

TRAINING TRACKS

August - December 2019

Greetings from Alaska Center for Resource Families

ACRF provides support and training for foster, adoptive, guardian and relative caretakers in Alaska

Infant and Child CPR and First Aid Training

Foster Parents Encouraged to Get CPR Trained Beginning July 1, 2019



Although you hope you'll never have to use cardiopulmonary resuscitation (CPR) on a child or infant, it is important to know the steps so that you can help in the event of a cardiac or breathing emergency.

The Office of Children's Services is highly recommending licensed foster parents take **Infant and Child CPR** and **First Aid** training. One training hour credit will be given for every hour you are in the training. The Alaska Center for Resource Families (ACRF) website has a list of approved CPR and First Aid training courses. Please feel free to let ACRF know of any other excellent training programs for CPR and First Aid. On-line CPR and First Aid training from the American Red Cross will be accepted for foster parents who live in communities that do not have a hands-on class. To support you in taking the classes, as of July 1, 2019, the Office of Children's Services will reimburse you the cost* of the **Child and Infant CPR** and **First Aid** training you take after that date if you are a licensed foster parent. After you have completed your training, present a copy of your receipt and certificate to your OCS Community Care Licensing Specialist. A reimbursement check will be mailed to you. A copy of your receipt and certificate is required in order to be reimbursed for the cost of the class. Your Community Care Licensing Specialist will send a copy of your certificate to ACRF for training hours and these hours will count toward your training requirement. Contact your Community Care Licensing Specialist or your local Alaska Center for Resource Families office (or call ACRF toll free at 1-866-478-7307) if you have any questions.

**Please note that treatment foster parents with a placement agency should secure CPR/First Aid Training through their monitoring agency and are not eligible for reimbursement through OCS.*

How to Apply for OCS Child Care Support

If you are a foster parent who needs child care support for a foster child in your home, contact the OCS Child Care Unit in Juneau at (907) 465-5648 or toll free 1-844-465-5648 or ocschild-care@alaska.gov. You no longer need to go through your caseworker but go directly to this unit. Child care providers need to be licensed providers to qualify or willing to get licensed and all child care requests must be reviewed and preapproved by the OCS child Care Unit before you make a commitment to that provider. You will need to provide the unit with information on the selected child care including contact person, address, and phone number. This type of assistance is used strictly for child care services. OCS will not pay day care late fees, additional charges for early/late drop-off or pick up activity or transportation fees and there is a limit of \$700 a month for child care fees. For more information, contact a Child Care Payment Specialist directly.

ACRF Satisfaction Survey

Look for the ACRF Satisfaction Survey coming out in August and help us improve. We are sending out a Survey Monkey to get your feedback and ideas of how we are doing. It only takes a few minutes on line to take the survey and you can enter for a chance to earn a \$25 Amazon gift card. We welcome your ideas!

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www.acrf.org

WIC Program moving to "eWIC" Cards



ATTN ALASKA FOSTER PARENTS! The WIC Program is moving from checks to an Electronic Benefit Transfer Card called "eWIC." This eWIC card looks and acts like a debit card. Foster children under the age of five are eligible for WIC so foster parents should know that the new system is rolling out across the state in stages. Anchorage, the Interior, and the Mat-Su rolled out in June. Southcentral will roll in mid- July and Western and Southeast Regions will be in August. Go to the State of Alaska website under DHSS/Public Assistance/WIC for more information and a great video that explains it all.

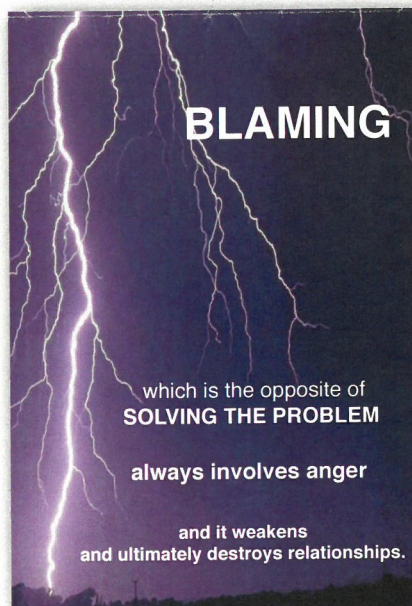
1.0 HOUR SELF-STUDY

Licensed foster parents can read the following article and earn foster parent training credit by filling out the quiz and returning it to the Alaska Center for Resource Families.

CLAIMING - NOT BLAMING!

“**Blaming** – the fine art of making others responsible for all the difficult things that happen to us – is something our modern society seems to support as perfectly acceptable. Reality TV shows force feed us scenes of one character blaming another, and newspapers are awash with stories about how all of society’s problems are to be blamed on politicians or terrorists and there is nothing we can do. But is our culture of blame helpful?” - Andrea Blundell*

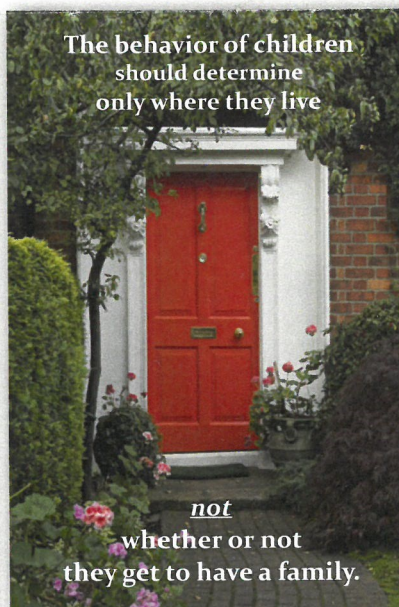
When a child first goes into foster care, it is easy for us - and the child - to understand that it is because the child’s parents couldn’t take care of them. But when the child goes back and forth between home and care, or moves on to a second or third placement, a shift occurs in the way our culture looks at the situation. Why did the child come back into care? Why are the foster homes asking for this child to be removed? Doesn’t it start to look like there must be something wrong with the child? And if our culture see it that way, what might the child be thinking?



Throughout our many years of experience we have recognized that children in foster care blame themselves. “If only I had gone to school (or hadn’t hit the other children, or thrown a tantrum, or...) then I might be able to stay, or even go home. What’s wrong with me?” And our culture reinforces this by reacting to the child’s behaviors, rather than responding to the needs causing them. By not recognizing that these behaviors are often a result of the child’s circumstances, it’s very easy to view the child as being at fault.

Successful adoption relies on our ability to acknowledge that blaming is detrimental to any potential relationship, especially one between a parent and a child. The answer to making an adoption possible is a parent *claiming* a child instead of *blaming* a child.

We can’t ignore a child’s difficult behavior, and in fact, should hold them responsible for it. But the moment we approach a bad situation by trying to find out whose fault it is, we begin to delay making the situation better. When an adult blames a child’s



behavior for their circumstances, they model an approach not only of anger, but of helplessness and of hopelessness, reinforcing the child’s feeling of self-blame. The focus should instead be on solving the problem. It is more appropriate, and also very powerful, to be able to say, “You belong to me, so we will figure this out together.”

When a child is truly claimed by a family, the very act of claiming removes the possibility of having a “bottom line” or “deal breaker,” which if crossed, would result in a disruption (a child leaving a home before a finalized adoption), or a dissolution (a family returning a post-finalized child to the foster care system).

Bottom lines and deal-breakers are blaming reactions. A child may need more support than a family can offer within their home, and may have to live, at least temporarily, in a more supportive environment. But that doesn’t mean that the child isn’t entitled to have a family.

Claiming always overpowers blaming.

*From “Why We Put the Blame On Others - and the Real Cost We Pay,” Harley Therapy Counseling Blog, September 10, 2005

Claiming - Not Blaming!

If you read the above entitled article and want foster parent training credit applied to your training requirement, fill out the following questionnaire and FAX it to 1-907-479-9666, mail to ACRF, 815 Second AVE STE 202, Fairbanks, AK 99701 or email to acrf@nwresource.org.

Name: _____

Provider#: _____

Email: _____

Address: _____

- _____ is the opposite of solving the problem
- As children experience multiple moves through foster care, they begin to blame themselves for their situation.
 TRUE
 FALSE
- Blame reactions include which of the following:
 - _____ a. Having a "bottom line"
 - _____ b. Focusing on assigning fault
 - _____ c. Having a "deal breaker" behavior
 - _____ d. All of the above



Thank you to Mat-Su Health Foundation!

A big thank you to the Mat-Su Health Foundation for funding our TBRI (Trust Based Relational Intervention) Series in the Mat-Su Valley over the past year. This grant allowed us to send our nationally trained facilitator Brenda Ursel from Anchorage to Wasilla to provide three workshops on the TBRI principles of *Connecting*, *Empowering* and *Correcting* aimed at families and professionals working with children from hard places. We want to thank Wasilla Middle School for donating the space and technical assistance to help us provide a first class training series. Special thanks to Stacy McIntosh, Deb Haynes, Sue Giblin, Gena Chastain, Michelle Boyden and John Brown. Thanks to REACH 907 and Rachel Olson for being such great partners in bringing TBRI training to the Mat-Su Valley.

Because of the awesome grant and donations to this project, we were also able to build up our trauma informed resources and training resources for our Lending Library in the Mat-Su Office and assist at another TBRI Training in Wasilla in June in conjunction with REACH 907, the Mat-Su Health Foundation, and Church on the Rock entitled "TBRI: Principles to Practice."

EATING SMART • BEING ACTIVE TRAINING FOR FOSTER PARENTS

ACRF is partnering with the UAF Cooperative Extension and the Expanded Food and Nutrition Education Program to bring this training to **Fairbanks and Mat-Su in September!** (See *Training Calendar for dates*)

Eating Smart • Being Active is an evidence-based, healthy eating and active living curriculum. This training will include a variety of topics like meal planning and shopping, dietary guidelines, food safety, quick meals, fitness and exercise, nutrition during pregnancy, feeding infants and preschoolers and so much more! Participants will be cooking, participating in group learning and moving! The class is free and sessions count toward foster parent training hours.

Fairbanks and Mat-su area foster families watch for a flyer for more detailed information.



UAF is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual:
www.alaska.edu/nondiscrimination/.



FAIRBANKS AREA TRAINING CALENDAR

Unless otherwise noted, all classes held at
ACRF, 815 Second AVE, STE 202
Call 479-7307 to register

AUGUST:

Core Training for Resource Families (4-part): Wednesdays: 8/14, 8/21 & 8/28, 6:00-9:00pm and Saturday: 8/31, 9:30am-3:30pm

Adopting through OCS: Tuesday: 8/20, 1:30-3:30pm

SEPTEMBER:

Building Families through Adoption (2-part): Thursday: 9/5, 6:00-9:00pm and Saturday: 9/7, 9:00am-4:00pm

Adopting through OCS: Tuesday: 9/17, 1:30-3:30pm

Eating Smart, Being Active (2-part): Saturdays: 9/21 and 9/28, 10:00am-2:00pm

OCTOBER:

FASD Into Action: Saturday: 10/5 and 10/12, 9:00am-3:00pm (*Held at ACCA, for more information call 456-4003*)

Adopting through OCS: Tuesday: 10/15, 1:30-3:30pm

Lunch and Learn (Topics TBA): Wednesdays: 10/16 and 10/30, Noon-1:30pm

NOVEMBER:

Lunch and Learn (Topics TBA): Wednesday: 11/13, Noon-1:30pm

Adopting through OCS: Tuesday: 11/19, 1:30-3:30pm

Building Families through Adoption (2-part): Thursday: 11/21, 6:00-9:00pm and Saturday: 11/23, 9:00am-4:00pm

DECEMBER:

Core Training for Resource Families (3-part): Wednesdays: 12/4 & 12/11, 6:00-9:00pm and Saturday: 12/7, 9:30-3:30pm

Adopting through OCS: Tuesday: 12/17, 1:30-3:30pm

**FOSTER
PALOZA**

DATES:

August 17 from 11am-12:30pm

September 14 from 11am-12:30pm

October 12 from 11am-12:30pm

November 9 from 11am-12:30pm

December 14 from 11am-12:30pm



Supervised & Community Visits
\$3 per person admission
(supervisors/members free)

2nd & 4th Thursday of each month
5-7pm

Call 347-7060 for more information.

MAT-SU AREA TRAINING CALENDAR

AUGUST:

Navigating the School System as a Foster Parent: Friday: 8/23, 11:00am-1:00pm

This training will be held at LINKS Parent Resource Center in the Mat-Su Health Foundation Building, 777 N Crusey Street, Wasilla. **RSVP: Call LINKS at 373-3632 or ACRF at 376-4678.** (*A playroom is available where parents can watch their children during the session, please let us know if you need to access this room when you RSVP*)

If you need help navigating this process, or have a child with an existing IEP or 504, and have questions as to how to apply to the new school year, the Family Advocates at LINKS would love to help! Contact Jennifer Zucati Pritle at 373-3635.

SEPTEMBER:

Eating Smart • Being Active (2-part): Saturday: 9/21 and 9/28, 10:00am-2:00pm

This training will be held at the UAF Cooperative Extension Office at the Matanuska Experiment Farm, 1509 S Georgeson Road, Palmer in Room 208. **RSVP: Call ACRF 376-4678 or email jvonbrandt@nwresource.org.**

KENAI AREA TRAINING CALENDAR

OCTOBER:

Core Training for Resource Families (2-part): Friday: 10/25, 6:00-9:00pm and Saturday: 10/26, 9:00am-5:00pm

This training will be held at the Kenai Peninsula Community Care Center, 320 S. Spruce Street, Kenai. **RSVP: Call 376-4678 or email jvonbrandt@nwresource.org.** You can also contact Michelle Partridge or Martha Kincaid with OCS Licensing at 208-3136.

ACRF Mat-Su TEAMING UP WITH LINKS:

We are partnering with LINKS to do a training each month for the rest of the year. Watch your email for upcoming dates and topics.

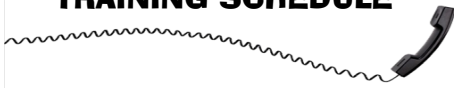
Grandfamilies Support Group

We will be starting this support group in the fall, again watch your email for upcoming dates.

ACRF Email List

If you are not signed up to receive these updates, you can call 1-800-479-7307 or email acrf@nwresource.org to get added to our email list.

RURAL TELECONFERENCE TRAINING SCHEDULE



The monthly Rural Teleconference is designed for anyone living outside of Anchorage, although anyone can participate. **Families may participate by dialing 1-800-944-8766** and when asked enter the code: **26867#**. If you phone in before the group leader you will hear music, please stay on the line.

Please call in 5 minutes early to give us your contact information so we can record your attendance, or stay on the line and speak to the facilitator after the teleconference ends. Check the www.acrf.org teleconference training calendar prior to the teleconference for posted handouts or PowerPoints.

Wed, August 21: Noon-1pm:

Supervision

Kimberly Mouriquand, ACRF

Wed, September 18, Noon-1pm:

Creating an Evacuation Plan

Rachel Hanft, ACRF

Wed, October 16, Noon-1pm:

Connecting Youth to their Elders

Manny Carlo, VI Program, Manager Denakkanaaga

Wed, November 13, Noon-1pm:

Transitioning to Adoption: What is Expected of Foster Parents

Brenda Urse, ACRF and Erica Johnson, Adoption Unit, Office of Children's Services



STATEWIDE: Let's Talk ICWA First Thursday of the Month from 4-5pm

This telephonic event is designed specifically for foster and pre-adoptive parents across Alaska to learn about ICWA (Indian Child Welfare Act) and to have a chance to get your questions answered. Each session will start with a brief discussion of a specific topic related to ICWA and then be opened up for questions or concerns about what ICWA means and does in Alaska. Foster and pre-adoptive parents are encouraged to call in and participate.

TO PARTICIPATE: Call 1-800-944-8766 Participant Code: 22460#. You may hear silence or music before the teleconference begins. Resource parents can receive credit for attending.

To Pre-Register email amcinnis@nwresource.org or for information call 1-866-478-7307.

Co-Sponsored by the Office of Children's Services and ACRF

Trauma-Informed Caregiving for Resource Families Rural Teleconference Series

Most children coming into foster care have experienced some kind of trauma and it can be difficult to find caring ways to parent them in a caring and healing way. This six-part series features material from the National Child Traumatic Stress Network Curriculum. We invite you to learn more about trauma-informed caregiving and becoming a healing family to the children in your care.

This monthly series from July to December 2019 will be led by ACRF Staff and features teleconference training, optional homework assignments, and extra reading (for extra credit). Sessions will be recorded and posted on our website at a later date.

SCHEDULE:

Session 1: **Tuesday: July 9: 7-8pm: Understanding Trauma's Effects** *Jodi von Brandt*

Session 2: **Tuesday: August 13: 7-8pm: Building a Safe Place** *Rachel Hanft*

Session 3: **Tuesday: September 10: 7-8pm: Dealing with Feelings and Behaviors** *Regina Davis*

Session 4: **Tuesday: October 15: 7-8pm: Connections and Healing Behaviors** *Aileen McInnis*

Session 5: **Tuesday: November 12: 7-8pm: Becoming an Advocate** *Kimberly Mouriquand*

Session 6: **Tuesday: December 10: 7-8pm: Taking Care of Yourself** *Rachel Hanft*

This monthly Rural Teleconference is designed for anyone living outside of Anchorage, although anyone can participate. **Families may participate by dialing 1-800-944-8766 and when asked enter the code: 23867#**. Please call in 5 minutes early to give us your contact information so we can record your attendance, or stay on the line and speak to the facilitator after the telecon-

Core Training Teleconference Course

Core training is the required training for new foster parents, but experienced foster parents are also invited to attend this free training!

Pre-registration is REQUIRED by SEPTEMBER 11
call 1-866-478-7307 OR email acrfsc@nwresource.org

Session 1: Sept 17 from 12-1 pm

Understanding Trauma

Session 2- Sept 19 from 12-1 pm

How Children Respond to Trauma

Session 3 - Sept 24 from 12-1 pm

Intro to Trauma Informed Caregiving
Principles 1-3

Session 4 - Sept 26 from 12-1 pm

Trauma Informed Caregiving
Principles 4-6

Session 5 - Oct 1 from 12-1 pm

Trauma Informed Caregiving
Principles 7-9

Session 6 - Oct 3 from 12-1 pm

Understanding the Office of Children's
Services

Session 7 - Oct 8 from 12-1 pm

Role of the Resource Family

Session 8 - Oct 10 from 12-1 pm

Fostering Connections: ICWA, Working
with Birth Parents,
Transitions/Reunifications

Adopting through OCS Teleconference For Alaskan Families Adopting from the Foster Care System

As part of our Adoption Learning Path, Adopting through OCS helps you learn about the nuts and bolts of the path through adopting from foster care in Alaska. Covers legally free vs. legal risk, guardianship, preparing youth for adoption, subsidies, OCS staff working in adoption, post-adoption supports and a whole lot more!



Call in on **OCTOBER 15**
from Noon to 1:30pm

Call 1-800-944-8766, Participant Code 44729#

- * This class is only available to residents of Alaska or families adopting from Alaska.
- * If you live in Fairbanks or Wasilla you can also attend Adopting through OCS classes in person.
- * This class is also available as a web-based course. Email your name, address, phone number and license number (if applicable to CORE@nwresource.org). Please describe your interest in the class (ie: in process of adopting, completing Adoption Learning Path, Working with Heart Gallery, Interested in adoption, professional, other).

Northwest Resource Associates
Alaska Center for Resource Families
815 Second Avenue Suite 202
Fairbanks, AK 99701

RETURN SERVICE REQUESTED

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PERMIT NO. 88



Consider Supporting ACRF By Doing What You Do Every Day!

There are many ways to support Alaska Center for Resource Families just by shopping as you normally do, or by choosing to shop at these locations and selecting us as your Non-Profit of choice.

Link your Fred Meyer Rewards Card to [Alaska Center for Resource Families](#) and you still earn reward points and ACRF receives a donation!

Shop at smile.amazon.com and when you choose [Northwest Resource Associates](#) as your charity, ACRF will earn while you shop, at no additional cost to you!



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