

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



## *Mission:*

Our mission is to provide education, understanding and guidance to resource families and OCS for the benefit of all, through open and continuing communication with OCS workers and administration to create a better environment for all children. Interested in learning more or being a part of the board? Contact Chair Brian Headdings or Karilee Pietz at [akresourcefamilyboard@yahoo.com](mailto:akresourcefamilyboard@yahoo.com).

## Enrolling Your Foster Child in Elementary School

### What is the foster parent responsible for?

Children in care are required to attend school. Enrolling a child in school is generally the responsibility of the resource family in which the child is placed. Your assigned worker will tell you what is known of the child's previous school experience including the child's strengths, special needs, or problem behaviors (truancy, fighting or special class placement). As a resource family, you have the responsibility for the child's daily school activities and for consenting to routine activities regarding education matters. You have the authority and responsibility to register the child in school, including providing consent to the child's participation in an elective course of study.

When a child in custody is moved from one placement to another and new enrollment is required in another school district, the OCS assigned worker will ensure that enrollment for the child in the new school is done and all paperwork transferred. You will need to work with the assigned worker, and the child's parents, to update all necessary documents.

### Enrollment for First Time Kindergartners & Returning 1st - 6th Grade Students

There are 53 school districts in Alaska. Most schools require that **children must be five years old on or before September 1** to be enrolled in kindergarten for the school year. Please visit the Alaska Department of Education & Early Development's website for a link to your local school district: [http://www.eed.state.ak.us/doe\\_rolodex/qinternet\\_1.cfm](http://www.eed.state.ak.us/doe_rolodex/qinternet_1.cfm)

*Note: Some middle schools include 5<sup>th</sup> and 6<sup>th</sup> grade. Check with your local school district to determine if this applies in your area.*

### When Should I Register My Child?

Most schools begin registration and enrollment during the first week of August. Check with your local school to find out specific dates and times. Foster parents of returning students in elementary grades may be able to register their child online.

### What Documentation Will I Need to Register My Child?

Alaskan schools require the following documentation for registering any child to begin school. Some schools may require additional documentation. Contact the child's social worker for any additional documentation needed or challenges with registering a child.

- **Birth Certificate** - A birth certificate is required for students entering kindergarten.
- **Proof of Immunization** - A physical exam may be required for Kindergartners.
- **Proof of Residency** - A utility bills such as phone, water or electric.

### What School Supplies Are Required?

It is recommend that resource parents contact their school or receive a class syllabus before purchasing school supplies. The Office of Children Services recommends designating 5% of the Foster Care Stipend for school supplies.

### Who Can I Contact with Questions about Enrollment?

Contact your local school district staff with questions regarding the enrollment process. Please visit the Alaska Department of Education & Early Development's website for a link to your local school district: [http://www.eed.state.ak.us/doe\\_rolodex/qinternet\\_1.cfm](http://www.eed.state.ak.us/doe_rolodex/qinternet_1.cfm). Resource parents should contact their case worker for any missing documentation that is necessary for enrolling their child.

## ACRF STAFF/OFFICE DIRECTORY

### Northern Regional Office

Rachel Hanft, Trainer/Family Support

Wanda Lindsoe, Data Coordinator

Dee Dee Keyser, Resource Coordinator

Julia Holmes, Project Assistant

Ruth Post, Adoption Support

815 Second Avenue, Suite 101  
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### Anchorage Regional Office

Aileen McInnis, Director

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### Mat-Su Regional Office

Betsy Woodin, Trainer/Family Support

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### Southeastern Regional Office

John Bennett, Trainer/Family Support

9109 Mendenhall Mall Road Suite 6A  
Juneau, AK 99801

Phone: 790-4246/Fax: 790-4248

E-mail: [acrfs@nwresource.org](mailto:acrfs@nwresource.org)

1-800-478-7307



# Training Calendar

## **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.

### ✦ **AUGUST:**

#### Knowing Who You Are

Wed & Thurs 8/6 & 8/7 from 6:00-9:00pm and Sat 8/9 from 9:00am-5:00pm.

#### Adoption 101

Sun 8/24 from 2:00-4:00pm.

#### FASD 101

Tues 8/26 from 9:30am-1:30pm.

#### Adopting Through OCS

Wed 8/27 from 6:00-8:00pm.

### ✦ **SEPTEMBER:**

#### ACRF Closed

Mon 9/1 in observance of Labor Day.

#### Motivations for Adoption

Sun 9/7 from 2:00-4:00pm.

#### Core Training for Resource Families

Tues & Wed 9/9-10 and 9/16-17 from 6:00-9:00pm. Must attend all 4 classes for training credit.

#### Fairbanks Families Health Fair

Sat 9/13 from 11am-3:00pm. Located at the Pioneer Park Civic Center

#### Resource Family Meet N Greet

Mon 9/18 from Noon-4:00pm. Located at the Office of Children's Services. Call 479-7307 for further information.

#### FASD Into Action

Tuesdays beginning 9/23 from 6:00-8:00pm for 8 weeks. Held at Alaska Center for Children and Adults, 1020 Barnette St. Contact Jenn Wagaman at 456-4003 ext 126 or email [jenn@acca-ilp.org](mailto:jenn@acca-ilp.org) to register.

#### Building Families Through Adoption

Mon & Wed 9/22 & 9/24 from 6:00-9:00pm and Sat 9/27 from 9:00am-5:00pm. Must attend all 3 classes for training credit.

### ✦ **OCTOBER:**

#### Adoption 101

Thurs 10/4 from 10:00am-Noon.

#### Adoption Through OCS

Mon 10/8 from 6:00-8:00pm.

#### Motivations for Adoption

Thurs 10/18 from 10:00am-Noon.

## **Fairbanks Support Groups:**

✦ **Grands Raising Great Children Support Group.** There is limited supervised children's activities available during the group. Please pre-register if you are bringing your children. **Group meets the second Monday of every month from 6:30-8pm, at RCPC, 726 26<sup>th</sup> AVE, Suite 2 in Fairbanks.** Call 456-2866 for more information.

✦ **Fairbanks Family to Family.** Held at Alaska Center for Resource Families **every 2<sup>nd</sup> Wednesday from 11am-12:30pm.**

✦ **Fetal Alcohol Spectrum Disorder Support & Discussion Group.** Please refer to <http://www.acca-ilp.org/fasd> 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

### ✦ **SEPTEMBER:**

#### Introduction to Special Ed Law

Wed 9/3 from 6:30-8:30pm

#### Adopting Through OCS

Tues 9/9 from 6:30-8:30pm.

#### Core Training for Resource Families

Wed 9/10 from 6:00-9:00pm and Sat 9/13 from 9:00am-5:00pm. Must attend both classes for training credit.

#### Knowing Who You Are

Fri 9/12 from Noon-8:00pm and Sat 9/13 from 9:00am-5:00pm. Held in the OCS Conference Room. **KWYA is a 3-part process that must be completed in the following order: 1) Watch a 20 minute KWYA video; 2) Complete the web-based e-learning (4-8 hours); and 3) attend this 2-day training. Links will be sent upon registration.** To register contact Lisa Tanga at [ltkanga@uaa.alaska.edu](mailto:ltkanga@uaa.alaska.edu) or call 786-6743.

#### Building Families Through Adoption

Wed 9/17 from 6:00-9:00pm and Sat 9/20 from 9:00am-4:00pm. Must attend both classes for training credit.

#### Introduction to Attachment Disorder

Tues 9/23 from 6:30-8:30pm.

## **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.

## **Ketchikan Training**

*The following classes will be held in person at the Ketchikan Public Library. People in Craig, Sitka and Petersburg can attend via video conference. The classes are geared to address the needs of children under the age of five and the classes are very "hands on". There is a fee of \$15 per class. Snacks will be served at the onsite location. To get the link to register call Jessica Mills Clark at 907-254-8901.*

### ✦ **SEPTEMBER:**

#### Medication Administration

Sat 9/20 from 10:00am-Noon

### ✦ **OCTOBER:**

#### Creating Safe, Healthy, Learning Environments

Sat 10/11 from 10:00am-Noon

### ✦ **NOVEMBER:**

#### Supporting Nursing Mothers

Sat 11/1 from 10:00am-Noon

## **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 [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org). You must pre-register as classes will be cancelled without notice if no one signs up.

### ✦ **JULY:**

#### Core Training for Seasoned Foster Parents

Tues & Fri 7/15 & 18 from 9:00am-1:00pm. Must attend both classes to receive training credit.

#### Confidentiality and Boundaries

Thurs 7/17 from 10:00am-Noon.

### ✦ **AUGUST:**

#### Education and Foster Care

Mon 8/11 from 10:00am-Noon.

#### Core Training for Relative Placements

Mon & Tues 8/18 & 19 from 9:00am-1:00pm Must attend both classes to receive training credit.

### ✦ **SEPTEMBER:**

#### Core Training for Resource Families

Tues & Thurs 9/16, 9/18, 9/23, 9/25, 9/30 & 10/2 from 6:00-9:00pm. Must attend all 6 classes to receive training credit.

#### FASD 101

Wed 9/24 from 9:00am-1:00pm.

### ✦ **OCTOBER:**

#### FASD 201

Mon 10/6 from 9:00am-1:00pm.

#### Adopting Through OCS

Thurs 10/9 from 6:00-9:00pm. (Usually held at OCS, call 376-4678 for details)

#### Building Families Through Adoption

Tues 10/14, 10/21 & 10/28 from 6:00-9:00pm. Must attend all 3 classes to receive training credit.

## **Mat-Su Support Groups:**

- ✦ **Mat-Su Developmentally Disabled Parent & Child Support Group.** Join Access Alaska for a new peer run support group assisting parents of developmentally disabled children. Bring your children for group play; there will be toys, coloring and snacks. **Group meets first and third Tuesdays of every month 4-6pm at Access Alaska, 1075 Check ST STE 109 in Wasilla off KGB and PW Hwy.** Call 357-2588 for more information.
- ✦ **Foster Parent Support Group: AGAPE.** A faith-based network of foster and adoptive families. **Group meets first Thursday night from 6-8pm monthly at the Palmer Church of God.** Attendees are encouraged to bring a finger food to share and childcare is provided. For information or to make arrangements for childcare call Vickie at 863-2144 or Andrea at 315-7168 or email [agapeak@att.net](mailto:agapeak@att.net).
- ✦ **Grandparents Support Group.** Sponsored by Volunteers of America, Alaska Grandfamilies Project. **Group meets second Wednesday every month from 11am-12:30pm at ACRF in the Brentwood Plaza STE A2.** Snacks are provided. For local information call Betsy at 376-4678 or email [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or Linda Price 1-888-522-9866 or [grands@voaak.org](mailto:grands@voaak.org) or visit [www.voaak.org](http://www.voaak.org).
- ✦ **The Mom2Mom, Dad2Dad Parent Support Group.** For Adoptive, foster, kinship care, guardianship, and grandparents who care for children with Attachment Disorder. **Group meets the first Monday of every month from 10:30am-Noon at the Alaska Attachment & Bonding Associates Office.** For more information call 376-0366.

## **Rural Teleconference Training**

Families may participate by dialing 1-866-554-6142 and when asked enter the code: 2169378807#. For more information email Betsy at [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call 1-800-478-7307.

Tues Aug. 12<sup>th</sup>, 7-8pm

- **Connecting While Correcting, Session 1, Olivia Shears, ACRF**

Wed Aug. 13<sup>th</sup>, Noon-1pm

- **OCS Forum (Topic TBA), OCS Licensing Staff**

Tues Sept 9<sup>th</sup>, 7-8pm

- **Connecting While Correcting, Session 2, Brenda Ursel, ACRF**

Wed Sept. 10<sup>th</sup>, Noon-1pm

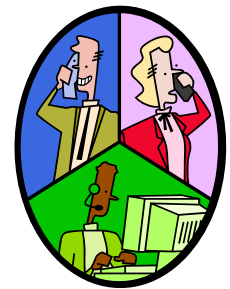
- **FASD 101, Betsy Woodin, ACRF**

Tues Oct 7<sup>th</sup>, 7-8pm

- **Connecting While Correcting, Session 3, Olivia Shears and Brenda Ursel, ACRF**

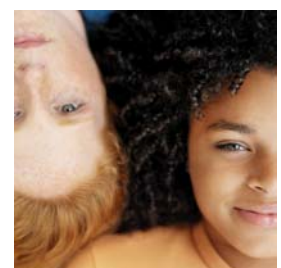
Wed Oct. 8<sup>th</sup>, Noon-1pm

- **Parenting the Sexually Abused Child, Aileen McInnis, ACRF**



## **Statewide Autism Spectrum Disorder Support Group**

First Tuesday of EVERY month from Noon-1pm. Dial 1-800-315-6338, 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 it to the Alaska Center for Resource Families.

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# Providing Medically Stable Care for Children in Foster Care

*Aileen McInnis, Alaska Center for Resource Families*

Stability in placements of children in foster care usually refers to avoiding moving children from home to home. Each move puts a child further at risk for secondary traumatization. Stability is also important in a child's medical care.

As a licensed foster parent, you have certain health care responsibilities. Ask about the child's medical and health needs at the time of placement. Get the **Consent for Emergency and Routine Medical Care** or make sure it is in the **red placement packet**. Arrange for a physical exam within 30 days of the child being in your home. Set up a system to keep track of any medical care or counseling sessions to the child received. (Including immunization records, medical or dental treatment, and records of any mental health or substance abuse counseling.) **Make sure to get the Medicaid Card (formerly stickers)** that will allow you to make sure Medicaid will be billed and you need to follow the recommended schedule which can be found at [http://www.aap.org/en-us/professionalresources/practice-support/Periodically/Periodicity%20Schedule\\_FINAL.pdf](http://www.aap.org/en-us/professionalresources/practice-support/Periodically/Periodicity%20Schedule_FINAL.pdf). And importantly, make sure this information goes with the child when he leaves your home. If these things happen in every foster home, that will contribute to continuity in health care.

Resource parents can also promote stability by keeping consistency in the medical care a child receives. In the **Fostering Connections Act of 2008** that the State continues to implement, this is called "Continuity of Health Care." Children in foster care are more likely to have access to health insurance through Medicaid, but they are still subject to a lack of continuity in medical care. Because of their traumatic beginnings, children in foster care have more physical and mental health problems than the average population. Coming into the system, children might have experienced several health care providers (switching every time they go to a different placement) or only received care in the emergency room or a walk in clinic. Medical care may become fragmented and provided reactively instead of preventively. Being in foster care can give children more access to services but it is up to the adults to make sure that those services happening are effective.

Stability in medical care means that you are seen by a consistent provider who also can coordinate the services around your health care (as opposed to just going to the emergency room when you are sick and being treated just that one time.) Stability in medical care means that your records are in the same place and these can't be consulted when considering care. Continuity in health care is reflected in the idea of a "medical home."

The American Academy of Pediatrics (AAP) recommends that all children in foster care have a "medical home" - a place where all of their health care services are provided by a single practitioner who knows them and their caregivers. Ideally, the primary physician of the medical home should be located in the community where the young person lives and be familiar with the community and foster care dynamics. It is important that foster families ask or try to track down where the child has received care before and continuing to have a child go there or finding a provider that can remain with an older teen as he moves into adulthood.

For foster families, it might be more convenient to switch medical providers and just take your foster child to the doctor all your kids go to, but a child in foster care may not always be with you. Many times young children have already been to a health provider several times. Using the same provider allows for continuity in health care. A consistent provider knows the child and can stay constant even if the child moves from your home. A familiar provider also can be less intimidating to a birth parent. More and more birth parents are being invited to go with the foster parent to doctor's visits. Involving a parent in these visits requires the parent to listen to what medical professionals say and follow through with recommendations. That is an important every day part of being a parent and gives a gauge of a parent's capacity to provide for a child. Parents might be more successful if doctor's visits take place in a setting familiar to them.

Besides encouraging consistent care for children, there are long term benefits to being consistent in health care. Many children in foster care receive services through the Alaska Native Health Services. That is where their birth and care information is kept and that is where they will probably be receiving services throughout their lives. Continuing with medical care through Alaska Native Health Services helps the child and teen feel more comfortable in the setting and helps them receive care in a culturally appropriate manner.

# Providing Medically Stable Care for Children in Foster Care

## *continued...*

A “medical home” is a consistent provider that can coordinate the health care services a child needs. It sets a pattern not only for the time the child spends in your home, but beyond. So foster parents of teens should also be working to help older children feel comfortable about where they are going to get their medical care and teach them how to access that care. Teens, especially, need to have a stable medical situation so that they continue to have that support as they enter adulthood. A young person is much more likely to continue with medical care if they have a familiar provider as opposed to expecting them to make appointments cold turkey with someone out of the phone book. The **Fostering Connections Act** also mandates that planning for long term health care is part of the transition planning for teens leaving foster care. Are you a foster parent to a teen? Does he know how and when to use health and medical services? Has he had practice in setting up an appointment for himself and had an opportunity to ask questions directly to the provider? These are the kinds of lessons that help teens build confidence and knowledge of how to take care of themselves.

**SUMMARY:** So how can you promote continuity in health care? Ask the social worker or the birth parent who the previous health provider is and whenever possible, keep the medical provider constant when a child comes into your home. Make sure children and youth keep current with regular exams and preventive services. Keep good medical information and make sure it goes with the child and to the caseworker. If you have teens, think long term and help them establish their “medical home” before they enter adulthood. Help promote stability for a child by thinking ahead of what he or she will need after leaving your home. ■

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### 1.0 HOUR SELF-STUDY QUESTIONNAIRE

## Providing Medically Stable Care for Children in Foster Care

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](mailto:acrf@nwresource.org).

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Provider#: \_\_\_\_\_

- 1) Name three (3) things that a foster parent should do in terms of their health care responsibilities?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
- 2) What is meant by a medical home?
- 3) Emergency rooms and walk in clinics make for good medical homes.
  - \_\_\_ a) TRUE
  - \_\_\_ b) FALSE
- 4) The \_\_\_\_\_ Act mandates that planning for long term health care is part of the transition planning for teens leaving foster care. (FILL IN THE BLANKS)
- 5) In your own words, write why you think it is important to have continuity in health care for children and youth in foster care.



Northwest Resource Associates  
Alaska Center for Resource Families  
815 Second Avenue Suite 101  
Fairbanks, AK 99701

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RETURN SERVICE REQUESTED

## McDonalds offers discount to foster families!

Resource families can be “loving it” at McDonalds in many Alaskan communities as McDonalds will continue to offer a 10% discount to licensed foster families. Participating McDonalds include the restaurants in Anchorage, Kodiak, Fairbanks, Mat-Su Valley and Kenai Peninsula. Just present your foster parent identification/licensing card that shows you are a foster family. If you don’t have a foster parent identification card, contact your licensing worker to request one. Remember to say thanks to the owners for showing support for Alaskan foster families. We appreciate businesses that step forward and support foster families and the children they care for!



we love to see you smile™

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## AdoptUKids' Spokesfamilies Needed

**What is AdoptUSKids?** AdoptUSKids is a service of the US Children’s Bureau. AdoptUSKids has been in operation since 2002 and funded through a grant awarded to the Adoption Exchange Association (AEA). The mission of AdoptUSKids is to raise public awareness about the need for foster and adoptive families for children in the public child welfare system, and to assist US States, Territories, and Tribes to recruit and retain foster and adoptive families and connect them with children.

AdoptUSKids is building a bank of Spokesfamilies from every state. We are inviting you and other families to participate because you are the best people to encourage others to become foster and adoptive parents. Others are encouraged by people who have had firsthand experience. Each of you has the ability to inspire and motivate other persons to consider fostering or adopting.

We are particularly interested in adding one or more Alaska Native families to our pool. We would love families who adopted children and youth from our website and/or adopted interjurisdictionally, but that is not a requirement. All we want are happy adoptive families who are willing to share their stories.

If you are willing to be called on to speak to local, state and national media representatives and represent AdoptUSKids at foster care and adoption events and on our website and in social media, this is a good opportunity.

If this sounds like something you are willing to consider, please contact Anastasia Komestakes, Media Spokesfamily Specialist at [akomestakes@adoptuskids.org](mailto:akomestakes@adoptuskids.org) or call her toll free at 1-888-200-4005 ext 35.