

JANUARY/FEBRUARY 2013



DEAR FOSTER AND ADOPTIVE PARENTS:

I recently traveled to Vietnam for a graduate program I'm completing. Not your typical travel destination, but if you want to see how another world lives, it's the place to go. Besides the different cuisine, language, currency and music, I observed some other things that reminded me to be thankful for all of the opportunities

and resources I have living in the United States.

My first observation was that the Vietnamese culture does not have the same definition of safety that we are accustomed to. There seem to be no food safety laws, as perishable items are available to buy on the street in 85-degree weather. Families of five travel together on one scooter, with children, without helmets. People don't seem to pay much attention to road signs, stop lights or form lanes while driving, so crossing the street is very risky. In the US, we often complain about all of the rules, regulations and government involvement in our lives, but I am starting to think that, in some cases, that may not be such a bad thing.

Health care and public assistance are essentially non-existent in Vietnam. Access to quality (and I really emphasize quality) medical care is just not readily available, and it is very expensive. Bribes are accepted by physicians to get care quickly. You really don't even want to get a paper cut there. In addition, mental health services are scarce, and public assistance does not exist. Families who are struggling financially don't have access to things like unemployment compensation, Badger Care, Medicare, Social Security Disability, food stamps or day care. The average wage is \$100 US dollars a month, and the cost of living is not that much less than what we pay in the US. I would not say that the US has a perfect system to provide assistance to those needing resources, but at least our government recognizes the need and has implemented programs that can help.



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Probably the best experience I had on the trip was our visit to an orphanage. This is where one realizes that the need to care for children is a global issue. There were about 60 children from birth to 16 living at the orphanage, and although the language barrier prevented many of us from verbally communicating with the children, smiles, hugs, the giving of gifts and high fives are all universal communication tools.

A formal foster and adoptive care system does not exist in Vietnam, so when parents cannot care for their children, an orphanage is where they go. I think most of you know that St. Aemilian-Lakeside began as an orphanage and with the advances that the US has made in alternate care for children, we have safe, loving families like yourself to care for children in need. It is one of the greatest benefits that children have in the US, so you should be proud to be a foster/adoptive parent and never take the caring and compassion you give every day for granted.

Thank you for all you do as we Grow Hope together and set the standard of care for other communities and countries that may not yet have the resources, education and tools to keep children safe and well. The need is great and the rewards are greater!

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

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 also can find us at our new website, www.growhope.net. We're here to help you with questions such as:

- Licensing process
- · Trainings and networking groups
- Contact information: who to call for what
- Resource questions
- Any other general questions



I am pleased that St. Aemilian-Lakeside and IFS have provided me with this opportunity to communicate with you. You are so essential to our mission. We want to ensure you are comfortable in your role and understand any changes in expectations and processes. We are continually striving to improve our services and are open to your suggestions.

Retaining Children in Their School

It is important that when children are removed from their parental home that they remain connected to the positive things in their lives. Often the school is an anchor for the child with not only friends, but supportive adults as well. Additionally, studies show that children lose six to nine months of academic progress every time they switch schools. Federal Fostering Connections legislation requires that children in foster care remain in their school of origin unless there is a compelling reason to move them.

We know that this may be asking "yet another thing" of our foster parents, as transportation to and from school can be a challenge. We want to work with you to get this done.

Your case manager can help you find options. Many schools have before- and after-school programs to help working parents or can suggest a program that has bus service to the school. The school may know of a parent who could help out. Please ask for help in meeting this need.



When children are removed from their birth families and placed in out-of-home care, the first priority of the state child welfare system is to ensure that they are being placed

in safe, nurturing homes. Starting in 2013, the Bureau of Milwaukee Child Welfare will focus on child safety as a systemwide goal, and foster parents will notice a few changes in procedures surrounding the placement of a new child in their home. These procedures are called "confirming safe environments" and include:

- A home visit by the child's ongoing case manger will be conducted before placement, to ensure no changes have taken place since the home was last licensed or relicensed and that the foster parent is prepared to meet the child's needs. The physical condition and safety of the home also will be assessed. For homes that accept emergency placements, this home visit will take place within 24 hours of placement.
- Background checks will be conducted on all foster home residents over age 17 by the ongoing case manger whenever a new placement occurs. These are similar to those conducted at the time of initial licensing or re-licensing but will not include fingerprinting.
- A follow-up home visit will be conducted by the ongoing case manger within five working days of placement to be sure that the new foster child is safe and that the foster parent has what is needed to meet the child's needs.

There are slightly different procedures involving the placement of children who have previously been in the foster home for respite or who have done pre-placement visits with the foster family. For questions about these changes, please call your licensing worker.



LIFE BOOKS RECORD PRECIOUS MEMORIES

A life book is a tool that tells the child's story; it is a memory record documented through pictures and written accounts of the foster child's journey though life. While a child is in foster care, whether that's for days, weeks, months, or longer, he or she is making memories, milestones are happening and life is moving forward.

These children experience the loss of not only their birth families, but also friends, community, teachers, pets, pictures and other mementos. Every time a child is moved into a new home these things are lost again. A life book is a creative way to help children reconnect with their personal history, preserve their memories, capture milestones and ultimately rebuild self-worth and facilitate healing.

The IFS case manager will give a life book to the foster parent when the child has been in care for five months. Some children will arrive in a foster home with a life book started by a different family; foster parents can request one from the case manager. Life book information should be collected and recorded from the child's point of view.

To learn more about the importance of the life book, how it can be a tool in building a relationship with a foster child, and the role of the foster parent, please attend the Trauma Informed Care: Life Books for Children in Out-of-Home Care offered at St. Aemilian-Lakeside. Please see the training section of this newsletter or the calendar on www.growhope.net for dates, times and training hours.



1ST ESSENTIAL INGREDIENT OF TRAUMA INFORMED CARE: PREVALENCE

Of St. Aemilian-Lakeside's Seven Essential Ingredients necessary to understanding and implementing trauma informed care, the first is knowing how prevalent traumatic childhood experiences, such as abuse, neglect, violence, drug abuse and frequent moves, are in the children and communities we serve. Science is showing us that these experiences can have a profound impact on the emotional well-being and mental and physical health throughout the lifespan and that they may be far more common than we would have guessed.

Between1995-97, Dr. Robert Anda and colleagues at the Centers for Disease Control surveyed more than 17,000 adults in San Diego to learn the extent to which these adults had a variety of adverse traumatic experiences (ACEs) as children and whether they affected their health as adults. The results were surprising. The researchers found that more than 60% of those surveyed had at least one ACE and, of those, many had suffered multiple traumas. The findings showed that:

- 28% were survivors of physical abuse
- 21% had suffered sexual abuse
- 27% had grown up in a family where at least one parent had substance abuse issues

Several states, including Wisconsin, have done similar studies, and the findings were comparable to the original study. These surveys underscore that childhood traumatic experiences are not isolated in small pockets of the population but are widespread.

The study in San Diego looked at the impact that ACEs are having on the physical and mental health of adults. An understanding of this impact also is critical to providing care and treatment that is trauma informed, and this second essential ingredient will be addressed in the next issue of this newsletter.

SUPPORT AND ADVOCACY GROUP MEETINGS

What Now? is an ongoing group for foster parents who have had a child move from their home and want to talk with other foster parents about their experiences. The agenda for each group is set by those in attendance. The group meets on the second Wednesday of each month, 6-8 p.m., at St. Aemilian-Lakeside, 8901 W. Capitol Dr. For information, call Melissa Dombrowski-Boling, 414-604-5123.

Connecting Bridges was formed in 2009 by foster parents to help the various parts of the Milwaukee foster care system work together. The group typically meets on the second Monday of each month, with locations varying. For more information, including speakers featured at meetings, visit connecting-bridges.org, or e-mail Ralph Gundrum at wifosterdad@yahoo.com.

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, Glendale, on the third Thursday of the month from September through May. Representatives from Integrated Family Services/St. Aemilian-Lakeside and Children's Hospital Community Services will be on hand at meetings to answer questions. Membership is \$5 per year. For more information, please call 414-527-4720.

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

ADOPTIVE PARENTS WENT FROM NO CHILDREN TO SIX



Carol and Ron Erickson with their children, from left, Gabe, Mouse, Abby, Katrina, Trey and Austin.

66 IT'S VERY CHAOTIC, BUT YOU CAN'T IMAGINE YOUR LIFE WITHOUT THEM. 39

When Ron and Carol Erickson became licensed as foster parents in 2002, it was with the clear understanding that the children would be returned to their birth families. Since then, when crises repeatedly arose, they have opened their homes, and their hearts, to six children. They ended up adopting all of them, all of whom are siblings to each other in some way.

Half brothers Austin and Trey were their first two foster placements. Fully expecting them to eventually be reunified, it turned out there was no one else to take them. "And we had fallen in love with them," Carol said. "They were our family and it would have been devastating to lose them.... We went from no children to two."

Austin was 16 months old and weighed 15 pounds when the Ericksons got him. He has ADHD and ODD and struggles with learning and social connections. Through training in and reading about trauma informed care, the Ericksons understand that many of Austin's issues are from his past trauma. Carol will sit with him and hug him and rub his back to get to the lower brain, where his acting out behavior starts. And she reminds her other children to be patient with him because his past trauma affects his behavior, and will his entire life.

The next set of children was Katrina, Abigail and Gabriel, all siblings, who were 3 and 2 years old, and 11 months, respectively, when they went to the Ericksons. They were contacted at the same time

about the siblings or a single girl who needed temporary placement. By then the two boys were older and Carol was surprised when her husband agreed to take three small children.

"But we know how hard it is to place siblings... It was the best decision Ron and I made to take the sibling group."

After six months, the girls were placed for a time with their paternal grandparents. When a paternity test a few months later showed they all had the same father, Gabriel joined them. The children suffered behavioral and health issues, and the separation from each other, and Dad's rejection of Gabriel were very difficult for them. For various reasons, the grandparents were not a good placement, and the Ericksons heard about it "through the grape vine." Carol called the case worker and learned the grandmother had said she wanted the children out immediately. When asked if they could come back to the Ericksons, "Bring them today!" Carol said.

It took about a year and a half for the termination of parental rights to occur, with the birth mother wanting them back for a time, and the birth father as well – but only the girls. Visits with birth parents were involved, but eventually the birth mother and the birth father disappeared. The back and forth and uncertainty was very hard on the kids and the Ericksons, and the couple were ecstatic to finally be able to adopt all three in 2011.

When they heard the birth mother of the three children got pregnant again

with a man neither she nor her children were supposed to have contact with, the Ericksons stepped up again. When they were called about the last baby, named Rogue, they didn't hesitate to take her in. No one knew drugs were an issue with the birth mom, but the baby was born addicted. She spent two and a half weeks in withdrawal in the NICU, and Carol was with her as much as possible.

"I was so nervous; I was scared to death," Carol said. But at the hospital she was able to bathe, feed and bond with the baby. "It just made sense; why would you have them place her somewhere else?" Carol said.

After awhile the birth mom disappeared again, and the birth dad said he wanted the baby. But there were sexual assault allegations pending against him. Charges would be dropped, re-filings were expected then never made. Finally the judge said the case had to go forward. He scheduled a TPR hearing for the father, but the man died suddenly shortly before that, and the Ericksons were able to adopt Rogue – whom her siblings nicknamed "Mouse."

"You're holding your breath until the final day," Carol said, "and deep down we feared we would never get her.... It was so joyous and peaceful when we finally learned she would be ours."

Mouse is 2½ now, and she has bonded with not only her siblings but the other children as well, especially Tre. She loves to put her arms around his neck and hang on tight.

"Our lives were in limbo for so long, and now we can go on with our lives," Carol said. The family will soon move to a farm in Green Lake County.

"It's very chaotic, but you can't imagine your life without them. Even if one had been lost, it would've been such a hole in our lives, such a loss.

"Now ALL the children know this is where they will be taken care of. They are all with their sisters and brothers, and they're all in the same house. No more questions, no more visits, no one is going anywhere.

"They're so excited about their brand new start to life."

PLEASE ENCOURAGE YOUR FRIENDS AND FAMILY TO CONSIDER BECOMING

A FOSTER OR ADOPTIVE PARENT/FAMILY

FOR MORE INFORMATION, HAVE THEM CALL, TOLL FREE, 855-GROW-HOPE

ST. AEMILIAN-LAKESIDE TRAININGS FOR ALL FOSTER AND ADOPTIVE PARENTS

January 2013

Wednesday, Jan. 9 6-8 p.m.

→ What Now? A Grief and Loss Group for Foster Parents
Join in a monthly opportunity for foster parents who have experienced a planned or unplanned separation from a foster child to receive support and learn from the collective wisdom of the group. Sessions will focus on group members helping one another. For more information, call Melissa Dombrowski-Boling at 414-604-5123.

Monday, Jan. 14* 5:30-8:30 p.m.

→ Partners in Permanency This is an overview of the child welfare system and how teamwork allows a child to move from foster care to permanence. The role of the foster parent in this process is examined in detail.

Wednesday, Jan. 23* 5:30-8:30 p.m.

Introduction to Trauma Informed Care The "Seven Essential Ingredients" that are at the heart of the St. Aemilian-Lakeside/Integrated Family Services approach to care and treatment are presented in detail. This class is required for all foster parents licensed through St. Aemilian-Lakeside.

Monday, Jan. 28* 5:30-8:30 p.m.

→ Child Trauma: Physical Abuse and Neglect Get an overview of the legal and clinical definitions of physical abuse and neglect and how foster and adoptive care that is trauma informed can be at the center of the healing process.

Please note:

- Level 1 and 2 homes SAL training offerings are IN ADDITION TO the training curriculum offered by the UWM Training Partnership; they do not replace the Foundation or Mastery series.
- Child care is not offered at any 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 sign up for classes ahead of time by calling 463-1880, ext. 200 at least one week in advance. Your message will confirm your registration for the class. Or register online in the calendar at www.growhope.net.

Wednesday, Jan. 30* 5:30-8:30 p.m.

This class looks at the behavioral and emotional challenges and treatment needs of children who have been traumatized by the sexually aggressive behavior of others. Included are a discussion of how caretakers can be prepared to discuss sexuality openly and honestly with children and how child survivors of this type of abuse can be helped to feel safe.

February 2013

Monday, Feb. 4 and Monday, Feb. 11* 5:30-8:30 p.m. both nights. This is a two-part class. You must attend both sessions to receive training credit.

The Effects of Trauma on Development Childhood trauma often involves abuse and neglect, but many other adverse events and circumstances also can impact and delay a child's development. This two-part class looks at how adverse childhood events can impact development from before birth to early adulthood.

Wednesday, Feb. 6 6-8 p.m.

Trauma Informed Care: Life Books for Children in Outof-Home Care Life books are a non-threatening and effective way that we can encourage children in out-of-home
care to "tell their story" and make sense of the things that
have happened to them and their families. You will leave
this class with life books that you can work on with all of
your foster or adoptive children, as well as some tips and
techniques on putting the books together. The first portion
of this class will be devoted to recognizing individual foster
parents who have gone above and beyond in providing
trauma informed, excellent care to foster children. A light
supper will be served.

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

→ What Now? A Grief and Loss Group for Foster Parents
Join in a monthly opportunity for foster parents who have experienced a planned or unplanned separation from a foster child to receive support and learn from the collective wisdom of the group. Sessions will focus on group members helping one another. For more information, call Melissa Dombrowski-Boling at 414-604-5123.

Monday, Feb. 18* 5:30-8:30 p.m.

Trauma and Attachment Learning to trust an adult caretaker is one of the most basic and important developmental tasks for children. This class looks at how attachment works, how it is disrupted and how it can be established.

Register online at www.growhope.net

Saturday, Feb. 23 8:30-9 a.m. Registration 9 a.m.-Noon: Program

Promoting Healthy Relationships with Teens Part of the Treatment Foster Care Training Collaborative Saturday morning series held at the University of Wisconsin-Milwaukee Downtown Continuing Education Center, 161 W. Wisconsin Ave. (the Grand Avenue Mall complex) on the 7th floor. Teens in foster care can be at higher risk to be involved in relationships that are unhealthy, abusive or violent, and part of the role of a treatment foster parent is to provide guidance and promote safety for these youth. This class looks at ways that parents and foster parents can talk to children and teens about relationships and sexuality in a non-threatening way.

Monday, Feb. 25* 5:30-8:30 p.m.

→ Cultural Differences and Protective Factors This class includes discussion on how culture develops, in part, to protect people from the traumas and challenges of their world and how culture is an important curative factor for child survivors of trauma.

Wednesday, Feb. 27* 5:30-8:30 p.m.

Introduction to Trauma Informed Care The "Seven Essential Ingredients" that are at the heart of the St. Aemilian-Lakeside/ Integrated Family Services approach to care and treatment are presented in detail. This class is required for all foster parents licensed through St. Aemilian-Lakeside.

*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.

FOSTER PARENT TRAINING REQUIREMENTS BY LEVEL

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	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 section 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. Talk to your licensing worker or the training specialist for details.	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. Talk to your licensing worker or the training specialist for details.
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.

QUESTIONS ABOUT TRAINING? Contact Mike Joranger, training specialist, at 414-604-5125.



for Professional Development

For trainings listed in this section, contact the partnership:
Registration: 414-964-7397
faptpreg@uwm.edu
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, ADOPTIVE PARENTS

TRAINING REMINDERS: Unless otherwise noted, all trainings are held at the East 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 canceled 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, 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 Jan. 22, 5:30-8:30 p.m. *Partners in Permanency* This class provides an introduction to the goals of child protective services and how these services can help achieve protection and permanence for children and families.
- Tuesday, Jan. 29, 5:30-8:30 p.m. *Cultural Dynamics in Placement* This workshop presents an overview of culture and the ways in which our values and codes of conduct are impacted by culture. Participants will learn to separate culture from race and learn to identify the many and complex ingredients of cultural identity.

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, please call 414-964-7397 or visit them on the web at www.mcwppd.uwm.edu.

- → Saturday, Feb. 16, 9 a.m.-noon. *Partners in Permanency* This class provides an introduction to the goals of child protective services and how these services can help achieve protection and permanence for children and families.
- Saturday, Feb. 16, 12:30-3:30 p.m. *Overview of the Children's Court System* The child welfare legal system can be overwhelming for foster and adoptive parents. Learn the basics of how the system works, key terms and players and tips for participating in court.
- Tuesday, Feb. 19, 5:30-8:30 p.m. *Maintaining Family Connectedness* Get information about the losses experienced by birth families, expected behaviors of grieving parents and ways to work effectively with birth families along a continuum of contact.
- Tuesday, Feb. 26, 5:30-8:30 p.m. **Dynamics of Abuse** and **Neglect: Contributing Factors** Parents and caregivers become familiar with the physical and behavioral indicators of abuse and neglect in children, as well as high-risk family situations.

ONGOING TRAINING (For licensed foster or adoptive parents completing their ongoing training requirements)

- Saturday, Jan. 12, 9 a.m.-noon *Permanency Issues for Children* This class discusses the effects of long-term separation from the primary family, either through adoption or long-term foster care. Reserved for pre-adoptive parents.
- → Saturday, Jan. 12, 12:30-3:30 p.m. Permanency Issues for Foster Families
 Learn about issues related to adoption
 that often are experienced by adoptive families. Reserved for pre-adoptive
 parents.
- Thursday, Feb. 14, 5:30-8:30 p.m. *Permanency Issues for Children* This class discusses the effects of long-term separation from the primary family, either through adoption or long-term foster care. Reserved for pre-adoptive parents.
- Thursday, Feb. 21, 5:30-8:30 p.m. Permanency Issues for Foster Families
 Learn about issues related to adoption
 that often are experienced by adoptive families. Reserved for pre-adoptive
 parents.

○ FORMAL SUPPORT FOR NEW FOSTER PARENTS

(To be taken within 30 days of initial placement)

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:

Saturday, Jan. 19, 9 a.m.-noon. Thursday, Feb. 14, 5:30-8:30 p.m.



In the supportive environment of the Parent Café, parents come together to deal with the pressures, worries and challenges that many have struggled with alone. They move beyond isolation to give and receive the support they need to keep their families strong. Specially trained parent-hosts facilitate discussions on topics that are common to all families. Sessions include birth parents, foster parents, relative caregivers and others discussing shared concerns in a safe, structured format.

Sessions, which are open to any parent or foster parent in the Greater Milwaukee area, include child care if arranged ahead of time and a shared meal. Foster parents will receive credit toward ongoing training hours.

The next two sessions are scheduled for:

- Thursday, Jan. 17, 5:30-8 p.m.
- Thursday, Feb 21, 5:30-8 p.m.

For location information or to register, call the Milwaukee Child Welfare Partnership for Professional Development at 414-964-7397.

The program is also recruiting more parent volunteer facilitators to be trained in the Parent Café model. If you are a good listener who is comfortable leading small group discussions with sensitivity and respect for differences among parents, please call Mike Joranger at 414-604-5125.