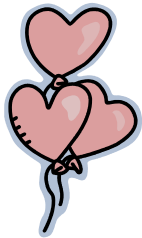




Connections



FEBRUARY & MARCH



La Crosse County
Human Services

Volume 12, Issue 2/3
2010



WELCOME, RELATIVE CAREGIVERS, TO OUR NEWSLETTER!

Inside this issue:

Connections is a publication of La Crosse County's Alternate Care Unit originally targeted to our foster and respite care community. We will now be extending our distribution to include relative caregivers as well.

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We hope this will be a useful resource to all of you who have welcomed a child (relative or otherwise!) into your home. We especially hope you will benefit from the "Mark Your Calendar" section which begins on the next page and includes details on upcoming events and training opportunities.

As always, we welcome ideas and recommendations from our readers. If you have something you wish to contribute please contact Sharon McHugh at 785-6056 or mchugh.sharon@co.la-crosse.wi.us.

Relative Caregiver Support Group Meeting

The next meeting will be Tuesday, April 20th at Faith Lutheran Church (1407 Main St., La Crosse).

Come for dinner and speakers!

Please RSVP to Rhonda Rude at 789-4834.
rude.rhonda@co.la-crosse.wi.us

Note: The March 16th meeting has been cancelled.

Mark Your Calendar!

SPECIAL EVENTS FOR FOSTER FAMILIES

Bring a Buddy Night!

Have a friend who's interested in learning more about foster care? Bring them to La Crosse County Foster Care's Open House on *Tuesday, March 16th, 3:00pm—7:00pm in the La Crosse County Human Services Building Basement Auditorium*. Current foster parents as well as staff from the Family & Children's Section (Alternate Care, Child Protective Services Initial Assessment and Ongoing, Juvenile Justice, and Children with Special Needs) will be available to answer questions. Snacks and beverages will be provided.

<u>Foster Care Picnic</u>	<i>Thursday, May 27, 2010</i>	<i>Myrick Park (big shelter), La Crosse</i>
<u>Foster Care Banquet</u>	<i>Thursday, September 23, 2010</i>	<i>Seven Bridges Restaurant, Onalaska</i>
<u>Holiday Open House</u>	<i>Thursday, November 18, 2010</i>	<i>Children's Museum, La Crosse</i>

UPCOMING COMMUNITY EVENTS

CHILD ABUSE PREVENTION MONTH EVENTS

Family Fun Fair

Sunday, March 28 | 11:00am-4:00pm | Omni Center, 255 Riders Club Rd., Onalaska

Fun and informative day of inflatables, booths, food and refreshments, entertainment, education, giveaways, and more. For more information visit or call (608)317-8748.

Proclamation Day

*Wednesday, March 31 | 9:00am | La Crosse County Human Services Building
11:00am | La Crescent Elementary School
11:00am | Evergreen Elementary School (Holmen)
11:00am | Stoddard Village Hall
1:00pm | Northern Hills Elementary (Onalaska)
1:00pm | West Salem Elementary School
1:30pm | Galesville Elementary School*

Join your community to launch Child Abuse Prevention Month. Cake and refreshments served.



Pinwheels for Prevention

Thursday, April 1 | 4:00pm | Open lot across from Franciscan Skemp's Onalaska Clinic

Come plant a pinwheel for a child! As a caring adult in our community, you have the power every day to make a difference in the life of a child.

FREE Family Fun Day at the Museum

Sunday, April 25 | 12:00pm-4:30pm | Children's Museum of La Crosse, 207 5th Ave. S.

Free admission today, thanks to the Coulee Region Child Abuse Prevention Task Force, includes crafts, refreshments, and loads of fun.

Mark Your Calendar!

Contribute to raising funds for increased awareness of child abuse prevention just by ordering dinner!

Sunday, March 28 | 11:00am-4:00pm | Omni Center, 255 Riders Club Rd., Onalaska

Place or pick up an order through Schwan's (truck will be parked outside the Omni Center) and a portion of the proceeds will be donated to the Child Abuse Prevention Task Force. Pre-orders are accepted/encouraged.

Thursday, April 22 | Pizza Hut in La Crosse (both locations)

20% of all orders today (with the required coupon) will be donated to the Child Abuse Prevention Task Force.

Visit cpclax.com or WKBT.com for a coupon (click on the Child Abuse Prevention Task Force link).

INDEPENDENT LIVING GROUP SESSIONS

The following sessions will be held Thursday evenings (4:30-6:00pm) at the La Crosse County Human Services building, Room 2100. Gifts, door prizes and fun at each session!

Please RSVP to Charlotte (785-6222) or Becky (785-6180).

- March 11 Mentor Group
- March 18 Job Center
- March 25 Cooking
- April 1 Where am I going to live?
- April 8 Money, Money, Money!

TRAINING OPPORTUNITIES

FOUNDATIONS

Spring 2010 Session

Mondays, Feb. 1—Mar. 29 | 5:30pm-8:30pm | Contact Rhonda Rude for location.

Trainers are Tracy Puent and Kathy Lysaker. Call Rhonda Rude at (608)789-4834 to sign up.

Fall 2010 Session

Wednesdays, Sept. 8—Nov. 3 | 5:30pm-8:30pm | Human Services building—basement auditorium

Trainers are Dawn Miller and Rhonda Rude. Call Rhonda Rude at (608)789-4834 to sign up.

COMMUNITY TRAINING OPPORTUNITIES

NOTE TO FOSTER PARENTS...please remember that per policy all training hours earned from outside resources must be pre-approved and verifiable. Be sure to retain a copy of the training certificate, flyer, or agenda.

Caregiver Health: Trauma Informed Perspective

Tuesday, March 16 | 6:00-8:00pm | Webinar

The Wisconsin Foster Care and Adoption Resources Center is offering a webinar for foster and adoptive families. A webinar is a live presentation conducted via the Internet.

Caregiver Health is a key element of successful parenting and direct caregiving within the human services realm. Explore the perspectives of how your own well-being creates the foundation for successful caregiving. Learn practical tips that allow you to experience maximum success. Key topics include perspective shift, affect regulation, the continuum of connection, Flow, secondary trauma, and the physical connection to caregiver health. Presenter Ann Umhoefer has worked at St. Aemilian-Lakeside for 20 years and currently oversees program operations that advance foster care, education, and mental health services for Wisconsin's children, families, and adults. Please register by Friday, March 12th by calling 414-475-1246. Or, to register by email, send your name, address, phone number, email address, and foster care agency to info@wiadopt.org.

Mark Your Calendar!

COMMUNITY TRAINING OPPORTUNITIES...continued

Good Nutrition...How to Please Even the Pickiest Eater!

Thursday, March 25 | 6:00-7:30pm | Family Resources, 1500 Green Bay St., La Crosse

Getting children (and adults) to eat nutritious foods can be challenging! Come hear some tips, meal ideas and suggestions for adding vegetables or other foods to familiar dishes. Food samples will be provided! Presented by Wisconsin Nutrition Education Program Coordinator Sheila Harding. To register call (608)784-8125.

Infant Massage for Moms, Dads, Babies and Expectant Parents

Tuesday, March 30 | 6:00-8:00pm | Family Resources, 1500 Green Bay St., La Crosse

Infant massage is beneficial for physical and emotional growth and development for baby and is also relaxing for both the baby and parents. To register call (608)784-8125.

Is Shouting the New Spanking? Get Kids to Listen without Nagging, Reminding, or Yelling

Thursday, April 8 | 4:30-6:00pm -or- 6:30-8:00pm | Lunda Center - WTC, 319 7th St. N., La Crosse

Are you stressed out from continually repeating yourself? Is every interaction a battle? All kids misbehave from time to time. But when misbehaviors are frequent and create conflict in your home, it's time for a change. Amy McCready, certified Positive Discipline Parent Educator and Founder of Positive Parenting Solutions, Inc. (www.PositiveParentingSolutions.com) will teach you how to correct children's behavior without nagging, reminding or yelling. Attendees will be equipped with proven tools that they can implement immediately to begin seeing a measurable improvement in behavior. Parents, family members, childcare providers, teachers, and anyone who works with children are encouraged to attend. This presentation is FREE and no registration is required. Call 608-392-4172 for more information.

Stewards of Children: Training for Prevention of Child Sexual Abuse

Thursday, April 15 | 5:30-8:30pm | Family Resources, 1500 Green Bay St., La Crosse

Nationally acclaimed training designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. This is recommended for all adults who work with youth. To register call (608)784-8125.

Supporting Children with Challenging Behaviors

Friday, May 7 | 10:00am-3:00pm | Holiday Inn & Suites, 200 Pearl St., La Crosse

Note: This training will be repeated at several other locations throughout the state. The complete training schedule can be found on the flyer—see web address below.

This interactive 4-hour training (intended for respite providers, foster parents, child care providers, and others) will cover the following:

- Learning how to effectively support clients and others who could experience the full range of behavioral escalation.
- Introducing Stage/Support: For each "Stage" of behavior caregivers provide a matching "Support." Stages of escalation are described and each stage is paired with a positive action plan for caregivers as well as teams.
- Behavior Support Planning: Development and implementation.
- Caregiver Support: How to get the support you need.

This training places strong emphasis on pro-active supports. The principles are taught in a straightforward manner providing a framework for conceptualizing behavior escalation that readily translates into positive plans of action. The learning is brought to life using a video of dramatic, realistic enactments of threatening confrontations done by professional actors. The learning style includes small group work, videotape, and some physical practice.

Facilitator Paul White is an author, experienced caregiver, and Director of the Community TIES (Training, Intervention and Evaluation Services) program which provides positive supports to persons with DD and emotional/behavioral challenges.

Cost is \$10.00 per person. For more information, or to register, visit www.respitecarewi.org.

Mark Your Calendar!

13th Annual La Crosse Child Maltreatment Conference

Monday, May 17—Wednesday, May 19 | La Crosse Center, 200 Harborview Plaza

The La Crosse Child Maltreatment Conference is a national conference for professionals involved in the identification, intervention and treatment of children and their families when child abuse/neglect is reported. Conference attendees will increase their practical skills and intervention effectiveness for maltreated children across community systems. Network with national experts and share your knowledge and experiences. The goal is to encourage professionals and agencies to respond to the changing needs of maltreated children using the latest research findings and best practice guidelines to effectively meet the challenges of today's society.

KEYNOTE PRESENTATIONS INCLUDE:

May 17th: Abusive Head Trauma

Everything You need to Know About Investigation and Prosecution of Abusive Head Trauma
Case Scenario: Abusive Head Trauma

May 18th: Early Brain Development, Environment and Trauma

Children Exposed to Violence: How do their Experiences Impact Investigation and Treatment
Environmental Influences on Sexual Abuse, Exploitation and Harm

May 19th: Table Talk: A Conversation About the Future of Child Advocacy Centers and the Child Protection Movement as a Whole

Vicarious Trauma and Child Abuse Professionals

Peyton's Story: The Passage of the Child Witness Protection Act

Breakout sessions will also be offered on various topics.

Conference fee is \$240, which includes tuition, meals and refreshments, as well as conference materials. Single day fee is \$150. Visit the conference website www.franciscanskemp.org/childmaltreatment for registration form, conference schedule, presenter bios and more.

PROM DRESS SALE

New and gently used dresses (priced from \$5 to \$50) will be available for purchase on Saturday, March 6th through Sunday, March 14th at 326 Pearl St. in downtown La Crosse.

Hours are 10:00am—4:00pm (Saturdays and Sundays) and 4:00—7:00pm (Monday thru Friday).

COLLEGE SCHOLARSHIPS FOR STUDENTS FROM FOSTER CARE

Casey Family Programs and The Orphan Foundation of America have announced that applications are now available for the 2010-2011 academic year. The *Casey Family Scholars Program* will award approximately 75 new scholarships for undergraduate study and career/technical training at accredited institutions and programs. A limited number of graduate school scholarships will also be awarded. Scholarships include support services. The online application closes at midnight March 31st, 2010.

For more information visit www.orphan.org. Questions can be directed to Tina Raheem of the Orphan Foundation of America (800-950-4673) or John Emerson of Casey Family Programs (206-270-4921).



fostering perspectives

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

Vol. 14, No. 1 • November 2009

Tips for Reducing Sibling Rivalry

- Treat each child as an individual. Help children understand that they are treated differently by you and have different privileges and responsibilities because they are different individuals.
- Respect each child's space, toys, and time when he wants to be alone, away from his siblings.
- Avoid labeling or comparing one child to the other.
- When a new child comes into the family, prepare the other children.
- Play detective. Watch and note when siblings are not getting along (before dinner, in the car, etc.) and plan separate quiet activities for those times.
- Watch how you treat each child to see if you are contributing to the rivalry. Don't play favorites.
- Have realistic expectations of how they should get along, cooperate, share, and like each other.
- Positively reinforce them when they are getting along or when they solve their own conflicts.
- Make each child feel special and important. Try to spend one-on-one time with each child every day.
- Take time out for yourself to re-energize. Remember, sibling rivalry is a normal and expected part of family life.

By Elizabeth Pantley, author of *Kid Cooperation and Perfect Parenting*
Source: US Children's Bureau, 2006

“What is important about siblings? Everything. . . . Yes, they can be annoying, but aren't we all? My grandma always said, 'This would be a boring world without siblings because you would have no one to talk to, fuss with, or be nice to. So take advantage of what you have.' She was right.”
~ Arlene, 16-year-old foster youth



Here's some fun craft ideas that can be modified for any holiday...

Valentine's Day Candy Holder

Love-ly Valentine Notebook

What you'll need:

- Pink foam journal
- Heart shaped foam stamps
- Acrylic paint in white, pink, red, purple, and yellow
- Paint brush

How to make it:

1. Paint foam side of stamp with desired color.
2. Press down gently but firmly onto foam notebook cover.
3. Decorate with different stamps and colors.
4. Use paint brush to touch up any empty spots.
5. Use point of paint brush handle to make dots. Dip handle into paint and dot onto foam cover.
6. Let dry completely.

What you'll need:

- Baby food jar and lid, washed, rinsed and dried
- Pink craft paint
- Red craft paint
- Paintbrush
- Red "Painters" paint markers
- Pink "Painters" paint markers
- Candy



How to make it:

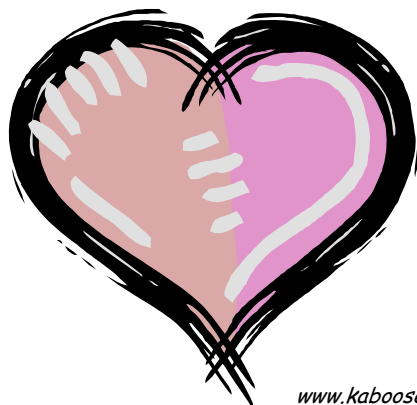
1. Use the paint makers to draw a few hearts on the side of the jar. Let dry.
2. Paint the lid with pink paint. Paint a red heart on the lid. Let dry.
3. Fill the jar with Valentine candy.
4. Fasten the lid on the jar.
5. Give the candy jar to someone special for Valentine's Day - or keep for a special treat for yourself!



Valentines Word Search

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E B V Z N B E B O E D T
S G A E H E A R T K K I
G G S C A N D Y E N O H
Y 7 A A S I F W U I D N
A G R L R T R U F P I N
P F R I E N D S H I P Y
I I K O S W E C T I C U Q
T R W B O L N E X E C P
Z L Y Z L A I E V O L T
J E U L F V M W Y K M I
K N M R O S E S Q J C K
S S C I N S B Y N P J C
  
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CUPID
FLOWERS
FRIENDSHIP

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HONEY
LACE
LOVE
PINK

RED
ROSES
SWEETIE
SWEETS
VALENTINE



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 5:30pm to 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 your ideas, comments, or suggestions 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



Foster Care & Adoption Resource Center

Looking for information on Wisconsin 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 or contact them at their toll free number 1-800-947-8074 .