more information contact Jeremy at (250) 308-9932

Note: If you want to bring your lunch – a kitchen with microwave is available

Send registration form and cheque for **\$35** made out to "Vernon Foster Parents Association" to
Jeremy Kwantes, #7 -5901 Heritage Dr., Vernon, B.C. V1H 1Z5

Name _____

Address _____ Postal Code _____

Ph# _____ email _____

Okanagan Foster Parents Association
Presents

A Workshop for Foster Parents

Working with the Child's Family

9 AM to 2:30 PM Tuesday, January 27, 2009
Village Green Hotel, 4801-27th Street, Vernon, B.C.

Registration: \$20 (lunch is included)

Full refund to Vernon area Foster Parents, CLBC, and MCFD staff
on completion of this training



Foster Parents have a complicated, but important, relationship with the families of the children they care for. Presentations and discussion will include:

- Who are these families? What challenges do they face?
- What is the social worker's role with the child's family?
- What are the challenges and rewards Foster Parents find in their relationships with Birth Families? How can we make it work?

For more info contact Noelle at (250) 558-0939/ email NOKsupport@okfosterparents.ca

Working with the Child's Family – January 27, 2009, Vernon, B.C.

Send registration form and cheques made out to "Vernon Foster Parents Association" to
Okanagan Foster Parents Association, # 301 3402 –27th Avenue, Vernon, BC, V1T 1S1

Name _____

Address _____

Ph# _____ email _____

Foster Parent _____ MCFD staff _____ Other _____



Aboriginal Cultural Awareness Workshop

For Caregivers of ABORIGINAL Children and Youth
Coming to Vernon:

Session 1 & 2 Thursday Feb 19, 9am -3pm

Session 3 & 4 Thursday Feb 26, 9am -3pm

Level one

Session One:

- What is a smudge ceremony?
- Terminology of "Aboriginal" and related words
- Review of "Talking circle" process
- What is Indian status?
- Identify First Nations in BC
- Explanation of the Indian act & Indian agents
- Treaties: Who made them? Why? How do they affect us today?
- Trust funds: Who gets them?
- Taxes: Who pays them?

Session Two:

- Appropriate things to say and do regarding Aboriginal cultural and peoples
- Review of some traditional Aboriginal values
- Definition of "Elder" & Protocol
- What are the Seven Grandfather teachings?
- Review of First Nations peoples contribution & inventions
- Identify famous positive Aboriginal role models

Session Three:

- Indian Residential Schools - What are they? Why were they developed? How do they affect us today?

Session Four:

- Introduction of the "Medicine wheel" concept



Register Now

Contact Noelle @ 250 558-0939

NOKsupport@okfosterparents.ca

For more information: Sheila Ridden, Interior Coordinator,
Federation of Aboriginal Foster Parents'
(250) 215 - 8210



Reclaiming Our Children

Raising confident, caring, respectful children

Seminar for Parents
with
Dr. Martin Brokenleg

Saturday, February 28 2009,
Trinity United Church, 3300 Alexis Park Drive, Vernon
9:00 am to 3:00 pm

Renowned family counselor, Dr. Martin Brokenleg will share with parents and other community leaders his vision of families being Circles of Courage. Presented by the North Okanagan Family Services Committee, Dr. Brokenleg will provide parents with concrete strategies for empowering respectful, compassionate, and responsible children. The presentation will provide insights for parents raising children of all ages.

Registration Form
Dr. Martin Brokenleg "Reclaiming Our Children"
Please complete this form and return with payment to:

The Junction Literacy Centre - 3104 37th Ave, Vernon BC V1T 2Y2 (250) 275-3117

Name: _____

Phone/Cell Number: _____

Email address: _____

Payment: \$20 (Lunch Included)

Please check your form of payment Cash: Cheque:

Cheques should be made out to: **Junction Literacy Centre**,
on the cheque add: "Dr. Brokenleg"

Do you need a receipt? Yes: No:

DEADLINE FOR REGISTRATION: February 25, 2009

BCFFPA 'IT PAYS TO BE A MEMBER'

Please complete & return to: Pat Hudson, 3030 Moray St., Armstrong, B.C., V0E 1B1
(cheque made out to BCFFPA)

NAME (S) : _____

PHONE : _____ DATE : _____

ADDRESS : _____ CITY : _____

P/C : _____ E-Mail : _____

Macro Region: Interior Region: Okanagan Local Association : Vernon Area

THIS IS A **NEW** MEMBERSHIP _____

OR A **RENEWAL** _____ of Receipt # _____

1 year individual **\$30.00** _____ couple **\$35.00** _____

2-year individual **\$50.00** _____ couple **\$60.00** _____

N.B. \$15.00 of this membership fee will be used by the provincial body and regional council for administration of the program and development of services to foster parents. The balance of the fee will be returned to your local association.

I/we are foster parents contracting with (i.e. Delegated Aboriginal agency, Regional agency, Youth Justice, MCFD etc.)

Name of Agency _____

OR my affiliation with the BCFFPA is (i.e. staff, MCFD, non-foster parent):

As members of the B.C. Federation of Foster Parent Associations, I/we agree to abide by the Bylaws, Policy and Procedures, and Code of Ethics of the Federation.

Signature (s) *Please write clearly, and thank you for your support!*

After Hours Emergency Line 1-800-663-9122

Used to report a critical incident, an AWOL, obtain social worker approval for emergency medical treatment, etc. when MCFD offices are closed.

Provincial Foster Parent Support Line 1-888-495-4440

Monday to Friday 4 PM to 12:45 AM.
Sat., Sun., and Stat. Holidays 8 AM to 12:45 AM.

B.C. Federation of Foster Parent Associations
www.bcfosterparents.ca
1-800-663-9999

Federation of Aboriginal Foster Parents
www.fafp.ca
1-866-291-7091

BCFFPA Vernon

Yvonne Langlois	President	250-558-9946
Pat Hudson	Treasurer	250-546-2473

Okanagan Foster Parents Association

www.okfosterparents.ca
President Bonnie Thompson 250-498-4109

Trained Support Workers

Joy Caulien	250-542-4395
Pat Hudson	250-546-2473
Roxie Bateman	250-542-6595
Russ Jantz	250-545-7571
Yvonne Langlois	250-558-9946
Sherry Anderson	250-275-3194
Leanne Wright	250-546-6006
Noelle Typusiak	250-558-0939