



TRAINING TRACKS

January – March 2013

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

Goodbye to ACRF's Christie Reinhardt

A warm good-bye to Christie Reinhardt, Family Support Specialist in our ACRF Anchorage office, who is leaving to take a position with the Governor's Council on Disabilities and Special Education. We appreciate the knowledge she has brought to ACRF about special education, FASD and autism. Thanks, Christie, for being part of ACRF and we wish you the very best in your new adventure!



The goal of the Resource Family Advisory Board is to strengthen and improve support for resource families and the State of Alaska Office of Children's Services (OCS) as we partner to care for Alaska's children. The Resource Family Advisory Board met October 25th and 26th in Anchorage to revisit old goals

and develop new ones. Recent efforts have included finding out more about recent efforts to review the rate of foster care reimbursement levels, push for an automatic clothing allowance for kids coming into foster care, exploring possible respite models, and continue efforts to recruit more Alaska Native Resource families. The Board will be working on these areas:

- Support the recruitment and retention of Native Alaskan resource families
- Recruit Native Alaskan resource families to participate on RFAB
- Explore and promote respite for resource families
- Support emergency/starter kits/resources for new placements.
- Develop a regular communication path between the RFAB and Alaska resource families in Alaska.

Interested in getting involved? Have some expertise you want to share? Contact the Resource Family Advisory Board at <http://www.acrf.org/advisory/rfabsite.html> and contact individual board officers with ideas or questions. Or send an email directly to akresourcefamilyboard@yahoo.com. This is a good way to get your voice heard!

NEW Self-Study Materials in the ACRF Lending Library

Course: **Paths to Adoption in Alaska** (1.0 Hour)

Course: **Psychotropic Medication and Children in Foster Care: Tips for Advocates and Judges** (2.5 Hours)

Course: **Supporting Infants, Toddlers and Families Impacted by Caregiver Mental Health Problems, Substance Abuse and Trauma** (3.0 Hours)

Information Packet: **Food Hoarding** (1.0 Hour)

Information Packet: **Child Traumatic Stress: A Primer for Resource Families** (1.0 Hour)

Be sure to check out our updated catalog at www.acrf.org for numerous books and DVDs that have been added or to order any of the above materials and a catalog call 1-800-478-7307 or in Fairbanks call 479-7307.

Go to <http://www.acrf.org/Audio.php> to find the following new audio courses.

Audio Course: **Adoption in Schools** (1.0 hour)

Audio Course: **Recognizing & Responding when someone has Suicidal Thoughts** (1.0 Hour)

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1-800-478-7307

OCS Licensing Requirement for Resource Families...

Licensed foster homes are required to have 15 hours of training per licensing year for a two-parent home and 10 hours for a single parent home. Report all your training to ACRF. To find out how many hours you've completed or to find out ways to complete your training hours, contact your local ACRF office or call toll-free 1-800-478-7307.

STATEWIDE WEBINAR TRAINING:

✦ **Advocating by Email: Making the Most of Your Communication with Your Social Worker** Lindsay Schram, Anchorage foster/adoptive parent
Tuesday 1/29 from Noon-1pm

Lindsay is an experienced foster/adoptive parent and will be sharing her knowledge about how to use your email most effectively with your social worker to advocate for the best care for the child in your home. By composing emails that encourage a plan to action, you can better communicate with your social worker in a way that will get results and build a good relationship with your social worker.

Those of you who live in Fairbanks, Juneau and Wasilla can go to your local ACRF to watch the above webinar training if you do not have access to a computer. To register, email acrfs@nwresource.org with the following information: Name; address; phone; email address and indicate if you will be participating by webinar or by teleconference. You will receive confirmation and connection information by email.

✦ **NeuroLeadership in Systems of Care** Laurie Ellington, MA, LPC, CPC, Chief Executive Officer, NeuroLeadership Coach & Social Change and Lacy Kendrick Burk, M.S., Chief Executive Officer of Youth MOVE National, Founder/Executive Director Youth Engagement Solutions, LLC (YESolutions). Those of you who live in Fairbanks are invited to the ACRF office to watch the NeuroLeadership webinar if you do not have access to a computer, just stop by. To register online go to http://nned.net/index-need.php/NNED_content/calendar_details/neuroleadership-in-systems-of-care.

Tuesday 1/29 from 1-2pm

Fairbanks Training:

Unless otherwise noted, the trainings in Fairbanks are held at ACRF: 815 Second Ave, STE 101. Pre-registration is REQUIRED, call 479-7307 to register.

✦ JANUARY:

Knowing Who You Are

Tuesday, 1/22 from 6-9pm and Wednesday, 1/23 from 9am-3pm. You must pre-register and e-learning and DVD viewing is required prior to class.

✦ FEBRUARY:

Trauma Stewardship: Caring for Self While Caring for Others Workshop

Friday, 2/8 from 9am-4pm, held at Pike's Waterfront Lodge. This class is being offered through the UAF Social Work Program.

Adopting Through OCS

Tuesday, 2/19 from 6-8pm.

Building Families Through Adoption

Tuesday, 2/19 from 6-9pm, Thursday, 2/21 from 6-9pm, and Saturday, 2/23 from 9am-3pm. Must attend all three sessions, lunch provided on Saturday.

Resource Family Meet N Greet

Thursday, 2/21 from 2:30-4:30. Tea and baked goods will be provided during this opportunity for foster and adoptive families to introduce themselves and get to know the OCS Family Service workers.

✦ MARCH:

Adopting Through OCS

Tuesday, 3/12 from 11:30am-1:30pm.

Alternative Therapies for Children in Care

Monday, 3/18 from 6-8pm.

Fairbanks Support Groups:

✦ **Foster Parent Community Cafe.** Participation is FREE. Group meets the 3rd Sunday of Every Month from 2-4pm, at ACRF, 815 Second Avenue in Fairbanks. (NOTE: No FPCC on holidays) Call Rachel at 479-7307 for more information.

✦ **Family to Family.** Group meets the 3rd Wednesday of every month from 3-4pm. The location changes each month, email Rachel at ghanft@nwresource.org if you would like to be added to the F2F list. For more information about what Family to Family is please refer to this web page: <http://aecf.org/majorinitiatives/family%20to%20Family.aspx>.

✦ **Fetal Alcohol Spectrum Disorder Support & Discussion Group.** Group meets the 4th Thursday of every month from 6-8pm. Held at Alaska Center for Children & Adults. FREE Child care provided. Call Jenn Wagaman 456-4003 for more information.

✦ **Independent Living Skills Classes will be held the 1st (from 5-6:30om) and 4th (6-7pm) Monday of every month.** Held at Alaska Center for Resource Families. Call Luvenia Rogers 451-2064 for more information. Northern Region Facing Foster Care in Alaska (FFCA) will be held immediately after the 4th Monday.

Rural Training:

✦ KOTZEBUE:

Many Families, One Home Conference, February 12-13 from 8:30am-4:30pm, and February 14 from 8:30am-Noon. Contact Rachel at 1-800-478-7307 for registration and scholarship information.

✦ KETCHIKAN:

Southeast Regional Resource Family Conference, April 2-4 held at The Landing Hotel. Contact John at 907-790-4246 or by email jbennett@nwresource.org for registration and scholarship information.

✦ KENAI:

Kenai Out-of-Home Care Conference, May 2 held at Solid Rock Bible Camp. Contact Aileen at 1-866-478-7307 or by email amcinnis@nwresource.org for registration and scholarship information.

Core Training for Resource Families, May3 (from 6-9pm) and May 4 (from 9am-5pm). Place held TBA. Call Aileen at 1-866-478-7307 or by email amcinnis@nwresource.org for more information.

Juneau Training:

Unless otherwise noted the trainings in Juneau will be held at ACRF: 9109 Mendenhall Mall RD, Suite 6A. Pre-registration is REQUIRED, call John at 790-4246 to register

✦ JANUARY:

Introduction to Special Education Law
Thursday 1/24 from 6:30 -8:30pm

Introduction to ADHD
Wednesday 1/30 from 6:30 -8:30pm

✦ FEBRUARY:

Core Training for Resource Families
Wednesday 2/13 from 6-9pm and Saturday, 2/16 from 9am-5pm. Must attend both classes.

Adopting Through OCS
Wednesday 2/20 from 6:30 -8:30pm

✦ MARCH:

Preparing Your Child for Visits: Before, During and After
Thursday 3/7 from 6:30-8:30pm

FASD 101 or FASD 201
Tuesday 3/5 from 9am-3pm. Working lunch included for whichever workshop you choose.. Held at the Northern Light United Church, 400 W 11th ST. \$25 per person, scholarships available. Go to <https://sites.google.com/site/juneaufasd/juneau-fasd/fasd-101-201-registration> for registration and information.

Juneau Support Groups:

✦ *Grandparents Raising Grandchildren Support Group* meets on the last Wednesday of each month from 6:30-8:00pm at the old Moose Lodge, 8335 Old Dairy Rd in Juneau. Call TJ Arnold for details: 209-0516.

✦ *Foster Parent Support Group* meets on the first Wednesday of each month from 5:30-7:00pm at the Ketchikan Indian Community, 2960 Tongass Ave, 4th Floor Conference Room in Juneau. Call Leah Canfield for details: 228-9203.

Mat-Su Training:

Unless otherwise noted, the trainings in Wasilla will be held at ACRF: 5050 Dunbar ST, STE A2 (off the Palmer/Wasilla HWY, Brentwood Plaza). Pre-Registration is required for the following events by contacting Betsy at 376-4678 or bwoodin@nwresource.org.

✦ JANUARY:

Video Day: Challenging Behaviors
Thursday, 1/24 from 9am-2pm.

✦ FEBRUARY:

Core Training for Resource Families
Saturdays: 2/2, 2/9, 2/16, and 2/23 from 9am-Noon. Must attend all four classes.

Video Day: Strategies for Positive Parenting
Thursday, 2/7 from 9am-2pm.

✦ MARCH:

Video Day: Reactive Attachment
Thursday, 3/7 from 9am-2pm.

Core Training for Seasoned Foster Parents
Tuesday, 3/19 and Thursday, 3/21 from 9am-1pm. Must attend both classes.

Adopting Through OCS
Tuesday, 3/19 from 6-9pm.

Core CD Training for Resource Families
Tuesday, 3/26-Thursday, 3/28 from 9am-1pm. Must attend all three classes.

✦ APRIL:

Video Day: High Functioning Autism
Thursday, 4/4 from 9am-2pm.

Building Families Through Adoption
Saturdays: 4/6, 4/13, 4/20 and 4/27 from 9am-Noon. Must attend all four classes.

Rural Teleconference Training

The monthly Rural Teleconference is designed for anyone living outside of Anchorage or Fairbanks, although anyone can participate.

Families may participate by dialing 1-866-554-6142 and when asked enter the code: 2169378807#. (If you phone before the group leader you will hear music, please stay on the line.)

For more information email Betsy at bwoodin@nwresource.org or call 1-800-478-7307.

Tuesday, February 12th, Noon-1pm

- *Understanding Trauma, Betsy Woodin, ACRF*

Wednesday, February 13th, 7-8pm

- *Bath Salts, Betsy Woodin, ACRF*

Tuesday, March 12th, Noon-1pm

- *Understanding Advocacy, Betsy Woodin, ACRF*

Wednesday, March 13th, 7-8pm

- *Introduction to Attachment Issues, John Bennett, ACRF Juneau*

Tuesday, April 9th, Noon-1pm

- *Understanding Advocacy, Betsy Woodin, ACRF*

Wednesday, April 17th, 7-8pm

- *Aging Out in Foster Care, Amanda Metivier, FFCA*

Online Training:

Check out ACRF online courses at www.acrf.org

Click on the self-study tab and choose from taking an online interactive course, a written course that is printable or an audio course.

Statewide Autism Spectrum Disorder Support Group

First Tuesday of EVERY month from Noon-1pm. Dial 1-800-318-6338, follow voice prompts, then enter code 2272#.

1.0 HOUR SELF-STUDY

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

Bath Salts: A New Drug to Know About

Betsy Woodin, CDC II, NCAC I

One of the most difficult things about being a parent is keeping up with the ever changing world your teen lives in. Nowhere is this more evident than in the ever-changing world of what drugs are out there that can impact youth. Recently some synthetic drugs have become more prevalent and some are quite dangerous. Some of these drugs have only recently become illegal to sell, thus disguising how dangerous some of them can be. Bath Salts and Spice are two names of newer type drugs you might have heard about.



According to the DEA Drug Fact Sheet, the chemicals found in “Bath Salts” are synthetic derivatives of cathinone, a central nervous system stimulant which is an active amphetamine-like chemical found naturally in the Khat plant. Two of the most common designer cathinones are Mephedrone and MDPV. Bath Salts can be purchased online as well as in head shops and convenience stores under a variety of street names including: Bliss, Blue Silk, Cloud Nine, Drone, Energy-1, Ivory Wave, Lunar Wave, Meow Meow, Ocean Burst, Pure Ivory, Purple Wave, Red Dove, Snow Leopard, Stardust, Vanilla Sky, White Dove, White Knight, and White Lightening. They are sold for about \$20 in foil or plastic packages, that hold 200-500 milligrams of white or yellow powder and may be labeled as plant food, jewelry cleaner or phone screen cleaner. The powder is usually snorted, but it can be taken orally or injected.

The packages are usually marked “not intended for human consumption” which means they are uncontrolled and unregulated substances which can be quite dangerous. While the synthetic cathinones in Bath Salts can produce euphoria, increased sociability and sex drive, users have also reported insomnia, agitation, dizziness, irritability, paranoia, depression, suicidal thoughts, delusions, panic attacks, seizures, impaired perception of reality, reduced motor control, and the inability to think clearly. These drugs impact the central nervous system, causing rapid heart rate that can lead to heart attacks and strokes as well as chest pains, nosebleeds, sweating, nausea and vomiting. In the worst cases there have been reports of death or violent behavior including self-mutilation, suicide attempts and homicidal activity.

NIDA reports that Bath Salts can feel similar to amphetamines, cocaine, Khat, LSD and MDMA or ecstasy. Users report feeling energized or agitated as the drug raises the level of the neurotransmitter dopamine which in turn regulates reward and movement. This dopamine surge causes the feelings of euphoria and increased activity, while a similar surge of the transmitter norepinephrine can raise the heart rate and blood pressure. One study found that MDPV the most common synthetic cathinone found in the blood and urine of emergency room patients that used Bath Salts, raises the dopamine level in the brain the same way as cocaine use, but is 10 times more powerful. Other users have reported hallucinations similar to those experienced by LSD users due to the level of serotonin being raised.

There are indications that synthetic cathinones can be highly addictive. Rats that were exposed to these chemicals showed self-administration patterns and escalation of drug intake very similar to methamphetamine. Bath Salt users have shared that the drug triggers intense cravings and is highly addictive. Frequent use may induce tolerance, dependence and withdrawal symptoms if they stop using. According to Drugs.com, in July 2012, the President signed a law to ban mephedrone, methylone, and MDVP, which are all chemicals found in Bath Salts, and placed them on the Schedule I controlled substances list so they cannot be sold or prescribed. In addition, the law bans any future designer chemical compounds created to mimic the effects of Bath Salts so possession or sale is illegal in the US.

Finally, according to the American Association of Poison Control Centers Bath Salts Data updated January 2012, the number of Poison Center calls due to exposure to Bath Salts jumped from 303 in 2010 to 6072 as of December 31, 2011. For more information about these dangerous Substances visit the following websites: www.dea.gov, <http://www.drugabuse.gov/publications>, and <http://www.drugs.com/bath-salts.html?printable=1>. ■

1.0 HOUR SELF-STUDY QUESTIONNAIRE

Bath Salts: A New Drug to Know About

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 101, Fairbanks, AK 99701 or email to acrf@nwresource.org.

Name: _____ Email: _____

Address: _____ Provider#: _____

1) Name three (3) street names that have been used for Bath Salts.

a) _____

b) _____

c) _____

2) Bath Salts are "intended for human consumption."

___ a) TRUE

___ b) FALSE

3) Name three (3) side effects that have been reported by Bath Salt users.

a) _____

b) _____

c) _____

4) NIDA reports that the effects of Bath Salts can feel similar to what six (6) other drugs.

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

5) There are indications that synthetic cathinones can be highly addictive.

___ a) TRUE

___ b) FALSE

6) One study found that MDPV raises the dopamine level in the brain the same way as cocaine use, but is _____ times more powerful. (FILL IN THE BLANK).

7) The number of Poison Center calls due to exposure to Bath Salts jumped from _____ in 2010 to _____ as of December 31, 2011. (FILL IN THE BLANK).

Northwest Resource Associates
Alaska Center for Resource Families
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Psychotropic Medications

In the weeks to come, resource families will hear more about the change in the policy and procedures for the use of psychotropic medication with children in foster care. Children and youth in foster care are administered psychotropic medication at a much higher rate than the general population and these changes come as a result of federal mandates to develop a thorough and responsive policy. Highlights of OCS practice in this area will include:

- Psych Nurses and Mental Health Clinicians will regularly review the medical charts of child in custody who are prescribed psychotropic medications with special attention to children and youth on more than one psychotropic.
- Informed consent is required must be obtained by the child's parent or other older youth and information about benefits and long term and short term side effects as well as information about alternative therapies.
- Foster parents cannot consent to administration of psychotropic medication. Consent by the child's birth parent or OCS is required for administration of psychotropic medication. If medication is prescribed for a child in your home, contact the caseworker immediately to get approval for giving the medication to the child or when there is a change in medication.
- There will be a form explaining this new policy for medical providers that foster parents can share with a child's medical provider and outlining the medical providers are required to provide a copy of the child's medical chart to OCS. This "Information for Medical Providers" form will be available to foster parents on the state website and in the placement packet.

The roll out of this policy is set for early 2013. Look for more details in our next Training Tracks or contact your social worker or your regional Psych Nurse for more information.

The Alaska Center for Resource Families has developed a self-study course based on a publication called "Psychotropic Medications and Children in Foster Care: Tips for Advocates and Judges". It is a thorough review of when and how youth in care are put on medication, lists out the most common medications and reviews common diagnosis. The 2.5 hour course is available by calling your local ACRF office or calling toll-free 1-800-478-7307.