



RESOURCE BOOK

*Foster and Adoptive Parent CORE Training
OCTOBER 2003*

Office of Children's Services

AS OF OCTOBER 2003

IN JUNEAU:

GOVERNOR OF THE STATE OF ALASKA: Frank Murkowski

COMMISSIONER OF DEPARTMENT OF HEALTH & SOCIAL SERVICES: Joel Gilbertson

ASSISTANT COMMISSIONER OF OFFICE OF CHILDREN'S SERVICES: Marcia Kennai

OCS STATE FOSTER CARE COORDINATOR: Izabel Bowers

ANCHORAGE REGIONAL OFFICE

FIRST FLOOR RECEPTION DESK: 269-4000

SECOND FLOOR RECEPTION DESK: 269-4050

THIRD FLOOR RECEPTION DESK: 269-3900

CHILDREN'S SERVICES MANAGER : Travis Erickson (269-3900)

**STAFF MANAGERS Doris Bergeron (269-3900)
Christy Lawton (269-3900)**

**LICENSING UNIT SUPERVISOR:
Erica Jolley (269-3900)**

WHAT IF YOU NEED SOMETHING? WHO DO YOU CALL?

Contact the following resources in the order given:

FOR SOMETHING REGARDING THE CHILD:

1. Contact the Child's Caseworker. (PHONE, FAX, E-Mail or VISIT)
2. Contact the Social Services Associates for the Unit.
3. Contact the Unit Coordinator for the day by contacting the OCS Reception Desk (269-4050) and explaining what you need.
4. Contact the Caseworkers Supervisor.
5. Contact the Staff Manager Who Supervises the Supervisor of the Unit.

IN EMERGENCIES ON THE WEEKEND:

1. Contact the on call-worker at OCS . (269-4000)
2. Call the Emergency Services Unit of Southcentral Counseling Center
563-3200 in case of mental health emergency.
3. Call the Police in case of serious disturbance, harm or illegal activity.

FOR QUESTIONS ABOUT REGULATIONS OR LICENSING REQUIREMENTS:

1. Call your Licensing Worker.
2. Call the Licensing Supervisor.
3. Call the Staff Manager Who Supervises the Supervisor of the Licensing Unit.

FOR QUESTIONS ABOUT MEDICAID PAYMENT:

1. Call the Social Service Associates for the Unit.
2. Call and ask for the Administrative Clerk Who Assists With Public Assistance or with Medicaid Problems.

FOR INFORMATION, TRAINING OR RECORD OF TRAINING HOURS:

1. Contact the Alaska Foster Parent Training Center in Anchorage at 279-1799.

FOSTER PARENT RESOURCES

Places to Get More Information

GENERAL SUPPORT AND INFORMATION

Alaska Foster Parent Training Center, 840 K Street, STE 101. 279-1799

A statewide resource for foster parents providing information about foster care, child abuse and neglect, parenting difficult children and more. Assists foster parents in meeting training requirements and tracks foster parent training hours. Sponsors monthly training sessions and has information about support groups. www.afptc.org

Anchor Foster Care Association: 764-2932

Newly revised organization of foster parents who want to provide support and a voice for foster parents in the Anchorage Bowl. Aspen Perkins is the current President.

Foster Parent Support Groups, 279-1799. The Alaska Foster Parent Training Center keeps a current list of support groups in town. Call for information.

Healthy Alaskans Information Line 1-800-478-2221

General information and referral for a wide variety of health, medical, governmental and social services information for the entire state.

Adoptive Parents Embracing Sanity (APES) 243-6561 A self-help support group for adoptive parents of older children.

Adoptive Parent Support Group 346-1686. Contact President Rebecca Dinkins

Passes for Foster Families. The Alaska Foster Parent Training Center has passes to the Imaginarium, the Alaska Zoo, the Native Heritage Center and the Anchorage Museum of History of Art for use by foster families. Call 279-1799 for more information.

Partnering With Foster Families/ Youth For Christ Program 562-2940.

A new organization exploring ways to support foster families through supporting social workers, helping with transportation through volunteers, future clothing closet, and helping to provided need materials for child in OCS care.

Alaska Adoption Exchange www.akaenwresource.org

A program designed to match up children in OCS care with potential adoptive families. Families can also register themselves as interested in adoption. Contact 1-800-704-9133.

Suitcases for Foster Children. Check with OCS 269-4000 or with PARENTS, Inc. 337-7678 if you need a suitcase for your foster child.

Websites

<http://alaskafamily.org>

www.fosterparents.com

www.FosterCareAgency.org

DISABILITIES AND SPECIAL EDUCATION

Child Check, (Screening Process for Special Needs Education for Preschoolers) 753-3512

Do you have concerns about your preschooler? The law requires school districts to identify children who need special education, even before they turn five. The Anchorage School District Child Check program is free. It is set up to help find children ages 3 to 5 who may need special help.

Disability Law Center, 3300 Arctic Blvd. 565-1002

Resource materials related to disability law. Information center is open to the public.

PARENTS, Inc. 4743 Northern Lights, 337-7678

A great resource for more information about specific physical, developmental and mental disabilities and special education. Lending library and parent advocates available.

Special Education Parents Resource Center, 742-4000

Boniface Mall, 5530 E. Northern Lights

An excellent resource and source of information about special education programs and the requirements in the school district. It has ongoing classes and support groups for parents with children with ADHD, FAS, traumatic Brain injury and autism. Also has a lending library on learning disabilities, special education topics and developmental disabilities.

Stone Soup Group, 2401 E. 42nd, Suite 202 561-3701

A group of parent navigators who help families with medical and financial systems when their child is diagnosed with an involved medical condition. This group would be a good source of information for parents with children with special health needs or neuro-developmental delays.

Dream Based Transitional Alliance, 742-3874 Boniface Mall, 5530 E. Northern Lights

A group of parents who work to help other parents in issues of transitioning adolescents with special needs into adulthood, including issues of housing, guardianship, and employment.

Governor's Council on Disabilities and Special Education 269-8990

Publishes Where to Turn directory, a complete reference to disability services and supports in Alaska

RESOURCES FOR FETAL ALCOHOL SYNDROME

Anchorage P.E.G. (Parent Education Group) for Families of Children with FAS/FAE
Call 742-7872 for meeting times and place.

A local parent support group providing information, education and emotional support to caregivers of children with Fetal Alcohol Syndrome or Effects. Sponsors monthly support meetings and activities.

Statewide FAS Coordinator, State of Alaska 1-877-393-2287 for resources available in your community. Or visit the FAS Web Page at <http://hss.state.ak.us/fas>. ADDRESS: P.O. Box 110607, Juneau, AK 99811, (907) 465-3033 (Juneau)

WEBSITES:

www.fasalaska.com

www.acbr.com/fas/

TEENS/OLDER CHILDREN

Volunteers of America 279-9634

Alaska Youth Substance Abuse Treatment Programs including information, counseling and family support when teens are involved in substance abuse.

**Alaska Youth and Parent Foundation, 3745 Community Park Loop,
274-6541**

Provides Information on teens, independent living skills, emancipation, legal issues, and teen/parent mediation. Also a possible source of respite for foster parents

Alaska Suicide and Crisis Hotline-1-800-893-5463

Covenant House Alaska 272 1255 609 F Street

Providers emergency, short term care for runaway and homeless youth. It's **YOUTH RESOURCE CENTER** (258-4237) is locate at 750 West Fifth and offers medical, education, food, and outreach to homeless and runaway youth.

OCS Independent Living Program Phone: (907) 465-3209. Located in Juneau. This program is aimed towards increasing the skills young people in foster care need for self-sufficiency in adulthood; and increasing the educational, vocational and housing opportunities for youth who age out of foster care. A key feature of the services provided by OCS include a free on line assessment called the Ansell Casey Life Skills Assessment that help assess a teens skills and build a caseplan around his specific needs. Funds for Independent Living Preparation are available based on the results of the assessment.

Boys and Girls Club, 249-5470 or call athletic office at 249-5445 for information about basketball, hockey, football or volleyball or soccer.

ABUSE, NEGLECT AND PARENTING INFORMATION:

Alaska CARES 561-8301

Sexual Child Abuse and Response Evaluation Service. Place where children are taken for initial physical examination for sexual abuse examination and interview.

Infant Learning Program 269-3460

A program that works with children, birth to 3 years of age who have developmental lags, visits take place in the child's home.

STAR (Standing Together Against Rape) 1057 W. Fireweed 276-7273

Provide information and services regarding sexual abuse and assault. Good source of information about child sexual abuse and prevention education with all ages of children.

**Salvation Army Children's Crisis Services (Formerly INTERMISSION)
3745 Community Park Loop, STE 102 276-8511**

Provides 24 hours crisis care for children from birth to 12 years old.

MENTAL HEALTH:

Division of Behavioral Health and Senior Services, For more information contact Kathy Craft 1-800-770-1672 (Fairbanks)

Alaska Mental Health Association: 563-0880

Denali Family Services Health Center: 274-8281

Good Samaritan Counseling Center: 565-4000

North Star Counseling Center: 264-3503 24 Hour Crisis Line: 258-7578

Southcentral Counseling Center: 563-1000 24 Crisis Line: 563-3200

Southcentral Foundation: 265-4900

A variety of programs assisting Alaska Native and American Indian people, including counseling and educational and cultural programs.

OTHERS:

Office of Public Advocacy: Guardian Ad Litem Program/CASA Program
269-3500 (Anchorage)

WIC (Women Infant and Children Nutrition Program) 343-4668 or 333-1161 Foster children are eligible through age 5.

EFNEP (Expanded Food Nutrition and Education Program) 786-6300. Education program taught in your home to help you prepare good meals at a reasonable price. Eligible for families receiving WIC and classes count for foster parent training credit.

Cook Inlet Tribal Council Child and Family Resource Center, 331-2006
Center in the Muldoon Mall that provides supervised visitation services to OCS families.

Medicaid

To Receive A Copy Of The Schedule Of Healthy Kids Check Ups.....

Contact the Medicaid Services Unit of the Division of Public Health at 276-0606 or contact the Alaska Foster Parent Training Center at 279-1799.

If Your Medicaid Coupons Don't Come.....

At this time, the Div. of Public Assistance must approve all foster children for Medicaid eligibility before they can begin receiving coupons. Sometimes this process takes several weeks. If you are not getting your coupons,

Call the Social Service Associates for the Unit.

Call and ask for the Administrative Clerk Who Assists With Public Assistance or with Medicaid Problems. As of 5/1/01 it was James McNeff, 269-3915 (Subject to Change)

To Find Out Who Are The Medicaid Providers In Town.....

- For the most current list, contact the Medicaid Services Unit of the Division of Public Health at 276-0606. Identify yourself as a foster parents and ask for a list.

Alaska Native Medical Center 4315 Diplomacy Drive
Main Number 563-2662 Pediatrics 729-1000