



Foster Family Service Newsletter

Holiday Parties

Watch your mail for further information for the party in your area! Don't forget to RSVP to your office.



Sacramento Sunday, December 9th from 6-9pm at Foothill Skate Inn

Oroville Monday, December 3rd from 6-9pm at the South Side Community Center

So. Lake Tahoe Wednesday, December 12th

Stockton Friday, December 7th at 7pm. at the DeCarli Waterfront Square

Santa Rosa Saturday, December 1st Roller Skating!

Cameron Park Thursday, December 13th



December 2007

Wendy Knutson, Editor

*The Delora Corporation
dba*

Foster Family Service

Lic#097003903

&

Adoptions by

Foster Family Service

Lic#347003522

Executive Director

**John Johnson M.S.W.,
Psy.D**

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Nicole Musil

Foster/Adoptive Child

Representatives:

Amy Riffey

Bob Riffey

Advisory Participant:

Arthur Magaña, Ph.D.



Mentor Program Update

During the month of November two newly certified foster families were assigned mentors. One of these families had never parented before; the other has grown children no longer in the home. Both of these families availed contact with their mentor no less than three times per week, as they learn how to apply some of the fostering skills they'd learned during certification. Both families utilized their mentor to help access local resources. One of the families encountered the issue of out-

of-town travel during Thanksgiving and learned that the county wouldn't authorize them to take their newly-placed foster child on the brief trip.

In sum, we are seeing the mentoring relationship bringing value to new foster homes. And the above two examples demonstrate that foster families can benefit from not only having a social worker but also having an experienced peer mentor in which to vent, learn from and to better serve the children in their care.

Common RX Abbreviations

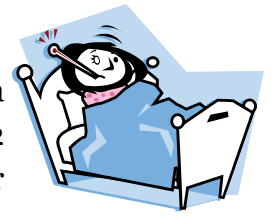
RX	Translation
ac	before meals
bid	twice a day
̄	with
cap	capsule
DAW	dispense as written
D/C	discontinue
g or gm	gram
gr	grain
gtt	drop
hs	at bedtime
IM	intramuscular
IV	intravenously
L	liter
mcg	microgram
mEq	milliequivalent
mL	milliliter
NKA	no known allergy
NKDA	no known drug allergy
npo	nothing by mouth
pc	after meals
po	by mouth
prn	as needed
q	every
qh	every hour
q2h	every 2 hours
qid	four times a day
qs	a sufficient quantity
stat	immediately
tab	tablet
tid	three times daily
ud	as directed
wk	week

Cold and Flu Season

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses

and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Take care to:



- **Cover your mouth and nose when you sneeze or cough**
- **Clean your hands often**
- **Avoid touching your eyes, nose or mouth**
- **Stay home when you are sick and check with a health care provider when needed**

Going to the Pharmacy



Each time you pick up a new prescription for yourself or a child take the time to speak with the Pharmacist. They are not only willing, but required to go over your medication with you and answer your questions about it. Find out if it can be taken with food, are there any common side effects, how should it be stored? Just ask!

California pharmacy regulations require pharmacies to maintain patient medication profiles and counsel patients regarding their prescription medication before dispensing. Consultation provides the pharmacist with the opportunity to educate patients who present new prescriptions and protect them from potential problems associated with a new medication by discussing possible side effects, contraindications and the importance of following directions. Consultation also provides the pharmacist one more opportunity to prevent dispensing errors by inspecting the medication container's contents to assure that the proper drug is dispensed.

We Are Proud To Say... We Have Great Kids & Great Parents Too!

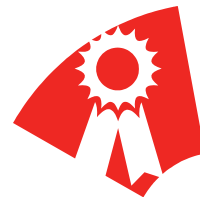
Jimmy T. of the *Musil CFH* has made great efforts and earned a place on the **Honor Roll** at his high school. **Great Accomplishment!**

Joshua K. of the *Holquin*

CFH has made huge improvements academically and **we are all so proud of him!**

Tyler K. of the *Hankins CFH*, has proven his strength of mind and will by excelling

in his high school independent studies program. **We have all been impressed** with Tyler's commitment to succeed.



Adoption Month Updates!



November was National Adoption Month. I am pleased to announce that as the Administrator of Adoptions by Foster Family Service, I was able to participate in three different National Adoption Day celebrations; Sacramento County on November 17, El Dorado County on November 28 and Butte County on November 19. All three were very special. In Sacramento, Debbie Tillery, social worker in the Sacramento office, completed the adoption of her son, Traye. Sacramento did 109 adoptions that day! In El Dorado, our Executive Director, John, and I assisted in decorating the court room in preparation for the 19 adoptions that were completed that day. A perspective FFS foster family, Lori and Peter P., adopted their daughter, Emily Jean. In Butte, Roy and Carol McMillan, longtime foster parents with FFS, adopted two sons, Seth and Cougar. Shereley Smith, Area Administrator and Kathleen Ryon their FFS Social Worker also attended. I want to thank the families for allowing me to be part of such a special celebration. **Foster Family Service staff all want to extend a great big CONGRATULATIONS to these families.**

The Welcome Mat Is Out For...

The O'Guinn Family Home

The Martin Family Home

The Taylor Family Home

The Major Family Home

The Marin Family Home

The McLane Family Home

The Dixon Family Home

We are always interested in certifying new homes. If you know of anyone who may be interested have them call their local office.

Potential Foster Parents can call one of our offices or find a Pre-Application at our website:

www.fosterfamilyservice.org

We owe a special thanks to McKay Photography of El Dorado Hills for their support of El Dorado County's National Adoption Day.

On November 28th they were in Superior Court taking photos of all adoptions being finalized for the county. The people at McKay graciously donated a bulk of their time, as well as gave full copyright privilege for use of all photos taken. This is clearly a special business that supports the special needs of children and families. If you or someone you know ever needs photographic services please remember McKay Photography: 916-358-5988

mckayphotography.com

Foster Family Service Office Numbers:

Sacramento (916) 487-2111

Cameron Park (530) 676-6226

Lake Tahoe (530) 544-2111

Stockton (209) 474-1549

Santa Rosa (707) 528-2115

Oroville (530) 533-1576

Notes From Our Director

The month of November was exceptionally busy with regards to both child referrals and placements! This was a welcome increase, due largely to three factors:



1. We have accepted several referrals as a result of failed county and kinship placements, as those providers typically don't have the support or preparedness to serve children with special needs;
2. Several of our families have agreed to placements involving older children with increasingly difficult behaviors and rigorous visit schedules. Moreover, some of these have been children transitioning from group homes to foster care—referred to as a “step down” placement; &
3. A number of families have transferred their foster certification and existing placements from other agencies to Foster Family Service—referred to as a “rollover.” Generally these families have told us that their rolling over came about as a result of their prior agency either lessening their ethical standards and/or not reimbursing families timely. I believe these general concerns stem from the challenge all foster family agencies are grappling with currently: more demanding placement referrals that require more supportive services to families while at the same time not having adequate rate schedules from the State. In other words, more than ever before agencies are expected to do considerably more with less financial support.

While we at Foster Family Service have had to add services to accommodate the needs of older, more demanding children, I am proud to report that our ethical rigors have only increased. Specifically, we do more screening and matching of child referrals than ever before in order to attain better placement stability. Screening can include psychological evaluations, team reviews of children's response to prior mental health services, agency funded pre-placement visits, foster parent involvement with wraparound and other mental health interventions, or the agency's financial commitment to provide psychiatric services that include prescription of medications to manage mental health disorders.

On behalf of our Board of Directors I wish to extend a special thanks to our team of professional foster parents and staff. These are demanding times, and I am humbled to see people rise to the challenge in order to meet the unique needs of each and every child that comes in to placement in our agency.

Happy Holidays!

John

Executive Director

Trainer Talk

Christmas is upon us and our focus is shifting from homework and chores to getting our Christmas shopping done and preparing for family guests, Christmas meals, and possibly holiday vacations. FAMILY is the key word for this season. But for our foster children, they do not get to spend time with family...not their own, anyway. Because of this it is very important for us to understand that this may a difficult time of year for the foster children in our care. Things to remember:

*Make extra effort to arrange time for biological sibling visits. Biological siblings who live with other foster families may be the ONLY “family” our kids get to see and spend time with during the holidays. Make some extra time for them to connect and exchange gifts. This will likely be “time” that you don't have. But, it is “time” worth taking for the sake of the children in your home.

*Take your foster children shopping to buy even small gifts for their biological parents and siblings. Again, ‘family’ is key here. It doesn't have to be a lot, but just making the extra effort to shop and wrap a gift says a lot to a biological member who is feeling powerless and left out of the process this time of year.

*For kids who no longer have contact with their biological family, the HOLIDAYS may really be a time of ‘mourning’ for them. Good, bad, or indifferent, ‘mom’ will always be ‘mom’ and not having your very own family to spend time with can bring up a lot of memories, sadness and loss. Be patient, nurturing and empathetic to the emotional ups and downs the holiday's represent.

*Since FAMILY is key during this time of year – remind your extended family to include your foster children in their gifts, cards and good wishes. Adult children, grandparents, aunts and uncles need to acknowledge not just YOUR biological children, but the foster children in your home as well.

*DON'T OVER DO...becoming over stressed, tired and cranky, can ruin the best laid Holiday plans. Don't forget to GIVE the GIFT of TIME to yourself. Take time for yourself...the house and decorations don't HAVE to be perfect! The guest will come and stay too long no matter what it all looks like. So just enjoy each other and don't worry about the rest.

HAPPY HOLIDAYS TO YOU ALL....and to all a Good Night!

Mardi

Training Officer