



# North Okanagan Foster Parents

## Calendar of Events

### Fall 2009

301-3402 27th Ave., Vernon, B.C. V1T 1S1  
NOKsupport@okfosterparents.ca

Ph/Fax (250) 558-0939  
www.okfosterparents.ca

*The fall training season is fast approaching, so here's a Calendar of Events to build your skills. There is an outstanding variety this fall.*

*I will be on vacation the beginning of September, so please register for September events as soon as possible.*



*Noelle*

#### **Upcoming events – read further for details of these and other activities:**

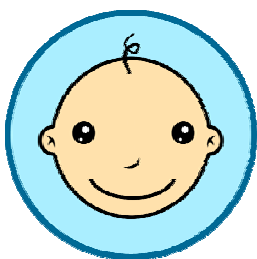
Aug 25	Ages and Stages Training
Sept 10	Safe Babies: Sneezes and Diseases
Sept 14, 16, 17	Non Violent Crisis Intervention
Sept 16	Non Violent Crisis Intervention, Vernon – Refresher
Sept 21 – Oct 24	Foster Care Education Program Series 2
Sept 23	Mental Health in Children: Recognizing & Intervening with Children in Care
Sept 28	Life Books Drop In
Sept 30	Protocols & Safeguarding
Oct 7	Car Seat Clinic
Oct 8	Safe Babies: Child Care Resource & Referral
Oct 14	Foster Parent – Aboriginal Services Partnership Meeting
Oct 20	Children in Care Committee
Oct 20	Foster Parent - MCFD Partnership Meeting
Oct 21	Life Books Training
Oct 26	Life Books Drop In
Oct 27	Ages and Stages Training
Nov 4	Understanding Racism
Nov 10	Period of Purple Crying
Nov 12	Safe Babies Support and Training
Nov 14	Armstrong: "Documenting" and Lunch
Nov 16	Life Books Drop In
Nov 17	Loss & Grief in Foster Families
Nov 19	Armstrong Training and Lunch
Dec 8	Children in Care Committee
Dec 8	Foster Parent - MCFD Partnership Meeting
Dec 3	Safe Babies Training

## *Foster Parent Events:*

**Ages and Stages Training:** Tuesday, August 25 or Tuesday, October 27  
9 AM – 2 PM (lunch break 11:30 – 12:30) at the People Place

The Children in Care Committee and MCFD have identified early assessment of children in care as a priority for 2009. We have arranged for **Ages and Stages** training to give you the tools to screen infants and young children for developmental delays during the crucial first 5 years of life. **All Foster Parents and Social Workers responsible for children under 5 years old, are expected to take this training.** Contact Noelle 250-558-0939 to register

**Safe Babies Support Group & Training:** Pat Martin and Debra Pool return to facilitate training for all you who care for infants. Meetings will be held 9 AM to noon, usually in the Clinic room at the Health Unit. Please don't attend if you smoke.



September 10: Sneeze & Diseases  
October 8: Child Care Resource & Referral  
Other dates: Nov 12, Dec 3, Jan 14, Feb 11, Mar 4, & Apr 8 –  
Topics to be determined. If you have any training requests, let Pat know

Certificates will be issued at completion of the sessions in May 2010

**Non Violent Crisis Intervention – Core Training:** 6:30 – 9:30 PM, Sept 14, 16 & 17 at the People Place

**Non Violent Crisis Intervention – Refresher:** 9 AM – 2:30 PM, Sept 16  
For Foster Parents whose certification has not expired.

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

**Foster Care Education Program:** Series Two of the Foster Care Education Program will be offered in Vernon this fall. The instructor will be Alison Dennis

The Foster Care Education Program is required training for all caregivers. Foster Parents are expected to complete this training within two years of their home opening. New Foster Parents should start with Series One, which will be offered in Vernon early in 2010.

(S2-1) Cultural Responsiveness	Sept. 21	6:30 - 9:30 PM
(S2-2) Aboriginal Children in Care	Sept. 28	6:30 - 9:30 PM
(S2-3) Substance Misuse	Oct. 5	6:30 - 9:30 PM
(S2-4) FAS/FAE/NAS	Oct. 19	6:30 - 9:30 PM
(S2-5) Suicide Awareness	Oct. 24	9 AM - 3:00 PM

Okanagan Foster Parents Association  
Presents

A workshop for Foster Parents about

# RACISM

Eric Wong, Anti-Racism Consultant for the First Nations Education  
Steering Committee will present this workshop.

Foster Parents will become more aware of subtle racism, and learn tools  
to help the children in your homes recognize and respond to the racism  
they experience

9 AM to noon  
Wednesday, November 4  
At the People Place, Vernon

Register by phone or email  
[NOKsupport@okfosterparents.ca](mailto:NOKsupport@okfosterparents.ca) 250-558-0939

**Car Seat Clinic:** 9 AM – 2 PM, Wednesday, Oct 7. Location to be determined. If you missed the August Car Seat Clinic, then you'll need to come to this one. Children 9 years old and under need to be in car seats or booster seats, and you need to make sure they are installed correctly. All car seats and booster seats should be checked at least once a year.

**Foster Parents & Aboriginal Team Partnership Meeting:** 10:30 AM to noon, Oct 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

**Foster Parent Lunch & Training in Armstrong:** 11 AM to 1:30 PM Tuesday, Oct 15, A mini-workshop on [Documenting](#) will be followed by a no-host lunch at the Anchor Inn in Armstrong. This is an opportunity to get together with your friends and neighbours who foster. All Foster Parents are welcome to attend. RSVP to Noelle

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

**Life Books Training:** 9 AM – noon, Wednesday, Oct 21 at the People Place. Guardianship social worker Wendy Leng will be the instructor for this important workshop which will focus on Life Books for children age 3 to 12. You'll definitely get some good ideas from this one. Registration required. Contact Noelle 250-558-0939 to register

Okanagan Foster Parents Association  
Presents

# Loss and Grief In Foster Families

a workshop for Foster Parents

*Every foster family regularly experience grief and loss as children move in and out of their homes. Join other foster parents to discuss the impact this has on you, your family, and children in care.*

Facilitated by:  
Dr. Patricia Neilson, Psychologist, Vernon Professional Group

**9 AM to noon, Tuesday, November 17  
at the People Place**

Register by phone or email  
[NOKsupport@okfosterparents.ca](mailto:NOKsupport@okfosterparents.ca) 250-558-0939

**Period of Purple Crying:** Having difficulty doing this course on-line— or prefer to take it with a group? Register with Noelle to take it 9:30 – 10:30 AM, November 10, at the People Place. MCFD expects **all Foster Parents** to complete Period of Purple Crying.

**Life Books Drop In:** 10 AM to 11:30 AM, 4<sup>th</sup> Monday of each month at the People Place. Sept 22, Oct 26, Nov 16 - for those of you who need to work on those Life Books (required for all kids in care) 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.

**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



**First Aid:**

All Foster Parents should have a current First Aid/CPR Certificate and Vernon Area Foster Parents Association wants to help you get yours. Attend one of the many courses available in the community and, if you have a BCFFPA membership, they will give you \$50 towards the cost. Contact Noelle for details, or for info on community classes

Check us out!  
Okanagan Foster Parents Association Web Site  
[www.okfosterparents.ca](http://www.okfosterparents.ca)

## 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

**National FASD Awareness Day:** Sept. 9<sup>th</sup> will be recognized in Vernon starting with a FASD Informational Session from 11am – noon at NONA Child Development Centre and then a FASD Awareness Walk at 12:00 noon, which will start at NONA Child Development Centre, and finish up at The First Nations Friendship Centre. Lunch (by donation) will be served outside the Friendship Centre between 12 and 1 pm

**Adoption Coffee n' Chat:** 7:15 – 9 PM, Wednesdays, Sept. 16, Oct 21, Nov 18, at Bean to Cup 3903 27 St. Contact Teresa at (250) 545-2653 or email: [tkisilevich@shaw.ca](mailto:tkisilevich@shaw.ca)

**Parent to Parent Support Group:** for those who are parenting children/youth with Fetal Alcohol Spectrum Disorder and Complex Developmental Behavioural Conditions. This group is a valuable support for all parents including Foster Parents. First fall meeting will be Tuesday, September 15<sup>th</sup>, 9:00am to 10:30 am, at NONA.

**Finding Success -Fetal Alcohol Spectrum Disorder Conference:** Friday Oct 23rd & Saturday Oct 24th Douglas College New Westminster Campus. Registration Fee: \$25/day

**Children in Care Committee:** Anyone interested in this community based committee is invited to attend. 12:30 – 1:30 PM, at 28<sup>th</sup> St. MCFD, Oct 20, and Dec 8

**Okanagan College** offers a wide variety of classes through their Continuing Studies Department. Of particular interest to Foster Parents are:  
For more information pick up their brochure or visit on-line [www.okanagan.bc.ca/cs](http://www.okanagan.bc.ca/cs)

### 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.  
This support line is a service provided to Foster Parents to vent, problem-solve or get information. Their mandate is to support and they report only if there is a critical incident or reportable circumstances

**B.C. Federation of Foster Parent Associations**  
[www.bcfosterparents.ca](http://www.bcfosterparents.ca)  
1-800-663-9999

**Federation of Aboriginal Foster Parents**  
[www.fafp.ca](http://www.fafp.ca)  
1-866-291-7091

### BCFFPA Vernon

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

### Okanagan Foster Parents Association

[www.okfosterparents.ca](http://www.okfosterparents.ca)  
President Bonnie Thompson 250 498-4109

### Trained Support Workers

Joy Caulien	542-4395
Pat Hudson	546-2473
Roxie Bateman	542-6595
Russ Jantz	545-7571
Yvonne Langlois	558-9946
Noelle Typusiak	558-0939

## ***Learn at Home:***

Okanagan Foster Parents Association now offers a variety of options for you to improve your fostering skills from home. Ask Noelle how to access these valuable resources.

Make sure that you record any training (workshops, TV documentaries, books, webcasts, etc.) on your *Foster Parent Record of Skill Development*.

### **The Art of Advocacy - A Parent's Guide to Advocating for Their Child With Special Needs**

This webcast offers parents an overview of how to develop skills they need to navigate successfully through the hurdles they may sometimes encounter. Using the school system as an example, parents are guided through the components of empowerment necessary to become an effective advocate for their child. Specific guidelines and tips are provided in this positive, practical, user-friendly and interactive seminar. This workshop is not disability-specific, but will be especially helpful for those whose children have "invisible" disabilities.

**Knowledge Network:** [www.knowledge.ca/knowledgetools/index.html](http://www.knowledge.ca/knowledgetools/index.html)

Provides a number of on-line interactive learning tools. This diverse and in-depth library covers subjects such as children and youth mental health, autism, fasd and much more. You'll find videos, articles, exclusive interviews, webcasts, and many other educational resources.

Knowledge Network will be broadcasting the FASD documentary "FASD: Finding Hope" again on Tues. Oct 20 at 11 pm and Mon. Oct 26 at 10 pm. This excellent documentary is also available online at <http://www.knowledge.ca/findinghope/home.html>

### **Foster Parent College**

These lessons are on DVD and come with a brief Q & A you can fill out when you are finished. Simply return the DVD and your answers and you get a certificate for that course. Watch the DVD with your partner and you both get credit for completing it.

Many Foster Parents have enjoyed taking these "classes" since they were first available in November – a couple of Foster Parents have completed the whole series. Contact Noelle for details or to arrange to pick up a "class"

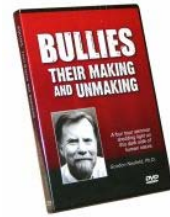
**ADHD, ADD & ODD**  
**Anger Outbursts**  
**Childhood Anxiety Disorders**  
**Eating Disorders**  
**Fire-Setting**  
**House Safety**  
**Kinship Care**  
**Lying**  
**Positive Parenting 1**  
**Positive Parenting 2**  
**Positive Parenting 3**

**RAD-Reactive Attachment Disorder**  
**Runaway Behavior**  
**Safe Parenting**  
**Self Harm**  
**Sexualized Behavior**  
**Sleep Problems**  
**Stealing**  
**Wetting and Soiling**  
**Working with Schools**  
**Working with Birth Parents**  
**1: Visitation**

**Gordon Neufeld workshops** are now available on DVD for you to watch at home. Several of them come with handouts, and Noelle will issue you a certificate for each one you complete.

### ***Bullies: Their Making and Unmaking - a 4 hour videocourse***

In this videocourse, Dr. Neufeld sheds light on this dark side of human nature. This refreshing developmental analysis of bullies reveals instinctive roots embedded in the dynamics of attachment and the flight from vulnerability. The implications for intervention and treatment are profound and largely counter to prevailing approaches. Invited to keynote on Canada's first national conference on bullying, Dr. Neufeld shares the insights that have evolved as a result of years of experience working with bullies of all kinds, combined with his mastery of the developmental literature.



***The Power to Parent Series*** The ***Power to Parent*** series is a relationship-based approach to parenting that restores parents to their natural intuition and helps children realize their innate potentials as human beings. Dr. Neufeld takes the best that developmental science has to offer and delivers it directly to the people who are the child's best bet. Dr. Neufeld offers a coherent approach that can guide parents in all their parental interactions with children of all ages. The series is meant to be taken in sequence.

### ***The Vital Connection (Power to Parent Part I) - an eight-session videocourse***

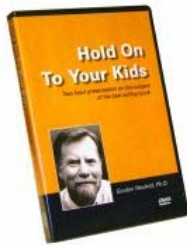
In this first volume, Dr. Neufeld focuses on the child-adult relationship as the context for raising children. Parents and professional learn how this relationship is meant to develop, what can go wrong, why peers must not matter more than parents, the true meaning of shyness, how to cultivate a context of connection, how to win back one's child if need be, how to preserve the connection, and more. Parents and professionals also learn about the kinds of interactions and discipline that erode the relationship and effective alternatives that are attachment-safe.

### ***Helping Children Grow Up (Power to Parent Part II) - an eight-session videocourse***

How do we nurture our children and provide the necessary elements for growth? How do we remove the impediments to becoming their own persons? Building on the foundation of relationship in Part I of the series, this sequel focuses on how to help children realize their potential as human beings. Growing older is no guarantee of growing up. Childhood is when most of the growing up should occur but we need to know how to cultivate the maturing process. This course sheds light on the adult's role in the miracle of maturation.

### ***Common Challenges (Power to Parent Part III) - an eight-session videocourse***

Raising children is rewarding, but not always easy! Every child gets stuck from time to time on the road to maturation and every parent faces challenges at some point on the journey. At these times, we could benefit from experienced insight and practical suggestions that are in the best interest of our children. In this third part of the ***Power to Parent*** series, Dr. Neufeld helps equip parents to read the signs of a child in trouble, live with a sensitive child, cultivate resilience in a child, lead an alpha child, soften a defended child, discipline a stuck child, and more. Dr. Neufeld offers effective and safe practices that honor and preserve the relationship, even when the problems seem daunting. In making sense of a child's experience, parents are better prepared to lead them through challenging times.

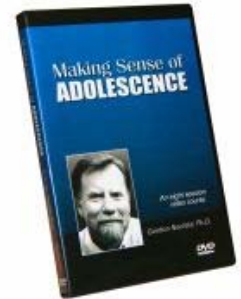


### ***Hold On To Your Kids: the DVD***

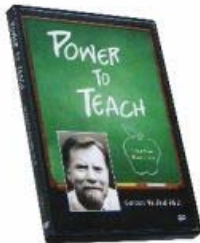
This two-hour presentation by Dr. Neufeld captures the heart and soul of his book and the warmth that is hard to convey in writing. Those who have read the book comment on how much more accessible this presentation makes the written material. Those who prefer viewing to reading don't have to miss out on what this book has to offer.

### ***Making Sense of Adolescence - an eight-session videocourse***

Crossing the bridge from childhood to adulthood has never been so daunting. The time of adolescence is longer than ever and yet society today offers little support in understanding or facilitating this transition. What is nature's purpose? What is the developmental design? What is meant to happen? This course is designed to be used by parents, grandparents, teachers, administrators, professionals - anyone who desires to make sense of adolescence. Dr. Neufeld helps shed light into this often dark and confusing time. He gives both the tools and the eyes to see an adolescent through the journey, and articulates why now more than ever adolescents need our help to cross that bridge. Dr. Neufeld's unique distillation of adolescent psychology and the integration of this material with his rich experience with teens both professionally and as a father, forms the basis of these insights and the suggestions he provides.



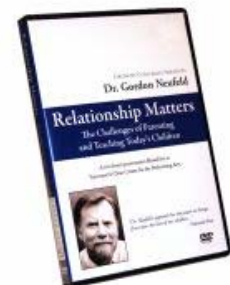
### ***Power to Teach - a four-session videocourse for educators***



Teaching is getting harder, not easier. This despite the fact that teachers have never been more educated, technology has never been more advanced, curriculum has never been so refined and pedagogy has never been so honed. Although these factors are important, the true problem in schooling lies elsewhere. Dr. Neufeld has been joining the dots for over 35 years and has concluded that the power to teach is being eroded in today's society. In his insightful analysis, Dr. Neufeld uncovers four natural sources of power and reveals the handicaps that result when these are missing. He exposes the reasons why today's teachers more than ever need to harness the power of attachment to do their jobs.

### ***Relationship Matters DVD - a 2 hour presentation***

This is a professional recording of an outstanding presentation by Dr. Neufeld to a full house at the world famous Chan Centre for the Performing Arts in Vancouver, BC. The talk was received enthusiastically by both long-time students of Neufeld's approach as well as by those who had heard him for the first time. According to the audience, Dr. Neufeld did a brilliant job of explaining why a child's relationship to the adults responsible must be the context for parenting and teaching. All the basic constructs of his teaching are woven into this captivating presentation.



Foster Parent Library: Okanagan Foster Parents Association has an extensive library of resources for Vernon Area Foster Parents. The complete Resource List is available at [www.okfosterparents.ca](http://www.okfosterparents.ca), or make arrangements with Noelle to stop by and browse the shelves

*Have you borrowed library resources from the Foster Parent library? If you've had them more than a month, it's time to return them. They can be left at the 28th St MCFD office.*

Vernon Area Foster Parents Association  
presents

**Dr. Vanessa Lapointe R.Psych.**  
**The ABC's of Mental Health in Children:**  
**Recognizing and Intervening with Children in Care**

This workshop is designed to assist caregivers in identifying when a child may benefit from extra support in the area of mental health. Content will focus on children in the 0-12 year age range and differentiating mental health concerns from behavioural concerns. Topics addressed will include: an understanding of the origin of mental health versus behavioural issues in children; an understanding of how mental health issues “look” different from behavioural concerns in children; an overview of specific types of mental health challenges more typically experienced by children; information on common approaches to treatment of mental health challenges in children; and some resources/recommendations for behavioural strategies in working with children.

The specific needs and potential vulnerabilities of children in foster care will be addressed throughout.

*Dr. Lapointe has a background in school and developmental psychology, and currently works in private practice with babies/children and their parents. Her areas of expertise include psychoeducational assessment of children, as well as counseling children of all ages and supporting parents. Dr. Lapointe uses a variety of therapeutic approaches in her counseling work to help families and children with issues concerning parent/child attachment, parent/family empowerment, as well as anxiety, behavioral and mood difficulties. Dr. Lapointe's primary interests include understanding the wide array of psychosocial influences on young children's development, the utility and challenges of universal developmental screening, and promoting the healthy development of young children in foster care. Dr. Lapointe also enjoys teaching seminars to a wide range of professionals and parents, and consults with local and provincial organizations in a collaborative effort to improve outcomes for all young children. More information on Dr Lapointe's practice can be found on her website: [www.tothemoonandback.ca](http://www.tothemoonandback.ca)*

**9:00 am to 2:30 pm, Wednesday, September 23, 2009**  
**The People Place, 3402 - 27<sup>th</sup> Ave., Vernon**

**Cost: \$40 per person, \$20 for Vernon Area Foster Parents**  
**\$75 after Sept 15**

**Space is limited so register early to avoid disappointment.**  
**Lunch will be provided.**

*Priority will be given to Vernon Area Foster Parents who register by Sept. 11*

---

**The ABC's of Mental Health in Children:**  
**Recognizing and Intervening with Children in Care**

Send registration form and cheques made out to “**Vernon Foster Parents Association**”  
to Okanagan Foster Parents Association, # 301 3402 -27<sup>th</sup> Avenue, Vernon, BC, V1T 1S1

Name \_\_\_\_\_

Address \_\_\_\_\_

Ph# \_\_\_\_\_ email \_\_\_\_\_

# Protocols & Safeguarding

Foster Parents are at high risk for allegations of abuse or neglect – but there are many things you can do to increase safety for children in your care, your partner, and your birth children, and to reduce the possibility of allegations. By taking preventive measures and being aware, you can avoid difficult situations

A whole team of Foster Parents and Social Workers are getting together to offer you this training, which will focus on preventive parenting practices

\$10 for Foster Parents (to cover lunch)

9 AM – 2 PM

September 30 at the People Place

## Protocols & Safeguarding

Send registration form and cheques made out to **Noelle Typusiak**  
to Okanagan Foster Parents Association, #301 3402 –27<sup>th</sup> Avenue, Vernon, BC, V1T 1S1

Name \_\_\_\_\_

Address \_\_\_\_\_

Ph# \_\_\_\_\_ email \_\_\_\_\_