

Greetings from Alaska Center for Resource Families

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

In Memory of Debbie LaFlamme



It is with great sadness that we at ACRF, announce the passing of Debbie Laflamme, Resource Family Association and one of our long time staff members in the Anchorage ACRF Office. Debbie was a spot of light for all of us and she recently lost her battle with cancer. We know that many OCS staff, foster and adoptive families, and Resource Family Advisory Board members knew Debbie personally. Your cards and comments on social media show how she touched many lives with her cheerfulness, warmth and responsiveness. She was the adoptive mother of three boys and she had a soft heart for all children, as well as being a thoughtful and kind co-worker. We will all miss her terribly.

Hello from the Resource Family Advisory Board!



The Resource Family Advisory Board will be meeting Face to Face in Anchorage on October 2 and 3, 2023. The Board will be meeting with Director Kim Guay and the OCS Senior Leadership Team to learn more about recent developments with OCS including work on respite care, augmented rates and the soon to be active Placement and Resource Family Support Unit. The Board will also be sharing their suggestions on work on the past years initiatives including better supporting families with high needs placements and securing parental consent in a more timely fashion, continuing to support more communication between foster parents and OCS such as the regional Foster Forums, and advocating for easier referrals to mental health services.

In the March 2023 Face to Face meeting, the Board also developed potential FY24 Initiatives which include:

- 1) Provide Input and Ideas for Recruiting Resource Families
- 2) Support a shift in culture from "Foster a Child" to "Foster to Permanency"
- 3) Continue promoting the Resource Family Bill of Rights.

The Resource Family Advisory Board has vacancies in the Southcentral, Western and Northern Regions. If you are interested in learning more about RFAB go to <https://www.acrf.org/supports/resource-family-advisory-board>.

To apply for one of the regional vacancies, find the application here. <https://form.jotform.com/231727052440044> ■

Great News for Resource Families!

Starting Monday, October 2nd, the Office of Children's Services is launching the brand-new **Placement Search and Support Unit (PSSU)** – and it's here to make your journey as resource families smoother and more supportive than ever!

Here's how the PSSU is ready to assist you:

- ◆ Providing you with all the necessary documents, forms, and paperwork.
- ◆ Answering any questions you might have – if we don't know the answer, we'll find someone who does.
- ◆ Connecting you with service providers and community resources to meet the unique needs of the children in your care.
- ◆ Helping you navigate foster care payments by facilitating discussions with OCS's Provider Payments Unit.
- ◆ Streamlining communication to eliminate repetitive calls, ensuring efficiency in placing children.
- ◆ Offering comprehensive information to help you determine if a child is the right "fit" for your family.
- ◆ Conducting Augmented Rate assessments to ensure the best support possible.

For quick and efficient contact with the PSSU, shoot us an email at fcs.ocs.pssu@alaska.gov. You can also reach out to the Special Needs Hotline at 1-855-603-8637, and they'll relay your message to the PSSU team. Get ready for an improved resource family experience with the PSSU! We can't wait to assist you on this important journey.

1.0 CREDIT 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, 815 Second AVE STE 202, Fairbanks AK, 99701 or FAX to 1-907-479-9666.

“THE NEW INDIVIDUALIZED TRAINING PLAN REFRESHER”

Here at the Alaska Center for Resource Families, we are asked frequently, “How many hours of training do I need this year?” The answer to that question for all newly licensed or renewed license homes is new. This year, the answer will be “*what does it say on your ITP?*”

ITP stands for **Individualized Training Plan**. That means that every year, foster homes think about what they want or need to learn about in order to best meet the needs of the children and youth in their home. You discuss these topics with your licensing worker and you make a plan to do that training in the upcoming year. Easy right? This is different than the previous training requirement of 10 to 15 hours per household every year, but is not really not that big of a change. Each foster parent still needs to do training and you’ll do about the same amount each year, but you plan out what training you will do ahead of time. And you make it relevant to what you need to support the child in your home.

Note: If you are licensed after July 1, 2022, you will start out with an ITP. If you were licensed before July 1, 2022, you will switch to the ITP format when your license comes up for renewal. By July 1, 2024, all licensed foster families will develop an ITP to meet the foster care licensing training requirement. For more information about what the regulations say about foster parent training, please refer to **7 AAC 67.130 Orientation and Training**

Let’s break down the ITP into its three parts:

- **Individualized** *Geared toward the children and foster parent in that home.* This is new and different than just a set number of hours of training. This means your training needs to be will be relevant to caring for the children in your home currently.
- **Training** Has an educational or learning components– this has always been the same.
- **Plan** Is a considered and mindful look at what is needed in the year ahead (written down) This is different- we are looking ahead and you will develop a plan for training that you will be accountable for meeting.

QUESTION:

How much training I need to do every year?

ANSWER:

What does it say on your ITP?

The ITP is developed with your Licensing Specialist who will discuss with you **what training is needed to meet the needs of the child or children in the home**. These needs will be determined through a conversation with the family, the caseworker and the licensing worker.

For the first year of licensure, foster parents will be asked to complete Core Training for Resource Families or for relatives caring for children in the state’s custody, Core Training for Relative Caregivers. This will be specified and written into the foster family’s ITP. Each following year of licensure a new ITP will be developed with the family’s training needs in mind and will be based on the foster parent’s previous experience and training.

The Individual Training Plan is a specific form that is used to plan, document, and track completion of training. There are sections for first year licensing, second year, and beyond that there is a list of potential topics to choose from. Choose two or three topics that relate to the children in your home or the area you want to learn more in. Then, you-- the foster parent-- signs the form, the licensing specialist signs it, the supervisor signs it as well and then it goes to ACRF to put your plan in your training record. ACRF can help you get those trainings completed or you can use another community training or agency or self-study to meet the training requirement. If ACRF is selected to help get you those trainings, we will put together a training plan for you, based on the topics you selected. We will send that plan, along with any links, documents, videos, or booklets that you need to access the material, in an email along with a copy of your ITP; and we will include your licensing worker in that email as well. This ensures that they have record of what trainings you will be working on.

If you do your training through the ACRF, the completion will be tracked automatically when you submit your questionnaires or attend the training. If you do your training through another agency or method, all training must be documented and submitted to ACRF who keeps track of completed training for licensed foster parents in Alaska. Your submission should include the date, subject material, duration, and the name of the presenter/facilitator. ACRF puts it in your training record for documentation. Licensing workers will check with ACRF to determine that the ITP has been

completed when the renewal for licensure comes around each year.

We know you have questions. Here are some common ones with some answers:

“How do I know what kind of training I need?” Talk with your Licensing Worker and your Caseworker, but think about the children you currently have in your home or think about the areas you would like more information about or what skills would help you be a stronger foster parent.

What if I change my mind? If you decide that there is other training you can take that will better meet the needs of the children in your home, talk with your worker to amend your ITP.

What if I am brand new or I don't have kids in my home at this time? If you are newly licensed, you will be asked to take Core Training for Resource Families to learn the basic skills of being a foster parent. If you don't currently have kids in your home, then think about the ages of children in your home or look for trauma informed parenting classes or development or general parenting classes that will improve your skills in general.

What if I have been a foster parent for a hundred years? We know you are out there! In addition to training you would like to do, talk to your worker about doing some of your training by sharing your expertise and knowledge with other families through writing articles, mentoring or presenting on panels. This must be preapproved by your worker but is a great option for experienced and seasoned foster families.

What if I am a relative licensed home? All licensed foster homes need to complete an ITP, including relatives, so take the Core Training for Relative Caregivers or look at the specific needs of the relative children in your home to decide what training will be most relevant.

What if I am interested in adopting? All licensed foster homes need to complete an ITP, so we suggest the Adoption Learning Path which includes Core Training, Adopting through OCS, and Building Families through Adoption. ■

SUMMARY OF ITP PROCESS FOR FAMILIES

1. At licensing renewal or home visit, talk with your Licensing Worker about the needs of youth and children in your home and develop an Individual Training Plan (ITP) with worker, make sure both of you sign the ITP.
2. Licensing worker will secure ITP approved by Supervisor. ITP gets sent to ACRF where it is filed and staff will follow up if necessary.
3. ACRF contacts family to get the training done, OR If training is done through another agency, foster parent will send certification or documentation of completion to ACRF.
4. OCS Licensing Unit checks with ACRF to make sure ITP is completed by the end of the licensing year.
5. If training is not completed, licensing follows up with Plan of Correction for the family.

“The New Individualized Training Plan Refresher”

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: _____

Mailing Address: _____

1. After reading this material, please list two (2) main nuggets of information you learned from the course.

1) _____

2) _____

2. After reading this material, think about how this information can be useful to your foster parenting experiences. Please list two (2) specific ways you may use this knowledge in your home.

1) _____

2) _____



The Legal Side of Foster Care for Resource Families

October 10 and 11, 2023
9 a.m. to 4:30 p.m.
No Charge, Available on Zoom

Sponsored by the Alaska Center for Resource Families

To Register for this Training, Go to:

<https://form.jotform.com/232365533789164>
Or call ACRF at 1-800-478-7307

Families are welcome to attend some or all of the sessions. Tribal partners, agency staff and OCS Staff are also welcomed to attend.

To see the schedule as we update it, check our Webi Conference web page at: <https://www.acrf.org/self-study/webi-conference-center/the-legal-side-of-foster-care-for-resource-families>



SCHEDULE

Tues., October 10. 9 am to 4:30 pm

Morning Sessions:

- Understanding the Child in Need of Aid (CINA) Proceedings
- Welcome to Court!
- The Role of the GAL
- Tribal Court Proceedings

Afternoon Sessions:

- Investigation of Complaints and Allegations against Foster Home
- The Grievance and Appeals Process
- The Resource Family Bill of Rights
- Confidentiality

Wed., October 11. 9 am to 4:30 pm

Morning Sessions:

- Fostering Older Youth and Transitioning into Adulthood: Rights, Responsibilities and Resources
- Voices of Youth Panel

Afternoon Sessions:

- Life of an ICWA Case
- Understanding Guardianship vs. Adoption

Foster Parent Forum

A perfect opportunity to speak directly with the OCS management team in your region about topics important to you!

SOUTHEAST REGION SESSION:

Wed, Oct 25 from Noon-1:00pm:

Topic: Placement Support Unit

ANCHORAGE SESSION:

Wed, Nov 1 from Noon-1:00pm:

Topic: To Be Announced

SOUTHCENTRAL REGION SESSION:

Tues, Dec 12 from 6-7:30pm:

Topic: Resource Family Advisory Board, Brian Headdings

NORTHERN REGION SESSION:

Thurs, Dec 14 from 6-7:30pm:

Topic: To Be Announced

To receive Zoom Link, please register with ACRF at 1-800-478-7307 or 907-479-7307 or email acrf@nwresource.org.



Post Adoption Skills & Support

For Parents of Pre-Teens and Teens

Sponsored by the Alaska Center for Resource Families

6:00 to 7:30 p.m. Monday. On Zoom.

October 30th - November 27th.

Parenting teens is tough. It is even tougher if adoption issues are impacting the identity and attachment of your youth.

This time limited group is for adoptive parents who are struggling with their pre-teens and teens. Participants will have an opportunity to get feedback and guidance on their own situation as well as learn more about the impact of adoption on youth and the resources and skills needed to face them.

Group participation allows one individual consultation at no charge upon completion of the series.

This group is available at no charge to Alaska adoptive parents with a pre-teen or teen in their home or coming back home. Slots are limited so we ask for you to attend all sessions.

Contact Alaska Center for Resource Families for an application please email khughes@nwresource.org or call (907) 479-7307.



Led by Jennie Schroll, LCSW. Jennie is a therapist in Eagle River in practice as Bear Mountain Clinical Services. She has written adoption home studies Alaska for almost 10 years, is an adoptive parent, and was a therapeutic foster parent for seven years. She also worked as an Adoption Specialist with ACRF. In her practice, she has worked with families struggling with parenting children who have experienced trauma to implement trauma informed parenting strategies to strengthen trust and connection and decrease survival behaviors.



ACRF Resource Family Book Club: READING BETWEEN THE LINES:

Orphan Train by Christina Baker Kline

Club meets on Mondays by Zoom from 6-7pm:

- **October 9th**—Assignment was to read pages 95-184, if joining late.
- **November 13**

Come and join us for a fun relaxing book club! Each month we will read a portion of the book and have a meaningful discussion of what we read. A limited amount of books are available to borrow. Go to <https://www.acrf.org/training/teleconference/2170> to see some questions to consider.

Missed a session? Late joiners welcome! To register call 907-279-1799 or sign up by email at acrfsc@nwresource.org

PUT THIS on YOUR CALENDAR!



The 2nd Alaska Child Welfare Virtual Statewide Conference

November 2, 3, & 4, 2023

Presented by the Office of Children's Services, the Alaska Child Welfare Academy, Office of Public Advocacy Alaska CASA, and the Alaska Center for Resource Families

MONTHLY RESOURCE FAMILY TRAINING SCHEDULE:

ACRF is offering a series entitled Foster Parent Professional Skills to support the skills foster parents need to navigate the challenges of fostering and to learn the importance of maintaining records. ##Bonus: To build your toolkit, a set of documents or forms will accompany each session.

Every family that attends multiple sessions has the opportunity to receive a binder with the printed documents and forms included!

Held Wednesdays from Noon-1:00pm

Oct. 25th: **Financial Resources, Special Needs Unit**, Maria VanOrd

Nov. 15th: **Advocacy and Communication**, Jodi von Brandt

Dec. 13th: **Health, Medical Needs**, Aileen McInnis

Jan. 17th: **Educational Issues**, Rachel Hanft

Please call in 5 minutes early to give us your contact information so we can record your attendance.

Call 1-800-944-8766, Participant Code 26867#

Check www.acrf.org Teleconference Training Calendar prior to the teleconference for posted handouts or PowerPoints



Statewide Foster and Adoptive Support Group

3rd Thursday of each month at 6:00pm via Zoom

Next : October 19th: Holiday Triggers 6:00-7:00pm

Join us for a chance to talk with other foster and adoptive parents, discuss issues or concerns, get advice and tips, or to share in supporting this group of amazing people and the hard work that they do!

Please call or email for Zoom meeting link or phone number. acrf@nwresource.org 1-800-478-7307 or 907-479-7307.

FASD Caregiver Support Group—Sponsored by Stone Soup Group

Last Wednesday of each month from 5-6:30pm via Zoom

Parents and caregivers of those affected by Fetal Alcohol Spectrum Disorder (FASD) are welcome to join us!

Please register for this caregiver support group:

<https://www.stonesoupgroup.org/event/fasd-support-and-discussion-group-upcoming/>



STATEWIDE ZOOM: Let's Talk ICWA

First Thursday of the Month from 4-5pm

Next: October 5: What does it mean to be a preferred placement? What is an "ICWA" home? With Tasha Yatchmeneff, Statewide ICWA Coordinator

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. Come learn and get your questions answered!

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

Contact us for Zoom meeting link at acrfsc@nwresource.org 1-800-478-7307 or 907-479-7307.

This series provides foster and adoptive families with support, information, and resources regarding preventative maintenance, complex trauma, and threatening behaviors. The information provided can help with skill-building and gathering resources that can be applied to families dealing with escalated behavior, families in crisis, and families recovering after a crisis.



This series is held the first Wednesday of every month from Noon-1:00pm

TOPICS FOR THIS SERIES:

October 4: Preventing Suicide: How Do You Make a Plan?

November 1: When Things Get Violent in Your Home: Making a Family Safety Plan

December 6: How a Parent Can Deal with Runaways and Couch Surfing

January 3: Consider Residential Care—A Panel of Parents Share their Experience

Register online at <https://form.jotform.com/232625661135150>.

For more information contact Karissa Hughes at khughes@nwresource.org or call ACRF at 1-800-478-7307 or 907-479-7307.



CONNECTION CAFÉ

Support Group for Mat-Su Foster & Adoptive Parents

FIRST TUESDAY OF EACH MONTH—5:30-7PM

Location changes monthly. Kids welcome! Door prizes!

Call 907-376-4678 for information

FOSTER AND ADOPTIVE PARENT TRAINING:

Building Families Through Adoption via Zoom

6:00 - 8:00pm, 5 Sessions (Tuesdays/Thursdays): November 28, 30, December 5, 7 and 12

Building Families aims to prepare potential adoptive parents for the realities and joys of adoption. All potential adoptive parents are welcome but it is particularly valuable for persons wanting to adopt from Alaska's foster care system.

Adopting Through OCS via Zoom (Two upcoming classes)

6:30 - 8:30pm, Tuesday, November 14

This zoom class will include information about adopting through the foster care system and reviews the "nuts and bolts" of what families need to know.

Core Training for Resource Families via Zoom

6:30 - 8pm, 7 Sessions (Tuesdays/Thursdays): October 17, 19, 24, 26, November 2, 7 and 9

Core Training for Resource Families helps you gain a better understanding of the child protection process, the special needs of your children in foster care and your role as a foster parent. It is also a great way to meet other foster parents and hear their ideas about fostering and adopting!

Core Training for Relative Caregivers via Zoom

6:30 - 8pm, 5 Sessions: October 16, 23, November 2, 7, and 9

Core Training for Relative Caregivers will help you understand the child protective system, know what your role is as a foster parent to your relatives, and help connect you with resources to support your care for the children in your home.

Trust Based Relational Intervention (TBRI)

9:00am - 11:30am, 3 Sessions: October 23, 24, and 25

TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors.

Register for this 3-session TBRI class online! Go to <https://form.jotform.com/231456003713143>

To pre-register for the above training and get the Zoom access information contact:

acrpsc@nwresource.org or call 1-800-478-7307 / 907-479-7307

Adoption Gathering via Zoom

7:00-8:30pm, November 6

Hear the real life stories of three adoptive families and learn how you can adopt within the State of Alaska

To register call 1-800-478-7307 or email acrpsc@nwresource.org

Do you know someone interested in becoming a foster parent? Tell them they can get more information at an Orientation

via Zoom: Wednesdays 6-7:30pm:

October 4th
November 1st
December 2nd

Telephonic: Thursdays:

October 19, 7-8pm
November 16, Noon-1pm
December 21, 7-8pm

Need Application Assistance: An optional additional hour is provided after each of the above sessions.

For Zoom Link: Call 1-800-478-7307 or email core@nwresource.org.

For the Telephonic Orientation call: 1-800-944-8766 then you will be asked to enter a code; please enter: **26867#**

Note: Don't forget to press the # button! If you call in before the group leader, you will hear music, stay on the line.

Every quarter we discover so many special people, organizations and businesses to thank! We can't tell you enough how much we appreciate you! We want you know how much you impact our agency—Without you it certainly would not be possible for us to give to our foster homes, our caregivers caring for their relatives and our adoptive families across the state of Alaska. We hope you recognize how truly important you are!

Resource Family Advisory Board: A huge thank you to all the Resource Family Advisory Board members who have volunteered their time in the past year including: **Tiffany Brookwell, Danielle Holt, Dora Wilson, Brian Headdings, Dave Garcia, Candice Arrington, Kristen Haddox, Heather Payenna, Fawn White, Yurii Miller, Mariah Johnson and Jo-Ann Borges.** We appreciate your input of ideas and concerns and the time you devoted to RFAB and wish you the very best!

Anchorage Appreciation Event: Thank you for making this event a big success **Beacon Hill, Grizzly Dogs, Church of Jesus Christ of Later Day Saints, Title Wave Books, Sweet Caribou, Alaska Zoo, Raising Canes Chicken Fingers, Bear Tooth, Humpy's and Red Robin.**

3rd Annual Family HealthKick Fest: Thanks to **Master Son Sung Yu and CHAMPS Martial Arts School** for hosting this event at **Romig Middle School** in Anchorage. We appreciate your work with families and for supporting the Alaska Center for Resource Families with your fundraiser!

Fairbanks Garden Kit and Food Insecurity Grant: Thank you **Kristen Haddox** for your time and effort that went into this amazing project.

Fairbanks Resource Family Appreciation Picnic: Thank you to **Fairbanks Rotary** for their co-sponsorship; **College Rotary** for their **Kids Packs** that were handed out to all children that attended; **JoAnn Borges** for her **Monetary Donation**; **Hair by Eileen and Shelley's Locks and Lashes** for your **Gift Card** donation that went towards prizes. **Tanana Chiefs Conference, Fairbanks Native Association Headstart, FNSB School District, and Alaska Center for Children & Adults** for their **contribution and Support.** Also thank you to **Abby Keyser & Grandma** for **spending the day baking over 200 watermelon themed cookies & treats!**

Fairbanks Juneteenth Celebration: Thank You **Mary Johnson** for joining our recruitment booth.

Kotzebue Recruitment & Retention: Thank you **Maniilaa Family Services** for their **Contribution.**

Southcentral Adoption Appreciation Event: Thank you to **Big Lake Recreation Center** for the **space and Affordable Catering** for the **food!**

Kenai Conference: Thank you **Peninsula Power Sports, Kenai, Jumpin' Junction, Alyeska Tire, Sweeney's, Alaska Wild Gear, Pizza Boys, Sherwin Williams, Dairy Queen, Major Marine, Grant Aviation, Simply Sweet, Alaska Salt Co., Kara Green, Martha Kincaid, Ulmers Hardware, Soothe, The Happy Closet Home Fun Center, Department of Parks and Outdoor Recreation, Ravn, Brother's Café, Top Know Cookies, Starbucks Coffee, and College Heights Baptist Church** for your **donations to help make the Kenai Conference a success!**

Mat-Su Foster Parent Appreciation Event: Thank you to **Knik Tribe** for **donating all the food, Brown Chicken Brown Cow** for your **donation of an adorable door prize** and **Connection Café Support Group** leaders for the **cookies and your support to foster families all day!**

Donations: We appreciate our community organizations and service groups that support the work of ACRF. We would like to thank and spotlight these organizations for the support they have given ACRF programs. **Jessica Quin, Anchorage Diaper Banks, Newborn in Need and Samski Stitches** for the **baby items.** **Far North Quilting** for **donating quilts for adoptive children.** **Fireside Books in Palmer** for **donating 3 gift cards for the Resource Family Book Club!** Thank you to all who donated to the **Fairbanks ACRF Resource Room.** Thank you **Athena's Pizza in Palmer** for **donating pizza, Walmart** for their **monetary donation, Three Bears** for **food, Beacon Hill** for **continuously donating space and support, Alaska Children's Trust** for the **grant, and Brett Memorial Ice Area** for **continuous support for our Mat-Su Support Groups for Resource Families.**

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

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ACRF STAFF DIRECTORY

Northern Regional Office 8:30am-4:30pm

Rachel Hanft, Family Support Specialist
Kendall Musser, Rural Outreach Coordinator
Karissa Hughes, Adoption Resource Specialist
Areli Miller-Mackey, Project Assistant
Dee Dee Keyser, Resource Coordinator

Anchorage Regional Office 8:30am-4:30pm

Aileen McInnis, Director
Maria VanOrd, Family Support Specialist
Brenda Ursel, Adoption Support
Lissa Rylander, Database Coordinator

Mat-Su Regional Office 9:30am-3:30pm

Jodi von Brandt, Family Support Specialist
Erin Monarch, Adoption Support

www.acrf.org



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!



ACRF Northern Region

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