

VOLUME

09

SEPTEMBER  
2010

A MONTHLY  
NEWSLETTER FOR  
FOSTER & ADOPTIVE  
PARENTS IN UTAH



Utah Foster Care  
FOUNDATION

# fosterroster

## Utah Foster Care Foundation Offices

### Murray

5296 S. Commerce Dr. #400  
Murray, UT 84107  
Phone: 801.994.5205  
Fax: 801.994.5206  
Toll Free: 877.505.KIDS

### Ogden

3340 S. Harrison Blvd. #200  
Ogden, UT 84403  
Phone: 801.392.1114

### Orem

252 N. Orem Blvd.  
Orem, UT 84057  
Phone: 801.373.3006

### Price

475 W. Price River Dr. #152  
Price, UT 84501  
Phone: 435.636.0210

### Roosevelt

Phone: 435.724.0959

### Vernal

1052 W. Market Dr.  
Vernal, UT 84078  
Phone: 435.781.4224

### Moab

180 S. 300 E., Ste. C  
Moab, UT 84532  
Phone: 435.259.3345

### St. George

321 N. Mall Dr. #B102  
St. George, UT 84790  
Phone: 435.656.8065

### Richfield

201 E. 500 N.  
Richfield, UT 84701  
Phone: 435.896.1232



## STATEWIDE UPDATE

in this issue

ID Cards **P.1**

LGBTQ Listening Forums **P.2**

## Resource Parent ID Card Changes

The Utah Foster Care Foundation is implementing a change that will make it easier for families to shop and save at our Partners in Parenting (PIP) businesses across Utah.

For many years, the foundation has issued a Resource Parent ID Card to each currently licensed foster/adoptive family.

Sometimes families would not receive these cards for a variety of reasons. This caused difficulties in getting PIP discounts.

You will simply need to show your current Foster Care License (issued by the state) at the business to receive your discount. This change is effective immediately.

## Raging Waters!

For some foster/adoptive families, the Raging Waters event was the first time their kids had ever been to a water park. Thanks, Raging Waters for sponsoring the "splashiest" event of the year!

**Photo above:** Thanks to Cream o'Weber for the yummy ice cream treats!

**Photo right:** Tubin' and Slidin'!



**UFAFA  
Executive  
Committee**

President: Jennifer Gardner  
1st Vice President:  
Renee Calkins  
2nd Vice President:  
Cayce Thill  
Secretary:  
Michelle Ostmark  
Treasurer: Beth Hardman

Check out our website:  
[www.myufafa.com](http://www.myufafa.com)

# LGBTQ Listening Forums

The safety needs of all youth in state care are of primary importance. Each youth and their foster parents should have every chance of a safe and successful placement. - UFCF

Dear Foster Parent,

Have you cared for a lesbian, gay, bisexual, transgender or questioning (LGBTQ) youth? We invite you to participate in a Listening Forum addressing the needs of these youth who are placed in out-of-home care. We are hosting Listening Forums throughout the state. Bring your youth and join us at the location nearest you.

**Logan Wednesday 9/8:**

3:30-7:30pm Utah State University,  
Taggart Student Center, room 336

**Salt Lake City Thursday 9/9:**

3:30-7:30pm Sorenson Unity Center,  
Performance Theatre

**St. George Monday 9/13:**

3:30-7:30pm St. George Library,  
Community Room A

**Price Tuesday 9/13:**

3:30-7:30pm College of Eastern  
Utah, Student Center, Multipurpose  
Room

**Provo Wednesday 9/15:**

3:30-7:30pm Provo Library, Room  
302, 550 N. University

**Ogden Thursday 9/16:**

3:30-7:30pm, Unitarian Universalist  
Church, 705 23rd Street, Ogden

Please note that the first hour of each day is for youth only. Youth should arrive at 3:30pm and caregivers at 4:20pm. Food and beverages will be provided. Register to participate by contacting [nick@utahpridecenter.org](mailto:nick@utahpridecenter.org) or (801) 539-8800 ext. 29.

The Listening Forums are co-sponsored by Volunteers of America, Utah, Quality Youth Services, and the Utah Pride Center and are for all families involved with child and family services and juvenile justice. The Listening Forums will give you and youth in your care the opportunity to share your experiences, concerns, and suggestions for improving care for underserved LGBTQ youth.



# SALT LAKE VALLEY REGION UPDATE

SEPTEMBER 2010

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Trauma & Attachment Series **P.8**



### Salt Lake Valley Office

5296 S. Commerce Dr. #400  
Murray, UT 84107  
Phone: 801.994.5205  
Fax: 801.994.5206  
Toll Free: 877.505.KIDS

### Area Representative

Kirsten Fuller

### Foster/Adoptive Family Recruiters

Amy Boyack  
Christina LeCluyse  
Dan Webster

### Trainer

Liz Rivera

### Retention Specialist

Tina Porter

## Family Acceptance

**By Dr. Jenny Arm**  
Utah Pride Center

Utah is known for its strong families. Common knowledge tells us that families who accept and support their children are stronger and closer. Dr. Caitlin Ryan, a nationally respected family expert, states the same is true for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Dr. Ryan and her colleagues conducted research which included interviews with LGBTQ youth and their families. They learned that of those interviewed, LGBTQ youth who experienced negative feedback and rejection from their families were more than 8 times more likely to have attempted suicide, nearly 6 times more vulnerable to severe depression, more than 3 times more likely to abuse drugs, and more than 3 times more likely to be at high risk for HIV and sexually transmitted infections, compared to LGBTQ youth who were not rejected or only rejected a little by their families. But what Dr. Ryan also learned was that when youth were accepted by their families they were more likely to believe they can be happy as an adult, more likely to want to have a family as an adult, had closer relationships with their families, and they were more satisfied with their lives. Some families might feel uncomfortable about this topic. However, Dr. Ryan focused her study

on behaviors, not values, which means that there are many ways to express support and acceptance and decrease risk for suicide, depression, and other health concerns even if you feel uncomfortable.

To learn more, including practical suggestions to promote safety for youth:

1. Attend an in-service training: Youth Safety and Development: Effective Foster Parents with LGBTQ youth. Check the foster roster for a training in your area or talk to your cluster facilitator about setting up a training for your cluster.
2. Attend the upcoming Listening Forums. See page 2 for more details.
3. Attend the Family Conference and see Dr. Ryan present! Dr. Ryan is the keynote speaker for the conference, which will be Friday October 8th – Sunday October 9th. To register to attend, go to: <http://utahpridecenter.org/news/center-program-updates/item/71-the-family-conference-bringing-families-back-into-the-room>
4. Download a copy of a summary of Dr. Ryan's work. These booklets are quick reads and provide practical information about how to promote the health and well-being of LGBTQ youth: <http://familyproject.sfsu.edu/>

# What are Clusters?

Clusters are groups of foster, adoptive and kinship families that meet together on a monthly basis.

Clusters can help you:

- Obtain on-going training hours
- Meet other foster, adoptive and kinship families
- By providing support
- Arrange respite care
- Provide fun family activities

Call the Cluster facilitator nearest you or contact Tina Porter at 801.994.5205 for more information.

For more information on upcoming Cluster trainings, see "Upcoming In-service Trainings".

## Salt Lake Valley Cluster Concepts

Monthly Cluster announcements for currently licensed foster parents  
For in-service training details, see the training pages

### Murray/Midvale/East Salt Lake

**Facilitator:** Terumi  
801.699.9769

*Secondary Trauma*  
See training pages for details

### Kearns

**Facilitator:** Michelle  
801.755.4766  
mostmark12@aol.com

*Recognizing Gangs*  
See training pages for details

### Magna/West Valley

**Facilitator:** Linda  
801.690.6490  
peerparenting@gmail.com

*Secondary Trauma*  
See training pages for details

### Salt Lake Metro

**Facilitator:** Suzi  
801.487.4985  
suziramos72@gmail.com

*Secondary Trauma*  
See training pages for details

### Sandy/Draper

**Facilitator:** Naomi  
801.619.8069  
naomimartinsen@hotmail.com

No Cluster scheduled for September  
For in-service hours see training pages

### South Valley West/West Jordan

**Facilitator:** Valerie  
801.608.1871  
valerie.bangert@yahoo.com

*Documentation*  
See training pages for details

### Tooele/Adoptive Parents

**Facilitator:** Maia  
435.843.1090  
jmblaamc@juno.com

**Facilitator:** Cami  
435.882.1250  
camimead@hotmail.com

*K-9 Unit*  
See training pages for details

### Spanish/Cluster en Español

**Facilitator:** Jessica  
801.577.7161  
steadmanjessica@aol.com  
"El Amor y la Lógica", una forma de disciplina basada en el amor y respeto, con un enfoque en la comunicación clara y directa con los niños.



### To Register For Classes:

**Contact:**

Liz Rivera  
Salt Lake Valley  
Region Trainer

**Phone:**

801.994.5205

**Email:**

liz.rivera@utahfostercare.org

**Toll Free:**

877.505.5437

Please be ready with your name, phone number & the title of the class you would like to be registered for.

**Notes on**

**In-service Trainings:**

- Classes are for licensed foster parents
- Training hours will be applied to re-licensing requirements
- Primary caregivers are required to attend 12 hours of in-service training per year
- Secondary caregivers are required to attend 4 hours of in-service training per year
- ADULTS ONLY unless otherwise specified
- Classes start on time
- You must attend the entire class to receive credit

**Director of Education  
Mick Woolsey, LCSW**

**Phone:** 435.229.8808

**Email:** mick.woolsey@utahfostercare.org

## Salt Lake Valley Training

Monthly training announcements for currently licensed foster parents

### First Placement

**Date:** December 22nd

**Time:** 6pm - 8pm

**Location:** Utah Foster Care Foundation 5296 S. Commerce Dr. #400

**Presented by:**

DCFS/Liz Rivera

This training is a pre-service refresher as well as a chance to address specific issues with your current placement. We offer this class quarterly in the Salt Lake Valley.

### Foundations for Youth

**Sessions 1&2:** September 11; 10am-4pm

**Sessions 3&4:** September 25; 10am-4pm

**Location:** Utah Foster Care Foundation 5296 S. Commerce Dr. #400

**Presented by:**

Liz Rivera

It is essential to help youth build a solid foundation upon which they can more easily make the transition to living as adults and building life long connections for greater stability.

**Required for all foster parents of youth 14 and older.**

### Art and Science of Love; Strengthening Marriage

**Classes one & two**

November 20th; 10 am - 4 pm

**Classes three & four**

December 4th; 10 am - 4 pm

**Presented by:**

Bruce Parsons, PhD

The goal of this workshop is to begin by focusing on the couple's relationship and then translating what we learn to all relationships within the family.

\*All classes taught at UFCF Murray office 5296 S. Commerce Dr. #400.

### Parenting Tip of the Month

No one likes being controlled by others. Adults and children alike resent and resist it.

Jennie Marie Mahalick

# Salt Lake Valley Training

Monthly training announcements for currently licensed foster parents

## Upcoming In-service Trainings

### September 8th

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### IEP's, 504 and IDEA

Presented by  
John English

John is with the Disability Law Center and will join us to explain how to best advocate for our children in public schools.

### September 15th

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Documentation

Presented by  
Debbie Kartchner

We'll discuss importance of documentation and various methods.

*Sponsored by the  
SWW/West Jordan Cluster*

### September 22nd

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Recognizing Gangs

Presented by  
SLCO Sheriff's Office

A deputy from the gang enforcement unit will educate us on recognizing signs of gang activity.

*Sponsored by the  
Kearns Cluster*

### Training Tips:

- **Approved Trainings-** In-service trainings provided and approved by Utah Foster Care Foundation.

- **Foundations for Youth-** FFY is required for families caring for youth 14 and up.

- **Community & Partner Trainings-** Call your regional trainer for approval prior to attending a class or conference that is held within the community and is not a pre-approved training.

### REMINDER:

START YOUR RENEWAL HOURS EARLY. A YEAR GOES BY QUICKLY!

### September 25th

2:30pm  
Tooele City Park  
Corner of Vine & 200 W.

#### K-9 Unit

Presented by  
Tooele PD

The Tooele PD will showcase their K-9 unit.

*Sponsored by the  
Tooele Cluster*

### September 28th

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Secondary Trauma

Presented by  
Liz Rivera

Parenting traumatized children can have effects that we may not recognize. We'll discuss secondary trauma and its potential effects.

*Sponsored by the  
Murray/Magna/SL Clusters*

### October 7th

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Positive Discipline

Presented by  
Les Harris

This is the 2nd Part of the class on Positive Discipline that Les did in May. Come for more great discussion on discipline.

*Sponsored by the  
Kearns Cluster*

- **Approved On-line Training-** Families may visit the web site: [www.fosterclub.com](http://www.fosterclub.com) for up to 2 hours of online training per year.

- **Peer Parent Training and Resource Family Consultant (RFC) Training-** 6 hours each per year may be used toward licensure. RFC Training must be provided by DCFS RFCs.

### REMINDER:

**Family team meetings do not count toward in-service training hours.**

# Salt Lake Valley Training

Monthly training announcements for currently licensed foster parents

## Upcoming In-service Trainings, cont.

### October 12th

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### FASD

Presented by  
Lynn Tanner

Lynn will offer tips on par-  
enting children with Fetal  
Alcohol Spectrum Disorder

*Sponsored by the  
Murray Cluster*

### October 20th

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Working with Birth Families

Panel Discussion

Whether fostering and/  
or adopting, birth families  
are important in the lives  
of our children. This panel  
will address this issue.

*Sponsored by the  
SWW/West Jordan Cluster*

### November 8th

6pm-8pm  
12537 S. Crossing Drive  
just North of In & Out  
Burger

#### Enuresis & Encopresis

Presented by  
Liz Rivera

Toileting issues are a  
common childhood issue.  
We'll discuss causes &  
interventions to assist chil-  
dren to attain more regu-  
lar habits.

*Sponsored by the  
SWW/West Jordan Cluster*

### November 17th

6pm-8pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Strengthening Marriage

Presented by  
Darin Griffith, MS

Darin will discuss tips and  
techniques to keep mar-  
riages on track.

*Sponsored by the  
Kearns Cluster*

### November 20th

10am-4pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Art & Science of Love Parts 1 & 2

Presented by  
Dr. Bruce Parsons

The goal of this workshop  
is to begin by focusing on  
the couple's relationship  
and then translating what  
we learn to all relation-  
ships within the family.

### December 4th

10am-4pm  
Utah Foster Care  
Foundation 5296 S.  
Commerce Dr. #400

#### Art & Science of Love Parts 3 & 4

Presented by  
Dr. Bruce Parsons

The goal of this workshop  
is to begin by focusing on  
the couple's relationship  
and then translating what  
we learn to all relation-  
ships within the family.

## SLV

## Happenings

### Kids & Judges Day

September 9, 2010  
3:30 pm - 5:00 pm  
Matheson Courthouse

This is a great opportunity  
for children in foster care  
to see and learn about the  
court in a less intimidating  
and overwhelming  
experience.

Please contact your child's  
caseworker for more  
information!

### Free Bikes

The mission of the Salt  
Lake City Bicycle Collective  
is to promote cycling as an  
effective and sustainable  
form of transportation  
and as a cornerstone  
of a cleaner, healthier  
and safer society. The  
Bicycle Collective provides  
refurbished bicycles and  
educational programs to  
the community, focusing  
on children and lower  
income households.

If you have a child in foster  
care in need of a free bike  
- "no strings attached" -  
please contact Tina Porter:  
801.994.5205 or tina.  
porter@utahfostercare.  
org.

## Wishing Well Funds

Utah Foster Care Foundation has funds available to meet the special needs of children in foster care when DCFS is unable to meet these needs for any reason. *Funds are limited.*

Requests **MUST** include the following:

- Child's first name, last initial and age
- Foster parent's name and home address
- Caseworker's name and contact information
- The item being requested and the associated costs
- Brief description of how the child will benefit

Request should come in writing by a foster parent, the child in care or the caseworker.

### PLEASE NOTE:

- Dispersal of funds can take up to 4 weeks.
- Checks are mailed to the foster parent's home address.
- Funds are for children in foster care **ONLY**.
- Items covered by the foster care reimbursement or by Medicaid are not eligible.
- Only requests previously denied by DCFS are eligible.

### VACATIONS:

- A child in care can receive vacation funds only **ONCE** in their lifetime.
- Vacations are restricted monetarily & may not cover all costs.

### SUBMIT REQUESTS TO:

Tina Porter  
Utah Foster Care Foundation  
5296 So. Commerce Dr. #400  
Murray, UT 84107

OR

tina.porter@utahfostercare.org



## Attachment and Trauma Series

Two of the most common issues that children in care bring is a history of trauma and compromised attachment. These two series of three classes each will be offered on an ongoing basis.

### Attachment Series

Class One:  
*Introduction to Attachment*

Class one is a basic overview of attachment theory and its application to children in foster care.

Class Two:  
*Disorganized Attachment*

Of all the attachment outcomes, disorganized attachment is the most problematic, and probably the most common, for children in care. We'll discuss what it is and how to best support children with a compromised attachment history.

Class Three:  
*Adult Attachment*  
September 29th; 6-9pm  
Attachment is not just for children. This class of the series will discuss how our own attachment history can interact with our children's.

### Trauma and Development Series

Class One:  
*Trauma's Effect on the Developing Brain*  
October 25th; 6-9pm  
How trauma affects the developing brain of a child and the consequences.

Class Two:  
*Healing Trauma's Effects*  
November 22nd; 6-9pm  
How we can best support children who have a history of trauma.

Class Three:  
*Preventing Secondary Trauma*  
December 16th; 6-9pm  
Living with a traumatized child can affect other members of the family. We'll discuss how this occurs and how to minimize it.

ALL CLASSES HELD AT: UTAH FOSTER CARE FOUNDATION OFFICES  
5296 COMMERCE DRIVE #400

# NORTHERN REGION UPDATE

SEPTEMBER 2010

## in this issue

Back-to-School **P.9**

Cluster Concepts **P.10**

Training Updates **P.11**



### **Northern Region Office**

3340 S. Harrison Blvd. #200  
Ogden, UT 84403  
Phone: 801.392.1114  
Fax: 801.392.1112  
Toll Free: 877.392.1114

### **Area Representative**

Brenda Durtschi

### **Foster/Adoptive Family Recruiter**

Maryanne McFarland

### **Trainer**

Brian Young

### **Retention Specialist**

Mindy Lundgreen

## Preparing for a New School Year

*Compiled by Faith Spencer, Utah Foster Care Foundation*

In a recent survey asking kids what stresses them the most, more than 80 percent said school was the major source of stress in their life. This may be especially true with children in care. One 9-year-old girl explained it this way, "I switched from so many schools while I was in foster care. No one knew me and no one seemed to care. I hated school 'cause I was always failing. I couldn't read like everyone else. Why try when you know you will be moving on? Things are different for me now. I got adopted and my parents are working with my school. I have to do some tests, but my teacher says it will help me. Finally, someone is helping. Maybe one day I will like school and school will like me."

There is much that can be done to reduce anxiety and help kids prepare for the new school year. Here are a few ideas:

**Medical needs:** Be sure your kids are up to date on required immunizations, vision screenings and dental check-ups.

**Visit the school together:** Help your child locate bathrooms, their locker, and/or classroom(s). If available, review his/her schedule, and meet the teacher(s)

**Routine:** Family routines tend to slide in the summer. Prepare children for the new schedule by explaining the new routine and expectations.

**Be organized.** Have a system for recording assignments/due dates in each subject. A separate folder for homework may be helpful. All assignments that come and go from home need to travel in the designated folder.

**Plan to be involved:** Familiarize yourself with the information on the school website, check on-line grade access for parents, mark school events on the calendar, schedule and attend parent teacher conferences and the back to school program together.

# What are Clusters?

Clusters are groups of foster, adoptive and kinship families that meet together on a monthly basis.

Clusters can help you:

- Obtain in-service training hours
- Meet other foster, adoptive and kinship families
- Get support
- Arrange respite care
- Attend fun family activities

Call the Cluster facilitator nearest you or contact Mindy Lundgreen at 801.392.1114 for more information.

For more information on upcoming Cluster trainings, see "Upcoming In-service Trainings".

## Northern Region Cluster Concepts

Monthly Cluster announcements for currently licensed foster parents  
For in-service training details, see the training pages

### Cache Valley

**Facilitator:** Lara  
435.735.7232  
lara.nelson@digis.net

**Facilitator:** Jenn  
435.787.2858  
jilllewelyn@yahoo.com

Sept. 17th *Coping Strategies*  
See training page for details

### Box Elder

**Facilitator:** Ann  
435.723.3095  
graymob@comcast.net

See training page for details.

### Foster/Adoption

**Facilitator:** Janette  
801.546.9465  
janette@belnap.org

September Ho Down has been cancelled.  
See training pages for in-service trainings.

### North Ogden

**Facilitator:**

New Cluster Facilitator to be announced  
September Ho Down has been cancelled.  
See training pages for in-service trainings.

### Weber West

**Facilitator:** Rebekah  
801.773.7268  
houhi43@yahoo.com

Sept. 23rd *Advocacy*  
See training pages for details.

### North Davis

**Facilitator:** Patty  
801.544.7925  
pattymom2@msn.com

Sept. 23rd *Advocacy*  
See training pages for details.

### South Central Davis

**Facilitator:** Amanda  
801.298.6381  
david@davidburkemusic.com

Sept. 21st *The IEP Process*  
See training pages for details.

### Level III

**Facilitator:** Maryanne  
801.392.1114  
maryanne.mcfarland@utahfostercare.org

See training page for details.



# Northern Region Training

Monthly training announcements for currently licensed foster parents

## The IEP Process & Procedural Safegaurds

**Date:** September 22nd - **NEW DATE!**

**Time:** 6:00 - 8:00 pm

**Location:** Bountiful DCFS  
57 W. 200 N.

**Presented by:**

Roz Welch,  
Utah Parent Center

RSVP required to provide workshop DVD's and workbooks for those in attendance.

*Sponsored by the  
South/Central Davis Cluster*



## Insight: Legal Expectations for Foster Parents

**Presented by:**

Laura Thompson, AG Section Chief

**Ogden DCFS Office**

950 E. 25th Street

September 21st; Noon - 2:00 pm

September 30th; 6:00 - 8:00 pm

**Logan DCFS Office**

115 W. Golf Course Rd.

October 7th; 6:00 - 8:00 pm

## Foundations for Youth/ Level III

**Presented by:** DCFS Training Team

**Location:** Bountiful City Hall  
790 S. 100 E.

To register, contact Sherrin  
801.395.5986

**FFY Module 1**

**Date:** September 2nd; 5:30 - 9:30 pm

**FFY Module 2**

**Date:** September 9th; 5:30 - 9:30 pm

**FFY Module 3**

**Date:** September 16th; 5:30 - 9:30 pm

**FFY Module 4**

**Date:** September 23rd; 5:30 - 9:30 pm

**Level III Module 1**

**Date:** September 30th; 5:30 - 9:30 pm

**Level III Module 2**

**Date:** October 7th; 5:30 - 9:30 pm

### To Register For Classes:

**Contact:**

Brian Young  
Northern Region Trainer

**Phone:**

801.475.5537

**Email:**

brian.young  
@utahfostercare.org

**Toll Free:**

877.392.1114

Please be ready with your name, phone number & the title of the class you would like to be registered for.

**Notes on**

**In-service Trainings:**

- Classes are for licensed foster parents ONLY
- Training hours will be applied to re-licensing requirements
- Primary caregivers are required to attend 12+ hours of in-service training per year
- Secondary caregivers are required to attend 4+ hours of in-service training per year
- ADULTS ONLY unless otherwise specified
- Classes start on time
- You must attend the entire class to receive credit

**Director of Education  
Mick Woolsey, LCSW**

**Phone:** 435.229.8808

**Email:** mick.woolsey  
@utahfostercare.org

# Northern Region Training

Monthly training announcements for currently licensed foster parents

## Upcoming In-Service Trainings

## Resource Centers

The resource center is available to serve licensed foster and adoptive families in the northern region. All items are gently used and are donated by Kid-to-Kid and Plato's Closet. Clothing ranges in size from newborn to adult XXL. Equipment (strollers, cribs, high chairs, baby baths, bouncy chairs etc.) is frequently available. We also have shoes, books, bedding and other assorted items. Not all items can be guaranteed to be in stock. Please remember that the resource center is staffed by foster parents who volunteer their time to serve you. Their time, like yours, is valuable. To set up an appointment contact the following individuals as specified:

- **Bountiful area call:**  
Amanda: 801.298.6381
- **Willard area call:**  
Korrine: 801.391.5854  
Christy: 720.308.7823
- **Layton area call:**  
Mondays, Happie: 801.688.7191  
Tuesdays, Megan: 801.394.3540  
Wednesdays, Kirsten: 801.628.0069  
Thursdays, Kathy: 801.678.8135  
Fridays, Erin: 801.779.9203  
Saturdays, Amber: 801.814.5693
- **Layton area emergencies & appts:**  
Danyelle: 801.771.0887  
Thirza: 801.628.6819
- **Cache Valley area call:**  
Jen 435.787.2858

### September 16th

10:00 am - 12:30 pm  
Ogden DCFS  
950 E. 25th Street

#### Level III Catch Up

Presented by  
Sherrin Weiss

Catch Up will also be held:

- October 21st
- November 18th

*Sponsored by the  
Level III Cluster*

### September 17th

6:30 pm - 8:30 pm  
Logan DCFS  
115 W. Golf Course Rd.

#### Coping Strategies

Presented by  
Timothy Ledna, MSW

Please RSVP to attend class.

*Sponsored by the  
Cache Cluster*

### September 23rd

6:00 pm - 9:00 pm  
Clearfield DCFS  
1350 E. 1450 S.

#### Advocacy

Presented by  
Jennifer Gardner  
UFAPA President

*Sponsored by the  
Weber West Cluster*

### October 5th

6:00 pm - 9:00 pm  
Bountiful DCFS  
57 W. 200 N.

#### The Effects of Trauma on the Developing Brain

Presented by  
Liz Rivera, MS

Child care available with an  
RSVP only.

*Sponsored by the  
South Central Davis*

### October 13th

6:00 pm - 9:00 pm  
Ogden DCFS  
950 E. 25th Street

#### Insight: Allegations and the Role of DCFS

Presented by  
Dawn Hollingsworth,  
Mike Pomeroy, &  
Maegen Bernardo

*Sponsored by the  
Fost/Adopt &  
North Oaden Clusters*

### October 14th

7:00 pm - 9:00 pm  
Brigham DCFS  
1050 S. Medical Dr., #B

#### Attachment 101

Presented by  
Brian Young, SSW

Understanding the basics of attachment is very helpful in knowing what to expect from and how to respond to the children in your care.

*Sponsored by the  
Box Elder Cluster*

### Training Tips:

- **Approved Trainings-** In-service trainings provided and approved by Utah Foster Care Foundation.
- **Foundations for Youth-** FFY is required for families caring for youth 14 and up.
- **Community & Partner Trainings-** Call your regional trainer for approval prior to attending a class or conference that is held within the community and is not a pre-approved training.

#### IMPORTANT:

TO REGISTER FOR A TRAINING THAT IS CLUSTER-SPONSORED, YOU MUST CALL YOUR AREA CLUSTER FACILITATOR.

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- **Peer Parent Training and Resource Family Consultant (RFC) Training-** 6 hours each per year may be used toward licensure. RFC Training must be provided by DCFS RFCs.

#### REMINDER:

Family team meetings do not count toward in-service training hours.

## Northern Region Training

Monthly training announcements for currently licensed foster parents

### Upcoming In-Service Trainings, cont.

#### October 15th

6:30 pm - 8:30 pm  
Logan DCFS  
115 W. Golf Course Rd.

#### Grief & Loss... Theirs & Ours

Presented by  
Brian Young, SSW

Much time is spent trying to help children deal with their losses. What about our own?

Please RSVP.

*Sponsored by the  
Cache Cluster*

#### October 21st

10:00 am - 12:30 pm  
Ogden DCFS  
950 E. 25th Street

#### Level III Catch Up

Presented by  
Sherrin Weiss

*Sponsored by the  
Level III Cluster*

#### October 21st

6:30 pm - 8:30 pm  
Clearfield DCFS  
1350 E. 1450 S.

#### Attachment 101

Presented by  
Brian Young, SSW

Understanding the basics of attachment is very helpful in knowing what to expect from and how to respond to the children in your care.

*Sponsored by the  
Weber West/North Davis  
Clusters*

#### November 13th

10:00 am - Noon  
Brigham DCFS  
1050 S. Medical Dr., #B

#### Fire Safety/Law Enforcement

Presented by  
Brigham Fire Dept., Police  
Dept. & K-9 Units

*Sponsored by the  
Box Elder Cluster*

#### November 18th

10:00 am - 12:30 pm  
Ogden DCFS  
950 E. 25th Street

#### Level III Catch Up

Presented by  
Sherrin Weiss

*Sponsored by the  
Level III Cluster*

#### November 19th

6:30 pm - 8:30 pm  
Logan DCFS  
115 W. Golf Course Rd.

#### Fire Safety

Presented by  
Logan Fire Dept.

*Sponsored by the  
Cache Cluster*

# WESTERN REGION UPDATE

SEPTEMBER 2010

## in this issue

Prevent Poisoning **P.14**

Cluster Concepts **P.15**

Training Updates **P.16**



## Despite National Poisoning Decline, Utah Rates Stay the Same

Reprinted from:  
August 2nd, 2010 @ 9:58pm  
www. KSL.com

SALT LAKE CITY -- Utah is not part of a nationwide safety trend that shows the far fewer children in the United States are being injured by poisonings from household cleaners.

The journal Pediatrics found the rate of emergency room visits declined dramatically -- 46 percent -- over the last 15 years. In Utah, however, the rates stayed the same.

In fact, coordinators at the Utah Poison Control Center say the number of calls for household cleaners has increased.

The top poison risks in Utah homes are dish soaps, especially those that are packaged and look like candy; bleach; disinfectants, these colorful ones appeal; glass cleaner and floor cleaner.

"They're accessible and used the most, especially if you think about dishwashing detergent. You're probably using that every day at least, whereas other things, like floor cleaner, you might only use once a week or so," explained Marty Malheiro, spokeswoman for the Utah Poison Control.

To Stay Safe: Always lock up household cleaners and keep them in their original containers -- spray bottles send mixed messages.

Go to <http://uuhsc.utah.edu/poison/publiced/prevention.htm> for a list of more ways to prevent accidental poisoning.

### Western Region Office

252 N. Orem Blvd.  
Orem, UT  
Phone: 801.373.3006  
Fax: 801.373.3004  
Toll Free: 877.373.3006

### Area Representative

Wendy Bunnell

### Foster/Adoptive Family Recruiter

John Thill

### Trainer

Nancy Zelenak

### Retention Specialist

Jessica Hanneman

# What are Clusters?

Clusters are groups of foster, adoptive and kinship families that meet together on a monthly basis.

Clusters can help you:

- Obtain in-service training hours
- Meet other foster, adoptive and kinship families
- Get support
- Arrange respite care
- Attend fun family activities

Call the Cluster facilitator nearest you or contact Jessica at 801.373.3006 for more information.

For more information on upcoming Cluster trainings, see "Upcoming In-service Trainings".

## Western Region Cluster Concepts

Monthly Cluster announcements for currently licensed foster parents  
For in-service training details, see the training pages

### South Cluster

**Facilitator:** Jilean  
435.623.4049  
brijil98@yahoo.com

**Facilitator:** Jessica  
801.373.3006  
jessica.hannemann@utahfostercare.org

Please see training pages for more information.

### Kinship/Adoption

**Facilitator:** Cayce  
801.426.4880  
thilltribe@juno.com

Please see training pages for more information.

### Central Cluster

**Facilitator:** Beth  
801.426.8782  
bethha@provo.edu

Please see training pages for more information.

### Level III

**Facilitator:** Cindy  
801.785.1014  
montano1000@aol.com

Please see training pages for more information.

### Timpanogos

**Facilitator:** Jennie 801.756.1845  
jennie@1daywindow.com  
**Facilitator:** Becky 801.756.1845  
beckymaland@hotmail.com

Please see training pages for more information.

### North Star

**Facilitator:** Shanna  
801.360.2011  
northstarcluster@yahoo.com

**Facilitator:** Amanda  
801.319.3678  
northstarcluster@yahoo.com

Please see training pages for more information.

### Crossroads

**Facilitator:** Stephanie  
801.789.7753  
eventsinabox@yahoo.com

Please see training pages for more information.

### Wasatch/Summit

**Facilitator:** No facilitator  
call Utah Foster Care Foundation  
@ 801.373.3006

Please see training pages for more information.

### To Register For Classes:

**Contact:**

Nancy Zelenak  
Western Region Trainer

**Phone:**

801.373.3006

**Email:**

nancy.zelenak  
@utahfostercare.org

**Toll Free:**

877.373.3006

Please be ready with your name, phone number & the title of the class you would like to be registered for.

#### Notes on In-service Trainings:

- Classes are for licensed foster parents ONLY
- Training hours will be applied to re-licensing requirements
- Primary caregivers are required to attend 12+ hours of in-service training per year
- Secondary caregivers are required to attend 4+ hours of in-service training per year
- ADULTS ONLY unless otherwise specified
- Classes start on time
- You must attend the entire class to receive credit

#### Director of Education Mick Woolsey, LCSW

**Phone:** 435.229.8808

**Email:** mick.woolsey  
@utahfostercare.org

## Western Region Training

Monthly training announcements for currently licensed foster parents

### Your First Placement

**Date:** October 8; 10am  
**Location:** Utah Foster Care Foundation 252 N. Orem Blvd.

**Presented by:**  
Nancy Zelenak

This two hour training is a MUST for newly licensed parents (within your first year of licensure)!



### Allegation Prevention

**Date:** September 1; 10:00 am  
**Location:** Orem DCFS  
1106 N. 1200 W.

**Presented by:**  
Nancy Zelenak

This training will review ideas to prevent allegations of abuse/neglect and we'll discuss what happens after an allegation occurs.

### Foundations for Youth

- FFY #1: Building Trusting Relationships**  
Thursday, October 7; 10am-2pm
  - FFY #2: Adolescent Behavior**  
Thursday, October 21; 10am-2pm
  - FFY #3: Assessing, Planning & Teaming**  
Thursday, November 4; 10am-2pm
  - FFY #4: The Goals of Transition to Adult Living**  
Thursday, November 18; 10am-2pm
- Presented by:**  
Nancy Zelenak

This is a required training for DCFS foster parents wanting to foster youth aged 14 and older. The author of this training will be presenting the newest parenting tools for helping these youth prepare for life and lifelong relationships in this four part series.

Class 1 will be held at Orem UFCF; 252 N. Orem Blvd.  
Class 2 will be held at Orem DCFS; 1106 N. 1200 W.

### Did You Know?

Adoption Legal Filing Fees went up to \$368; payable up front to the District Court which is facilitating your adoption about one month prior to the adoption date.

### Training Tips:

- **Approved Trainings-** In-service trainings provided and approved by Utah Foster Care Foundation.
- **Foundations for Youth-** FFY is required for families caring for youth 14 and up.
- **Community & Partner Trainings-** Call your regional trainer (found on page 4) for approval prior to attending a class or conference that is held within the community and is not a pre-approved training.

#### IMPORTANT:

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- **Approved On-line Training-** Families may visit the web site: [www.fosterclub.com](http://www.fosterclub.com) for up to 2 hours of online training per year.
- **Peer Parent Training and Resource Family Consultant (RFC) Training-** 6 hours each per year may be used toward licensure. RFC Training must be provided by DCFS RFCs.

#### REMINDER:

**Family team meetings do not count toward In-service training hours.**

## Western Region Training

Monthly training announcements for currently licensed foster parents

### Upcoming In-service Trainings

#### September 2nd

6:30pm - 8:30pm  
American Fork DCFS  
861 E. 900 N.

#### Anger Management, Part 2

Presented by  
Steve Anderson

Part Two examines what tools worked (or didn't work) for you and what to do next. Steve Anderson is a Provo District Behavioral Therapist - don't miss this once a year training!

*Sponsored by the  
North Star Cluster*

#### September 2nd

6:30pm - 8:30pm  
4101 Wood Road.,  
Eagle Mt.

#### Strengthening Families

Presented by  
Cassie Beck

Cassie is a DCFS employee who usually teaches this class in 8 sessions. She is going to consolidate much of her material as a 'review' for our foster parents. Even though it's a drive to Eagle Mtn, you will find this information very valuable and practical. Please RSVP.

*Sponsored by the  
Crossroads Cluster*

#### September 8th

10:00am - Noon  
Orem DCFS  
1106 N. 1200 W.

#### Anxiety Management

Presented by  
Kayelyn Robinson

Recognizing and regulating your own emotions are the first steps to building and re-building relationships.

*Sponsored by the  
Level 3 Cluster*

#### September 14th

6:30pm - 8:30pm  
American Fork DCFS  
861 E. 900 N.

#### Addictions, Part 4

Presented by  
Martin Roundy

The first 3 sessions were so popular that we need a 'part 4' for wrap-up and Q&A's! Even if this is your first class, COME and LEARN!

*Sponsored by the  
Timpanogos Cluster*

#### September 15th

7:00pm - 9:00pm  
UFCF 252 N. Orem Blvd.

#### Grocery Shopping Tips and Meal Planning

Presented by  
Cayce Thill

Cayce, mother of 16, definitely has tips for shopping and meal planning that compares to nothing else. Come learn the techniques and become an 'shopper-on-a-shoe-string-budget' guru!

*Sponsored by the  
Kinship/Adoption Cluster*

#### October 12th

6:30pm - 8:30pm  
American Fork DCFS  
861 E. 900 N.

#### HELP! A Support Group...

Presented by  
Cluster Attendees

This is a fun opportunity to vent in a safe atmosphere. Come learn how other foster parents deal with the ups and downs of fostering.

*Sponsored by the  
North Star Cluster*

# Western Region Training

Monthly training announcements for currently licensed foster parents

## Upcoming In-service Trainings

### October 13th

10:00am - Noon  
Orem DCFS  
1106 N. 1200 W.

#### Strengthening Marriage Relations

Presented by  
Joy and Gary Lundberg

The Lundbergs are local authors and inspirational speakers. Check this out: <http://www.garyjoylundberg.com> Don't miss this one!!

*Sponsored by the  
Level 3 Cluster*

### October 20th

6:30 pm - 8:30 pm  
Utah Foster Care Foundation  
252 N. Orem Blvd.

#### Those That've Been There

Presented by  
Panel of Young Adults

Hear the stories, meet the young adults and get their perspective of life in foster care. Bring your own teens, too...

*Sponsored by the  
Central Cluster*

### October 27th

7:00pm - 9:00pm  
UFCF 252 N. Orem Blvd.

#### Relax Amidst the Holidays

Presented by  
Cacye Thill

Bring your favored holiday treat and recipe.

*Sponsored by the  
Kinship/Adoption Cluster*

### November 4th

6:30 pm - 8:30 pm  
4101 Wood Road  
Eagle Mtn.

#### HELP! A Support Group

Presented by  
Stephanie Larrabee

Come learn how other foster parents deal with the ups and downs of fostering. Please RSVP to the Cluster facilitator!

*Sponsored by the  
Crossroads Cluster*

### November 9th

6:30 pm - 8:30 pm  
American Fork DCFS  
861 E. 900 N.

#### Save the Placement!

Presented by  
DCFS Resource  
Family Consultants

This training is presented by the RFC's whom you know and love! They will share insights and experiences so that you can be successful!

*Sponsored by the  
Timpanogos Clus*

### November 10th

6:30 pm - 8:30 pm  
Orem DCFS Office;  
1106 N. 1200 W.

#### Working on Relationships with Youth

Presented by  
Bryant Jenks

Bryant is a therapist at WMH. He will examine the building blocks of relationships with youth and encourage you through it all!

*Sponsored by the  
Level 3 Cluster*

### November 16th

7:00 pm - 9:00 pm  
Heber City DCFS Office  
69 N. 600 W.

#### Children With Mental Illness

Presented by  
Allies with Families

Helping to care for children or youth with a diagnosed mental illness? You must come get the tools for this special population.

*Sponsored by the  
Wasatch/Summit Cluster*

\*\*\*\*\*

### November 17th

6:30 pm - 8:30 pm  
Utah Foster Care Foundation;  
252 N. Orem Blvd

#### Community Resources

Presented by  
Nancy Zelenak

Are you a new foster parent? If so, you will really benefit from discovering the many resources in our community and how to access them.

*Sponsored by the  
Central Cluster*

# SOUTHWEST REGION UPDATE

SEPTEMBER 2010

## in this issue

The Eyes, Ears, Hands and Feet **P.19**

Cluster Concepts **P.20**

Training Update **P.21**



### St. George Office

321 N. Mall Dr # B102  
St. George, UT 84790  
Phone: 435.656.8065  
Fax: 435.656.8071  
Toll Free: 877.656.8065

### Area Representative

Debbie Hofhines

### Trainer

Cliff Farnsworth

### Retention Specialist

Diane Callister

### Richfield Office

201 E. 500 N.  
Phone: 435.896.1232  
Toll Free: 877.656.8065

### Foster/Adoptive Family Recruiter/ Retention Specialist

Marissa Douglas

## The Eyes, Ears, Hands and Feet of Recruitment

By **Debbie Hofhines**

Southwest Region  
Area Representative

I went to the Washington County Fair last weekend. Along with all the fair food, rides, animals and horticultural exhibits, I observed different vendors and booths in the commercial display section. I wondered if this might be a good venue for the Utah Foster Care Foundation to bring awareness about foster care needs in the community. I am certain it would, but wondered how one person could cover an event of this magnitude for four consecutive days all by herself. That is why we depend on foster care ambassadors to help us.

Recruiting foster/adoptive families is a huge job, especially in a region as large as ours, which includes 9 counties in the southwest corner of Utah. It is a job I love, but find it very challenging to be in all the areas I need to be in. Luckily, we have Marissa Douglas covering the northern part of the region, and boy, am I ever grateful!

We have learned, from years of tracking these things, that foster and/or adoptive parents make the best recruiters. You know what you're talking about...you've walked the walk, etc. That is why we have an ambassador program. We can pay our ambassadors to help with events, set up information tables and/or speak at events. Some of you have been called to participate in a survey about your foster care experience. We'll be using the results of this survey to put together an ambassador program in your area. In the mean time, if you'd like to be part of the ambassador program, please call me. I'd love to do more events that really get us "out there" and welcome input from our clever and resourceful foster/adoptive families on how we can accomplish that. I have some events in St. George and Cedar City coming up that I could use some help with. If you are interested in learning what you can do to help, please call me at 435-656-8065 or email me at [debbie.hofhines@utahfostercare.org](mailto:debbie.hofhines@utahfostercare.org).

# What are Clusters?

Clusters are groups of foster, adoptive and kinship families that meet together on a monthly basis.

Clusters can help you:

- Obtain in-service training hours
- Meet other foster, adoptive and kinship families
- Get support
- Arrange respite care
- Attend fun family activities

Call the Cluster facilitator nearest you or contact Diane Callister at 435.656.8065 for more information.

For more information on upcoming Cluster trainings, see "Upcoming In-Service Trainings".

## Southwest Region Cluster Concepts

Monthly Cluster announcements for currently licensed foster parents  
For in-service training details, see the training page

### Cedar City/Beaver

**Facilitator:** Amy  
435.586.7403  
bates4ever@hotmail.com

**Facilitator:** Lisa  
435.438.2651

*Character Code*  
See training pages for details.

### St. George

**Facilitator:** Brandee  
435.668.1578  
brandeestaheli@msn.com

*Color Code*  
See training pages for details.

### Richfield

**Facilitator:**

*Women's Retreat*  
See training pages for details.

### Manti

**Facilitator:** Nancy  
435.283.5020  
njbean11@yahoo.com

*Women's Retreat*  
See training pages for details.

### UFCF on Facebook

Foster families in the Southwest Region can now connect with each other on a private Facebook page. No one will see this group, except for approved foster/adoptive/kinship parents. It's a great way to communicate with other parents, find out about upcoming trainings and activities.

You need to be invited to join, so send your request to [diane.callister@utahfostercare.org](mailto:diane.callister@utahfostercare.org).

There is also an "open" Facebook page for Utah Foster Care Foundation where you can communicate with families statewide.



### Training Tips:

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Family team meetings do not count toward in-service training hours.

## Southwest Region Training

Monthly training announcements for currently licensed foster parents

### Upcoming In-Service Trainings

| September 18th   | September 18th  | September 23rd   |
|--|---|--|
| <p>9:00am - Noon<br/>Cedar DCFS Regional Office; 856 Sage Dr.</p> <p><b>Character Code</b></p> <p>Presented by<br/>Brian Young, SSW</p> <p>This training will review what we learned in the Color Code and take it to the next level. Character is a choice, not chance.</p> <p><i>Sponsored by the Cedar Cluster</i></p>                  | <p>6:00pm - 9:00pm<br/>St. George DCFS Office<br/>359 E. Riverside Dr.</p> <p><b>Color Code</b></p> <p>Presented by<br/>Brian Young, SSW</p> <p>Come and enjoy a fun and informative way of looking at and understanding yourself and your relationships.</p> <p><i>Sponsored by the St. George Cluster</i></p> | <p>6:30 - 8:30pm<br/>St. George DCFS Office<br/>359 E. Riverside Dr.</p> <p><b>Maternal &amp; Fetal Alcohol, Tobacco &amp; Drugs</b></p> <p>Presented by<br/>Julia Robertson,<br/>Program Manager, Utah Department of Health</p> <p>Come learn about the impact of drugs and alcohol on mothers and their unborn children.</p> <p><i>Sponsored by the St. George Cluster</i></p> |
| September 24-25th  | October 8th   | October 20th   |
| <p><b>Women's Retreat</b></p> <p>Presented by<br/>Nancy Bean</p> <p>Come enjoy some time away from the family while relaxing at a cabin. 4 hours of training will be provided.</p> <p>The fun begins at 6:00 pm on Friday in Antimony!</p> <p>RSVP for complete details.</p> <p><i>Sponsored by the Manti &amp; Richfield Clusters</i></p> | <p>6:00 pm - Midnight<br/>Location TBA</p> <p><b>Women's Retreat</b></p> <p>Budgeting &amp; Canning Training Presented by<br/>Carolyn Washburn</p> <p>Dinner will be served!</p> <p>RSVP for complete details.</p> <p><i>Sponsored by the Cedar/Beaver &amp; St. George Clusters</i></p>                        | <p>6:30 - 8:30 pm<br/>Nancy's Home</p> <p><b>Topic TBA</b></p> <p>Mark your calendar and save the date for our October meeting!</p> <p><i>Sponsored by the Manti Cluster</i></p>   |

# Southwest Region Training

Monthly training announcements for currently licensed foster parents

## Upcoming In-service Trainings, cont.

### November 6th

9:00 am - Noon  
St. George DCFS Admin;  
359 E. Riverside Dr.

#### Advocacy Training

Presented by  
Jennifer Gardner,  
UFAFA President

Come learn how to advocate for yourself as a foster parent and for your children in various settings while working in the DCFS system.

*Sponsored by the  
St. George Cluster*

### November 17th

7:00 - 9:00 pm  
Amy's Home

#### Providing a Safe Environment for LGBTQ Youth

Presented by  
Jenny Arm

Statistically LGBTQ youth are more likely to be the targets of violence. They are also more likely to become homeless. This training will help us find ways to create safe environments for these youth.

*Sponsored by the  
Cedar/Beaver Cluster*

### November 18th

6:30 - 8:30 pm  
St. George DCFS Admin;  
359 E. Riverside Dr.

#### Providing a Safe Environment for LGBTQ Youth

Presented by  
Jenny Arm

Statistically LGBTQ youth are more likely to be the targets of violence. They are also more likely to become homeless. This training will help us find ways to create safe environments for these youth.

*Sponsored by the  
St. George Cluster*

### November 20th

6:00 pm  
Nancy's Home

#### Family Holiday Party

Details TBA.

*Sponsored by the  
Manti Cluster*

### Training Reminder

When using fosterclub.com, remember to enter my email as well and I will automatically receive your quiz verifications.

Thanks,  
Cliff

cliff.farnsworth@  
utahfostercare.org

### Just a Thought

"Troubled children are in pain. Only patient, loving, consistent care works. There are no short-term miracle cures."

~Dr. Bruce Perry

### To Register For Classes:

#### Contact:

Cliff Farnsworth  
Southwest Region Trainer

#### Phone:

435.656.8065

#### Email:

cliff.farnsworth  
@utahfostercare.org

#### Toll Free:

877.656.8065

Please be ready with your name, phone number & the title of the class you would like to be registered for.

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- Classes are for licensed foster parents ONLY
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- ADULTS ONLY unless otherwise specified
- Classes start on time
- You must attend the entire class to receive credit

**Director of Education  
Mick Woolsey, LCSW**

**Phone:** 435.229.8808

**Email:** mick.woolsey  
@utahfostercare.org

# EASTERN REGION UPDATE

SEPTEMBER 2010

## in this issue

Reading **P.23**

Cluster Concepts **P.24**

Training Updates **P.25**



## Motivating Reluctant Readers

**By: Lee Tobin McClain, PH.D.**

Fostering Families Today  
March/April 2009

When it comes to reading, kids in foster care sometimes aren't motivated. Perhaps they've missed out on being read to, one of the primary ways little kids learn to love books. Maybe too many school changes caused them to miss out on crucial reading instruction, resulting in embarrassing gaps in understanding and fluency.

It's worth trying to improve motivation to read, because those who are motivated will read more and thus learn to read better. And strong readers excel in school, get better jobs, make more money, vote more, volunteer more and in a recent study, are more likely to stay out of prison.

How can you help children feel better about their reading ability? The number one method is to provide reading materials that are both interesting and easy for them. Books and magazines targeted toward younger children, but on topics of interest are one way. There's also a whole world of books published with high interest and low reading level in mind; try H-I-P (High Interest Publishing), Keystone books or Orca Publishing, or just do an Internet search for

Hi/Lo Readers.

When researchers asked children what motivated them to read, their number one answer was personal interest. As an adult, you've probably had the experience of reading voraciously about a subject just because it interested you—cookbooks if you're a foodie, fashion magazines if you're passionate about style, or the sports page if you love the NFL. Try to detect a child's major interests and leave related reading material in plain sight.

Peers are important sources of book referrals. Children are highly motivated to read what their friends are reading. Family members who sit down each day to read a book or newspaper model behavior children are likely to imitate.

Adults who buy books for children or take them to the library provide all-important access to books. And adults who read to children motivate them by creating an association between pleasure, relationships and reading.

Motivating kids to read takes some time and energy, but it's one of the best ways to support them as they move toward a positive future.

### Eastern Region Office

475 W. Price River Dr. #152  
Price, UT 84501  
Phone: 435.636.0210  
Fax: 435.637.9702  
Toll Free: 877.636.0210

### Area Representative

Kobi Marchello

### Moab Office

180 S. 300 E. Suite C  
Moab, Utah 84532  
Phone: 435.259.3345  
Fax: 435.259.2691

### Foster/Adoptive Family Recruiter & Retention Specialist

Geri Winkler

### Vernal Office

1052 W. Market Drive  
Vernal, Utah 84078  
Phone: 435.790.4225  
Fax: 435.781.1539

### Trainer

Les Harris

### Roosevelt Office

RR 3 Box 8008  
Roosevelt, Utah 84066  
Phone: 435.724.0959  
Fax: 435.722.6566

### Retention Specialist

Faith Spencer

# What are Clusters?

Clusters are groups of foster, adoptive and kinship families that meet together on a monthly basis.

Clusters can help you:

- Obtain in-service training hours
- Meet other foster, adoptive and kinship families
- Get support
- Arrange respite care
- Attend fun family activities

Call the Cluster facilitator nearest you or contact Faith Spencer at 435.724.0959 for more information.

For more information on upcoming Cluster trainings, see "Upcoming In-service Trainings".

## Eastern Region Cluster Concepts

Monthly Cluster announcements for currently licensed foster parents  
For in-service training details, see the training pages

### Grand/San Juan

**Grand Facilitator:** Kim  
435.259.0665  
kima\_35@yahoo.com

**San Juan Facilitator:** Jackie  
435.678.3019  
jb\_squared@yahoo.com

*Motivating Teens*

See training pages for details.

### Carbon/Emery/Adoption

**Facilitator:** Glenna  
435.748.2626  
ldsgjs@etv.net

No meeting in September. See training page for UFCF sponsored trainings.



### Uintah Basin

**Facilitator:** Shanna  
435.722.6885  
sandngoodrich@gmail.com

**Facilitator:** Debbie  
435.724.6746  
kdmyers@ubtanet.com

*Multi-Disciplinary Panel*

See training pages for details



*The Uintah Basin Cluster Party.*



*The end of The Fun Run, held in Price in May.*

# Eastern Region Training

Monthly training announcements for currently licensed foster parents

## September 14th

5:30 - 9:30 pm  
Vernal DCFS Office

### Multi-Disciplinary Panel

Presented by  
Collateral Agencies

Foster parents will be given an opportunity to learn the roles of various partner agencies to assist them with caring for the children placed in their homes.

*Sponsored by the  
Uintah Basin Cluster*



## Foundations for Youth

Presented by:  
Les Harris

It is essential to help youth build a solid foundation upon which they can more easily make the transition to living as adults and build connections for greater stability.

**Required for all foster parents of youth 14 and older.**

- See the next page for class details. This class is not offered every month.

## In-service Training Protocol

By now, most foster parents are likely are familiar with the annual requirements for in-service training hours to renew a license. All foster families with an active license must remember to renew that license before it expires at the end of the month. Licensing cannot extend licenses beyond the expiration date. This becomes very important to remember since all NEW foster parents must obtain fingerprints with background checks prior to licensure. This rule does not apply to existing homes UNLESS the license expires. If you allow your license to expire, you will be required to obtain fingerprints with your BCI at a cost of \$24 to \$48 per set. So remember to keep current on your training hours. Here is a summary of the ways in which your training hours can be obtained.

- All Utah Foster Care Foundation sponsored trainings which are advertised in the Foster Roster.
- Community events or training that offer education around children's issues such as discipline, behavior management, mental health issues, and educational needs.
- First Aid & CPR training.
- Participation in your library's summer reading program

**Training that is not offered by the Utah Foster Care Foundation must be approved by Les Harris, 435-781-4224.** If you have any questions please feel free to call.

### To Register For Classes:

**Contact:**

Les Harris  
Eastern Region Trainer

**Phone:**

435.781.4224

**Email:**

les.harris@utahfostercare.org

**Toll Free:**

877.505.5437

Please be ready with your name, phone number & the title of the class you would like to be registered for.

**Notes on**

**In-service Trainings:**

- Classes are for licensed foster parents ONLY
- Training hours will be applied to re-licensing requirements
- Primary caregivers are required to attend 12+ hours of in-service training per year
- Secondary caregivers are required to attend 4+ hours of in-service training per year
- ADULTS ONLY unless otherwise specified
- Classes start on time
- You must attend the entire class to receive credit

**Director of Education  
Mick Woolsey, LCSW**

**Phone:** 435.229.8808

**Email:** mick.woolsey@utahfostercare.org

### Training Tips:

- **Approved Trainings-** In-service trainings provided and approved by Utah Foster Care Foundation.
- **Foundations for Youth-** FFY is required for families caring for youth 14 and up.
- **Community & Partner Trainings-** Call your regional trainer (found on page 5) for approval prior to attending a class or conference that is held within the community and is not a pre-approved training.

#### IMPORTANT:

TO REGISTER FOR A TRAINING THAT IS CLUSTER-SPONSORED, YOU MUST CALL YOUR AREA CLUSTER FACILITATOR.

- **Approved On-line Training-** Families may visit the web site: [www.fosterclub.com](http://www.fosterclub.com) for up to 2 hours of online training per year.
- **Peer Parent Training and Resource Family Consultant (RFC) Training-** 6 hours each per year may be used toward licensure. RFC Training must be provided by DCFS RFCs.

#### REMINDER:

Family team meetings do not count toward In-service training hours.

## Eastern Region Training

Monthly training announcements for currently licensed foster parents

### Upcoming In-service Trainings

#### September 7th

5:30 - 9:30 pm  
Price DCFS Office

#### Foundations for Youth, class 1

Presented by  
Les Harris, LCSW

It is essential to help youth build a solid foundation upon which they can more easily make the transition to living as adults and build connections for greater stability.

Required for all foster parents caring for youth age 14 and older.

#### September 21st

1:00 - 5:00 pm  
Price DCFS Office

#### Foundations for Youth, class 2

Presented by  
Les Harris, LCSW

It is essential to help youth build a solid foundation upon which they can more easily make the transition to living as adults and build connections for greater stability.

Required for all foster parents caring for youth age 14 and older.

#### October 6th

5:30 - 9:30 pm  
Price DCFS Office

#### Foundations for Youth, class 3

Presented by  
Les Harris, LCSW

It is essential to help youth build a solid foundation upon which they can more easily make the transition to living as adults and build connections for greater stability.

Required for all foster parents caring for youth age 14 and older.

#### October 20th

1:00 - 5:00 pm  
Price DCFS Office

#### Foundations for Youth, class 4

Presented by  
Les Harris, LCSW

It is essential to help youth build a solid foundation upon which they can more easily make the transition to living as adults and build connections for greater stability.

Required for all foster parents caring for youth age 14 and older.

#### November 10th

6:00 - 9:00 pm  
Blanding DCFS Office

#### Motivating Teens

Presented by  
Les Harris, LCSW

One of the most difficult challenges parents face is motivating teens to perform daily tasks and fulfill their responsibilities at home and at school. This training will provide some helpful ideas related to helping teens to remain focused on their goals and objectives.

*Sponsored by the Grand/San Juan Cluster*

#### November 16th

1:00 - 4:00 pm  
Roosevelt DCFS Office

#### Helping Youth Transition to Adult Living

Presented by  
Les Harris, LCSW

Foster and adoptive parents are essential to helping youth in their care achieve success. This training will provide caregivers with strategies to assist youth making a transition into adulthood.

*Sponsored by the Uintah Basin Cluster*