

The Island Connection

Serving Vancouver Island Foster Parents through Peer Support, Education, Networking & ongoing Training

*Foster parents foster hope.
You're there for the children.
We're here for you.*

FPSS Society Achieves 3 Year CARF Accreditation!

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Regional & Area Reports

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How to Advocate for Yourself

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BC Foster Care Education Program Schedule

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COVERGIRL: Sophia Beech Published with permission

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FPSS Society has achieved
3 Year CARF Accreditation for
Support & Facilitation Services

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The opinions expressed herein are those of the writers and not necessarily those of the FPSS Foster Parent Support Services Society or the Ministry of Children and Family Development.

NEWSLETTER:

Is published 4 times per year and mailed free of charge to any foster home & MCFD office in the Vancouver Island region.

ADVERTISING INFORMATION:

Margaret Howley, Executive Director
Tel: 250-294-7911 / Fax: 250-598-8810
mhowley@fpsss.com

**Call Us
TOLL FREE AT
1-888-922-8437
Visit our website at
www.fpsss.com**

Do You Need Help or Information?

The following numbers are provided for your convenience. Please feel free to call these numbers when you need assistance.

EMERGENCY "After Hours" Duty Worker (MCFD)

Contact Number: 1-800-663-9122

- Foster Parents are encouraged to call this number in the event of an EMERGENCY or CRISIS concerning a child in their care, occurring after regular office hours.

FOSTER PARENT SUPPORT LINE (MCFD)

Call Toll Free: 1-888-495-4440

Weekdays: 4:00pm to 12:45am

Statutory Holidays & Weekends: 8:00am to 12:45am

If you have an immediate concern relating to a child in your care—we're here to help you and will provide:

- Fast response for urgent issues outside regular office hours.
- Professional support, information and consultation.

PROTOCOL SUPPORT WORKER TEAM (FPSSS)

TOLL FREE 1-888-922-8437

The FPSS Society office can arrange for a support person to help you through a Protocol Investigation.

- The support person can answer your questions, attend any interviews with you, and give you information about the investigation.

FPSS SOCIETY COORDINATORS (FPSSS)

TOLL FREE 1-888-922-8437

Weekdays 9:00am to 4:00pm—Closed Weekends and Statutory Holidays

The FPSSS Coordinators are available 5 days a week to assist you.

- There are three FPSS Society Offices—Victoria (250-294-7910), Nanaimo (250-390-9686), Campbell River (250-286-0555), and one Local Coordinator in Port Hardy (250-949-7397).
- Coordinators are available to assist foster parent in obtaining current information; support services for caregivers; on-going training and development opportunities; peer support and mentoring; and BC Foster Care Education Program information.



The Island Connection is now accepting advertising from local Vancouver Island merchants and businesses.

Do you have goods or services that would be useful and beneficial to foster parents and/or community service providers?

Why not place an advertisement in this publication—The Island Connection? Businesses extending a discount to foster families will receive a 10% discount on advertising costs.

Newsletter Distribution: all Vancouver Island foster families, ministry offices and posted to our website.

Contact Margaret Howley at 250-294-7911 or Toll Free at 1-888-922-8437 for information about our extremely affordable pricing. Some restrictions apply.

Proceeds from the sale of advertising space will be used to offset printing costs and Foster Parent Special Events.

The following is a listing of Ministry approved homes willing to provide Relief Care for foster parents. This list is for information purposes only. Foster parents must make their own arrangements **with the prior knowledge and approval of their Resource Worker.**

SOUTH Island Relief Care Listing

CAREGIVER	PHONE 250-	TYPE OF HOME
Morley Sandy & Bob	478-8490	Level 2/0-5 yrs
Adams Karen & Dave	652-0727	Level 2/0-12 yrs
Batten Linda & Doug	642-2579	Level 2/0-12 yrs
Moore Kelly	920-9206	Level 2/0-8 yrs
Murray Lynette & Peter	388-4208	Level 2/0-12 yrs
Case Sandy & Rob	478-2782	Level 2/0-5 yrs
Shumard Laura & Steve	478-1973	Level 2/0-5 yrs
Hayward Terri	590-5051	Level 3
Fisher Heather	885-2776	Level 3
Clifford Shandra	727-6542	Level 3/ 0-10 yrs
Gerry David & Grace	383-0818	Level 3/ 0-12 girls
Dewar Maria & Bob	478-6503	Level 3/ 5-19 boys
Henderson Carol	474-7470	Level 2/0-12 yrs
Dyble Rob & Susan	642-5774	Level 1/6-12 yrs boys
Baldwin Lori	381-6971	Regular/0-8 yrs

CENTRAL Island Relief Care

Please Note: Central Island area Foster Parents are encouraged to contact their Resource Social Worker, or the Child's Social Worker when seeking relief care from Ministry approved caregivers.

UPPER Island Relief Care Listing

Cole Jacqueline	339-6710	Level 2
Anderton Ev & Warren	338-4064	Level 3
Caine Naomi	898-8218	Level 2
Smith Karen & William	897-3688	Level 2
Watkins Josie & Stephen	334-7744	Level 3

The Relief Foster Care Rates

Restricted (for a child aged 0 to 11 yrs)	\$36.74
Restricted (for a child aged 12 to 19 yrs)	\$40.33
Regular (for a child aged 0 to 11 yrs)	\$36.74
Regular (for a child aged 12 to 19 yrs)	\$40.33
Level 1 (all ages)	\$55.60
Level 2 (all ages)	\$78.34
Level 3 (all ages)	\$100.88

Rates effective April 1, 2009

Kid's Art Wanted!

FPSSS invites children and youth to submit their artwork for inclusion in our upcoming publications, including a calendar, posters, newsletters, cards and advertisements. **Children whose artwork is selected for publication will receive a \$25.00 gift certificate.**

Theme 1: The Seasons—Spring, Summer, Autumn or Winter
Theme 2: Togetherness, Friends, School, Home, Play
Theme 3: Artists Choice

Colourful crayon, felt pen or painted pictures preferred.
All submissions must be on letter size (8.5 X 11.0 inches) white paper.

PARENTS: Put your name and telephone number on the back of the picture. Please remember to include **child's FIRST name only** and age.

Please do not fold the picture. Scan and email to mhowley@fpsss.com or mail to FPSS Society, 101-814 Goldstream Avenue, Victoria, BC V9B 2X7.

*All artwork submitted becomes the property of the
FPSS Foster Parent Support Services Society.*



GUIDELINE TO THE FAMILY CARE RATE—2009*

Basic Foster Care Costs (per month)	Ages 0-11years	Ages 12-19 years
Food	135.04	183.35
Housing	149.51	183.35
Transportation	67.52	76.89
Personal Needs	14.46	17.74
Recreation	33.78	35.50
Clothing	81.98	94.63
Sub-total	482.29	591.46
Additional Family Care Costs	Ages 0-11years	Ages 12-19 years
Education	25.72	31.85
Babysitting	86.81	57.33
Transportation	61.09	60.51
Personal Spending	41.79	54.14
Gifts/ Activities	61.09	60.51
Equipment/ Recreation	45.03	54.15
Sub-total	321.53	318.49
Total Maintenance (per month)	803.82	909.95

*The amounts in each category are estimates of what is required for most children. Actual costs will vary between categories, with some caregivers spending more in some categories but less in others. The total amounts should be sufficient to cover the actual costs for most children.

FPSS Society Regional Report

Prepared by Margaret C. Howley, Executive Director

FPSS Society is extremely proud to announce that we are now CARF accredited; we were very pleased to learn that we have been granted a three-year accreditation term, and received one exemplary rating.

What distinguishes an accredited organization?
(excerpt from www.carfcanada.org)

Organizations that have achieved accreditation demonstrate:

- A higher degree of internal quality.
- Greater involvement of persons served in their services.
- Increased cohesion among staff members at all levels within the organization.
- Enhanced status of the surveyed services within the community.

When an organization is accredited, the public is assured that the organization is committed to continually improving the quality of their services and the organization's focus is on service outcomes and customer feedback and satisfaction.

Our preparation for accreditation with CARF Canada has greatly benefited our staff, board and stakeholders/persons served beyond

our expectations. We have become even more 'customer' driven and outcomes focused. Initially, we began the process because it was an expectation of our funder (MCFD). However, as we became more familiar with the standards and what accreditation stands for, we became excited about the fact that CARF accreditation represents a continuous push for excellence. The CARF standards were very supportive of the services, philosophy, and mission of our organizations. They also assisted us in fine-tuning our services and programs, and in firmly establishing systems for accountability and transparency.

A sincere thank you is extended to our wonderful, hard-working FPSS Team—staff, board and foster parents. We also extend our sincere thanks and appreciation to the Ministry of Children and Family Development—especially Patti Simmons, our Contract Service Manager, for her strong support and encouragement throughout this entire process.



Island Area Coordinator **UPDATES:**

South Island Area:

Report prepared by Dan Malone, SVI Coordinator

Level 1 Sign Language: This was a seven week course facilitated by Dorothy Tait. Congratulations to eight foster parents who completed the course and received certificates. FPSSS is working to arrange a second delivery of this popular course. Call Dan Malone to get your name on the wait-list.

Emergency Preparedness Workshop: On January 14th, we had speakers come and share emergency preparedness information with foster parents. Eighteen people attended, eleven foster parents and seven presenters from Emergency Social Services. The facilitators were organized and presented information on being prepared to handle an emergency such as an earthquake for your family, foster children, and even your pets. Information covered emergency preparedness for your house, office, work site, and car .

How Boys & Girls Learn: On February 12th, Leanna Madill from the UVic Speakers Bureau came and spoke about the different learning styles of boys and girls. Nine foster parents attended ,and the presentation was well received. Leanna also does a presentation on "Children and Video Games"

FASD Support: On January 7th and 15th, we showed the DVD "Understanding and

Parenting Children with Disruption Attachment" at the FASD support group and Safe Babies support group. A total of 13 foster parents and one resource social worker attended.

FASD Advocacy: Mona Carlson FASD key worker came and spoke to foster parents on February 4th about how to advocate for children with FASD in schools and with IEP's (Individual Education Plans). She described how FASD key workers can be a great help when you are advocating for the needs of children with FASD.

Caregivers of Youth Support Meeting: Grief and Loss information session. On January 29th, Vicki Bridge came and spoke at the Caregivers of Youth meeting about grief and loss within the context of a foster family.

MRSA: On February 26th, Joyce Tobo, Occupational Nurse came and spoke to foster parents about MRSA the super bug.

Pre-Service Orientation: The Home Study Team held a pre-service orientation training on February 28th, March 7th, and 14th, for regular foster parents. On March 4th, this training was held for restricted foster parents. These resulted in several foster parents receiving certificates.

Boy Smarts Presentation: On Thursday, March 5th, we purchased 12 tickets for foster parents on a "first come first serve" basis to

go see the *Boy Smarts Presentation* "Effective Strategies for Parenting Boys", by Barry MacDonald. He has published a book called "Boy Smarts - Mentoring Boys for Success at School" which is available for loan from our library.

E-mail Distribution List: If you would like to receive notification of workshops, meetings and news of interest to foster parents via e-mail please contact Dan Malone, South Island Area Coordinator at 250-294-7912 or svicoordinator@fpsss.com.

Ongoing Training: We are working hard to provide foster parents with training that is both useful and relevant to the work that you do. If you know of training that might be beneficial to caregivers, please contact Dan Malone at 250-294-7912 or forward the information by email to Dan Malone at svicoordinator@fpsss.com .

Central Island Area:

Report prepared by Gabrielle Madigan, CVI Coordinator

Since we kicked off 2009, some great networking and educational opportunities for caregivers, such as partnership meetings, local support groups and presentations, have been offered. I really enjoyed the time I spent working with foster parents over the past few months and the last year – let's keep it up! Newsletters will now contain three months worth of scheduled meeting and

Island Area Coordinator **UPDATES continued:**

workshop information. This will give you the chance to keep track of dates and meetings well in advance. Information any event that comes up in the interim (workshops, training, guest speakers, and other community presentations) will be sent to you via e-mail. If you haven't sent me your e-mail, please do so as soon as possible so that I can begin sending you updates. Information is also always available through FPSSS at toll-free 1-888-922-8437, Nanaimo FPSSS office at 250-390-9686, or on-line at www.fpsss.com.

There are already some great activities planned for caregivers that are coming up in the next couple of months, including:

- "Transitions and Change" dialogue with Gabriele Ratjen (Duncan)
- Attachment workshop with Dr. Lynda Reynolds (Parksville)
- Childhood Mental Health Disorders – Presentation series with Dr. Scott Prior (Nanaimo)
- Foster and Adoptive Family Spring Picnic (Nanaimo)
- Monthly support groups (with various guest speakers, videos, and discussion topics) in all communities

As always, suggestions are welcome. Please give me a call or drop by. I hope to see many of you in the next few months, and look forward to another year of providing useful and worthwhile educational and support opportunities for foster parents.

Upper Island Area:

Report prepared by Erica Beech, UVI Coordinator

It's always a pleasure working with foster parents. I enjoy your resourcefulness, your willingness to share ideas, your sense of family, and your sense of humour—which we will all need as we enter these tough economic times. Unfortunately some of our foster families have concerns with respect to their family's income from outside of fostering, and with MCFD budget constraints and practise shifts. If you have any concerns regarding the latter, I encourage you to attend your local partnership meetings, connect with me or call other foster parents for support, and remember to communicate regularly with your RSW. This issue of the "The Island Connection" lists the events where you can do that, and we all benefit by your participation. Here are the up-dates for the Upper Island activities:

Creating Comfort for Kids: To date our creative volunteers have handmade about 40 gifts (toques, scarves, dolls) for Comox Valley's children in care. Watch for pictures in the next issue of the "The Island Connection".

C.R. Foster Parent Alliance: Roberta Petersen, trained child car restraint technician, spoke at February's gathering regarding the proper installation, use and requirements for infant/child car seats. You can contact the BCAA Traffic Safety Foundation at 1-877-247-551 if you have any

technical questions. To obtain a current listing of the infant/child restraints that have failed the Canadian Motor Vehicle Safety Standards please e-mail trafficsafety@tsf-bcaa.com. If you would like Roberta to inspect your car seat installation please call her at 250-287-2421 extension 334.

First Aid Training: Foster parents wanting to obtain their Emergency First Aid certification can do so at a cost of \$25.00 with the remainder paid by the FPSS Society—up to \$65.00. Call 1-888-922-8437 for more info.

Foster Parent Insurance Options: I have created an information package on insurances available to foster parents such as insurance rider, general liability from the MCFD, group extended medical and dental, critical illness, life insurance and the WCB Personal Optional Protection.

"Foster Parents Guide to Relief Care":

Please call me if you would like a copy of this free guide on how to select, screen and train relief caregivers so they can provide the required quality of care to the children in your care.

Upper Island Foster Parent E-mail

Distribution List: If you are a new foster parent or simply have not heard of my email distribution list, please contact me to be added to the list. You will receive notice of local training events, activities and articles of interest and importance to foster parents.

The Period of **PURPLE** Crying®



A New Way to Understand
Your Baby's Crying

Dear Foster Parent,

The *Period of PURPLE Crying®* is a new program being offered from Prevent Shaken Baby Syndrome BC, a program of BC Children's Hospital. The program educates all new parents about early infant crying, especially inconsolable crying, and the dangers of shaking a baby because of the frustration over this crying. All new parents receive this 10-minute DVD and 11-page booklet at the hospital to take home with them and share with all the caregivers of their baby. Maternity nurses also spend a few minutes educating parents about the information in the booklet before discharge from hospital.

The Ministry of Children and Family Development has funded both the research and implementation of this program province-wide and is now adding the *Period of PURPLE Crying* to the Foster Parent curriculum. All Foster Parents who presently are an approved home for children 3 years of age and under will receive a copy of the *PURPLE* materials after taking the 35-minute training session. This will support one of the main recommendations from the *PURPLE*

materials in that all temporary caregivers of babies view the materials **before** caring for an infant.

The training involves viewing a 25 minute presentation and then watching the DVD. The initial method of training will be through an online website (instructions attached). Once you are on the webpage you will enter a username and password assigned to your region. You are then asked to provide your email address, first and last name, phone number and approved foster home age range. Once you have completed the training you may download a certificate of training for your records.

The following is an excerpt from a letter from the Ministry regarding this training: *"This information is valuable for all foster parents and MCFD is encouraging every foster parent to participate in this one hour training, regardless of whether they are caring for infants on a full-time basis. The rationale to include all foster parents in this initiative is that our foster parents, by their very role in society, are often supports to other parents, including youth in care who are parents and this new information about preventing shaken baby syndrome will be invaluable in their repertoire of parenting knowledge."*

Call your FPSSS Coordinator in your area to learn how to access this valuable training. More information will be shared as it becomes available. Dan 294-7912, Erica 286-0555, Gabby 390-9686 or toll free 1-888-922-8437

South Island News & Events

FASD Caregiver Support Group

Wednesday, April 8th, 10:00am to 11:30am

FASD – Finding Hope Documentary

Wednesday, May 6th, 10:00am to 11:30am

Strategic Parenting Video, by Pat Buckley R.C.C.

Wednesday, June 3rd, 10:00am to 11:30am

FPSS Society Office, 101-814 Goldstream Avenue

Parenting the Explosive Child, Featuring Ross W. Greene, Ph.D., and J. Stuart Ablon, Ph.D.

All caregivers are welcome to attend these support sessions!

For more information please contact Dan Malone at 250-294-7912.

Retention Committee Meeting

Thursday, April 30th, 1:00pm to 2:30pm

Thursday, June 4th, 1:00pm to 2:30pm

FPSS Society Office, 101-814 Goldstream Avenue

Foster Parents, MCFD staff, and community partners meet to discuss foster home retention initiatives. We welcome your ideas and input—250-294-7912!

Safe Babies Support Group

Thursday, April 16th, 7:00pm to 9:00pm

FPSS Society Office, 101-814 Goldstream Avenue

DVD showing of the new Period Purple Crying DVD and information

Thursday, May 14th, 7:00pm to 9:00pm

Bonding & Attachment Video, by Pat Buckley R.C.C.

Lifebook Work Session – Show and Tell

Wednesday, April 22nd, 7:00pm to 9:00pm

Wednesday, May 20th, 7:00pm to 9:00pm

Wednesday, June 17th, 7:00pm to 9:00pm

FPSS Society Office, 101-814 Goldstream Avenue

Please bring your Life books to this work session and be prepared to share your “Hassle Free: approach/ideas/strategies with others. All ministry Social Workers are invited to attend this event and we would love to see lots of books that night.

Foster Parent/MCFD Advisory Meeting

Tuesday, May 12th, 9:30am to 11:30am

Fall schedule to be announced

FPSS Society Office, 101-814 Goldstream Avenue

Our local executive meets with Ministry Staff to discuss issues and concerns that are presented to them by foster parents.

If you have anything to you would like added to the agenda please contact Sandy Case at 250-478-2782.

Caregivers of Youth Support Meeting

Thursday, April 30th, 9:30am to 11:00am

Thursday, May 28th, 9:30am to 11:00am

Thursday, June 25th, 9:30am to 11:00am

MCFD Office, 140-4460 Chatterton Way, Board Room

Speaker: Jennifer Harrison from The Pathways Project will come to speak about their work preparation program for youth.

Join the youth teams resource workers for this topic focused meeting for caregivers of children aged 12-18 years old.

Foster Parent Coffee/ Support Evening

Friday, June 5th, 7:00pm to 9:00pm

Janet Leahy's home, 2896 Wyndeatt Avenue

(for directions call Janet at 250-382-7397)

Please come join us for some great conversation and goodies.

Everybody loves CAKE! ... and the SIFPA A.G.M.

Monday, April 6th, 7:00pm to 9:00pm

Chief & PO's Mess—Esquimalt Base end of Lyall St.

Please come and join us for a great evening of games, a CAKE WALK for the SIFPA AGM at the scenic Chief & PO's Mess. We will be holding The South Island Foster Parent Association AGM in conjunction with an evening of fun. All current executive members are willing to hold their positions so there is no pressure to join, but if you are interested in a position please call the current president Bev Batchelor at 250-220-5310. We welcome all foster parents all you need to bring is a cake and we will provide the coffee, tea, and goodies. RSVP by to Nicola (250) 744-4119 or nicola.mackay@telus.net by April 3rd.



Foster Parent Coffee/Support Morning

Thursday, April 9th, 9:30am to 11:30am

Thursday, April 23rd, 9:30am to 11:30am

Thursday, May 7th, 9:30am to 11:30am

Thursday, May 21st, 9:30am to 11:30am

MCFD Office 345 Wale Road in the Youth Room

Please come and join us for coffee, tea, goodies and a great time to share the joys of fostering, meet other foster parents, and collaborate on problem solving. *On-site babysitting is provided.*

Annual Foster Families Easter Egg Hunt and Barbeque

Saturday, April 10th, noon to 2:00pm

Goldstream Park – under the picnic shelter

Come and join us for hot dogs and all the trimmings, crafts, and an EASTER EGG HUNT! All food is provided and all children will receive a goody bag at the end of the Easter Egg Hunt.

Please remember money for parking. The barbeque this year is supplied by Jenner Chevrolet Corvette. RSVP to Nicola at 250-744-4119 or Nicola.mackay@telus.net by April 6th.



Watch your email for more details

Foster Parent/Resource Team Meeting

Monday, April 20th, 9:30am to 11:30am

Monday, May 9th, 9:30am to 11:30am

Monday, June 8th, 9:30am to 11:30am

MCFD office 345 Wale Road (2nd floor Boardroom)

This is an opportunity for all foster parents to meet with resource social workers and be informed of ministry updates, staffing changes, policy changes, and to have foster parents' questions answered. On-site babysitting is provided.

Spring/Summer Clothing Exchange and Mother's Day Celebration

Tuesday, May 5th, 7:00pm to 9:00pm

FPSS Office, 101- 814 Goldstream Avenue

Please bring any spring and summer clothing that you are no longer in need of and exchange it for items you need. If you do not have any items to exchange you are still very welcome to come and take home items. We invite you to bring children's and adult clothing as well as toys and books. All items not taken that night are donated to WIN. We will also be celebrating all of you Foster Mum's that night with door prizes and goody bags—a night you don't want to miss.

Potluck Lunch

Thursday, June 11th, 11:30am to 1:00pm

MCFD Office, 345 Wale Road in the gym

Please come and join us for a potluck lunch as we wrap up the school year and head into the summer. Please bring a food item to share. Tea and coffee provided. *On-site babysitter.*

South Island News & Events

From the President's Pen . . .

By now you have all received your Calendar of Events for 2009. We hope that you are finding it helpful.

It has been nice to see so many new faces at the events. We are very pleased to hear that many of you are getting together in ways that work for you. If you are unable to get to the planned events, we encourage networking with other foster parents to get the support that we all need. It is always beneficial to be able to be understood and supported by people who really know how you live.

We are always looking for new ideas for opportunities for foster parent to get together. Hopefully, we will be able to offer something of interest to you. Dana Kinney would like to start a Walking Group. Interested? Please call her at 250-658-1137. Sandy Case would like to form a Foster Parent Blood Donor Group to join her. Interested? Call her at 250-478-2782.

Please do not hesitate to contact your South Island Foster Parent Association Executive if you have any comments, concerns or ideas. We would love to hear from you!

Yours in fostering,
Beu Batchelor, SIFPA President

“Revisiting the Fundamentals of Behaviour Management”

Saturday, May 30th, 10:00am to 1:00pm

Speaker: Vicki Bridge M.A., RMFT

FPSS Society Office, 101-814 Goldstream Avenue

WORKSHOP CONTENT:

- How parents and children ‘learn’ behaviours.
- How children train parents.
- What are ‘reinforcers’ or positive and negative reinforcement.
- What are shaping, modeling, and extinction?
- What is punishment?
- How can we use these basic laws of learned behaviour to maintain positive behaviours and reduce negative behaviours?
- Practical tips and examples for foster parents on facilitating behaviour change.

To register please contact Dan at 250-294-7912 or svicoordinator@fpss.com

Effective Budgeting Tools for Children in Care

Thursday, June 11th, 7:00pm to 9:00pm

Speaker: Doug Anderson, Foster Parent

FPSS Society Office, 101-814 Goldstream Avenue

Doug and his wife Maxine have fostered in the Victoria area for the past 20 years. Over that time they have developed a program that teaches children of all ages about budgeting, money management, and the use of modern banking services. This is accomplished using the payments provided by ministry for clothing, recreation, and transportation and gradually transferring responsibility for this spending to the children in care.

Children are involved in the decision making process around the spending of money allocated for their care, which provides an opportunity to bond with the children as you discuss what is important to them and how best to achieve their desired goals.

You will learn how to calculate an allowance, reduce arguments about spending on clothing, and stop children from constantly pestering you for money when you are out shopping.

The process is simple and straightforward and works with young children as well as older teens.



Applause Hair Studio
250-478-4322

Foster Parent Discount
10% OFF
On ALL Colour Services
April through June 2009

Applause Hair Studio
Our studio salon offers fully certified stylists and technicians to give you the treatment you deserve, from creativity, energy, and professional styles and designs that set the trend of modern day.

Appointments and walk-ins welcome . . .

300 - 1913 Sooke Road, Victoria
(at Colwood Corners)
applausehairstudio@gmail.com

300-1913 Sooke Road
Victoria, BC V9B 1V9
250.478.4322
www.applausehairstudio.com

Pre-REGISTER is required. Please call Dan at 250-294-7912.

Central Island News & Events

Central Island Mother's Day Potluck Picnic

Saturday, May 9th, noon to 2:00pm
Transfer Beach Playground & Park in Ladysmith

Open to all foster and adoptive families in the Central Island area. Bring the whole gang and enjoy some delicious food and a relaxing day at the park! The FPSSS and Adoptive Families Association will be jointly hosting this event, so this is a chance to meet some new people and for your children to make some new friends! We will be meeting at noon at the picnic tables by the playground.

Look for the FPSSS and AFABC banners!

PLEASE BRING: blankets and/or folding chairs, and a potluck item to share. Drinks will be provided.

Please RSVP to Gabrielle at 250-390-9686 or to Cathy at 250-722-3032.

This event is weather permitting. If you are unsure on the morning of May 9th whether or not the picnic will go ahead as scheduled, please contact Gabrielle at 250-619-3045.



Attention! Foster Parents from ALL Central Island Communities!

The Central Island Education Committee is comprised of people from FPSSS, MCFD and the fostering community. This group gets together every 4 to 6 weeks to discuss potential training and educational opportunities for foster parents, and also strives to work on relationship building between all parties. The meetings take place in the FPSSS office in Nanaimo, and carpooling may be available as there are reps from each area. If you are interested in being a part of this meaningful committee, please contact Gabrielle.

PORT ALBERNI AREA

Support Groups

Thursday, May 21st, 9:30am to 11:30am

Thursday, June 18th (year end lunch), 9:30am to 11:30am

Alberni Valley United Church on Church Street

Various topics will be discussed, and child minding is always available. Watch for more information on the June 18th lunch coming your way! Please contact Gabrielle for details at 250-390-9686.

PARKSVILLE AREA

Support Groups—Parksville Area

For support and meeting group information, please contact Bonny at 250-954-4737.

Attachment – Trauma, Brain Development & Practical Solutions

With Dr. Lynda Reynolds
Thursday, April 16th, 9:30am to noon
Location to be determined

Open to all Central Island caregivers – come and learn more about early trauma, attachment interruption, brain development and environmental impacts. Practical suggestions for fostering attachment in children will also be discussed.

Presenter Dr. Lynda Reynolds, has a master's degree in Marriage, Family & Child Therapy, a doctorate in Clinical Psychology, and post-doctorate training in neuro-psychological assessments of children and youth. She has worked in private practice, as a consultant to school districts and international agencies, and currently is also a supervisor for Child & Youth Mental Health. In the past five years there has been an explosion of research about the effects of attachment between parents and child and how neglect and emotional attunement affect brain development, personality development, and behaviour and so in the past three years, Dr. Reynolds received additional training from researchers at the University of Calgary, UC Los Angeles, and San Jose, California. She enjoys working with individuals and families, as well as providing supervision and workshops to many different groups.

Pre-Registration is a must for this great opportunity. Please contact Gabrielle at 250-390-9686 to Register.

NANAIMO AREA

IMPORTANT NOTE: We are experiencing a shortage of relief care providers in the Nanaimo/Ladysmith area. If you are interested in providing relief to foster families in these communities, please contact your resource worker at your earliest convenience.

Nanaimo Video Presentations

Friday, April 24th, 10:00am to noon

Thursday, May 7th, 10:00am to noon

Wednesday, June 10th, 10:00am to noon

FPSS Society Meeting Room, 102-6421 Applecross Road

If there is a video or topic you'd like to see, please let us know! The FPSSS will be showing a new video each month (videos may be shown more than once if there is a demand, so if you cannot make it to one of these showings, contact Gabrielle to set up an alternate viewing time).

Nanaimo Partnership Meeting

Tuesday, April 7th, 10:00am to noon

FPSS Society Meeting Room

102-6421 Applecross Road

We will be featuring a guest speaker this time around (details to be announced). If you have any additional agenda items, please forward to Gabrielle at your earliest convenience.

To RSVP, or for more details, please contact Gabrielle.

Central Island News & Events

Safe Babies Connections

Friday, May 22nd (with guest speaker), 10:00am to noon

Friday, June 5th, 10:00am to noon

FPSS Society Meeting Room, 102-6421 Applecross Road

A chance to connect with other Safe Babies caregivers in the Nanaimo area and an opportunity to discuss caregiving techniques, frustrations and joys, and other fostering experiences – or just life in general! Please contact Gabrielle at 250-390-9686 for details.

Childhood Mental Health Series with Dr. Scott Prior

Contact Gabrielle Madigan for more information 250-390-9686

Don't miss this series of special presentations on childhood mental health disorders! Dr. Scott Prior, child and youth psychiatrist, will be discussing various topics, and his presentations will be followed with a Q&A period. The presentations will be held in Nanaimo, but are open to all foster parents in the Central Island. We are going to try and alternate day and evening sessions to accommodate as many folks as we can.

Updates to follow via e-mail. If you are interested in learning more about these workshops, make sure that Gabrielle has your e-mail address. If you do not use e-mail, please let Gabrielle know that you wish to be contacted by phone.

Lifebooks

Tuesday, April 28th, 10:00am to noon

Wednesday, May 20th, 10:00am to noon

Wednesday, June 3rd, 10:00am to noon

FPSS Society Meeting Room, 102-6421 Applecross Road

The FPSS office now has a lot of great new supplies for caregivers' use! Remember, creating a lifebook is an important part of your role as a foster parent. Meet new people, have a coffee, and spend some time putting together a collection of memories for you and your child in care. Everybody is welcome, from new to veteran fosterers! Please contact Gabrielle for details.

Safe Babies Refresher Course

Thursday, April 30th, 9:30am to 2:30pm

FPSS Society Meeting Room—102-6421 Applecross Road

- Are you a graduate of the Safe Babies program?
- Are you interested in updating your toolkit with the latest research?
- Want to refresh and update your knowledge on caring for high needs infants?

If so, register now for this one-day Safe Babies refresher program.

We will be discussing challenging scenarios related to caregiving, so come equipped with some of your experience to share. *Please bring a lunch along with you.*

To register, please call Gabrielle at 250-390-9686

COWICHAN VALLEY

Social Worker Appreciation

Thursday, April 2nd at noon

371 Festubert Street, Duncan

The Duncan foster parents have chosen this day to express appreciation for the social workers on their teams.

- Drop by the resources building around noon with some treats or snacks, or just give a call to show your thanks.

Your support is appreciated!



“Transitions and Change” with Gabriele Ratjen

Tuesday, April 21st, 10:00am to noon

371 Festubert Street, Duncan

Please contact Gabrielle to register at 250-390-9686.

Welcome to the “Stages of Change!”

Our April meeting will have the Prochaska's Process of Change Model as a central component. Understanding the change model will help to create a more realistic set of expectancies about just how change can be achieved for ourselves and the young people we live or work with. Pressuring someone to make changes will only create defenses in those who are not ready to acknowledge that there is a problem or undergo a transition. Understanding their level of change will give an opportunity to set realistic goals and therefore empower everyone. Also covered will be the process and difficulty of changing one's usual way of doing things (both caregivers and children) when a new child is placed in the home.

Duncan Partnership Meeting

Wednesday, April 29th, 11:00am to 1:30pm

15 Craig Street (the old Bingo Hall)

The partnership meetings provide opportunities to receive Ministry updates, ask questions, voice your opinions, and enjoy a delicious potluck lunch! Please contact Gabrielle at 390-9686 for details.

Duncan Coffee Morning

Tuesday, May 19th, 10:00am to noon

371 Festubert Street, Duncan

Topic is yet to be determined - please call Gabrielle for details or suggestions.

Safe Babies Support Group

Friday, May 8th, 10:00am to noon

15 Craig Street (the old Bingo Hall)

Attention all safe babies and infant caregivers in the Duncan area! It is time to get together and get to know each other over snacks and great conversation. Hopefully, this group will begin to meet regularly as it is important to keep yourself in a support network (especially when caring for our little ones with such high needs!). Details will be discussed via e-mail and newsletters. **Please call Gabrielle at 250-390-9686 if you are interested in attending or if you have any questions.**

Upper Island News & Events



Becoming a Foster Parent in the Comox Valley

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in the Comox Valley please have them contact

Donna Rushton, RSW

at 250-334-5820

to learn how, and to find out about up-coming Foster Parent Information Sessions.

COMOX VALLEY AREA

Emergency First Aid Training CPR B (Infant, Child & Adult) - 3 year Certification

We need four more foster parents or social workers to book a class just for us. The cost to foster parents is only \$25.00. FPSS Society pays for the rest! Please call Erica Beech, U.I. Area Coordinator, at 250-286-0555 or fpsscr@telus.net.

The Next Steps Steering Committee—Meets monthly

Foster parents and social workers are invited to this meeting to address the “key needs” identified by participants at the “Real Issues” forum. We are currently working on relationship building. For the dates, time and location for April, May and June’s meetings please call Erica Beech, U.I. Area Coordinator, at 250-286-0555 or check out the Foster Parent bulletin board in the MCFD reception area.

“Children Who Witness Abuse” Presentation

**By Diana Page of the C.V. Transition Society
Wednesday, April 8th, 9:30am to noon**

Foster parents, relief caregivers and social workers are invited to learn the dynamics of an abusive relationship, the affects of this relationship on children, the disruption in attachment, helping children deal with their anger and resource material. Invitations with the location will be mailed to foster parents closer to the date. To register and/or provide any questions you would like addressed at the training please contact Erica Beech at 250-286-0555 or e-mail fpsscr@telus.net.

Foster Parent/MCFD Partnership Meeting & Suicide Prevention presentation

**By Kate McDonald of Crossroads Crisis Centre
May 2009—MCFD Boardroom**

All foster parents, social workers, MCFD support staff and C&Y Mental Health are invited to participate in the partnership meetings. This is an opportunity to address your concerns, receive up-dates, discuss fostering trends and learn. Foster parents will receive a notice in the mail confirming the date, time and guest speaker if applicable. For more information or to suggest a guest speaker please call Erica Beech 250-286-0555.

Relief Care Listing for Foster Parents

Jill Beech has kindly agreed to maintain a local relief care listing of approved and non-approved homes for foster parents to access. Please contact Jill today at 250-338-1261 if you are looking for a relief caregiver, would like to provide relief care for other foster parents, or know someone who does.

Foster Parents Guide to Relief Care in the Comox Valley

To obtain your “Foster Parents Guide to Relief Care in the Comox Valley” information package on how to recruit, screen, and orientate a potential relief caregiver, please contact your Resource Social Worker at 250-334-5820.

Would you like to be a mentor or have a mentor?

At the C.V. Foster Parent/MCFD Partnership meeting on January 21st a foster parent suggested a casual mentorship between foster parents especially for those new to fostering. This would enhance their skills, knowledge, and their fostering experience by being able to share the triumphs and being supported through the tribulations of fostering. Becoming a mentor means being recognized as a role model and an opportunity to reflect on your own care giving skills. There is already one Comox Valley foster parent ready to mentor and hopefully there are more! **Please call Erica Beech at 250-286-0555 if you are interested in being a mentor or would like a mentor.**

Safe Babies Caregivers Support Meeting – Courtenay (4th Tuesday of each month)

Tuesday, April 28th, 10:00am to noon

Tuesday, May 26th, 10:00am to noon

Tuesday, June 23rd, 10:00am to noon

Location: Call Mary Catherine Bellamy at 250-203-0488

(If you would like to host a monthly meeting please let me know.)

These monthly gatherings are an opportunity for Safe Babies caregivers to network, support, brainstorm and learn. Refreshments provided. For more information please contact Mary Catherine Bellamy, Upper Island Safe Babies Coordinator, at 250-203-0488.

CAMPBELL RIVER AREA

“Children with Sexual Behaviour Problems”

**Presentation by Heather Cowper, John Howard Society Therapist
End of April 2009**

Sexual behaviour problems in children are generally defined when the behaviours extend beyond “normal childhood sexual expression and curiosity”. Behaviours of concern tend to be intrusive in nature and interfere with developmental activities. Often other children show other types of behaviour, which also raise concern. While some of these children have been sexually abused themselves, there are those where there is no evidence of this. Ms. Cowper would like to know what foster parents want to learn more about so she can incorporate that into her presentation. Please call Erica at 250-286-0555 or e-mail fpsscr@telus.net.

CR Foster Parent Alliance

Thursday, April 30th, 11:00am to 1:00pm (brown bag lunch)

Thursday, June 11th, 11:00am to 1:00pm (brown bag lunch)

CR Family Services Conference Room—487-10th Avenue

These gatherings are an opportunity for foster parents to connect, be part of interesting adult conversations, exchange foster parenting

Upper Island News & Events

strategies, and learn with others. A tentative topic for April's gathering is "When a child/youth goes missing or AWOL" with Cst. Laura Bouwman. Please call Heather Murphy at 250-923-6028 for more information.

Foster Parent/MCFD Partnership meeting

Thursday, May 7th

11:00am to 1:00pm

MCFD boardroom, 929 Ironwood Road

All foster parents and social workers are encouraged to attend these interactive meetings where you can participate in an open discussion regarding local fostering activities, issues and trends, address concerns, share your perspective, ask questions and receive first-hand MCFD up-dates.

Joint Education Committee meeting

Meets monthly (call Erica for the dates)

9:00am to 10:30am—MCFD office, 929 Ironwood Road

Foster parents and social workers are invited to participate in these meetings where we identify and plan training events for the fostering community. The meeting date was not determined at the time of the newsletter submission. Please contact Erica Beech, U.I. Area Coordinator, at 250-286-0555 for the dates.

Relief Caregiver Sub-committee meeting

Meets monthly (call Erica for the dates)

MCFD office, 929 Ironwood Road

Foster parents are invited to participate in this sub-committee who are striving to enhance the relief care options for foster parents. If you or someone you know would like to provide relief care to foster parents please call Erica Beech, at 250-286-0555.

FASD Caregiver Support Group – CR (1st Tuesday of each month)

Tuesday, April 7th, 10:00am to noon

Tuesday, May 5th, 10:00am to noon

Tuesday, June 2nd, 10:00am to noon

The Robron Centre, 740 Robron St—The Family Place Room (A127)

All foster parents caring for children affected by FASD are invited to join other caregivers to for support, learning and exchanging strategies for parenting children and youth with FASD. The meeting room is child friendly. Refreshments provided. For information please call Mary Catherine Bellamy, FASD Key Worker, at 203-0488.

Safe Babies Caregivers Support Meeting – Campbell River

(3rd Tuesday of each month)

Tuesday, April 21st, 10:00am to noon

Tuesday, May 19th, 10:00am to noon

Tuesday, June 16th, 10:00am to noon

The Robron Centre, 740 Robron Street

The Family Place Room (A127)

These monthly gatherings are an opportunity for Safe Babies caregivers to network, support, brainstorm and learn. The meeting room is child friendly. Refreshments provided. For more information please contact Mary Catherine, Safe Babies Coordinator, at 250-203-0488 or Heather Murphy, at 250-923-6028.

Upper Island Foster Parent E-mail Distribution List

Join the Email List!—You will receive immediate notification of training and activities available to foster parents. Call Erica Beech, U.I. Area Coordinator, at 250-286-0555 or e-mail fpsscr@telus.net.

Creating Comfort for Kids

NEEDED!

***Foster parents and social workers
that can knit, crochet or sew!***

Lorna Adams, foster parent and an avid knitter, came up with a terrific idea to knit, crochet or sew hats to be given to all the foster children in the Comox Valley. These items will provide them with comfort and let them know that we care about them. We are eager to make this happen and would appreciate your time and talents to make these warm hats for the kids. We have patterns and we welcome donations of wool. Don't know how to knit?

Call Lorna she would be happy to show you how! For more information on "Creating Comfort for Kids" and to volunteer, please call Lorna at 250-897-0970 or Erica at 250-286-0555.



V.I. Regional Foster Parent/MCFD Partnership Committee

Thursday, May 14th, 10:00am to 3:00pm

MCFD Training Room, 6551 Aulds Road, Nanaimo

This committee is a structured forum for identification and discussion of local and regional issues and emerging trends in fostering communities on Vancouver Island. We are fortunate to have foster parent representation from the Comox Valley but could benefit from having the same from Campbell River and the North Island. If you are interested please call Erica Beech at 250-286-0555 to learn how you can be an active participant on this committee and how the FPSS Society assists foster parents with childminding and travel costs to attend.

Become a Foster Parent in Campbell River



FOSTER PARENT INFORMATION SESSIONS

Call Lisa at 250-286-7542 for date & time

MCFD Office, 929 Ironwood Rd

If you know anyone interested in becoming a foster parent, please encourage them to attend the Foster Parent Information Session or invite them to call Lisa Falk, RSW, at 250-286-7542 to learn more about fostering in Campbell River.

North Island News & Events

It's never too late to complete and return your N.I. Foster Parent Survey!

All foster parents on the North Island were sent a foster parent survey the third week of February 2009 requesting input on what can be done to enhance their job satisfaction.

Thank you to all the foster parents who have returned their surveys and, for those who have not, please take a moment to do so and return it in the self-addressed envelope, drop it off at Jackie Kervin's home or fax it to 1-250-598-8810.

If you have not received your N.I. Foster Parent Survey, please pick one up at the MCFD front counter or call Jackie Kervin at 949-7397.

All feedback will remain confidential and will be compiled with non-identifying information to be shared with all the N.I. foster parents, FPSS Society and ministry to help us determine what is needed, what can be done, what we're doing well and what needs work.

Foster Parent/MCFD Partnership Meetings

MCFD Boardroom

This meeting is also an opportunity for foster parents and the MCFD to discuss local fostering issues, concerns, trends and the MCFD updates. Please call MCFD Salla Sukow, RSW, at 250-949-8011 for the date and time.



Becoming a Foster Parent in North Island

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in North Vancouver Island please have them contact Salla Sukow, RSW at 250-949-8011 to learn how, and to find out about up-coming Foster Parent Information Sessions.

“Overcoming Resistive Behaviour & Power Struggles with Young Children”

Presented by Nathan Ory, M.A.
Saturday, May 9th, 9:00am to 4:30pm
Florence Filberg Centre’s Conference Hall
411 Anderton Avenue, Courtenay
Cost: \$50 before April 3rd and \$60 afterwards

Workshop content:

- What to do when you don't know what to do.
- How to reach young children with developmental delays.
- Overcoming resistive behaviour and power struggles in children with challenging behaviour.
- Having trouble with transitions: stuck behaviour in children with anxiety, ASD, FASD and developmental delays.

REGISTRATION:
Contact the C.V. Child Development Association
at 250-338-4288 or visit them in person
at 237-3rd Street, Courtenay.

“Building Bridges Through Understanding the Village”

Friday, April 3rd 9:00am to 4:30pm
Presenter: Kathi Camilleri
Call Jackie to Register at 250-949-7397

Traditionally we had many, many words and ways of treating our children to affirm our belief that they are our sacred gifts. This experiential workshop will help us to understand traditional Aboriginal ways and values. We will explore our personal role in supporting the revival of those values, used for thousands of years, that worked so beautifully. We will explore, in-depth, the affects of residential schools and Canada's policy of Assimilation.

This workshop is geared to solutions rather than recrimination and is a great forum in which to ask questions. One participant said of Kathi "It is easy to learn from Kathi because of her gentle ways and her respect for all people."

Kathi Camilleri is of Aboriginal and Irish ancestry. She is a Liaison Worker with the Aboriginal Outreach Team of Child and Youth Mental Health, based in Campbell River. She has explored residential school issues with teachers, students, social workers, foster parents, healthcare workers and church communities throughout Canada to rave reviews.

Childminding and/or travel relief is available to foster parents from the Foster Parent Support Service Society upon registration. **Pre-registration is required by contacting Jackie Kervin, N.I. Local Coordinator, at 250-949-7397 or nicoordinator@fpsss.com by March 27th, 2009.**



Left to right: Erica - FPSSS Coordinator, Dakota, Vasile, & Katherine - Manager, CR SPCA

On December 4th, 2008, 34 foster children raised \$184.00 at the Third Annual "Kids Only Christmas Shopping Day" in Campbell River. The children voted to have the funds donated to the S.P.C.A.

Although this event is not about raising money, children and youth in care have raised \$580.00 for local organizations in the last three years. Each year foster families, social workers, MCFD support staff, behavioural consultants, community partners, and FPSSS staff donate gently used or new items for this festive event so the children/youth can find the perfect Christmas gift for their immediate birth and foster families.

We were very thankful for the many generous donations we received from CR Real Canadian Super Store, Home Hardware and Liquidation World.

This is a wonderful, exciting and esteem building opportunity for children in care to shop for 'that special gift' for their natural parents and families. Thank you to everyone who contributed to this worthwhile event.

WANTED:

Protocol Support Workers

FPSS Society is currently recruiting volunteer Protocol Support Workers for the Vancouver Island Region, particularly Nanaimo and Ladysmith area.

Are you ...

- An experienced foster parent?
- A good listener?
- Discreet and objective?
- Interested in the child welfare system?

If so, then you may want to consider joining our Protocol Support Team. Training and out-of-pocket expenses are provided. Please call 1-888-922-8437 to learn more.

UPDATE: We have 5 people in the South Island area interested in volunteering for this much needed service. Orientation and training will be scheduled in April 2009.

We ALSO NEED people from other parts of the region. PARTICULARLY Nanaimo. Please consider providing support for fellow caregivers.

Call Margaret at 250-294-7911 to learn more.

VISTA SCHOLARSHIP OPPORTUNITY for 2009-2010 (South Island)

Vista is again offering an opportunity for scholarship awards for natural or adopted children of foster parents or caregivers. We were pleased to grant nine scholarship awards for the 2009-2010 year. Vancouver Island Services and Treatment Association (VISTA) is a non-profit organization that was involved for over 20 years with the Ministry and group homes caring for children. Awards include but are not limited to traditional post secondary educational experiences.

Eligibility Criteria

- Natural or adopted children of foster parents or caregivers
- Between ages 14-22
- Whose parent(s) have been foster parents or caregivers of children for 5 or more years
- And are currently active as foster parents or caregivers in the Capital Regional/ South Island area of children in the care of the Director (including by Agreement).

Terms

- Scholarships are available to assist with educational, learning &/or training pursuits.
- They are for any period between July, 2009 and August, 2010 and should be considered a one-time grant.

Applications

1. Applicants must submit a brief summary about:
 - their interests and plans
 - how the scholarship money would be used
 - the amount of money needed
2. This summary must be typed and may not exceed two pages. Be sure to include name, age, address, phone number and Social Insurance Number [for income tax reporting purposes only].
3. Applicants may also submit a one page, typed resume of previous education, training or experience related to their plan.
4. Parents of applicants are asked to attach a brief (one page typed) comment on their child's plan as well as to give consent for VISTA to confirm their active status and years of caregiver service with the Ministry
5. **Applications must be mailed to VISTA, 440 Goldstream Ave, Victoria, B.C. V9B 2W5 and must be received no later than June 15th, 2009.**

Cell Phones and Driving Safety Tips

Transport Canada www.tc.gc.ca

You'll survive a missed phone call; you might not survive a collision!

Transport Canada advises against the use of cell phones while driving. It is distracting and increases the risk of collisions. Driving requires your full attention and concentration. You have a responsibility to your passengers, children, other road users and yourself to operate your vehicle in a safe manner.

A considerable body of research has accumulated indicating that the use of cell phones while driving results in increased risk. Cell phone use while driving reduces awareness of what is happening around you and slows reaction times. The distraction results from your involvement in the conversation, not only from physically handling or looking at the device.

Avoid crashes as a result of Cell Phone use:

- ✓ Turn your cell phone off **before** you start driving. Let voice mail do its job.
- ✓ Delegate cell phone use to your passengers.
- ✓ If you must make a call, look for a safe opportunity to pull over and park— Then make the call.

Keep your hands on the wheel, your eyes on the road and your mind on the driving.

Peer Support Service

SOUTH ISLAND

—Friendly, non-judgmental, and confidential support to local caregivers regarding family issues, behaviour management guidance, personal support, and debriefing. Whether you need an objective sounding board from someone who understands what fostering is all about or someone to help you trouble shoot a crisis situation—

You are invited to call

Vicky at 250-661-3348

Monday to Friday, 8:00am to 8:00pm or email at vbridge@shaw.ca

How Foster Parents Can Advocate For Themselves

submitted by Dan Malone, SVI Retention Committee

Have A Mentor. This means you as a foster parent have an experienced foster parent whom you can call and talk to or ask questions of. The fostering system is large with many types of support available. It is very helpful to talk to someone who knows the supports and has used them. To arrange for a mentor please call your Area Coordinator at Foster Parent Support Services Society 250-598-1500 or 1-888-922-8437.

Work On Creating A Good Working Relationship With Your Resource Social Worker. This is the number one person you want to have a good working relationship with. You want him/her to know you and your home. Let the worker know your strengths and weaknesses so he/she can help ensure that placements are appropriate for your home and skill set.

Ensure The Children In Your Home Have The Proper Reports Done. You need to have an Immediate Development Needs Service Plan within the first 30 days a child arrives in your home. If a child is in your home more than 6 months; advocate that the child have a CPOC (Comprehensive Plan of Care) done. This helps a foster parent know exactly what needs to be done for the child and who is doing it. CPOCs are mandatory for all children who have been in care for more than 6 months. When these reports are done, it can take a lot of the confusion out of what is expected of everyone involved in that child's life (foster parent, child's social worker, family, teachers, doctors etc.).

Network With Other Foster Parents. Fostering in isolation can be very difficult, stressful, and frustrating. Come out to one event a month to meet other foster parents and hear what they are doing. Listen to the triumphs and the hardships. Please read the events going on each month in the Island Connection Newsletter. There are lots of events every month, some with on-site babysitting.

Make Sure You Are Taking Relief On A Regular Basis. All foster parents have access to relief. Regular, Restricted and Level One homes should contact their resource worker. Level Two and Three homes have three days relief built into their funding. Make sure you are taking some time

for yourself. Go away for a weekend! Relax around the house. This will revitalize you and help you to be the best caregiver you can be.

Contact Your Foster Parent Support Services Area Coordinator. He/She will help foster parents get current/accurate information, make referrals, provide support and assistance (including access to training, peer support, connection with community partners), develop and facilitate support groups, and design and facilitate workshops. If you need support, have questions about fostering, or need information please call your local Area Coordinator.

Read The Island Connection FPSS Society Newsletter. The newsletter consistently updates foster parents on any changes in policy or procedures. It lists all the upcoming events and training for foster parents. It is written for foster parents to keep them up to date on all the happenings in the foster community.

PRACTICE PROFESSIONALISM & EXCELLENCE

"From fostering to Independence – A Practical Manual for Foster Parents by Foster Parents"

Present Yourself At Meetings As A Professional. Dress appropriately for meetings with other professionals, arrive on time, and come prepared to discuss the business at hand. Often a written report with an updated of the youth's progress is welcome and an indication of the level of work you do. Remember to bring enough copies for everyone present.

As A Foster Parent You Are A Professional Parent. You have entered into a business relationship. You are a self-employed contractor and as such need to operate in a businesslike manner. By signing your contract, you make a commitment to adhere to an external set of guidelines and code of ethics. It is wise to have a good working knowledge of these expectations. If you do not already have the documentation that outlines these guidelines, then talk to your resource worker and ask for a copy.

FOR IMMEDIATE RELEASE

FPSS Parent Support Services Society Awarded Three-Year CARF Accreditation



VICTORIA, BC — March 24, 2009 — CARF International announced that FPSS Society has been accredited for a period of three years for its Support and Facilitation Programs. This is the first accreditation that the international accrediting body has awarded to the FPSS Society.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.

(The following quote is from CARF Survey Summary document)

"FPSS is led by an extraordinarily passionate board of directors and an outstanding executive director. All of the personnel are very dedicated to the mission, vision, and values of the organization, and this fosters great teamwork and services to the community.

FPSS has committed, caring, compassionate, enthusiastic, optimistic, and highly dedicated staff members who extend themselves in service delivery to the persons served.

FPSS is innovative and recognized as a leader in foster care training and recruitment. The organization's practices are adopted by the Ministry of Children and Family Development and brought to other districts in the province.

The organization does an outstanding job of communicating with the families served and the provincial contract managers regarding the services provided. A monthly newsletter is shared with key stakeholders and is a model for this type of service.

FPSS is responsive, creative, proactive, and has build strong collaborative relationships with communities served. The organization is committed to providing services that make a difference in the lives of the foster parents and the children and youths served.

Persons served report great appreciation for the responsive, thoughtful and comprehensive services provided to them. They especially value the seamlessness of service availability and the ongoing support received through the peer support groups.

Stakeholders express a high level of satisfaction with FPSS' commitment to active partnerships, openness, and delivery of innovative quality services.

In the following area FPSS Foster Parent Support Services Society demonstrates exemplary conformance to the standards.

- *The reports on the test of emergency procedures are thorough and complete, and the analysis that concludes in improvements to procedures is truly an exemplary practice. The form is well designed, and clear thought goes into the completion of the information that does not represent performing the tests for the sake of doing them, but rather for improvement of policies and procedures."*

The FPSS Society is a non-profit organization with offices in Victoria, Nanaimo and Campbell River. It has been providing foster parent support and education services in the Vancouver Island Region area since 2003.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

For additional information, contact Margaret Howley, Executive Director at 1-888-922-8437 (toll free).

To REGISTER: Contact Lynn Busby toll free 1-888-922-8437 or direct line 250-294-7916

Class code	VICTORIA Kieran Kelleher and Lynn Busby		COURTENAY Diane Daigle		NANAIMO Brenda Lucas		LOCATIONS	
S1-1	Apr 20 M	6:30pm-9:30pm	Apr 8 W	6:30pm-9:30pm	<p>SERIES 1 and 2 will be available in Nanaimo in a Fast Track in the summer upon sufficient Registrations. To register Please call Lynn at 1-888-922-8437</p>		<p>A—Victoria— FPSS Regional Office 101-814 Goldstream Victoria</p> <p>B—Duncan— Lalum’utul’Smun’en Board Room 5766 Allenby Rd Duncan</p> <p>D—Nanaimo— FPSS Office 102-6421 Applecross Nanaimo</p> <p>F—Courtenay— Comox Valley Family Services 1415 Cliffe Avenue Courtenay</p> <p>G—Campbell River— FPSS Office 106-301 Dogwood Campbell River</p>	
S1-2	Apr 22 W	6:30pm-9:30pm	Apr 15 W	6:30pm-9:30pm				
S1-3	Apr 27 M	6:30pm-9:30pm	Apr 22 W	6:30pm-9:30pm				
S1-4	Apr 29 W	6:30pm-9:30pm	Apr 29 W	6:30pm-9:30pm				
S1-5	May 4 M	6:30pm-9:30pm	May 6 W	6:30pm-9:30pm				
S1-6	May 6 W	6:30pm-9:30pm	May 13 W	6:30pm-9:30pm				
S1-7a	May 11 M	6:30pm-9:30pm						
S1-7b	May 13 W	6:30pm-9:30pm						
S1-8a	May 25 M	6:30pm-9:30pm						
S1-8b	May 27 W	6:30pm-9:30pm						
S1-9a	Jun 1 M	6:30pm-9:30pm						
S1-9b	Jun 3 W	6:30pm-9:30pm						
Code	SERIES 2				DUNCAN (COWICHAN TRIBES) Roslyn Pringle		NANAIMO Brenda Lucas	
S2-1	Jun 8 M	6:30pm-9:30pm			April 1 Wed	6:30pm-9:30pm	Apr 16 Thu	9:00am-12:00pm
S2-3	Jun 10 W	6:30pm-9:30pm			Apr 8 Wed	6:30pm-9:30pm	Apr 16 Thu	12:30pm-3:30pm
S2-5	Jun 6 Sat	9:30am-2:30pm			Apr 15 Wed	5:30pm-9:30pm	Apr 30 Thu	9:30am-2:30pm
S2-2	Jun 15 M	6:30pm-9:30pm	Apr 22 Wed	6:30pm-9:30pm	May 14 Thu	9:00am-12:00pm		
S2-4	Jun 17 W	6:30pm-9:30pm	Apr 29 Wed	6:30pm-9:30pm	May 14 Thu	12:30pm-3:30pm		

BC Foster Care Education Program

Frequently Asked Questions

Who is the Foster Care Education Program for?

- The program is designed for all approved foster parents, who have a family care home agreement with the Director of Child Protection.

I am a very experienced foster parent. Do I have to take this program?

- Yes. All foster parents, regardless of their years of fostering or prior training, are expected to participate in the program.
- The BC Foster Care Education Program provides the most current information on

fostering in B.C. including Standards for Foster Homes, the Guardianship Model, the Comprehensive Plan of Care, the Looking After Children Model and living with children with diverse special needs.

When do I have to take the program?

- Foster parents are required to complete the program within two years of their start date. You can register for all the modules or for specific modules.

Will the program cost me money?

- The program is being offered to you at no cost under the ministry's agreement.

BC FOSTER CARE EDUCATION PROGRAM CLASSES::

Series 1: 36 hours / 9 modules: Each module threads together core themes of teamwork, child and youth development, communications, guiding children's behaviour, family support, diversity and inclusion, and the Ministry of Children and Family Development Guardianship Model. In many cases, modules will refer to or draw upon content from previous modules so it is recommended that Series 1 modules be taken in the sequence below.

- S1 - 1 Caring for Children: Overview—3 hours**
- S1 - 2 Communication Skills & Self-Awareness—3 hours**
- S1 - 3 Effects of Caregiving—3 hours**
- S1 - 4 The Child's Family—3 hours**
- S1 - 5 Observing, Recording, & Reporting—3 hours**
- S1 - 6 Child and Youth Development—3 hours**
- S1 - 7 Attachment, Separation, & Loss—6 hours**
- S1 - 8 When Children Experience Abuse & Neglect—6 hours**
- S1 - 9 Guiding Behaviour of Children & Youth—6 hours**

Series 2: 17 hours / 5 modules: While it is recommended that Series 2 be taken after completing Series 1, it is not a requirement.

- S2 - 1 Cultural Responsiveness—3 hours**
- S2 - 2 Aboriginal Children in Care—3 hours**
- S2 - 3 Substance Misuse Awareness—3 hours**
- S2 - 4 Intro to Fetal Alcohol & Neonatal Abstinence Syndromes—3 hours**
- S2 - 5 Suicide Awareness—5 hours**

March 23, 2009

Dear Foster Parents,

Believe it or not, it is time to think about our summer BCFCE Schedule.

FPSS Society is committed to providing services that make a difference in the lives of foster parents, and the children and youth in their care. FPSSS strives to ensure that classes offered are both convenient and accessible. How can we create a schedule that best suits your needs?

Please take a moment to call our toll free number at 1-888-922-8437 and let us know your preference from the options below:

Which classes would best suit your schedule?

- A) Fast Track Option, which offers two classes daily and allows for program completion in two weeks
- B) Evening Classes once a week
- C) Day Classes once a week
- D) Other: please indicate

You can either email me, Lynn Busby, at bcfce@fpsss.com or give me a call with your feedback at 1-888-922-8437.

Thanks for your cooperation,

Lynn Busby

BC Foster Care Education Coordinator



B.C. Foster Care Education Program

Facilitator Bio:

Brenda Lucas, MA, RCC, has a clinical counselling practise in Ladysmith, BC specializing in the management of stress, anxiety,

and traumatic reaction. She works with children, youth, and families and has a therapeutic art and playroom.

Brenda has foster parented in Alberta and for the Attorney General in BC. In the past few years she enjoys facilitating the BC Foster Parent Education Program in Nanaimo, BC.

A curiosity in human resilience led Brenda to contribute passionately to the field of wellness and well being by writing articles and developing workshops in the area of self care.

Her workshops encourage mindfulness practise in everyday life. Brenda promotes mind-body centering and calm by playfully teaching breath work, relaxation techniques, and guided meditation during the BC Foster Parent Education Program modules to encourage foster parents to continuously take care of themselves.

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Remember to

REGISTER

Call Toll Free

1-888-922-8437

Personal Optional Protection Insurance (POP) Work Safe B.C.

Who can apply for Personal Optional Protection (POP) insurance?

This optional workplace disability insurance is available through WorkSafe BC for individuals who are not automatically covered under the *Workers Compensation Act*. This includes foster parents and relief care providers.

What is POP? It protects you against wage loss and may provide medical and rehabilitation services if you are injured while on the job or if you contract a disease as a result of your work.

How much coverage should I buy? POP is an insurance plan for income replacement and medical care, and the amount you purchase should reflect your actual earnings. In 2008 you can purchase between \$1,500 and \$5,542 of monthly coverage. An example of a POP premium is \$9.00/month for the minimum monthly coverage of \$1,500 (\$1,217 after taxes).

How do I apply? Visit www.WorkSafeBC.com or call 1-888-922-2768. The classification unit for foster parents is "Hiring or Providing Domestic Childcare" #764029.

Other Work Safe B.C. Information:

You are considered a residential employer if you hire someone to work

at home to meet personal or domestic needs. Whether you hire the worker on a full-time, part-time or casual basis, you may need to register for WorkSafeBC insurance coverage. This includes nannies, personal caregivers or household cleaners.

You do not need to register if you hire a person:

- For an average of less than eight working hours per week;
- For a specific job to be completed in less than 24 working hours, or to care for children before and after school for an average of less than 15 hours per week;
- Through an agency registered with WorkSafe BC, where you pay the agency directly; or,
- Who is independently registered with WorkSafe BC.

If a homeowner is registered with WorkSafe BC and hires workers, they cannot be sued for the costs of work-related injury or disease. If a worker is injured in your home while on the job, WorkSafe BC pays for the worker's entire medical and wage-loss costs. When you hire people to work in or around your home, always ask them whether they carry their own coverage. If they do, ask for their WorkSafe BC account numbers. Double check their information by requesting an online clearance letter from WorkSafe BC before they begin working for you.

For more information whether you need to register for WorkSafe BC visit www.WorkSafeBC.com or you can call 1-888-922-2768.

SUMMARY: Vancouver Island Regional Partnership Meeting

DATE: Thursday, February 26th, 2009—LOCATION: MCFD Training Room / 6551 Aulds Road, Nanaimo / Next meeting: Thursday, September 24th, 2009

Terms of Reference document: The TOR established at the last meeting have been accepted by group members (approved effective February 26th, 2009): Two meetings per annum - March and September. Additional meetings / teleconferences may be arranged if/ when necessary by Chairperson(s). Child care (CICs) and travel costs for foster parents can be covered by FPSSS; contact FPSS Executive Director for rates, etc.

Topic Identification for Focus of Next Partnership Meeting: It was agreed upon that a portion of the next meeting will be dedicated to issues around foster parent recruitment.

CLBC Update: Overall, the intention to make the changes is still there; the timeline for the CLBC changes, however, has been extended to the Fall (rather than spring/summer). CLBC membership in the larger partnership committee will be revisited at the time of this change.

Foster Parent Rate Increase for 2009-10: The predetermined rate increase for caregivers is still going to be administered, but this is a general increase and is not tied to any specific cost (such as mileage).

FPSSS Report on the "Foster Parents Make a Difference" Campaign: 273 survey responses were collected from caregivers during this contest (see attached report for details). The buttons, concept and thank you cards were very well received by all parties involved. The campaign got provincial and national attention.

Beds and Homes in Other Communities as Resources: In Nanaimo, the standard is that foster parents will call their resources workers when wanting to provide relief for caregivers in other communities. Resource Workers will determine whether or not it is appropriate to take another placement. Resource workers are also in charge of coordinating more permanent placements in other communities. In Victoria, guidelines are quite similar. The needs of the child are always

paramount; issues around extensive transportation and shuffling back and forth to different communities may be unsettling for a child. Transportation is also a costly endeavor so checking with one's RSW is always the first step. Having a resource worker involved is also important when determining family dynamics (such as matching compatible children) and overall safety. This protocol is also in place for resource sharing between MCFD and Aboriginal Agencies. This item will be brought forward to the next meeting when there are more caregivers and representatives from different communities present.

Recruitment and Retention: (Provincial Caregiver Support Services Framework Project) Updates on provincial retention and education plans will be discussed at the next meeting.

Protocol Update: Quality of care and investigation statistics from 2006 & 2007 were brought forth to organize. This task will be taken on by the Protocol Team then the compiled information will be brought back to the larger table.

Facebook Clarification: Whether or not foster parents are allowed to post pictures of CICs on Facebook web pages. Tom Webber, Director of Policy and Integrated Practice, has given the definitive answer of "no". Confidentiality of the children is of the utmost importance, and information sharing on the web can lead to a variety of problems. In regards to a CIC posting self-identifying photos on his or her own page, it is acceptable as long as his or her foster parent is ensuring the child is complying with all Facebook regulations, including those based on age limits.

FPSSS Acknowledgment re 3 Year CARF Accreditation - Patti Simmons: Patti congratulated the FPSS Society Board and Staff on achieving a 3 Year CARF Accreditation. Patti wished to acknowledge all the hard work of FPSSS and to commend them on their achievement.

FPSSS Contact Information

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We invite any letters or comments. Please ensure your submissions are forwarded by the 5th of the month.

How are we doing? Do you have Comments? Suggestions? Queries? Newsletter Submissions?

Please feel free to contact us anytime at Toll Free 1-888-922-8437
 Victoria telephone: 1-250-598-1500 fax: 1-250-598-8810
 Nanaimo telephone: 1-250-390-9686 fax: 1-250-390-9687
 Campbell River telephone: 1-250-286-0555 fax: 1-250-286-0545
 or email us at admin@fpsss.com



Foster Parent Support Services Society

foster parents foster hope

MISSION STATEMENT:

The FPSS Society is a Grass Roots organization committed to providing meaningful and accessible support, education and networking services which will continually enhance the skills and abilities of foster parents to deliver the best care possible to the children in their homes.

Funding: FPSS Society is a Registered Society that is funded through contracts with the BC Ministry of Children and Family Development to deliver the BC Foster Care Education Program, support services, networking, communication and on-going training opportunities for foster parents of the Vancouver Island Region.

Regional Office Location:

101-814 Goldstream Ave,
Victoria, V9B 2X7

Phone: 1-250-598-1500

Fax: 1-250-598-8810

Toll Free: 1-888-922-8437

Websites: www.fpsss.com,
www.fosterhope.ca, www.fosterbc.ca

Hours of Operation:

Monday to Friday: 9:00 am to 4:00 pm

ISLAND CONNECTION NEWSLETTER:

Published 4 times per year and mailed free of charge to all foster home & MCFFD offices in the Vancouver Island region.

NEWSLETTER COMPILATION

Margaret Howley

Tel: 250-294-7911 Fax: 250-598-8810

mhowley@fpsss.com

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Victoria (250) 294.7914
Nanaimo (250) 390.9686

INFO SESSION

**Tuesday, April 28th
Juan de Fuca Library
Island Hwy, Victoria
6:30 to 8:00 pm**

To reserve a spot, call Lisa at 294-7914, or email to recruitment@fpss.com

www.foster  **hope**.ca

Together, we can make a difference.