



# Foster & Kinship Care Education Program

## October 2017 Classes

Guests & Friends are Welcome - No Fees to Attend – Be certain to note locations!

*For All Caregivers: Licensed Foster Parents & Resource Families – Foster & Kinship*

### Annual FKCE Training - Post Approval Classes



## Nuts & Bolts – An Informational Evening with Open Dialogue

Required for all Resource Families and Licensed Foster Parents to attend 2 Evenings Annually of Nuts & Bolts

**Jennie Pettit, Laura Nielsen & Matthew Gebhardt**, Health & Human Service Agency (HSA) Child Welfare Program Managers

**Wednesday October 11 or Thursday October 12<sup>th</sup>, 2017** (two options to attend)

Time: 6:00 to 9:00 pm

Location: At the College: 2300 E. Gibson Rd., Woodland - Room 101

**This is a fantastic opportunity** to meet directly with our Child Welfare Managers, Jennie Pettit, Laura Nielsen and Matthew Gebhardt, to hear the latest up-dates, assignments with staffing, check-in, and have your questions and concerns addressed. Most definitely a lot is going on both at the State and local levels, with the Continuum of Care Reform, Resource Family Approval, conversion from licensing to approval, and a Child Care Voucher Program that begins January 1, 2018. Locally we have a new Yolo County Dependency Judge, Samuel McAdams, and Child Dependency Council, Marina Duey and several new visitation sites. Please join us for this great chance to connect and have an open dialogue between caregivers and the Child Welfare Management team. I look forward to seeing you too.

## Resource Family Pre-Approval Classes are Open



These classes are required for Approval and are also open for Continuing Education.

**New series begins Saturday September 30<sup>th</sup>, 2017**

**RFA Class 1: Orientation to the Resource Family Approval Process**

Time: 10:00 am to 1:00 pm

**Series Continues Saturdays (Two Classes per Saturday)**

These classes are free & open to the public.

## Caring for a Foster Newborn or Infant

**TUESDAY Evening, October 10<sup>th</sup>, 2017 – at the College - 6:30 to 9:30 pm**

**Presented by, Dr. Doug Gross, MD & Foster**

**Location:** Woodland Community College – Building 100, Room 101

**All infants need nurturing and tender care.** Caregivers do best when they are prepared and supported and know what to expect about the little person being entrusted to their arms. It is important to acknowledge the differences between bringing home a birth versus a foster baby, along with the “can” and “can not’s”. For instance, that you can’t let a foster baby sleep with you or take them into your bath, and you have no legal say in medical decisions. Plus, you are faced with all sorts of pesky questions and how do you answer while maintaining confidentiality? This may be a new experience for the hospital staff and the caregiver and we want to make it just a bit easier. We will address who our babies are – what puts them “at-risk”, including prenatal exposure, and bringing them home. You will be given an overview of diapering, bottle feeding, cleaning, sleeping, and developmental milestones, plus knowing when to worry and when to relax. You will be given tips for swaddling, calming and infant massage, along with the importance of early screening and referral. Please join us for this 3-hour workshop that is strongly recommended for both experienced and not yet placed caregivers accepting newborns and infants.

**Dr. Gross** holds joint appointments in two departments. For the Department of Cell Biology and Human Anatomy, he teaches Gross Anatomy and Neuroanatomy to medical students and is course director for an undergraduate course in Human Anatomy. In the Department of Pediatrics, he is a practicing pediatrician at the University of California, Davis Medical Center, seeing patients in the Nursery, Urgent Care Center and Inpatient Ward.



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# Foster & Kinship Care Education Program

## October 2017 Classes

### For All Caregivers: Licensed Foster Parents & Resource Families – Foster & Kinship

### Annual FKCE Training – Recommended Post Approval Classes

**Lorraine E. Fox**, Ph.D. CCCW Presents 2 Workshops - Attend Either Night – or both Classes

Location: Woodland Community College, 2300 E Gibson Road, Woodland, CA

Time: 6 to 9:00 pm in Building 100, Room 101

Classes are Free & Open to the Public



Tuesday Evening, October 24<sup>th</sup>, 2017

## Trauma Informed Interventions with Challenging Behavior

**What is Trauma Informed Care?** What is expected of those living or working with abused, neglected and abandoned children and teens – kids that have experienced trauma? During this workshop we will look in close detail what makes an experience a “trauma” and how such experiences result in symptomatic behavior that is often puzzling and challenging. We will also examine how understanding “symptom behavior” indicating previous trauma can inform the ways we respond to such behavior.

Specifically, we will cover the following:

- Four possible responses to unusual or overwhelming events, including: stress, crisis, trauma, and post-traumatic stress.
- Differences between crises and trauma
- Primary trauma from abuse and neglect
- Secondary trauma from exposure to domestic violence
- Symptoms of trauma, including memory problems, and how these cause children additional trauma
- Specific categories of trauma symptoms and they manifest in behavior
- Practice formulating responses to symptomatic behavior that exhibits and understanding of trauma and its aftermath.

Thursday Evening, October 26<sup>th</sup>, 2017

## ADHD & Other Neurological Disorders in Children

**Attention Deficit Hyperactivity Disorder** is a problem experienced by children and teens that was initially thought to be a “behavior problem”. This misunderstanding caused adults both at home and at school to respond to the symptomatic behavior that tended to make the symptoms worse rather than improved. Now we have a much better understanding of exactly what causes ADHD and how it affects how the brain works.

During this workshop we will discuss:

- How the brain works and is affected by various forms of abuse and neglect
- The effects on the brain of pre-natal exposure to drugs and/or alcohol
- The relationship of pre-natal exposure and ADHD
- ADHD: What is it? What are the three affected areas? What are the behavioral symptoms? Recent changes in the DSM5 diagnostic criteria.
- How does our understanding of neurological challenges inform our responses to behavior?
- Specific interventions for ADHD for both children and adults working with these challenging children.



Lorraine holds a doctorate in clinical psychology and a doctoral certificate in organizational development. She is in her fortieth year working in child and youth care work and in the human services. She has been a direct service worker, a supervisor, a clinical director, an executive director and Assistant Professor. Over the course of her extensive career, she has been a sought-after presenter for Foster & Kinship Care Education programs throughout California.

# Foster & Kinship Care Education Program

## October 2017 Classes

- **Friday October 13** **Teen Circle**  
**Careers in Law Enforcement**  
*Lead by, Woodland Police Officer, David Kruse*  
Time: 5:30 pm to 8pm - Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101
- **Friday, October 20** **ILP – Independent Living Program**  
**Getting a Job and Keeping It: Part 1**  
Time: 5:30 pm to 8pm  
Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101
- **Saturday, October 21** **ILP – Independent Living Program**  
**Getting a Job and Keeping It: Part 2**  
Time: 10 pm to 3pm -  
Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101



### **Nursery Tour for Yolo County Caregivers** **An Opportunity to Meet & Talk with Experienced Foster Parents – Children are Welcome** **October 27<sup>st</sup>, 2017**

**Generally** 10:30 am to Noon pm

**Location:** 1701 Balsam Place. Davis, CA 95618

The Yolo Crisis Nursery offers drop in day care for our Resource Families - foster parents and kinship caregivers - to help make life a bit easier for such things as a doctor's appointment or to attend a class. With availability, the Nursery can also be used for up-to 30 days for Child Care while a foster family is locating permanent child care options. Please take this opportunity to tour the Nursery, meet staff and to clarify the use and services offered for Yolo County Resource Families - Foster and Kinship Providers - who are placed with a child through Child Protective Services. Join us at the "tour" for a time to sit, have a cup of coffee and the opportunity to share fostering experiences.



## **Resource Family Gathering** **For our Foster & Kinship Families**

**Sunday October 8<sup>th</sup> beginning at 1 to 4:00 pm**  
**Cool Patch Pumpkin Patch**

**Reserved Tables Under the Shade – "Cherie's Group"**

Entrance is FREE, we will have a Family Goodie Bag, kids get a Pumpkin, Hay Ride, Snack and Play in the Corn Soup Area.

*Corn Maze is not included.*

**RSVP to Nicki or Cherie**

[nmhotel@sbcglobal.net](mailto:nmhotel@sbcglobal.net) or [Cherie@yolofostercare.com](mailto:Cherie@yolofostercare.com)

**Cool Patch Pumpkin Patch**  
6150 Dixon Ave West, Dixon  
Just off I-80, last Dixon Exit

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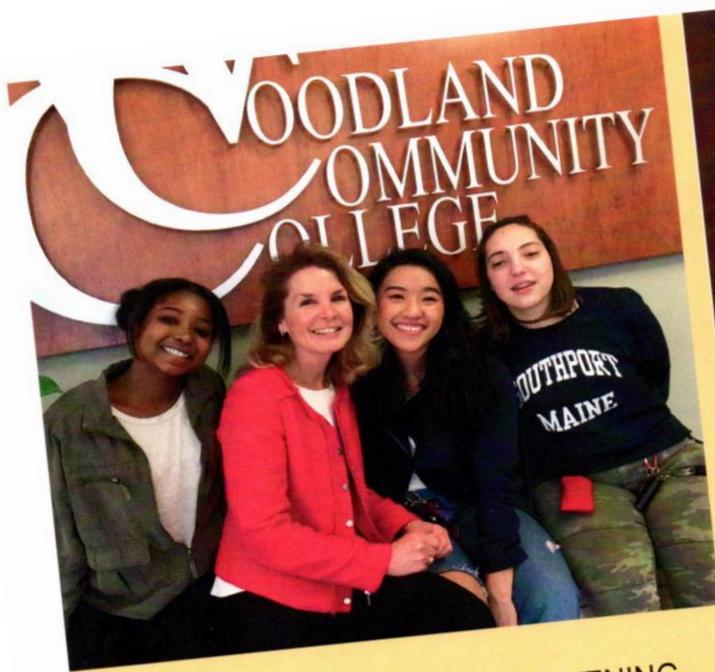
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**Foster & Kinship Care Education Program**  
**October 25<sup>th</sup>, 2017 Caregiver Support & Education**

**This Month's Caregiver Support Topic is Presented by CommuniCare Health**  
**Building Attachment Relationships between Teens & their**  
**Caregivers**

Presented by, **Allison Rodriguez**, Youth Services Supervisor  
Trauma-Focused Cognitive Behavior Therapy Site Supervisor



**CAREGIVER SUPPORT GROUP**

For those of you parenting or thinking about caring for a foster teen or non-minor dependent in Yolo County

• JULY 26, 2017  
• AUGUST 23  
• SEPTEMBER 27  
• OCTOBER 25  
• NOVEMBER 29  
• NO DEC MEETING  
• JANUARY 24, 2018  
• FEBRUARY 28  
• MARCH 21  
• APRIL 25  
• MAY 23  
• JUNE 27

WOODLAND COMMUNITY COLLEGE

JOIN US FOR A WEDNESDAY EVENING

**CAREGIVER SUPPORT & EDUCATION GROUP**

Wednesday Evenings  
5:30 to 7:30 pm  
Potluck Dinner and Conversation  
At the College in Room 109

**An opportunity to connect with others of a kindred mind.**

**"Because You Care"**

Yolo County Caregivers, Co-Coordinators  
(530) 219-7467 Andrea Meier  
(530) 661-6009 Karen Boyd

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