



California State Foster Parent Association, Inc.

Representing all California Resource Families

"To Touch A Life Forever"

1ST QUARTER 2019 NEWSLETTER

FEBRUARY 28, 2019

1st Quarter CSFPA Meeting/Training

The CSFPA 1st Quarter meeting/training was held at the Sacramento Hilton January 25-26. At the Friday meeting, Daisy Avery Braxton from CDSS provided information about the Level of Care Rate Determination Protocol (LOCP). Then, Marjana Jackson from CDSS provided information about how the Continuum of Care is working and provided updates. In the afternoon, representatives from the magazine *Fostering Families Today* and online training course company Foster Parent College provided information about the services and information they have available to resource families/foster parents.

If you are not receiving *Fostering Families Today* magazine, check with your county as many counties have contracted with them to provide the magazine to



their resource families free of charge. Foster Parent College provides free online training to resource families for both pre and post approval periods. For the business portion of the meeting, chapters who have submitted their annual membership paperwork were ratified, new board and committee members were introduced and sworn in. We appreciate attendance by any and all of CSFPA members and their contributions to these meetings. Our next quarterly board meeting will be held April 26-27 at the Sacramento Hilton. This is a great opportunity to meet other foster parents/resource families in the state and share information. The CSFPA is always looking for people who are dedicated to furthering the well being of resource families and the children they take into their homes. For more information about our meetings, contact Bob Currey at bobcurrey@comcast.net. You can also find out about upcoming events on our website at www.csfpaonline.org.

Join Us For Our Next Quarterly Training Via Webinar

Tyffany Wanberg, Webinar Chair

Thank you to everyone who participated in CSFPA's first ever quarterly meeting Webinar! We look forward to connecting with all our members throughout the state. CSFPA is pleased to announce that we will provide at least 1 webinar per quarterly meeting (Jan/Apr/July) so that all our members will be able to hear updates from the State and other great trainings we offer at the quarterly meetings. We hope to see as many of you as possible in person in Sacramento, but know that time and distance are a barrier for many members. Our hope is to still connect with you through the Webinar if you cannot make it to Sacramento.

The Webinar registration link will be emailed out to all members at least two weeks in advance of the scheduled event. Please be sure to follow the directions in that email and register for the webinar. Once registered, you will receive another email with the log-in information for the day of the event. When participating in the webinar, you will need a computer with built in speakers or external speakers to hear the event. You can also participate in the webinar via smartphone and the GotoWebinar app. You will be able to submit written questions during the webinar and we will do our best to answer them in real time; however, we cannot guarantee that all questions will be answered during the webinar. We will ensure that you do receive a response to your question even if it is after the event is over. Training credit/certificates will be provided after the webinar is completed. If you have any questions or would like more information about the webinar, please email those questions to CSFPAWebinar@gmail.com

Do you have something relevant and informative related to providing foster care in California?

Please send your ideas, information, suggestions to CSFPAnewsletter@gmail.com for consideration to be included in our next newsletter. We welcome your input.

Legislative & Policy Update



CAREGIVER DAY AT THE CAPITOL

Caregiver Day at the Capitol, held on January 22 and co-hosted by California Alliance of Caregivers with the Alliance for Children's Rights, was attended by 120 participants. Small teams of caregivers and advocates held 98 meetings. Former Assembly Human Services Committee Chair, Assemblymember Blanca Rubio gave an inspiring speech to caregivers in the morning training. The event ended with an inspiring speech from current Human Services Committee Chair, Assemblymember Eloise Gomez Reyes. The theme of the day was "Placement Stability." Caregivers shared their experiences with lawmakers and how funding, programs, and services help to ensure that foster youth are receiving what they need to heal and thrive in foster care.



New Bill Supports Housing Needs of Young Adults in Extended Foster Care

Assemblymember Laura Friedman (43rd AD) introduced AB 531, co-sponsored by the Alliance for Children's Rights, the County Welfare Directors Association of California, and Children Now. The bill aims to re-

duce homelessness and promote stability for youth participating in extended foster care by:

- developing **housing navigators** to aid young adults in locating and securing appropriate housing and support their transition to independence;
- requiring counties to **examine and report** on their ability to meet the housing needs of youth who are in extended foster care, taking specific account of how they will address the short-term, immediate housing needs of these youth;
- developing capacity to meet the **immediate housing needs** of young adults who are re-entering extended foster care or who are moving to a new placement;
- promoting placement stability by requiring counties to **"hold" placements for up to 14 days** if a non-minor dependent has provided notice of intent to return within 14 days or the program has reason to believe the youth will be returning;
- reducing barriers and increase the quality of independent SILP placements by allowing for a **streamlined approval process** and the creation of a listing of appropriate rooms for rent;
- **restructuring the host family transitional housing model** to allow families already licensed as a resource family to be eligible to serve as a host family and to divide the THP payment between the caregiver, young adult and provider.

AB 531 will be referred and heard in committee in mid-March

CSFPA Membership Update

Carol Ihlenburg, membership Chair

Seventeen chapters were ratified at the CSFPA general meeting—some pending receipt of final required documents. Chapters are still coming in, and we welcome them. It is a year of transition for membership as I am learning to navigate this process. Fortunately, I have Mary Hagenbeck, experienced Membership Chair for many years, assisting me. If you hear from either of us, please know we are working together. Mary has established many great relationships with our CSFPA community for which I am grateful and am relying on her to make sure membership continues to be a smooth and welcoming process. There is a lot of paperwork required annually, and we acknowledge it can sometimes be confusing. One of the most important documents needed is every chapter's Quarterly Financial Report showing income received. This is a requirement for the CSFPA to comply with IRS regulations and maintain each chapter's non profit status. If your chapter has it's own non profit status, this is not required. All forms for membership can be found on our website on the Forms page. I am happy to assist you with navigating the requirements. The best way to reach me is via email at csfpanews-letter@gmail.com. Our new Treasurer, Shelly Best, is also available to assist with the financial forms requirements as well as assisting chapters with using Quickbooks to set up their financial information. Shelly can be reached at shelly-best@hotmail.com.

What's Happening Around the State



Northern Region

Nadine Fleek, Northern Region VP

Our first regional meeting for 2019 will be held in Tehama County—Chapter 33. President Linda Rocke will host the meeting in March (date/times to be announced). Linda has a good relationship with Shasta County—Chapter 20, so she will contact them as well. A notice to all counties in my region will go out 30 days prior to the meeting.

North Coastal Region

Sheri Justice-Cook, Northcoastal Region VP

A late Happy New Year to you all, and for the members of the North Coastal Region; especially those with children from Solano County. There will be a FKCE-Solano College Conference March 6th-9th at the Marriot Hotel on Holiday Lane in Fairfield, CA., with Jennifer Rodriguez as keynote speaker, for the Solano County roll out of QPI (Quality Parenting Initiative). To register go to www.fosterluv.com.

Our next Quarterly meeting will be April 26th-27th at the Hilton Hotel in Sacramento, and for those of you that cannot make it to our Quarterly, we now have a webinar available (see article on front page of this newsletter). For those of you that are interested in attending, CSFPA has given North Coastal Region a Scholarship (one room) for a couple or one person to attend the April Quarterly meeting/training. If you are interested, please send request to me at beniciascook@prodigy.net before March 10th.

In closing, please know that CSFPA is here to keep you informed, be supportive, and help in any way we can. CSFPA also appreciates and thanks you for all that you do for all of the children. Wishing you good health, the spirit to know when you are doing or have done your best, and when to ask for help.

Always in Peace and Love

Central Region

Carrie Myles, Central Region VP

Hello members, As we embark on another year, I wish you all well. The CSFPA quarterly training was well attended. DSS gave an outstanding presentation, with hand outs, and a question and answer session. Members are invited to join us April 26th for our next quarterly training and meeting in person or by webinar.

A few chapters are still recruiting members to fill their board in region 3. With so many seasoned parents retired, we all must rally around and support our new resource families/parents.

Chapter 57 - Merced County recruiting resource parents for their association. Veronica thanks for the invite.

Chapter 22 - not in need of anything materials at this time, except funding like most chapters.

Chapter 70 - need contact information for all new board members

Chapter 13 - will be hosting their new and current members reception in February.

If any region 3 chapters need any materials or ACLs, I am happy to assist you.

In collaboration with Sacramento County, chapter 13 will participate with Recruitment Retention and support picnic this year. I would like to extend an invite to regional 3 chapters.

With kindness and Respect!

Navigating Social Media with Foster and Adopted Teens

-From *Fostering Families Today* January/February 2019 Edition, Pat Rhoads

Whether we like it or not, social media is here to stay. Social media has gone from the cool new fad to an ever-present reality in the lives of most Americans. This is especially true for teens. Roughly 94 percent of them are online every day, where they are spending an average of nine hours on an ever-increasing array of social media sites — from Snapchat and Instagram to YouTube and Facebook. Further complicating your life if you are a parent who wants to keep tabs on your children's online activity are mobile phones. Where you might once have been able to keep an eye on activity happening on a family computer in the living room, teens can now access the internet at any place, at any time, and while actively avoiding your prying eyes.

How teens use social media

For the most part, teen development hasn't changed. This phase of life is one of self-exploration. Teens want to find out who they are, and they do so through experimenting with their clothes, social circles and personas. It is also a time for making mistakes. Adolescents' brains are still developing, and they are often not able to predict consequences for their actions. In the era before social media, those consequences could be severe, but they were typically contained within a person's community. That's not necessarily true anymore. Some of that bad judgement can be dangerous when teens exercise it online:

Social media and our foster and adoptive teens — the bad

When it comes to foster and adoptive teens, you may have even more to worry about than the standard (and already stressful) array of teen activity that can get them into trouble. In particular, there are two primary concerns I see:

- Unauthorized contact with birth family. For many teens from foster care, contact with birth parents and other members of their birth family is approved and healthy. However, there are times where this is not the case, and contact with a birth parent or other birth family member may prevent them from healing from past trauma.
- Unhealthy (or downright dangerous) connections from their time in care. Children who spent time living on the streets or in the company of people who took advantage of them can be contacted by people who preyed on their vulnerabilities in the past and may plan to in the future.

It's not all bad news

While it's easy to focus on the risks social media use can bring, there are a number of benefits, especially for foster and adopted children:

- Maintaining sibling connections. Safe and healthy relationships with siblings (and other similar family connections) should be preserved if at all possible. Those relationships might be disrupted when children enter foster care, and continuing contact through social media can offer needed support and stability to a child in foster care.
- Sustaining relationships with other people who have provided encouragement and support when their lives were in turmoil — such as previous caseworkers, CASA volunteers and foster parents — can provide a sense of security.
- Monitoring their activity. Keeping an eye on children's social media profiles can give you a lot of insight about their lives, especially who they hang out with and what they like to do.
- Establishing a connection when things go awry. I recall a story of a young man in foster care who was prone to running away from his foster homes. His caseworker would simply keep an eye on his Facebook page, and sure enough, he'd post something about where he was and who he was with within a few hours.

What can you do?

With all the risks out there, it might be tempting to consider banning your teens from social media completely. That's not only impractical but in the end it could do more harm than good. Instead, approach social media and other online activity like you do other sensitive topics: communication. Talks with your teen should include:

- Teaching them how to manage their privacy settings.
- Cautioning them about what information they include in social media posts, including what's in their photos.
- Insisting that they don't connect with anyone online unless they know them "in real life" already.

It's said that parenting in the days of mobile phones and the internet is a lot harder than parenting when we were young. That may very well be true. But the changes are here to stay, and we owe it to our children to do everything we can to prepare them for the world they live in now, and to keep them safe while they learn.

2019 CSFPA Executive Board

President	Patricia Negus	patnegus@msn.com
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Southern Region VP	OPEN	

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Our main focus is to address issues of foster parents, guardianship and adoptive parents, as well as kinship placements which now includes over 55% of all children in out-of-home placements in California.

2019 Quarterly Trainings and Meetings 43rd Annual CSFPA Training Conference

The CSFPA 2nd Quarterly meeting and training will be held April 26-27 at the Hilton Hotel in Sacramento. All members are encouraged and welcome to attend. A training by CDHHS will be provided on Friday, April 26th.

We are always looking for new energy and participants to join our executive team!

This year's CSFPA Training and Conference will be held October 10-12 at the Ontario Airport Hotel.

Check our website for updates as they become available. [Www.csfpaonline.org](http://www.csfpaonline.org).



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