



# Connections

## February

La Crosse County  
Human Services  
Dept.

Volume 10, Issue 2  
2008

### Quick Tips for Parents: Listening with the Heart

- ♥ Shut off the TV or put down the dish towel. Make eye contact with the person. When a child is trying to express a problem or idea, put your thoughts or actions aside for a few minutes. The time you spend helping the child process may save you hours of problems and headaches later.
- ♥ Don't rush to solutions, ideas or a lecture. Children often just need a sounding board to help them think things through. Use caution when a child is talking about a friend, they are often speaking of themselves. Don't solve your child's problem.
- ♥ Demonstrate you are listening to your child with appropriate questions and sounds - umm, I see, what do you think you can do about that, wow, that must have hurt.
- ♥ Help your child focus on solutions.

*www.betterendings.org*



### Tax Benefit Guide

Available at:

[http://www.nfpaonline.org/uploads/2007\\_Federal\\_Tax\\_Benefits.pdf](http://www.nfpaonline.org/uploads/2007_Federal_Tax_Benefits.pdf)

This guide from the National Foster Parent Association provides valuable information for the 2007 tax year. It explains basic rules and offers tips on ways that foster and adoptive parents and kinship caregivers may be able to claim deductions and credits available to them.



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"Life is not measured by the number of breaths you take, but by the moments that take your breath away."



# Mark Your Calendar!

## Special Events

### Foster Family Events

- ♥ *Thursday evening, May 29, 2008*      Foster Family Picnic      Myrick Park - large shelter
- ♥ *Thursday evening, September 18, 2008*      Foster Parent Banquet      Drugan's
- ♥ *Thursday evening, October 2, 2008*      Torchlight Parade      La Crosse - northside
- ♥ *Thursday evening, November 20th*      Holiday Open House      Children's Museum

### Community Events

- ♥ *Sunday, February 24, 10:00am-3:00pm*      Family Fest 2008      La Crosse Center  
A fun, free day for families! Discover opportunities for summer fun and resources your family can use year-round while enjoying family shows, hands-on activities, and inflatable fun. Fun prizes given away every hour. "Extreme Teen" exhibit featuring live gaming, Velcro Wall, and Bungee Run.
- ♥ *Saturdays at 10:00am beginning Jan. 26*      Frosty Flicks Winter Film Festival  
Marcus Theatres, 2032 Ward Ave, La Crosse      (608)791-1999  
All seats only \$2.50 which includes FREE popcorn.  
2/23    Mr. Magorium's Wonder Emporium      3/8    Arctic Tale  
3/1    Bee Movie      3/15    Waterhorse: Legend of the Deep
- ♥ STEM Saturdays    305 Morris Hall, UW-La Crosse      \$29 per class  
Sessions are designed to give youth in grades 4-8 a chance to explore the wonderful world of Science, Technology, Engineering and Math in a fun, hands-on way. To register go to <http://www.uwlax.edu/conted/stem/> for a printable registration form. For more information call the UW-L Continuing Education and Extension Office at (608)785-6508. Enrollment is limited.  
*April 19 9:00am-12:00pm*      Paper Rockets  
Rocketry is an exciting and educational way for people of any age to learn more about aerospace and science. In this session, you will design, test and fly your own rocket!  
Instructor: Jason Marcks, Executive Director, Space Education Initiatives

## Training Opportunities

- ♥ *Thursday, Apr. 3*      Bullying: Where do you fit in?      La Crosse Radisson Ballroom  
Come to this free Child Maltreatment Conference pre-conference event and learn how you can address bullying in your community. Co-presented by Melanie Fay, School Counselor at Hamilton and Franklin schools and Carol Kuphal, School Counselor at Summit and Southern Bluffs Elementary schools.  
2 sessions: 4:00-5:30pm Models to deal with bullying for educators and other caregiving professionals  
6:30-8:00pm Demonstrations by a local youth improv group; discussion facilitated by Diana Henry  
Foster parents are encouraged to attend either or both sessions! No registration required.

# Mark Your Calendar!

- ♥ *Friday, Apr. 4 8:30am-4:00pm* 11th Annual La Crosse Child Maltreatment Conference  
La Crosse Radisson Ballroom

Visit <http://www.co.la-crosse.wi.us/humanservices/fc/docs/specialneeds/Trainings.htm> to see the complete conference brochure and registration form. Registration must be received by March 23rd. Registration fee of \$85 includes tuition, continental breakfast, lunch, refreshments, ice cream break and conference materials. A limited number of conference scholarships are available--call (608) 392-4172 to request an application or for more information about this conference.

- ♥ For additional training opportunities visit La Crosse County's Children with Special Needs Unit website. There are a variety of events and resources posted for families of children with disabilities and the professionals who work with them. Go to <http://www.co.la-crosse.wi.us/humanservices/fc/docs/specialneeds/> and click on Training Information.

## Upcoming Workshops at Family Resources 1500 Green Bay St., La Crosse



For more information or to register call 784-8125. Child care may be provided.

- ♥ *Thursday, Feb. 28, 6:30-8:00pm* Understand Your Baby Through Baby Sign

Research shows infants using Baby Sign begin talking and understanding words earlier. Come learn some basic signs to start you on your way. Presented by: Danielle Sprain, Certified Baby Sign Presenter

- ♥ *Thursday, Mar. 6, 6:30-8:00pm* Four Cornerstones of a Healthy Relationship

Family life can be stressful. Come hear what makes a healthy relationship and how to keep it going. Learn strategies to improve even your most challenging relationships. Presented by: Carin White, Director of Brighter Tomorrows

- ♥ *Thursday, Mar. 27, 6:30-8:00pm* Tricks of the Trade

Learn some parenting tricks of the trade from a stay-at-home dad of two boys. Hear how he's learned what works and how he's managed to have fun while doing it! Presented by Pete Yocum.

## PACE Schedule

- ♥ *Monday evening classes, 5:30-8:30pm :*

Class 1:	2-11-08	Admin. Cntr.
Class 2:	2-18-08	Admin. Cntr.
Class 3:	2-25-08	Admin. Cntr.
OFF	3-3-08	
Class 4:	3-10-08	Admin. Cntr.
Class 5:	3-17-08	Admin. Cntr.
Class 6:	3-24-08	HHS Bldg.
Class 7:	3-31-08	HHS Bldg.
Class 8:	4-7-08	HHS Bldg.
Class 9:	4-14-08	HHS Bldg.
Class 10:	4-21-08	HHS Bldg.

- ♥ *Saturday classes, 9:00am-3:30pm :*

Classes 1 & 2:	3-1-08	HHS Bldg.
Classes 3 & 4:	3-8-08	HHS Bldg.
Classes 5 & 6:	3-15-08	HHS Bldg.
OFF	3-22-08	
Classes 7 & 8:	3-29-08	HHS Bldg.
Classes 9 & 10:	4-5-08	HHS Bldg.
TBA	4-12-08	HHS Bldg.

HHS Bldg. = Health & Human Services building basement auditorium,  
300 N. 4th St., La Crosse

Admin. Cntr. = Administrative Center basement auditorium,  
400 N. 4th St., La Crosse



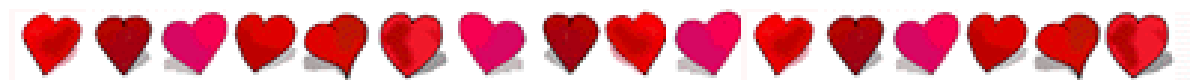
## Welcome New Foster Parents

Please welcome **Marilyn Sanders-Riel and Kenneth Riel** to the foster care community. The couple lives between Onalaska and Holmen. Marilyn has been a foster parent for us in the recent past and she has provided care to numerous children. She and her husband are both interested in providing ongoing foster care to children ages 3 to 12 years of age and they are looking forward to offering their home to children in need. They will also be able to provide mentoring to the birth parents of the children in their care. Marilyn and Kenneth have already completed PACE but you will see them at up and coming trainings and other foster care events. Please be sure to welcome them to our community of child foster care.

Please welcome **Judy Baumgart** to the foster care community. Judy and her son live in Holmen with their rather large and exuberant golden doodle (you can ask when you see them). Judy and her son have recently moved to this area from Chicago Illinois area. Judy worked in the school district in Illinois as an educator and as a principal and she has experience in working with middle school age children. She is interested in caring for children under the age of 5 at this time however she is open to providing respite for other ages of children. Judy has already completed the required pre service (PACE) training and she will be attending future on going trainings. When you see her at these trainings or other foster care events please welcome her to our fantastic community of "Heroes" of the children in need.

Please welcome **Deb Fitzpatrick and Marian Meyer** to our foster care community. Deb and Marian live on the south side of La Crosse and they join us as respite providers. They have become licensed to provide respite services to Joann and Lee Germanson who are recently licensed child foster care parents. Deb and Marian are also respite providers for Gunderson Lutheran and they have experience in caring for children in their home. We encourage our foster parents to create an informal support network that will benefit them but also benefit the children placed in their home. If you should happen to see Deb or Marian at future trainings or foster care events please thank them for coming on board as part of a growing list of extended family members and friends supporting foster parents.

Please welcome **Mary and Joe Nesbite** to our foster care community. Joe and Mary live in Onalaska and they are joining our community as respite care providers. They were encouraged to become respite providers by Janet Gomez, a licensed child foster parent for La Crosse County. The Nesbites are currently interested in providing respite for Janet and also for Tammy Gomez, another licensed child foster care parent. Joe and Mary may also be interested in providing respite to other foster parents once they get some experience in respite care provision. If you should see them at a foster parent training or foster care event in the future, please welcome them to our community of "Everyday Heroes".



# Training Changes for Foster Care due to PEP

## What is PEP?

- WI's Program Enhancement Plan (PEP) is a statewide plan that is focused on meeting the areas of need identified by the federal Child & Family Service Review (CFSR).
- CFSR was the first nationwide review of state child welfare systems.
- WI's Child Welfare Program Enhancement Plan (PEP) was submitted to the U.S. Dept. of Health & Human Services on April 14, 2004 and approved November 1, 2004.
- The current biggest impact on foster care is the changes with training.

Foster care programs need to be in compliance with the PEP plan and will be required to enhance their ongoing training in three phases: Pre-placement; Foundations (replacing PACE); and Ongoing training (increase of training hours).

## Pre-placement training:

- New foster homes will be required to complete 6-15 hours of pre-placement training, which will begin during licensing and needs to be completed prior to taking any placements. To view the curriculum please visit this website: <http://www.wifostercareandadoption.org/dnav/153/page.htm>
- As an agency we are in the process of establishing this training. Will Herber & Rhonda Rude will be responsible for training Pre-placement. More information on

this will be revealed, as we hope to have this up and running by spring of 2008.

- Please remember that this will only impact new foster homes that will be going through the licensing process in the spring of 2008.

## Foundations:

- Foster homes will have to complete what is expected to be 24-30 hours of pre-service called Foundations within the first 2 years of license. The state is currently piloting this and plan is to have this up and running at the beginning of 2009. "Foundations" core is from PACE with updated materials and more specific material.
- As an agency we will be adopting the Foundations curriculum and will be piloting this for the state, starting in March of 2008. We are in the process of aging out PACE. The last PACE session is set to run February 2008 until April 2008. This is an abbreviated PACE session, from 36 hours to 30 hours. The reason for this is that we are eliminating the last 2 sessions in PACE on adoption issues. Foundations does not address adoption, as this is no longer viewed as a pre-service issue. Richelle Zimmerman will be coordinating this pilot & implementing the changes by the beginning of 2009.
- PACE trainers, please feel reassured that we will still be in use of your skill as trainers. As mentioned earlier this is an abbreviated PACE training that is based off the core of PACE, with updated materials and an emphasis

on independent living skills. Most of the content and exercises have been carried over from PACE, just new material and a different structure. Once this pilot has been completed we will focus on getting the trainers from PACE trained on the new material so they can be eligible to train Foundations in 2009!

## Ongoing training:

- Training hours have increased from 8 hours to 12 hours a year.
- The state training committee will look at ongoing training and develop curriculum for this as well. Policies will be provided in a subsequent memo.
- As an agency we are satisfied with the ongoing training we offer as an agency and will continue to enhance this. Once the state has developed additional trainings, we will also implement those to help with the new demands of 4 extra training hours per household.

If you any have questions about this new requirement or resources for trainings, please speak to your alternate care worker.

*Title IV- E reimbursable competency based Pre-Placements, Foundations & Ongoing training for foster parents. For complete information, see DCFS Memo 2008-01 at [http://dhfs.wisconsin.gov/dcfs\\_info/num\\_memos/2008/2008-01.pdf](http://dhfs.wisconsin.gov/dcfs_info/num_memos/2008/2008-01.pdf).*



# fostering perspectives

Sponsored by the NC Division of Social Services and the NC Family and Children's Resource Program

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## Preparing a Safe Place for Healing for Sexually Abused Children

1. Have boundaries and rules that are clear and safe.
2. Emphasize that people can choose to experience their feelings without acting on them.
3. Supervise in ways that allow you to keep track of your kids at all times and know who they are with; careful supervision gives parents a chance to redirect "trigger" behaviors (aggressive horseplay or teasing, lack of boundaries).
4. Present opportunities to develop social and communication and problem solving abilities, to understand cause and effect, and to develop goal-oriented behavior.
5. Increase self-control by helping kids learn to identify "trigger" feelings (fear, frustration, anxiety, and stress are possible triggers which may stimulate sexual feelings and trigger behaviors); teach children how to manage their stress through slow breathing, word hugs, prayers, imaging, etc.
6. Make the "rule of three" a new family rule: avoid just one adult alone with a child, or two kids without an adult. Teach kids the "No/Go/Tell" defense.
7. Talk respectfully about sexuality, using correct terms for body parts. Suggestive and ambiguous words, slang, and obscenities can be "triggers" that create feelings of stimulation and shame.
8. Communicate actions and intentions clearly. Touching and cuddling between children and adults may be threatening and/or may trigger sexualized feelings/ behaviors.
9. Discuss how secrets, surprises, and privacy differ. Emphasize that there are to be no secret games, stories, clubs, or presents, especially between children and adults or older kids.
10. Discuss openly as a family the boundaries and rules for bedrooms, bathroom, bedtimes, and dressing and undressing. All members need to understand that for kids who have been hurt and compromised by sexual abuse these may carry sexual and/or aggressive messages and that all adults (regardless of sex) may be perceived as potentially threatening.
11. Provide separate beds for children and separate bedrooms for boys and for girls to help set safe boundaries and encourage privacy.
12. Use logical consequences and behavioral contracts for misbehavior.

*Adapted from an article originally published under the title "Tips for Preparing A Safe, Secure Place for Healing" in the June 1999 newsletter, The WARE Abouts, from the Washington Adoption Resource Exchange. WARE is a project of the Northwest Adoption Exchange, Seattle, WA <[www.nwae.org](http://www.nwae.org)>*

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## Valentine Word Unscramble

Unscramble the words to decode the puzzle.

TEARH       
9 4 8

CNAYD      
7

WESRFLO         
1 10 12

LEOV      
2 3

DACRS       
11 6

DUPIC        
5



1 2 3 4 5 6 5 7

8 9 10 11 5 12

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 free for non-profit use, have fun!

## Kids' Valentine Trivia

Are you "heart smart"? See if you can match these famous couples.

- |                 |                 |
|-----------------|-----------------|
| Mickey Mouse    | A. Daisy        |
|                 | B. Maggie       |
|                 | C. Minnie       |
| Princess Leia   | A. Hans Solo    |
|                 | B. Yoda         |
|                 | C. Obi Wan      |
| Raggedy Ann     | A. Arnold       |
|                 | B. Amos         |
|                 | C. Andy         |
| Jack            | A. Julie        |
|                 | B. Jane         |
|                 | C. Jill         |
| Romeo           | A. Juliet       |
|                 | B. Lady MacBeth |
|                 | C. Venus        |
| Barbie          | A. GI Joe       |
|                 | B. Ken          |
|                 | C. Woody        |
| Fred Flintstone | A. Betty        |
|                 | B. Wilma        |
|                 | C. Pebbles      |
| Kermit          | A. Gonzo        |
|                 | B. Ms. Piggy    |
|                 | C. Fozzy        |
| Peter Pan       | A. Tinkerbell   |
|                 | B. Captain Hook |
|                 | C. Wendy        |

## Find the Matching Cupids



©FamilyFun.com

Answer key: #2 & #7

# Connections



LA CROSSE COUNTY HUMAN SERVICES  
300 4TH SREET NORTH  
LA CROSSE, WISCONSIN 54601

RETURN SERVICE REQUESTED

## Pass the word on!

Do you know anyone who's interested in being a foster parent? Orientation sessions for those who'd like to learn more about the program are held the first Monday of every month from 6:00 - 7:00PM. Those interested in attending should call Rhonda Rude at 789-4834 to sign up.

## Is there anything you'd like to contribute to our newsletter?

Please send it to:  
Attn: Sharon McHugh  
La Crosse County Human Services  
300 N. 4th St.  
La Crosse, WI 54601  
mchugh.sharon@co.la-crosse.wi.us  
(608) 785-6056

*We welcome any feedback or suggestions you may have!*



Foster Care & Adoption  
Resource Center

Looking for information on foster care or adoption? The Foster Care and Adoption Resource Center provides the following services:

- Resource lending library
- Links to training opportunities and resources
- *Fostering Across Wisconsin* quarterly newsletter

Visit their webpage at [www.wifostercareandadoption.org](http://www.wifostercareandadoption.org) or contact them at their toll free number 1-800-947-8074 .