

# Training Tracks

April, May and June 2009

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

## Welcome to the Juneau ACRF Office Brian Gomez!

My name is Brian Gomez, I am originally from Logan, Utah. It was in Logan that I received my bachelor's degree in Family and Human Development in late 2003. Soon after I moved to Oklahoma where I attended the University of Oklahoma (Go Sooners!), Master of Social Work program. In May of 2006 I completed the masters program and moved to Juneau, Alaska for the experience of a lifetime.



For the last 3 years I have been a clinician working closely with adolescents who are in some way involved with the legal system, or social service agencies throughout Alaska. Primarily helping children and their families work through issues related to many life events including all types of abuse, attachment issues, FASD, family systems, family roles, cultural issues and foster placements all in hopes of fostering a more supportive, safe and healthy family.

A bit more about me personally, I love to travel especially to Ireland. I am married, and have two lovely children Alexis, and Dallin. I love to fish, and spending time outside, I am a very outgoing and social person. Most of all I look forward to working as an associate of Alaska Center for Resource Families both for the challenge and the unique opportunities within the community.

### ACRF OFFICE DIRECTORY

#### Fairbanks ACRF Offices

815 Second Avenue, Suite 101  
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479-7307

Toll Free 1-800-478-7307

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

#### Anchorage ACRF Office

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#### Mat-Su ACRF Office

PO Box 876844  
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Wasilla, AK 99687  
376-4678

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

#### Juneau ACRF Office

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[www.acrf.org](http://www.acrf.org)

## The Juneau ACRF Office has re-opened!

**Watch for Brian's Juneau/SE Training and Support Schedule coming soon!**

### COMMUNITY CARES CONFERENCE:

*Marching Beyond Prenatal Exposure*

*April 22-23, 2009*

*8:30am - 4:30 pm*

*Carlson Convention Center in Fairbanks*

April 22: \$30, Light of Hope Luncheon included

April 23: \$20, lunch included

April 22: Light of Hope Luncheon only \$20

*Presentations on FASD, Addiction, Positive Behavioral Support, Motivating Individuals to Change, Characteristics of Children with FASD. Come browse the "Resource Table" and find local and rural resources for your family. For more information, to register or volunteer call Wendy 456-9019 [wrairdan@rcpcfairbanks.org](mailto:wrairdan@rcpcfairbanks.org) or Kelly 479-2214 [cares@alaska.net](mailto:cares@alaska.net).*

# Mat-Su Training & Events

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 Betsy, at 376-4678 or call toll-free 1-800-478-7307.

**Pre-Registration is Required for the following events by contacting 376-4678 or email Betsy at [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org).**

**All training events on this page will be held at ACRF Mat-Su, 5050 Dunbar ST, STE A2  
(off the Palmer/Wasilla HWY, Brentwood Plaza)**

## **CORE TRAINING FOR RESOURCE FAMILIES:**

Core training is required for all new foster parents or for foster parents who have not taken this training.

**"Core Training for Resource Families"**-Thursdays from 10am-1pm beginning March 26<sup>th</sup> through April 30<sup>th</sup>

## **ADOPTING THROUGH THE OFFICE OF CHILDREN'S SERVICES ORIENTATION:**

Thursday, May 7<sup>th</sup> from 10am-1pm

## **ACRF MAT-SU ON-SITE:**

### **APRIL 2009**

**Physical Abuse**- Tuesday, April 7<sup>th</sup> Noon-1 pm

**Meth** Monday, April 27<sup>th</sup> 7-8 pm

**Family Violence** Tuesday, April 29<sup>th</sup> Noon-2 pm

### **MAY 2009**

**Foster Parent Adoption**- Tuesday, May 5<sup>th</sup> Noon-1 pm

**Transracial Adoption** Wednesday, May 27<sup>th</sup> Noon-2 pm

### **JUNE 2009**

**The Guardian ad Litem and CASA**- Tuesday, June 2<sup>nd</sup> Noon-1 pm

## **Mat-Su News & Information**

### **Adoption Wall of Fame**

If you have recently finalized an adoption consider sending ACRF Mat-Su a picture of your adoption day or adoptive family with a few words of wisdom and encouragement for those still working through the process. Please send or email pictures to Betsy at [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org).

### **HOMETOWN Hero**

If there is a foster parent, adoptive family, social worker or individual who has gone above and beyond and helping your family, please tell us about it. Email a short paragraph about your "Hero" to Betsy [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org).

**April is Child  
Abuse  
Prevention  
Month!**

## **Featured Web Training**

ACRF features training you can do online. Go to our web page [www.acrf.org](http://www.acrf.org) and go to the bottom of the page to click on the Featured Course. Upcoming courses include:

MAY/JUNE: Dealing with Sexually Aggressive Youth (2.0 Hrs)

JULY/AUGUST: Understanding Cutting and Self-Injury in Youth (3.0 Hrs)

SEPTEMBER/OCTOBER: Education and Youth in Foster Care (3.0 Hrs)

# Fairbanks and Rural Training

## FAIRBANKS:

**FASD 101:** Saturday, April 11<sup>th</sup> from 9am-1pm

### ADOPTING THROUGH THE OFFICE OF CHILDREN'S SERVICES ORIENTATION:

Tuesday, April 14<sup>th</sup> from 11:30am-1:30pm

Tuesday, April 28<sup>th</sup> from 6-8pm

### VIDEO TRAINING DAY:

Saturday, April 18<sup>th</sup> from 9am-5pm

Receive one hour of training credit for any video you watch (each one is about one hour long), and one more hour of training credit if you pass the test that goes with the video.

We'll provide the popcorn and drinks!

- 9:00 Children with Autism
- 10:30 Lying
- Noon Kinship Care
- 1:30 Reactive Attachment Disorder
- 3:00 Struggling for Identity: Issues in Transracial Adoption

### STRENGTHENING FAMILIES THROUGH ADOPTION:

Thursday, May 7<sup>th</sup> from 6-9pm and Saturday, May 9<sup>th</sup> from 9am-5pm

**Above training held at ACRF in Fairbanks: 815 Second Ave, STE 101**  
**Pre-registration is REQUIRED please call 479-7307**

### NEW! FAIRBANKS ADOPTION AND FOSTER SUPPORT GROUP BEGINS IN APRIL!

This will be a relaxing parent forum where adoptive and foster parents are invited to reach out for support. Join us as we talk through the joys, as well as the challenges.

**Held at the Resource Center for Parents and Children (RCPC)**  
**726 26<sup>th</sup> AVE, STE 2 in Fairbanks**

The Second and Fourth Wednesday of each month!  
**April: 8<sup>th</sup> and 22<sup>nd</sup> May: 6<sup>th</sup> and 20<sup>th</sup> June: 10<sup>th</sup> and 24<sup>th</sup>**  
**From 6:00-7:30pm**

For more information contact Candace at 456-9002 or go to [www.rcpcfairbanks.org](http://www.rcpcfairbanks.org).

## 10<sup>TH</sup> ANNUAL FAIRBANKS RESOURCE FAMILY APPRECIATION PICNIC!

**June 6<sup>th</sup> from 1-3pm**  
**Growden Park**

## RURAL TELECONFERENCE TRAINING

Tuesday, April 7<sup>th</sup> Noon-1pm:

- Physical Abuse

Wednesday, April 8<sup>th</sup> 7-8pm:

- Child Sexual Abuse

Tuesday, May 5<sup>th</sup>, Noon-1pm

- Foster Parent Adoption

Wednesday, May 13<sup>th</sup>, 7-8pm

- Kinship Care

Tuesday, June 2<sup>nd</sup>, Noon-1pm

- The Guardian ad Litem & CASA

Wednesday, June 10<sup>th</sup>, 7-8pm

- Fetal Alcohol Spectrum Disorder

Monthly Rural Teleconference is intended for anyone living outside of Anchorage, Fairbanks, Wasilla, or Palmer although we can allow others to participate. **Families may participate by dialing 1-888-626-7441 and when asked enter the code: 9939775#.** For more information email Betsy at [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call 1-800-478-7307.



## RURAL ON-SITE TRAINING

### DILLINGHAM

**Bristol Bay Parent Summit**  
**April 13 & 14, 2009**  
**9am-5pm, place TBA**

Featuring Dr. Linda Chamberlain  
Call SAFE at 842-2320 or  
ACRF at 1-866-478-7307  
for a detailed agenda

*Topics: Adolescents and brain development, Impact of violence and brain development, Being an effective advocate and many others.*

### KENAI/SOLDOTNA

**Fostering Hope**  
**April 30, 2009**  
**9am-5pm**

**Solid Rock Bible Camp**  
Call ACRF at 1-866-478-7307  
for more information.

*A conference for resource families, residential care providers, social workers, and community members interested in out-of-home care.*

### BETHEL

**Resource Family Training**  
**May 20 & 21, 2009**  
**Time and Place TBA**

Call ACRF at 1-866-478-7307  
for more information.

*Topics: Impact of abuse and neglect, Grief and loss, and FASD*

# *Self-Study Course: Gatekeeper: Suicide Prevention*

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*Written by Betsy Woodin, M.Ed., Alaska Center for Resource Families Family Support Specialist*

No one set of standards can be applied universally to prevent suicide. Learning more, like in this training can prepare you to be helpful to a suicidal person, but there is no guarantee that you can prevent suicide.

**Statistics:** Suicide is the 11<sup>th</sup> leading cause of death in the US and the 5<sup>th</sup> leading cause of death in Alaska. There are about 130 annual deaths in Alaska or one suicide every 2 to 3 days. Suicide is the third leading cause of death for young people ages 15 to 24. The suicide rate for Alaska Native male teens is 72 people per 100,000 and twice as likely among Alaskan women as women in other parts of the US.

**Risk Factor:** Men are more at risk than women and risk is greatest for people ages 15 to 24. Risk increases with people from certain age groups, ethnic background and varies by geographical region in Alaska. Unmarried people are more at risk than married people and people living alone are more at risk than those living with others. Risk increases for people who are demanding, perfectionists, easily upset, lose their tempers easily, easily overwhelmed or lack a stable routine.

Suicide risk increases with few friends, family or inability/unwillingness to reach out for help. Other factors are feeling rejected, with no/only one important relationship, being easily influenced by others or pending judicial action. Suicide risk increases with unresolved grief, social isolation, history of trouble in the community or recent suicides, or on the anniversary of a suicide. Suicide risk is high for people with medical/psychiatric history, incurable or chronic illness or pain. Psychological factors linked to suicide risk are hopelessness, guilt, depressed mood, panic attacks, loss of libido, insomnia, trauma, loneliness, or despair. Recent physical changes associated with suicide risk are a lack of interest, pleasure, physical energy, sexual interest, sleep problems, loss of appetite, or many minor illnesses.

**What if someone says they want to kill themselves?** 66-80% of people who killed themselves first told someone of their intent. A person who talks about suicidal thoughts or plans may be expressing ambivalence about wanting to die. What are some of the warning signs? A history of suicidal behavior and intent, closure behaviors or preparations such as getting one's affairs in order or giving away possessions, discussing life events like funerals, writing a suicide note or withdrawing from others. Another warning sign is that the person has developed *a suicide plan* – meaning they have planned 1) a method, 2) a means is available to them, 3) they thought about a time and a place and 4) the lethality of the plan (ie: guns are considered to have high lethality.) Ask some questions to assess suicidal intent, such as: “How strongly do you feel that you want to die?” Also ask yourself if there are triggering events such as recent trauma, loss or fights with significant others or recent major changes in a person's life.

**What protects someone from suicide?** Factors that decrease the risk of suicide include: positive, non-stressful family commitments; willingness to sign a “no-suicide” contract; effective coping skills; commitment to mental health treatment; meaningful cultural beliefs/positive social support; and purpose for living or connection with a meaningful life. If you are concerned that someone might be thinking about suicide, use the following six steps for effective interaction: 1) create rapport and build trust; 2) talk directly about suicide/death; 3) listen verbally and nonverbally; 4) ask the right questions (ask them about demographics, coping, social support, family/medical/psychiatric history, physical changes); 5) weigh the risk/protective factors; and 6) engage the person in a action plan (generate possible solutions, take concrete actions, and follow-up if possible.)

**Connect, listen, and assess first – then act! ■**

# *Gatekeeper: Suicide Prevention*

## *1.0 Hour Training Credit Questionnaire*

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. Suicide is the \_\_\_\_\_ leading cause of death in Alaska. There are about \_\_\_\_\_ annual deaths in Alaska or one suicide every \_\_\_\_\_ days.
2. Gender and age are known risk factors for suicide. What gender and what age range are more at risk?  
Gender: \_\_\_\_\_ Age Range: \_\_\_\_\_
3. Besides trauma, despair, loneliness, hopelessness, and insomnia name four (4) other psychological factors linked to suicide risk.  
a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_
4. If someone tells you they are thinking about committing suicide then you know they will not actually do it.  
\_\_\_\_\_ a. True \_\_\_\_\_ b. False
5. Four (4) aspects of *a suicide plan* are:  
a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_
6. If someone gives away all of their possessions they may be contemplating suicide.  
\_\_\_\_\_ a. True \_\_\_\_\_ b. False
7. Four (4) protective factors that may decrease the risk of suicide are.  
a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_
8. The suicide rate for Alaska teen males is 72 people per 100,000.  
\_\_\_\_\_ a. True \_\_\_\_\_ b. False

## New Materials Available from the ACRF Library

The following new materials are available. Visit or call your local ACRF office in Anchorage at 279-1799 or email [acrf@nwresource.org](mailto:acrf@nwresource.org) to order. Our Self-Study Catalog is also available online at [www.acrf.org](http://www.acrf.org), if you do not have internet access call your local ACRF office or 1-800-478-7307 for your copy today!

**Information Packet:** *Surviving Adoption Challenges* (1.0 Hour)

**Information Packet:** *Helping Your Child through Early Adolescence* For Parent's Advice and Encouragement (2.0 Hours)

**Information Packet:** *Promoting Healthy Sexuality after Sexual Abuse* (1.0 Hour)

**Information Packet:** *Helping the Traumatized Child at Home and School* (1.0 Hour)

**Information Packet:** *Kinship Caregivers and the Child Welfare System (ALSO IN SPANISH)* (1.0 Hour)

**Information Packet:** *Leaving Your Child Home Alone (ALSO IN SPANISH)* (1.0 Hour)

**Self Study Course:** *Creative Parenting Strategies for Traumatized Children* Brenda Ursel and Tamara Keech, ACRF, 2009. (5.0 Hours)

**Self Study Course:** *FASD Tips for Parents and Caregivers* FASD Support Network of Saskatchewan. (1.0 Hour)

**Self-Study Course:** *Medically Fragile Training Manual* Geri Hernandez, 2008. (5.0 Hours)

**Self-Study DVD:** *Childhood Anxiety Disorders* Jim Kagen, Northwest Media Inc. 2007 (2.0 Hours)

**Self-Study DVD:** *Children with Autism* Robert Nickel, MD, Foster Parent College, 2006 (2.0 Hours)

**Self-Study DVD:** *We are... GLBTQ* Washington State Department of Social & Health Services, 2007. (2.0 Hours)

**Self-Study DVD:** *Working with Schools* Karen Jorgenson, Northwest Media, Inc., 2007 (2.0 Hours)

**Spanish Information Packet:** *Adoption Assistance for Children Adopted from Foster Care* (1.0 Hour)

**Spanish Information Packet:** *Best Beginnings Activity Guide for Infants to 18 Months* (2.0 Hours)

**Spanish Information Packet:** *Best Beginnings Activity Guide for 18 Months to 3 Years Old* (2.0 Hours)

**Spanish Information Packet:** *Best Beginnings Activity Guide for 3 to 5 Years Old* (2.0 Hours)

**Spanish Information Packet:** *Helping Your Child with Homework* (2.0 Hours)

**Spanish Information Packet:** *Parenting Advice and Encouragement: The Toughest Job You'll Ever Love* (2.0 Hours)

**Spanish Self Study Course:** *Understanding Children's Sexual Behaviors: What's Natural and Healthy* (2.0 Hour)

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

**RETURN SERVICE REQUESTED**

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