



TRAINING TRACKS

April - June 2014

ACRF provides support and training for foster, adoptive, guardian and relative caretakers in Alaska



The Resource Family Advisory Board met in Anchorage on March 25 to revisit goals and elect new leadership. Brian Headdings of Wasilla is the new chair of the group, taking over the chair from Jera Goins of Hoonah who will remain on the board. The Board met to learn more about the OCS practice model and trauma informed caregiving, then plunged

in to talk about the direction for the upcoming year. Instead of establishing new goals, the Board decided to increase efforts to reach out to foster parents throughout Alaska. Do you know who's on the Resource Advisory Board? Attending the meeting were resource families Brian Headdings of Wasilla, Diane Van Daam of Sutton, Vicki Romano of Wasilla, Jera Goins of Hoonah attending by telephone and not in attendance were Krista James of Anchorage and Dave Garcia of Ketchikan. Also attending were OCS and Community Partners KariLee Pietz, Yurii Miller, Susan Frisby, Fennisha Gardner, and Alana Ballam-Schwan of OCS, Danielle Holt of Kawerak, and Gwen Emil of Cook Inlet Tribal Council.

Interested in learning more about the Resource Family Advisory Board? Interested in representing your part of the state? We are especially looking for representatives from Kenai Peninsula, Western and Northern Regions, E-mail akresourcefamilyboard@yahoo.com with ideas or suggestions.

ACRF Earns the All Children, All Families Seal of Leadership

Northwest Resource Associates (NWRA) and the Alaska Center for Resource Families (ACRF) is proud to announce that we've earned the *All Children – All Families* Seal from the Human Rights Campaign Foundation. To earn this honor NWRA hit critical benchmarks for implementing full inclusive policies and practices in their work with the LGBT community. The comprehensive framework provided by the *All Children – All Families* helps agencies create a welcoming and affirming experience for lesbian, gay, bisexual, and transgender youth and families. The seal was presented to Robert J. Hunner, the Executive Director of Northwest Resource Associates. "We are honored to receive this vote of confidence by an organization as highly esteemed as the Human Rights Campaign," said Robert Hunner. "From the very first contact with a potential family through the placement of the child in the home, Northwest Resource Associates is committed to actively welcoming and supporting LGBT families." The *All Children – All Families* training and benchmark process gives agencies the tools by which to establish partnerships in the LGBT community and best work with the support LGBT youth. We are proud to welcome and serve All Children – All Families.



Western Region Conference Happens in Bethel



Many thanks to AVCP in Bethel for inviting us to be part of the Western Region Conference to support Resource Families. On April 2nd and 3rd, 2014, at the Allanavik Hotel, we co-sponsored a two-day training called "Trauma Informed Caregiving" for AVCP/ICWA Workers, resource families and interested community members. Joe and Winnie Green of the Healthy Program shared their insights into historical and cultural trauma. Aileen McInnis presented parts of the Trauma Informed Caregiving for Resource Families curriculum, Holly Grant from AK Child and Family spoke about therapeutic foster care, and foster/adoptive parent

Pauline Bialy shared information about the regional telephonic support group. Big thanks to Cheryl Offt of AVCP and KariLee Pietz of OCS for making this happen and thanks to Yurii Miller, Tandra Donahue, and Susan Frisby of OCS Licensing for joining Lissa Rylander and Aileen McInnis in making the conference happen.

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Training Calendar

Fairbanks Training:

Unless otherwise noted, the trainings in Fairbanks are held at ACRF: 815 Second Ave, STE 101. Pre-registration is REQUIRED, call 479-7307 to register.

✦ **APRIL:**

Adoption 101

Sat 4/19 from 10:00am-Noon.

Gatekeeper Suicide Prevention Training

Tues 4/22 from 6:00-8:00pm.

Motivations for Adoption

Sat 4/26 from 10:00am-Noon. Held at the Noel Wien Public Library.

Core Training for Resource Families continues in May

Mon & Tues 4/28-29 from 6:00-9:00pm. Must attend all four classes for training credit.

✦ **MAY:**

ACRF WILL BE CLOSED MON & TUES MAY 12-13 DUE TO STAFF TRAINING.

Building Families Through Adoption

Wed & Thurs 5/14-15 from 6:00-9:00pm and Sat 5/17 from 9:00am-3:00pm. Must attend all three classes, lunch provided on Saturday.

Core Training for Resource Families continued from April

Mon & Tues 5/19-20 from 6:00-9:00pm. Must attend all four classes for training credit.

Resource Family Institute and Resource Family Meet N Greet

Wed & Thurs 5/21-22. Please watch for more details and travel scholarship information.

✦ **JUNE:**

Resource Family Appreciation Picnic

Sat 6/7 from Noon-3:00pm. Join us for a celebration of foster and adoptive families at Growden Park. Food, games, crafts, raffle prizes.

Knowing Who You Are

Tues & Wed 6/17-18 from 8:30am-4:30pm. Location to be announced.

Fairbanks Support Groups:

✦ **Grands Raising Great Children Support Group.** There is limited supervised children's activities available during the group. Please pre-register if you are bringing your children. **Group meets the second Monday of every month from 6:30-8pm, at RCPC, 726 26th AVE, Suite 2 in Fairbanks.** Call 456-2866 for more information.

✦ **Fetal Alcohol Spectrum Disorder Support & Discussion Group.** Held at Alaska Center for Children & Adults. FREE Child care provided. Call Jenn Wagaman 456-4003 for more information.

✦ **Fairbanks Family to Family.** Held at Alaska Center for Resource Families **every 2nd Wednesday from 11am-12:30pm.**

Juneau Training

Unless otherwise noted the trainings in Juneau will be held at ACRF: 9109 Mendenhall Mall RD, Suite 6A. Pre-registration is REQUIRED, call John at 790-4246 to register

✦ **APRIL:**

Adopting through OCS

Wed 4/9 from 6:30-8:30pm

Building Families Through Adoption

Wed 4/16 from 6:00-9:00pm and Sat 4/19 from 9:00am-4:00pm. Must attend both classes for training credit.

Core Training for Resource Families

Thurs 4/24 from 6:00-9:00pm and Sat 4/26 from 9:00am-5:00pm. Must attend both classes for training credit.

✦ **MAY:**

ACRF WILL BE CLOSED MON & TUES MAY 12-13 DUE TO STAFF TRAINING.

Juneau Support Groups:

✦ Grandparents Raising Grandchildren Support Group **meets on the last Wednesday of each month from 6:30-8:00pm at the old Moose Lodge, 8335 Old Dairy Rd in Juneau.** Call TJ Arnold for details: 209 -0516.

Kenai Training

✦ **APRIL:**

Kenai Peninsula Out-of-Home-Care

Conference: Understanding Trauma, Building Resilience

Thurs 4/24 from 8:30-4:30pm. Held at Solid Rock Bible Camp, Soldotna, AK. Get a copy of the Registration Brochure by following <http://acrf.org/newsletters/2014KenaiBrochure.pdf>. Workshops include self-care, respite opportunities for foster parents, legal panel, therapeutic foster care, autism, trauma informed caregiving, talking to kids about adoption and more.

This conference is sponsored by the Alaska Center for Resource Families, the State of Alaska Office of Childrens Services, DBH Alaska Childrens Services Training Grant, and the Kenai Peninsula Community Care Center. Some travel scholarships available for Kenai Peninsula licensed foster parents.

Questions contact 1-866-478-7307 or email acrfsc@nwresource.org.

✦ **MAY:**

Core Training for Resource Families

Fri 5/2 from 6:00-9:00pm and Sat 5/3 from 9:00am-5:00pm. Must attend both classes for training credit. Held at the Kenai Peninsula Community Care Center, 320 S. Spruce AVE in Kenai. To register call Michelle Partridge or Tonja Whitney at OCS or call Aileen McInnis at ACRF 1-866-478-7307.

Mat-Su Training:

Unless otherwise noted, the trainings in Wasilla will be held at ACRF: 5050 Dunbar ST, STE A2 (off the Palmer/Wasilla HWY, Brentwood Plaza). Pre-Registration is required for the following events by contacting Betsy at 376-4678 bwoodin@nwresource.org. You must pre-register as classes will be cancelled without notice if no one signs up.

✦ **MAY:**

Video Day: Historical Trauma

Thurs 5/1 stop in anytime between 9:00am-2:00pm.

Training Day on Trauma & Transitions

Fri 5/2 from 9:00am-4:30pm. Location TBA, lunch will be provided

✦ **JUNE:**

Video Day: Active Parenting Teens

Thurs 6/5 stop in anytime between 9:00am-2:00pm.

Core Training for Resource Families

Thurs 6/12 from 6:00-9:00pm and Sat 6/14 from 9:00am-5pm. Must attend both classes to receive training credit.

Adopting Through OCS

Thurs 6/25 from 6:00-9:00pm. Location TBA.

Mat-Su Support Groups:

- ✦ **Mat-Su Developmentally Disabled Parent & Child Support Group.** Join Access Alaska for a new peer run support group assisting parents of developmentally disabled children. Bring your children for group play; there will be toys, coloring and snacks. **Group meets first and third Tuesdays of every month 4-6pm at Access Alaska, 1075 Check ST STE 109 in Wasilla off KGB and PW Hwy.** Call 357-2588 for more information.
- ✦ **Foster Parent Support Group: AGAPE.** A faith-based network of foster and adoptive families. **Group meets first Thursday night from 6-8 monthly at the Palmer Church of God.** Attendees are encouraged to bring a finger food to share and childcare is provided. For information or to make arrangements for childcare call Vickie at 863-2144 or Andrea at 315-7168 or email agapeak@att.net.
- ✦ **Grandparents Support Group.** Sponsored by Volunteers of America, Alaska Grandfamilies Project. **Group meets second Wednesday every month from 11am-12:30pm at ACRF in the Brentwood Plaza STE A2.** Snacks are provided. For local information call Betsy at 376-4678 or email bwoodin@nwresource.org or Linda Price 1-888-522-9866 or grands@voak.org or visit www.voak.org.
- ✦ **The Mom2Mom, Dad2Dad Parent Support Group.** For Adoptive, foster, kinship care, guardianship, and grandparents who care for children with Attachment Disorder. **Group meets the first Monday of every month from 10:30am-Noon at the Alaska Attachment & Bonding Associates Office.** For more information call 376-0366.

Rural Teleconference Training Special: Trauma Informed Caregiving for Resource Families

This teleconference series is free and foster and adoptive parents are especially encouraged to attend. Pre-registration is encouraged but not required, you can call 1-800-478-7307 or email Betsy at bwoodin@nwresource.org.

Two extra hours of training credit are available in the form of a homework assignment and a related Information packet for each unit. Persons completing assignments and participating in teleconference calls can earn up to 18 hours of training toward foster parent licensing requirements. The Trauma Informed Caregiving teleconferences will be held one Tuesday a month from 7-8pm, please see schedule at the right of this page.

If you missed any of these sessions you are in luck, we are recording the series and they are being put up on our website as self-study as we complete them by teleconference. Go to <http://www.acrf.org/Audio.php>.

Rural Teleconference Training

Families may participate by dialing 1-866-554-6142 and when asked enter the code: 2169378807#. For more information email Betsy at bwoodin@nwresource.org or call 1-800-478-7307.

Wed Apr. 23rd, Noon-1pm

- **Preparing for Positive Summer Activities, Olivia Shears, ACRF**

Tues May. 13th, 7-8pm

- **Trauma Informed Caregiving Series 5: Becoming an Advocate, Rachel Hanft, ACRF**

Wed May. 28th, Noon-1pm

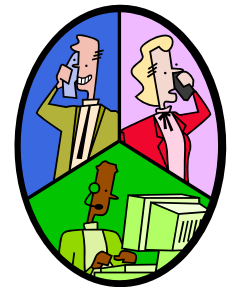
- **Connecting vs Distancing Parenting Strategies (Creating Connection while Correcting your Child), Brenda Ursel, ACRF**

Tues June 10th, 7-8pm

- **Trauma Informed Caregiving Series 6: Taking Care of Yourself, Ruth Post, ACRF**

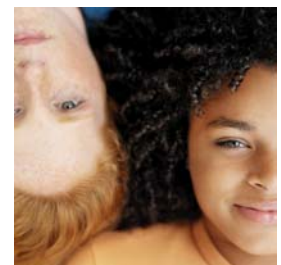
Wed Jun. 25th, Noon-1pm

- **OCS Forum, Aileen McInnis, ACRF**



Statewide Autism Spectrum Disorder Support Group

First Tuesday of EVERY month from Noon-1pm. Dial 1-800-315-6338, follow voice prompts, then enter code 2272#



Metlakatla Foster Parent Training: Trauma Informed Caregiving

Saturday, May 3 from 1:00pm to 6:00pm
Held at the M.I.C. Council Chambers
Free lunch will be provided midway through



Foster children have lived through traumatic experiences, and they bring that trauma with them into your home. Understanding trauma and how it affects your child day-to-day can help you become “trauma informed” – and better equipped to help children.

Using training developed by the National Child Traumatic Stress Network, this workshop will help you to better understand your child’s experience and become a more effective “trauma informed” caregiver.

Please pre-register by calling 907-790-4246 or emailing John and jbennett@nwresource.org.

Sponsored by Metlakatla Indian Community Social Services and the Alaska Center for Resource Families and is made possible in part through funding from the State of Alaska Office of Children’s Services.

Ketchikan Resource Family Spring Training Event

May 6 & 7

**Held at the Cape Fox Lodge, Shaa Hit Room-A,
800 Venetia Avenue, Ketchikan**

Join us for two days of training for resource Families and others involved with caring for children in out-of-home-care. Meet other families and earn training hours.

There is no fee for this conference. Please pre-register by calling 907-790-4246 or 1-866-478-7307.

DAY ONE: Tuesday, May 6

8:30am: Sign-In

9:00am: Trauma Informed Care Part 1 - John Bennett

Noon-1:00pm: LUNCH

1:00-4:00pm: Trauma Informed Care Part 2 – John Bennett

6:30-8:30pm: Working with Birth Parents: Setting Boundaries; Being Supportive; Family Contact Plans, Etc. – Panel presentation and discussion

DAY TWO: Wednesday, May 7

8:30am: Sign-In

9:00am: Street Drugs – Sgt. Andy Berntsen, KPD

10:15am: What the Alaska Center for Resource Families Can Do for You – John Bennett

11:30am-12:30pm: Timelines for Children in Care – Deb Watier, OCS

Sponsored by the Alaska Center for Resource Families and is made possible through the State of Alaska, Office of Children’s Services

Sitka Resource Family Spring Training Event

May 8 & 9

**Held at the Office of Children’s Services,
208 Lake Street, Suite 2G, Sitka**

Join us for two days of training for resource Families and others involved with caring for children in out-of-home-care. Meet other families and earn training hours.

There is no fee for this conference. Please pre-register by calling 907-790-4246 or 1-866-478-7307.

DAY ONE: Tuesday, May 8

8:30am: Sign-In

9:00am: Trauma Informed Care Part 1 - John Bennett

Noon-1:00pm: LUNCH

1:00-4:00pm: Trauma Informed Care Part 2 – John Bennett

DAY TWO: Wednesday, May 9

8:30am: Sign-In

9:00am: Introduction to Special Education Law – John Bennett

11:15am-1:15pm: Introduction to Attachment Disorder – John Bennett

Sponsored by the Alaska Center for Resource Families and is made possible through the State of Alaska, Office of Children’s Services

Darla Henry’s 3-5-7 Model Training is coming to Anchorage!!!

We are excited to announce that Darla Henry, author of the 3-5-7 Model, will be in Anchorage to train families, OCS staff, and mental health professionals on June 11 and 12. Children in foster care, and who have been adopted make up a disproportionate segment of the population served by mental health services. Yet there are few models that guide permanency work for children in out of home care within the child welfare system. The 3-5-7 Model incorporates 3 tasks, 5 conceptual questions and 7 interpersonal skill elements to support this work. The three (3) tasks of the model engage children, individuals and families, guiding practices that support their work of grieving and building relationships, and laying the foundations for more successful placements and adjustment. We encourage all professionals who work with adoptive and foster families to learn about this model, and to learn how to help children and youth be better prepared for permanency. If you are interested in learning more about this training or to get on our mailing list, contact Aileen McInnis at amcinnis@nwresource.org.

1.0 HOUR SELF-STUDY

Licensed foster parents can read the following article and earn foster parent training credit by filling out the following questionnaire and returning it to the Alaska Center for Resource Families.

Psychotropic Medications & Impacts on Future Health

Olivia Shears, ACRF, Jenifer Swigart, RN, BSN, OCS Anchorage

When foster youth are prescribed a medication for a physical, mental or behavioral issue, it is crucial that all caregivers working with the youth understand what the purpose of the medication is, as well as the potential risks and side effects. **Psychotropic medications** (umbrella term) are used to treat or manage a psychiatric symptom, condition or challenging behavior. There are more than 500,000 children and adolescents on **antipsychotics** (a class of psychotropic medications) (FDA, 2009). Statistics show that **4%** of youth in the general population are on psychotropic medications (Alivi & Calleja, 2012), while rates are much higher for youth in Child Protective Custody, ranging between **13% to 37%** (Alivi & Calleja, 2012). The rates increase even more for youth placed in more restrictive settings (RTC, DJJ) (Alivi & Calleja, 2012). Children on Medicaid are **four times** more likely to be prescribed an antipsychotic than those on private insurance. (Longhofer & Okpych, 2010).

Some examples of psychotropic medications:

Antipsychotics	ADHD Medications	Antidepressants	Mood Stabilizers/Anticonvulsants
Atypical Seroquel (quetiapine) age 10 Zyprexa (olanzapine) age 13 Risperdal (risperidone) age 6 Abilify (aripiprazole) age 6	Stimulants Concerta (methylphenidate) Ritalin (methylphenidate) Adderoll dextroamphetamine/amphetamine Vyvanse (lisdexamfetamine) Alpha agonists Intuniv (guanfacine) clonidine	Lexapro (escitalopram) Prozac (fluoxetine) Effexor (venlafaxine) Celexa (citalopram) Wellbutrin (bupropion)	Lamictal (lamotrigine) Trileptal (oxcarbazepine) Depakote (divalproex sodium) Tegretol (carbamazepine) Lithium

What are the contributing factors why Foster children are on more psychotropic medications?

There may be a variety of reasons why youth in care are prescribed medications at higher rates. Some possible contributing factors include **prenatal exposure to toxins, Adverse Childhood Experiences, higher incidences of behavioral/emotional disorders, developmental delays, psychosocial factors & attachment issues**. Parental substance abuse is one of the most frequent causes of foster care placement. As many as 80% of children in foster care have experienced prenatal exposure (Alivi & Calleja, 2012). Exposure to adverse rearing environments alters brain development, cumulating in heightened risk of psychopathy (Alivi & Calleja, 2012).

History of abuse and/or neglect predisposes children to higher rates of mental health conditions. A range of 13% to 62% of children entering custody have developmental delays. 40% are born premature or with low birth weight. 80% of all foster youth have emotional, behavioral problems, or developmental delays that require mental health services. **Entering foster care or changing placement** is incredibly traumatizing for a child, even if leaving an unsafe environment. Children may be seen as oppositional or defiant. **Grief and mourning** are part of a typical response for any child removed from their birth home. Caregivers should ask, "what is loss for this child"? Complicated grief presents as depressed mood, anger, hopelessness, and other maladaptive states. This can be easily mistaken for mood/behavior disorder. Abusive parenting is associated with insecure **attachment** in infants and develops into neuropsychiatric problems later. It's important to remember that many youth are externalizing symptoms from previous trauma. There are also systemic factors, including a professional climate that is reactive rather than prevention-based and focusing on quick "fixes" rather than long-term, preventative support are issues within the system that contribute to the high rates.

What Are Health Concerns Surrounding Psychotropic Medication Use in Children & Adolescents?

- **Polypharmacy:** Two or more psychotropic medications
- **Antidepressants:** Increased risk of suicide attempts in children and adolescents. (Alivi & Calleja, 2012)
- **Mood Stabilizers/Anticonvulsants:** Headache, dizziness, somnolence, hypothyroidism, low heart rate, arrhythmias, severe rash, decrease WBC
- Depakote: Polycystic Ovarian Syndrome, cognitive functioning
- **ADHD medications:** Nervousness, sleep disturbances, increase heart rate, palpitations, high risk for dependency or abuse in adolescents, increased aggressive behavior, cause arrhythmia, blood pressure changes, weight loss and growth suppression in long-term use.

Psychotropic Medications & Impacts on Future Health Continued...

- Antipsychotics (65% of youth in Anchorage are prescribed Antipsychotics): Weight gain, increased appetite, anxiety and fatigue are most common side effects. Others include somnolence, akathisia, sedation, headache and nausea may also present. (McKinney & Renk, 2011)
- Weight gain (Zyprexa, Risperdal): Weight gain, especially intra-abdominal obesity, has significant long term health effects and is associated with insulin resistance, resultant metabolic effects, elevated triglycerides, diabetes. *All increase risk for cardiovascular disease.
- Cardiac Dysrhythmias: (Seroquel) prolonged QT interval. Increases risk of irregular heartbeat. Leads to palpitations and fainting but often has no symptoms.
- Antipsychotic-induced hyperprolactinemi: (Risperdone, Zyprexa) breast growth among both genders.
- Thyroid Function: (Seroquel) decreases total thyroxine (T4) levels. Mechanism unknown.
- Extrapyramidal symptoms: (Abilify & Zyprexa) higher incidence in young patients than adult population.
- (Alivi & Calleja, 2012)
- Diabetes (Zyprexa Risperdal): BMI and abdominal obesity are strongly related to insulin sensitivity (Haupt, 2006). Studies show a high proportion of new-onset diabetes in younger patients on antipsychotics and few showed resolution of symptoms once antipsychotic was stopped. (Haupt, 2006)
- Metabolic Syndrome: (Zyprexa) Disorder of energy utilization and storage.
- Diagnosed when 3/5 are present: abdominal obesity, elevated blood pressure, elevated fasting plasma glucose, high serum triglycerides, and low HDL cholesterol levels. Increases risk of Cardiovascular disease, particularly heart failure, hypertension, sleep apnea, osteoarthritis, and malignancy in adulthood. (De Hert et al, 2011).

What can I do to help?

1. Monitor and report any side effects or adverse reactions.
2. Ask questions!
3. Be sure your child has labs drawn as scheduled and completes any tests ordered.
4. Encourage a healthy diet and exercise. Make it routine!
5. Provide a structured safe environment with loving support.
6. Encourage empowerment/control in your child's life by providing choices.
7. Always consider the trauma a child has experienced in their behaviors.
8. Always consider the trauma we unconsciously cause for the child. ■

References:

- Alavi, Z. & Callega, N. G. (2012). *Understanding the Use of Psychotropic Medications in the Child Welfare System: Causes, Consequences, and Proposed Solutions*. *Child Welfare*, 91(2). Retrieved from <http://eds.b.ebscohost.com.proxy.mul.missouri.edu/ehost/pdfviewer/pdfviewer?sid=68b42f65-dd7c-4124-9e0a-7f34614a2f60%40sessionmgr115&vid=2&hid=109>
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- Longhofer, J., Floersch, J. & Okpych, N. (2010). *Foster youth and psychotropic treatment: Where next?* *Children and Youth Services*, 33, 395-404. doi: 10.1016/j.chilyouth.2010.10.006.
- McKinney, C. & Renk, K. (2011). *Atypical antipsychotic medications in the management of disruptive behaviors in children: Safety guidelines and recommendations*. *Clinical Psychology Review*, 31, 465-471. doi: 10.1016/j.cpr.2010.11.005

1.0 HOUR SELF-STUDY QUESTIONNAIRE

Psychotropic Medications & Impacts on Future Health

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 101, Fairbanks, AK 99701 or email to acrf@nwresource.org.

Name: _____ Email: _____

Address: _____ Provider#: _____

- 1) What are the four (4) basic examples (classes) of psychotropic medications?
 - a) _____
 - b) _____
 - c) _____
 - d) _____

- 2) Prenatal exposure to toxins, Adverse Childhood Experiences, developmental delays and attachment issues are some of the contributing factors to higher rates of youth prescribed psychotropic medications.
 - ___ a) TRUE
 - ___ b) FALSE

- 3) Polypharmacy describes youth being on _____ or _____ psychotropic medications. (FILL IN THE BLANKS)

- 4) List four (4) common side effects for the use of antipsychotics.
 - a) _____
 - b) _____
 - c) _____
 - d) _____

- 5) Other health concerns for youth using psychotropic medication include: (Check all that apply.)
 - ___ a) Thyroid Function
 - ___ b) Cardiac Dsyrhythmias, Extrapyramidel symptoms & Diabetes
 - ___ c) Antipsychotic-induced hyperprolatinemi
 - ___ d) All of the above

- 6) Identify three (3) things caregivers can do to help youth who are prescribed psychotropic medication.
 - a) _____
 - b) _____
 - c) _____

- 7) It is not necessary to monitor or report side effects and adverse reactions to medications because that is to be expected with any medication taken.
 - ___ a) TRUE
 - ___ b) FALSE

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