UPDATE from the RESOURCE FAMILY ADVISORY BOARD

The Resource Family Advisory Board took a short break during the summer but has been meeting regularly to work on its initiatives. The Resource Family Bill of Rights was completed in Spring and OCS licensing took the responsibility of getting it out to all licensed foster families. Families can also find it on the ACRF and RFAB website www.acrf.org (look for Supports → RFAB) RFAB was able to print up posters of the Bill of Rights and is in the process of distributing them to all the OCS offices.

RFAB is also working on both understanding and responding to the investigation of complaints or allegations of abuse against foster homes. RFAB members believe that it is one of the more stressful circumstances that families find themselves in, and a more sensitive approach along with educating foster parents about the process will contribute to retention and support of our parents. RFAB is working on an information handout to be given to families at the time of investigations answering the most frequently asked questions about investigations and is working with OCS to include some form of feedback and debriefing loop for families after an investigation.

RFAB will be meeting in October face-to-face in Anchorage and will meet with OCS management, as well as hear from the Citizens Review Panel and hear a presentation by the assigned Alaska Assistant Attorney General for licensing. As always, we want to hear from you! There will be an opportunity for resource family members to call in and give input to the Board. This time we are looking for what is “going right” in different parts of the state.

THE RESOURCE FAMILY ADVISORY BOARD WANTS TO HEAR FROM YOU!

We are meeting in October and have set aside a call in time for foster parents to share concerns. What are your concerns as a resource parent in Alaska? What is going right in your part of the state? We want to know!

1 CALL: Call in on Saturday, October 14, 2017, between 11am and Noon (Toll-Free: 1-800-944-8766, Participant Code: 22460#). Keep your remarks to around 3-5 minutes. We will try to take your responses in the order they come in.

2. WRITE: Send in writing by email to akresourcefamilyboard@yahoo.com. Go to www.acrf.org → Supports → Resource Family Advisory Board to learn more about the RFAB in Alaska.

HEY BETHEL.... ACRF and Bethel Family Clinic present Understanding the Effects of Opioids and Other Drugs Thursday, October 12 from 6-8pm. Call 1-866-478-7307 to register.

AVCP Healthy Families, the Yup’ik Way. Please contact the Healthy Families Program at 907-543-7300 or 1-800-478-3521 to discuss eligibility for travel scholarships and to submit your registration paperwork. AVCP needs at least 2-3 weeks prior to the start of the workshop to arrange travel. Dates scheduled for Bethel: September 12-15, October 10-13 and 24-27, November 14-17 and December 12-15.

KENAI/SOLDOTNA TRAINING: Adopting through OCS will be held Thursday, November 2 from 6-9pm. Core Training for Resource Families will be held Friday, November 3 from 6-9pm and Saturday, November 4 from 9am-5pm. Call 1-866-478-7307 to register or more information about either training.

CULTURAL EVENTS MAY COUNT AS TRAINING: Attending cultural events where you learn skills to help you keep children connected to their culture count towards training hours! Use the Selected Community Presentation Questionnaire.

SPECIAL CORE TRAINING BY TELEPHONE: ACRF is proud to introduce Teleconference Core! This teleconference series starts on October 17 and will meet every Tuesday and Thursday through November 9 from Noon to 1:00pm. Please contact ACRF at 1-866-478-7307 to register by October 11.
NEW TRAINING OPTIONS AT WWW.ACRF.ORG

ACRF is excited to announce that we have a new training option on the web called E-Bibs (Electronic Bibliographies.) E-Bibs are a cluster of training accessible on-line for a specific topic all in one place. Currently topics of interest include: The Reasonable and Prudent Parent Standard and Fetal Alcohol Spectrum Disorders. You can find these clusters of training at E-Bibs: http://acrf.org/page.php?id=130.

You will also find that we’ve renamed and reorganized selections on our Self Study Online Training Page putting all the courses at the top of the page. We have removed our old courses that were our original ones (FASD and the Use of Helmets, Neglect: The Hole in the Middle, etc.) We are excited to announce that we currently have 136 trainings accessible on our website in different forms, plus two links to other states' listings of multiple trainings, plus our web-based orientation!

ACRF LIBRARY NEWS!

Fairbanks library has grown! 57 books were donated in August to ACRF from Fairbanks Counseling and Adoption. If you love to read and need some training hours, stop by and check out our vast array of books and DVDs related to fostering, adoption, caring for special needs children or other topics related to the care of the children in your home. More exciting news... we have updated how we give credit for books, you can now receive up to 3 hours per book. If you love to read but do not live in Fairbanks, give us a call at 1-800-478-7307 we can mail books to you. Let us know what you are interested in and we will let you know the titles we have or go to our website and click on our catalog spreadsheet online: http://www.acrf.org/resources-self-study.php?tn=5.

UPDATED SELF-STUDY COURSE: Fetal Alcohol Spectrum Disorder: An Introduction for Foster Parents (Worth 3 Hours)

ROUTINE TRANSPORTATION:

RESPONSIBILITIES OF RESOURCE FAMILIES

Routine transportation of a child in care is the responsibility of the resource family. This includes transportation to family visits, medical facilities, school events, social and sport activities, religious activities, shopping and counseling appointments. The daily foster care rate includes a portion to reimburse routine transportation. In addition, the Department may reimburse the cost of transportation that exceeds 50 miles a week per child. Mileage reimbursement must be pre-approved by the child’s assigned worker. This rate is the same as for a state employee reimbursement for transportation at: http://doa.alaska.gov/dof/travel/resource/POV_Rate_Table.pdf.

A vehicle used for the transportation of children should be licensed in accordance with state and local law. Resource families must have current liability insurance for the transporting vehicle in effect and comply with having appropriate child passenger restraint systems.

Resource families have a critical role in maintaining connections between children and their families. It is very important to a child’s success in out-of-home care that the child maintains contact with his or her parents, siblings and other family members. This contact is dependent upon the parameters set forth in the Family Contact Plan. It is important that all resource families review and discuss the Family Contact Plan with the child’s assigned worker.
One Hour Credit Course

Health Care and the Role of the Foster Parent

By Kimberly Mouriquand, Family Support Specialist, Alaska Center for Resource Families

INSTRUCTIONS: Read through the material, complete the questionnaire at the end and return to ACRF for 1.0 Hour Training Credit.

Foster families make sure that the youth in their care get the proper medical care to help grow up strong and healthy. It is also important to consistently provide what is required by the foster care regulations. This course reviews what is best practice for healthy care of children and what is required of foster parents.

When a child first comes into your home...

Make sure you ask for the Consent for Emergency and Routine Medical Care form. This form allows you to make routine medical appointments (such as physicals, dental or eye appointments) as well as consent to emergency medical care. Important fact: This form does not give foster parent the ability to consent to non-emergency major medical care or approve the use of prescription or psychotropic medications.

Establish a Medical Home

✓ Request from the caseworker the name of child’s current medical provider and date of their last physical exam. If possible, maintain the same medical provider to provide consistency in the child’s medical care.

✓ Establish a “medical home” for a child. Use a consistent provider who can get to know the child. Avoid using emergency care centers or a “doc-in-a-box” as your regular medical provider.

✓ If the youth is Alaska Native or American Indian, and does not have an established provider, seek out the appropriate Tribal Health Organization to establish a “medical home” for the child that he can use for his lifetime.

Choose a Medicaid Provider

✓ OCS Most often pays for a child’s medical and mental health care through Medicaid so foster parents need to use a provider that accepts payment through Medicaid. You can search for a Medicaid approved provider by visiting: https://www.medicare.gov/forms-help-and-resources/find-doctors-hospitals-and-facilities/quality-care-finder.html.

✓ A foster parent should use Medicaid provider unless there is no Medicaid provider in the community. If there is no Medicaid provider in the community, the provider should contact the caseworker for guidance. Sometimes a provider might be willing to become a Medicaid provider if asked. Do not use a non-Medicaid provider for care then send the bill to OCS without previous written authorization from OCS.

✓ To ensure that you as a foster parent will not be responsible for incurred medical expenses, do not put yourself down as the guarantor for payment. Do not pay for medical services for children and youth and submit bills for reimbursement for medical care without previous written authorization from OCS.

In the First 30 Days of Placement

✓ If this is the child’s first time in placement, no matter what age they are, schedule a physical exam within the first 30 days in your home.

✓ If the child has changed placements, is over the age of 3 and has not seen a doctor in the past year, schedule a physical exam within the first 30 days in your home.

✓ If the child has changed placements, is under the age of 3 and has not seen a doctor in the past 3 months, schedule a physical exam within the first 30 days in your home.

Ongoing Medical Care...

OCS follows the Healthy Kids Program, also known as E.P.S.D.T. (Early Periodic Screening Diagnosis and Treatment) for ongoing medical care guidelines for youth in custody. (A link to the E.P.S.D.T. Schedule is listed at the end of this training.) The schedule outlines required medical, visions, and dental checkups for youth in care. Follow this schedule for the children in your care. E.P.S.D.T. also provides guidelines for immunizations of foster youth. Foster parents should ensure youth in care are receiving the proper immunizations. Request from your child’s caseworker a copy of the youth’s immunization records so you can ensure he or she stays on schedule.

Medications:

✓ For common illness or injury, foster parent can use over-the-counter drugs at the dose, duration and method of administration specified on the manufacturer’s label if they have a valid Consent for Routine and Emergency Medical Care. Some examples are: non-aspirin fever reducers or pain relievers, naturopathic remedies, vitamin and mineral supplements, diaper ointments and powders, sun screen, insect repellent. If you are regularly giving a child over the counter medications on a daily or regular basis, you should inform the caseworker and the health provider and document what and how often these treatments are given to the child. Examples would be the naturopathic remedies like melatonin, or essential oils, or over the counter allergy medications. In some cases there may be disagreement about the treatment from a birth parent so documentation and communication with the worker is important.
Self-Study: Health Care and the Role of Foster Parents...

- A foster parent must first obtain written permission for the use of prescription medication—and it is the caseworker’s responsibility to get permission from the parent. OCS can give written permission if OCS is the legal guardian of the child. A foster parent may give prescription medicine and special medical procedures only in the dosage, at the intervals and in the manner prescribed by a doctor or legally authorized health provider. If a child is taking prescription medicine, keep the medication in its original container. This container should have a label showing the date filled, the expiration date, instructions, and the health provider’s name. All medication should be stored in a way that children can’t get to them.
- Drugs prescribed for mental illness or behavioral problems are called psychotropic drugs. Psychotropic drugs must have the informed consent of birth parents or OCS approval if parental rights have been terminated. If medication for behavioral or mental problems (such as drugs for depression) is prescribed, seek approval from the caseworker before administering to a child. Ask the medical provider for information about the purpose and possible side effects of psychotropic medication.

Medical Record Documentation:

- Foster parents are required to maintain medical, dental, immunization, and treatment records for youth in their care and provide copies of these documents to the child’s caseworker upon request. There are times however, when medical providers do not provide paperwork to foster parents. In those events, parents should document any medical, dental, vision, or other type of treatment for which documentation was not provided by the medical or dental provider of service. We recommend keeping a 3-ring binder for each child to organize medical records and make notes of appointments when documentation is not provided.

For more information, refer to Licensing Regulations at Child Health and Medication Regulations: 7AAC 50.440 & 7 AAC 50.455

EARN 1.0 HOUR TRAINING CREDIT IF YOU READ...

Health Care and the Role of Foster Parents

If you read the above entitled article and want foster parent training credit applied to your training requirement, fill out the following questionnaire and FAX it to 1-907-479-9666, mail to ACRF, 815 Second AVE, STE 202, Fairbanks, AK 99701 or email to acrf@nwresource.org.

Name: ____________________________________________

Provider#: ________________________________

Email: ____________________________________________

Address: ____________________________________________

1. The Consent for Emergency and Routine Medical Care form does not allow foster parents to: (Choose all that apply)
   a. Make routine medical appointments.
   b. Approve non-emergency major medical care.
   c. Approve emergency medical care.
   d. Authorize the use of psychotropic medications.

2. Foster parents need to schedule a physical exam in the first 30 days of placement for a child who is coming into foster care for the first time, if the child is over the age of 3 and has not seen a doctor in the past year, or if the child is under the age of three and has not seen a doctor in the past 3 months.
   a. TRUE
   b. FALSE

3. Based on the self-study reading, select the true statements. (Choose all that apply)
   a. A foster parent should establish a “medical home” for a child in their care.
   b. It is ok to change a child’s doctor if the office is only open in the evenings and on weekends.
   c. If caring for an Alaska Native and American Indian youth, foster parents should attempt to establish medical services with a Tribal Health Organization.
   d. On Mondays and Wednesdays, all walk-in clinic provide free physical exams.

4. Foster parents need written permission from the legal guardian and birth parent to: (Choose all that apply)
   a. Use diaper cream.
   b. Use prescription and psychotropic medications.
   c. Teach a child how to brush his/her teeth with baking soda toothpaste.
   d. Use insect repellent on outings.

5. Foster parents can pay for medical treatments at a non-Medicaid providers and just submit the bills to OCS for reimbursement
   a. TRUE
   b. FALSE
JAMES JOHNSON, DATA COORDINATOR, Fairbanks

James Johnson III was born and raised in Fairbanks, Alaska where he spent much of his childhood playing basketball and tinkering with electronics and computers. After graduating from High School in 1998 he initially set out to earn an AA degree in Information Technology (IT), but ended up putting his schooling on hold to work as a Hotshot Wildland Firefighter for a number of years for Chugachmiut Native Corporation. He returned to school in 2007-2009 to obtain a Certificate in Rural Human Services from the University of Alaska Fairbanks (UAF). During this time, James started working as a research assistant for Evaluation Research Associates (ERA) as a co-evaluator focusing mainly on Alaska Native-run education projects in Rural Alaska. He also found time from 2009-2013 to complete a Bachelor of Arts Degree in Sociology from UAF.

After getting married in 2013, James branched out on his own creating his business Ts’ibaa Enterprises where he continues to do small evaluation projects while still collaborating with ERA where he can. James also started working part-time with the Native American Career and Technical Education Program (NACTEP) in the Yukon Flats Region in 2013, which he currently still serves as their Student Support Consultant.

Although very busy, James always had an interest in returning to his IT roots, so he gladly accepted a part-time position with Alaska Center for Resource Families (ACRF) in July 2017 as their Data Coordinator/IT Support personnel. He enjoys working with this new position and with the people involved with the organization. In his free-time, James is a father to three growing boys and a husband to a lovely wife that helps him manage his work and family lifestyle. James plans to return to school at some point to work on his Master’s Degree when he feels the time is right and his workload can allow it.

LISA HUBBARD, ADOPTION SUPPORT SPECIALIST, Mat Su

Hi, my name is Lisa Hubbard and I am the new Adoption Support Specialist in the Wasilla Office. I am excited for the opportunity to work with Adoptive families providing supportive information and resources before and after adoption. I worked in various areas helping Alaskans in the community from Behavioral Health, Child Advocacy, Child Protection, and Medicaid Care Coordination.

I am also an Adoptive parent that adopted through the Foster Care system and look forward to working with families that have adopted through the State, Private Agency and International adoptions.

I am currently attending UAA pursuing a Master’s Degree in Social Work. In my free time I enjoy being with my family and friends. I enjoy photography and reading, and learning about family, culture and community. You may contact me at (907) 376-4678 or email lhubbard@nwresource.org.

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FAIRBANKS AREA TRAINING CALENDAR

Unless otherwise noted, All classes held at
ACRF, 815 Second AVE, STE 202
Call 479-7307 to register

FASD Into Action OCT 14 & 21 from 9am-3pm
Adopting Through OCS OCT 7 from 1:15-2:45pm
SIDS/Shaken Baby Prevention for Caregivers OCT 19 from 10-11am

Foster Palooza DATES:
OCT 28: 2-4pm: Fall Festival, held at the
AK National Guard Armory.
NOV 11: 11am-12:30pm: TBA
DEC 16: 11am-12:30pm: TBA
DEC 22: 5:30-7:30 pm: Movie Night Out: TBA

October

Adoption 101 NOV 7 from 1-4pm
Adoption Information Session at Noel Wein Library on NOV 9 from 6:30-8:30pm
Alaska Gatekeepers: Suicide Prevention with QPR NOV 14 from 2-4pm
Building Families through Adoption NOV 15-16 from 6-9pm & NOV 18 from 9am-4pm
The Ins and Outs: Teen Sexual Health NOV 16 from 4-6pm
Adopting through OCS NOV 21 from 1:15-2:45pm
Core Training for Resource Families-Becoming a Healing Family NOV 30 from 6-9pm (continues in December see below for dates and times)

November

Parent Play Group
Group meets on Thursdays from 11am-1pm at RCPC, 726 26th Avenue, Suite 2 in Fairbanks. Call 456-2866 for more information.

December

Core Training for Resource Families-Becoming a Healing Family DEC 7 &14 from 6-9pm (continuation from November)
Adopting through OCS DEC 19 from 1:15-2:45pm
Core Training for Resource Families-Role of the Resource Family & Fostering Connections DEC 30 from 9a-4p
The monthly Rural Teleconference is designed for anyone living outside of Anchorage, although anyone can participate. Family may participate by dialing 1-800-944-8766 and when asked enter the code: 26867#. If you phone in before the group leader you will hear music, please stay on the line.

Please call in 5 minutes early to give us your contact information so we can record your attendance, or stay on the line and speak to the facilitator after the teleconference ends. Check the www.acrf.org teleconference training calendar prior to the teleconference for posted handouts or PowerPoints.

Oct 10, 7-8pm:
Planning Ahead for When the Adoption Subsidy Ends at 18 But the Needs Don’t
Brenda Ursel, ACRF

Oct 25, Noon-1pm:
Dealing with Lice and Bed Bugs
Fairbanks Regional Public Health

Nov 7, 7-8pm:
After the Adoption: Post Adoption Supports
Brenda Ursel and Lisa Hubbard, ACRF

Nov 15, Noon-1pm:
Citizen’s Review Panel
Diwakar Vadapalli, CRP

Dec 19, 7-8pm:
Reports and Recordkeeping: What Foster Parent’s Need to Do
Kimberly Mouriquand, ACRF

Dec TBA, Noon-1pm:
Effects of Opioids on Infants or Toddlers
Providence Hospital Staff

Jan 10, Noon-1pm:
What to Expect in an Adoption Home Study
Tami Jo Watson and Amber Meyer, Catholic Social Services

Jan 16, 7-8pm:
Fetal Alcohol Spectrum Disorder: 6 Things Resource Parents Should Know
Aileen McInnis, ACRF

The following classes held at LINKS Mat-Su Parent Resource Center, 3161 Palmer-Wasilla Hwy STE 2 in the Regan Building in Wasilla. Contact Betsy Woodin at 376-4678 to pre-register. No childcare available.

PATHS TO ADOPTION: 10/25 from Noon-2pm. Betsy Woodin, ACRF.

UNDERSTANDING FASD: October 10th from 9am-4pm, Erika Stannard, Ptarmigan Connections, Amber Parker, LINKS, and Betsy Woodin, ACRF.

Consider Supporting ACRF
By Doing What You Do Every Day!

There are many ways to support Alaska Center for Resource Families just by shopping as you normally do, or by choosing to shop at these locations and selecting us as your Non-Profit of choice.

Link your Fred Meyer Rewards Card to Alaska Center for Resource Families and you still earn reward points and ACRF receives a donation!

Shop at smile.amazon.com and when you choose Northwest Resource Associates as your charity, ACRF will earn while you shop, at no additional cost to you!