

MAY/JUNE 2012



Dear Foster and Adoptive Parents:

Spring is upon us, and for St. Aemilian-Lakeside, this spring is very significant considering all the changes in our foster care program. GROW HOPE is our mission for foster care services, and more than ever before, this mission has become critical to expanding the resources needed for children in out-of-home care.

Our recruitment staff has been working diligently to spread the word about the need for foster and adoptive parents. To that end, word of mouth is sometimes the best way for us to find caring and committed individuals to fill this need. Because you already are a foster or adoptive parent, you have the ability to spread the word very easily to family, friends, neighbors and colleagues that St. Aemilian-Lakeside is looking for many, many great homes.

If you know of someone who may be interested in becoming a foster or adoptive parent, please have him or her call, toll free, 855-GROW HOPE. Ask the person to mention your name, because we have a referral bonus program, and we want to make sure we give credit where credit is due.

Also in the spirit of spring, St. Aemilian-Lakeside is developing some great new ways that foster/adoptive parents can get more involved with our program, have access to unique and relevant training topics such as trauma informed care, and be recognized for the great work that you do with children every day. Some of these initiatives are highlighted in this issue, so read on, enjoy and look for more information in subsequent issues.

I want to thank you again for your commitment as foster and adoptive parents and for helping St. Aemilian-Lakeside expand our foster care program to serve even more children. Together we can GROW HOPE; the need is great and the rewards are greater!

Sincerely,
Denise Pilz
 Chief Program Officer
 Foster Care and Family Services

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UPCOMING EVENTS

FOSTER CARE/ADOPTION OPEN HOUSE
 April 26, 4-7 p.m.
 St. Aemilian-Lakeside Franciscan Center,
 enter through Capitol West Academy,
 3939 N. 88th St.
 More information:
 Toll-free: 855-GROW-HOPE
growthope@st-al.org

SAVE THE DATE: POOL PARTY
 June 29; see page 4 for details

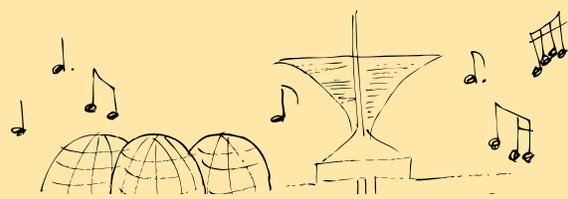


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CHILD-FRIENDLY AND FREE



The following events are a great opportunity for you and your foster children, and they are all free. So, go out and have some fun!

MITCHELL PARK DOMES

Free admission for Milwaukee County residents Mondays, 9 a.m.-noon.

MILWAUKEE COUNTY MUSEUM

Free admission for Milwaukee County residents Mondays, 9 a.m.-5 p.m.

MILWAUKEE ART MUSEUM

Free admission for all on the first Thursday of each month, 10 a.m.-8 p.m. Sponsored by Target.

FESTIVAL CITY SYMPHONY

Spring Sing, a child-friendly concert, May 23, 7-8 p.m., Marcus Center, 123 E. State St. Pajamas, blankets and teddy bears are welcome.

FOSTER FAMILY SUPPORT AND ADVOCACY GROUPS' UPCOMING MEETINGS

Connecting Bridges was formed in 2009 by foster parents to help the various parts of the Milwaukee Foster Care system work together. The group meets at St. Aemilian-Lakeside in the Franciscan Room. (Enter through Capitol West Academy, 3939 N. 88th St.) For more information, including scheduled speakers, visit connecting-bridges.org, or e-mail Ralph Gundrum at wifosterdad@yahoo.com. Please join them at one of these upcoming meetings:

- * **Monday, May 14, 6:30-8 p.m.** – Arlene Happach, director of the Bureau of Milwaukee Child Welfare, and representatives from their partner private agencies will provide updates on the changes in the child welfare system in 2012. Foster parents will have an opportunity to ask questions and provide feedback.
- * **Monday July 9, 6:30- 8 p.m.** – Judge Marshall Murray of Milwaukee County Children’s Court will talk about the children’s legal system and respond to questions.

The United Foster Parent Association of Greater Milwaukee was formed by foster and adoptive parents to advocate for foster families and inform foster parents. The group meets at 4425 N. Port Washington Road in Glendale. Membership is \$5 per year. For more information, call 414-527-4720. Please join them at one of these upcoming meetings:

- * **Thursday May 17, 6-8 p.m.**
- * **Thursday June 21, 6-8 p.m.**

Voices United is a support group for foster, adoptive and kinship families. The group meets the third Wednesday of each month, 6-8 p.m., at Adoption Resources of Wisconsin, 6682 W. Greenfield Ave., Milwaukee. Membership is \$10 per family per year. For more information, contact voicesunitedmilw@aol.com.

- * **Wednesday, May 16,** Judge Foley will join us to discuss the children's court system.
- * **Wednesday, June 20,** Arlene Happach, director of The Bureau of Milwaukee Child Welfare will appear.

TRAUMA INFORMED CARE SPEEDS REUNIFICATION

When 7-year-old Marie came to live with St. Aemilian-Lakeside foster parent Ruby Hamilton, she had been removed from an in-patient psychiatric hospital that concluded the child was defiant, non-cooperative and doing herself more harm than good. After a little more than three months with Ruby and a daily focus on trauma informed care, Marie was getting along much better with other children and adults, displayed much less anxiety and consequent acting out, and was able to move back home with her grandmother.

"That made me feel good," Ruby said. "It made me feel like I accomplished something with her."

Deb Buchanan, the occupational therapist who helped Ruby learn several rhythmic and repetitive activities that are key to trauma informed care by promoting calming and healing, was surprised — and thrilled — that the case moved so quickly.

"It's very encouraging to know that a caregiver with the qualities of Ruby, matched with trauma informed care information, had such an impact on this girl and she was reunified so quickly," Deb said. "That's really fantastic."

"Ruby provides a sense of safety and acceptance, she is patient, and she has a calm demeanor." All of these qualities contributed to the relationship-building that also is central to trauma informed care.

Ruby said she just kept encouraging and re-directing Marie, who had experienced abuse and neglect by her biological mother. And she worked every day with rhythmic and repetitive activities, some of which she already knew about through trauma informed care training she had received at St. Aemilian-Lakeside. The

regimen included bean bag tossing, hula hoops, rope-jumping, running, and ball-playing as well as deep breathing.

"It really calms them down," Ruby said. Rhythmic and repetitive activities work on the lower portion of the brain, which controls behavior in a child in the throes of anger or terror. Higher-brain functions such as reasoning and logic — "Why are you acting like this?" — are not even accessible when a traumatized child is experiencing stress and fear. For more information, go to www.st-al.org.

Ruby also met with Marie's grandmother and re-enforced the need for doing these activities regularly at home.

While living with Ruby, Marie spent half days in day treatment and half days in school. Ruby advocated for Marie at her school, telling them that rather than suspending her for perceived bad behavior they should try some of the things that would stabilize her. For instance, she told them to try to give Marie a quiet place and a coloring book, because the child colors to soothe herself when she is anxious and on the verge of a full-blown crisis.

Wraparound Milwaukee and the Bureau of Milwaukee Child Welfare did safety planning with Marie's grandmother to help her understand her granddaughter's needs, and the woman also participated in therapy with Marie.

"Lots of kids in foster care have been traumatized," Ruby said. "And this trauma informed care works. It's a lot of work — you have to keep remembering and reminding the child — but it works!"



Ruby Hamilton

IT'S A LOT OF WORK — YOU HAVE TO KEEP REMEMBERING — AND REMINDING THE CHILD — BUT IT WORKS!

See Ruby Hamilton in St. Aemilian-Lakeside's recruitment video, at www.st-al.org, and after May 1, at fosterparentsrock.org.

FOSTER PARENT INFORMATION LINE: 414-380-3780.

It's important to us that you have the information you need. You can call the St. Aemilian-Lakeside foster parent information line, 414-380-3780, and talk to a licensing worker 8 a.m.-5 p.m. Mondays through Fridays. You can also find us at www.st-al.org. We're here to help you with questions such as:

- * Bureau of Milwaukee Child Welfare re-design
- * Licensing process
- * Trainings and networking groups
- * Contact information: who to call for what
- * Resource questions
- * Any other general questions

SAVE THE DATE: POOL PARTY JUNE 29

St. Aemilian-Lakeside Foster Family Pool Party at Cool Waters
Friday, June 29, 6:30-8:30 p.m.
Greenfield Park, 2028 S. 124th St., West Allis
Watch for a flier in your mail around June 1 with more information and how to RSVP.



For trainings listed in this section, contact the partnership at:

Registration: 414-964-7397

faptreg@uwm.edu

Web: www.mcwppd.uwm.edu

East Lake Towers building, Suite 400

4425 N. Port Washington Rd., Glendale, WI 53212

TRAINING FOR LEVEL 1 AND 2 FOSTER PARENTS

TRAINING REMINDERS: Unless otherwise noted, all trainings are held at the East Lake Towers location. No one is admitted to a session 15 minutes after start time. Lunch is provided for all-day Saturday classes. Non-essential classes may be cancelled due to low enrollment. Please register in advance. Free child care is available on a limited basis, through the Foster/Adoptive Parent Training Program, for foster/adoptive parents while they take classes. Biological and foster children of participants are eligible for child care. To arrange for child care, please call 414-964-7397 at least one week before the class date. If you request child care and your plans change, please call to cancel.

FOUNDATION TRAINING SESSIONS: Taken during the two-year Initial Licensing Period

Tuesday, May 15, 5:30-8:30 p.m.

➔ **Partners in Permanency** An introduction for the parent or caregiver to the primary goals of child protective services and how these services can help achieve protection and permanence for children and their families.

Thursday, May 17, 5:30-8:30 p.m. or Thursday, June 14, 5:30-8:30 p.m. (Attend either session)

➔ **Overview of the Children's Court System** Learn the basics of how the system works, key terms and players and tips for participating in court.

Saturday, May 19, 12:20-3:30 p.m. or Tuesday, June 26, 5:30-8:30 p.m. (Attend either session)

➔ **The Impact of Trauma on Development** An overview of normal child development and an examination of the impact abuse and neglect have on child development.

Tuesday, May 22, 5:30-8:30 p.m.

➔ **Maintaining Family Connections** Information about the losses experienced by birth families, expected behaviors of grieving birth parents and ways to work effectively with birth families along the continuum of contact.



Thursday, May 31, 5:30-8:30 p.m.

➔ **Cultural Dynamics in Placement** Learn to separate culture from race and identify the many complex ingredients of cultural identity.

Saturday, June 16, 9 a.m.-noon. or Thursday, June 28, 5:30-8:30 p.m. (Attend either session)

➔ **Attachment** Parents and caregivers are introduced to how attachment is the foundation for guidance and positive discipline and how it is affected by separation from primary parents, siblings and others.

Saturday, June 16, 12:30-3:30 p.m.

➔ **Separation and Placement** Learn to identify stages in the grieving process, as well as strategies to reduce the trauma to children who have experienced separation from significant others.

Tuesday, June 19, 5:30-8:30 p.m.

➔ **Dynamics of Abuse and Neglect: Contributing Factors** Familiarizes the parent or caregiver with the dynamics of physical and sexual abuse, emotional maltreatment and neglect, as well as the physical and behavioral indicators in children.

Thursday, June 21, 5:30-8:30 p.m.

➔ **Dynamics of Abuse and Neglect: Signs and Indicators** Participants must attend the June 19 class (Contributing Factors) prior to attending this session.

Saturday, June 23, 9 a.m.-noon.

➔ **Guidance and Positive Discipline** Receive information on positive ways to manage behavior, including natural and logical consequences, contracting and rewards.

Saturday, June 23, 12:30-3:30 p.m.

➔ **The Effects of Fostering on Your Family** Examines the impact of foster care, adoption and kinship care on the family system.



ELECTIVES

In addition to the Mastery Series, licensed foster or adoptive parents completing their ongoing training requirements may choose from the following:

Tuesday May 15, 5:30-8:30 p.m. or Saturday June 2, 9 a.m.-noon. (Attend either session)

➔ **Permanency Issues for Children** The effects of long-term separation from the primary family, either through adoption or long-term foster care. *Reserved for pre-adoptive parents.*

Tuesday May 22, 5:30-8:30 p.m. or Saturday, June 2, 12:30-3:30 p.m. (Attend either session)

➔ **Permanency Issues for Foster Families** Issues related to adoption often experienced by adoptive families. *Reserved for pre-adoptive parents.*

FORMAL SUPPORT

For new foster parents, to be taken within 30 days of initial placement

➔ **New Placement Check-In** An opportunity to connect with other foster parents, have questions answered and get advice from Bureau of Milwaukee Child Welfare workers and experienced foster parents. Attend one of these dates:

Thursday, May 10, 5:30-8:30 p.m.

Saturday, May 19, 9 a.m.-noon.

Saturday, June 2, 9 a.m.-noon.

Thursday, June 21, 5:30-8:30 p.m.

Classes are repeated often, and different classes will be offered in coming months. If you have questions about any of the trainings offered by the Milwaukee Child Welfare Partnership for Professional Development, call 414-964-7397, or visit www.mcwppd.uwm.edu.

TRAINING OPPORTUNITIES THROUGH ST. AEMILIAN-LAKESIDE FOR ALL FOSTER PARENTS

Please Note:

- * Level 1 and 2 homes' SAL training offerings are IN ADDITION TO the training curriculum offered and facilitated by the UWM Training Partnership; they do not replace the Foundation or Mastery Series.
- * Child care is not offered at St. Aemilian-Lakeside trainings or meetings. Due to confidentiality issues and the sensitive nature of some training material, please do not bring children to trainings, and make child care arrangements accordingly.
- * Since our organization has grown to include many more foster parents of different service levels, all classes will be open to any foster parent licensed by St. Aemilian-Lakeside/Integrated Family Services regardless of their licensing certification level.
- * Please read the training announcements carefully. Not all classes start and end at the same time.
- * Thank you for being on time. We cannot admit anyone into class who arrives more than 15 minutes late. Please make sure you sign in when you arrive to receive training credit.
- * All classes will be held at St. Aemilian-Lakeside, 8901 W. Capitol Dr., unless otherwise noted.
- * Please RSVP for classes by calling 414-463-1880, ext. 200, at least one week in advance. Your message will confirm your registration for the class.

Wednesday, May 2 and Monday, May 7, 6-9 p.m.

(You must attend both classes to receive credit.)

➔ **The Effects of Trauma on Development** Part of the level 3 pre-service series, but may be taken for ongoing training credit by foster parents of any service level who have not had this class within the past 2 years. How adverse childhood events can impact the development of the child from birth to the teen years.

Wednesday, May 9, 6-9 p.m.

➔ **Trauma and Attachment** Part of the level 3 pre-service series, but may be taken for ongoing training credit by foster parents of any service level who have not taken this class within the past 2 years. Learning to trust caretakers is the most basic and important developmental tasks for children. This class looks at how attachment forms, how it can be disrupted, and how it can be established.

Monday, May 14, 6-8 p.m.

➔ **IEP Process and Product** A look at how the Individual Education Plan is initiated and how it should guide the services a school provides for a special-needs child. Presented by Wisconsin FACETS, a statewide organization that educates parents and caretakers on how the special education system should work for children.

Wednesday, May 16, 6-8 p.m.

➔ **Trauma Informed Care: Special Recognition for Foster Parents** The evening will begin with awards to foster parents who have gone above and beyond to implement trauma informed principles in their work with children. A video on brain development featuring national expert Dr. Bruce Perry will be shown, followed by time for a discussion. A light dinner will be served.

Monday, May 21, 6-9 p.m.

➔ **Cultural Differences and Protective Factors** Part of the level 3 pre-service series, but may be taken for ongoing training credit by foster parents of any service level who have not taken this class within the past 2 years. Learn how every foster care placement is really a cross-cultural placement, and how culture helps protect individuals from the traumas and challenges of their world.

Wednesday, May 23, 6-9 p.m.

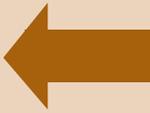
➔ **The Effects of Fostering on Your Family** Part of the level 3 pre-service series, but may be taken for ongoing training credit by foster parents of any service level who have not taken this class within the past 2 years. This class explores ways to minimize stress on the foster parents and the family, and how to stay motivated and committed.

Wednesday, May 30, 6-9 p.m.

➔ **Maintaining Connections with the Primary Family** Part of the level 3 pre-service series, but may be taken for ongoing training credit by foster parents of any service level who have not taken this class within the past 2 years. Effective foster parents remember that the child has a primary family that is important to him or her. This class looks at ways to make the primary family part of the team.

Monday, June 4, 6-9 p.m.

➔ **Promoting Positive Behavior** Part of the level 3 pre-service series, but may be taken for ongoing training credit by foster parents of any service level who have not taken this class within the past 2 years. Behavior management is not a technique; it's a process. Focusing all of our efforts on trying to change behavior and neglecting the relationship can only make the behavior worse. We can promote positive behavior in a way that is truly trauma informed.



Tuesday, June 5, 6-8 p.m.

➔ **Human Trafficking and Sexual Exploitation of Youth**

Whenever a child or teen is prostituting, there typically is an adult who is encouraging — and profiting from — that activity. Joann Bouikidis from the St. Aemilian-Lakeside Family Interaction Program has researched this issue both abroad and in the U.S. She will describe the scope of the problem, as well as how vulnerable youth can be protected.

Wednesday, June 6, 6-9 p.m.

➔ **Separation and Placement** Part of the level 3 pre-service series, but may be taken for ongoing training credit by foster parents of any service level who have not taken this class within the past 2 years. The multiple moves endured by many foster children take their toll on development and the ability to trust and attach. This class looks at ways to minimize the trauma of separation.

Wednesday, June 13, 6-8 p.m.

➔ **Transition Updates: Fostering with St. Aemilian-Lakeside Foster Care Services** Director Teresa Cocker will join us to discuss our agency's expanded role in providing child welfare services, as well as some new opportunities for foster parent involvement in the foster care team.

Wednesday, June 20, 6-8 p.m.

➔ **Fostering a Safe Child** For children who have experienced trauma, one of the greatest gifts we can give is to help them stay safe from being abused again in the future. This class offers tips for caretakers to help their children stay safe in the foster home, community, birth home or anyplace else.

Saturday, June 23. Registration, 8:30 a.m.; program, 9 a.m. -Noon

➔ **Crisis Intervention: How to Work with the MUTT team** The Mobile Urgent Trauma Team (MUTT) can be an effective crisis management and prevention tool for foster families to use in the event of a foster child crisis. This session will address how foster parents can work with the team to obtain the best possible outcomes for foster children and maintain the stability of the placement. This class will be held at the University of Wisconsin-Milwaukee Continuing Education Center, on the 7th floor of the Grand Avenue Complex, 161 W. Wisconsin Ave.

FOSTER PARENT TRAINING REQUIREMENTS BY LEVEL

	Level 1 (Child-Specific)	Level 2 (Basic Foster Care)	Level 3 (Moderate Treatment)	Level 4 (Specialized Treatment)
Pre-Placement (Before any children can be placed in the home)	If the child is living in the foster home before licensing, see below. If the child is not in the home before licensing, requirements are the same as level 2	9 hours A series of 3 classes taken at the UWM Training Partnership 3 hours A follow-up session taken within 30 days of the child being placed	42 hours A series of 14 classes, with a focus on trauma informed care, taken at St. Aemilian-Lakeside	42 hours A series of 14 classes, with a focus on trauma informed care, taken at St. Aemilian-Lakeside 4 hours of additional child-specific training
Initial Licensing Period (The first 2 years of licensure)	9 hours A series of 3 classes taken at the UWM Training Partnership 3 hours Follow-up session (All hours must be completed within 6 months of the date of the license)	30 hours A series of 10 classes, taken at the UWM Training Partnership	36 hours (18 hours during each of the 2 years) There are some specific topics that must be included in these hours. <i>Talk to your licensing worker or the training specialist for details.</i>	48 hours (24 hours during each of the 2 years.) There are some specific topics that must be included in these hours, and 6 of them must be child-specific. <i>Talk to your licensing worker or the training specialist for details.</i>
Ongoing (The third year of licensure and beyond)	None required.	10 hours Can be taken at the UWM Training Partnership, St. Aemilian-Lakeside, or both	18 hours Half must be taken at St. Aemilian-Lakeside	24 hours Half must be taken at St. Aemilian-Lakeside



FOSTER FAMILY NEWS

ST. AEMILIAN-LAKESIDE



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