



Geauga County Job & Family Services

Permanency Planning

January 2010 Newsletter

Well the new year has come in with a blast of snow and they say there is more to come. While we start the new year, some people make resolutions of what they are going to do, achieve, complete or start. Most of us have good intentions, but somehow we get side tracked.

Top Ten Ways to Support Someone in Being Their Best by Michael Angier

One of the greatest responsibilities we have is to support ourselves and others in living at our highest and best. Whether we're parents, partners, friends or leaders, it's incumbent upon us to help others to live as close to their unique potential as we can. With everything we say and do, we're influencing, positively or negatively, the people we care about. The ideal is to do this with consideration and intention. Here are ten ways you can help others see and realize the best that's within them.

1. **Believe in Them:** We all have self-doubts from time to time. Our confidence is shaken. We lack the faith in our talents and skills to go for an important promotion or launch a new initiative. Having someone believe in you at these times is priceless. The stories of great men and women are saturated with examples of someone who believed in them even when they didn't fully believe in themselves.
2. **Encourage Them:** "You can do it. I know you can." These are words that are all-too-infrequently voiced. Sincere encouragement can go a long way in helping someone stay the course. The more specific you are, the better the results. "I remember when you got through your slump last year and ended up winning the sales contest. I'm willing to bet that you'll do even better this time."
3. **Expect a Lot:** We're often told not to get our hopes up. We're encouraged to have *realistic* expectations. But when it comes to helping others operate at their best, we sometimes have to up-level our expectations. This can be taken to extremes, but there are many times when a teacher, a parent or even a boss has required more of us than we thought we were capable. And we've risen to the challenge which enabled us to see further than before.
4. **Tell the Truth:** And tell it with compassion. We often avoid telling the hard truth because we don't want to upset anyone. We want to be *nice*. But telling the truth is a loving act. You may be the only person who can or will say to another what needs to be said. And you can confront someone without being combative.
5. **Be a Role Model:** One of the best ways we influence is by our own actions. Who we are speaks much more loudly than what we say. Don't think that people aren't watching you. They are. And they're registering everything about you consciously and unconsciously. We automatically emulate our role models. And we're all role models to someone so let's be good ones.
6. **Share Yourself:** Too often, we miss the value of sharing our failings. We don't want to be vulnerable so we hold back. In doing so, we deprive others of our experience, our learning and our humanity. When you share from your own experience, especially your failures, you increase empathy, you're more approachable and you increase your relatability to others.
7. **Challenge Them:** The word "challenge" has some negative connotations. The meaning we're using here is, "a test of one's abilities or resources in a demanding but stimulating undertaking." We all need to be challenged from time to time. Doing it for another is an art form. Go too far and it will backfire. Go too easy and you will appear patronizing. Remind people of their commitment to being their best and state your challenge. "I challenge you to overcome these unimportant opinions and get on with the real task at hand, get the job done, make the commitment, etc."

8. **Ask Good Questions:** A good therapist or coach doesn't tell their clients what to do. They ask good questions in order for the client to understand themselves better, to get clear on what the issue is and from there to make good choices. You can do the same. By asking elegant questions, you cause people to think and come up with solutions. They'll appreciate it.
9. **Acknowledge Them:** You find what you're looking for. If you're looking for the best in someone, you'll see it. If you're looking for their

failings, you'll see those. Catch people doing things right and tell them. When we acknowledge the good deeds of others, they tend to do more of them. Write a note. Send a card. Give them a call. Praise them in front of others.

10. **Spend Time With Them:** We love what we give our time to. By devoting your most precious resource (time) to another individual, you're showing them that you truly value them and your relationship with them. Invest time in your relationships; it's what life is made of.

This was found on the appleseeds.org website.

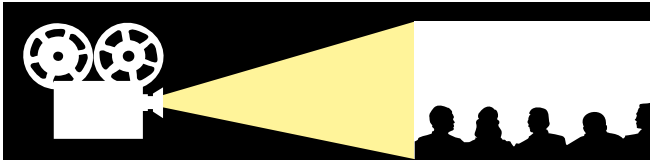
Each year we try to focus on interesting topics for each month. This year we are going to focus on Lifebooks. Every child that comes into the custody of an Agency, a Lifebook must be started. When a child is placed into your home, you should be given a lifebook for each child, some basic toiletries and the placement paperwork. This Lifebook is supposed to be a work in progress that is updated regularly. The Lifebook is a way for children to record what has happened in their life, both positive and negative. This also gives children answers to some of their difficult questions. The Lifebook can be as basic or elaborate as the child wants. The Lifebook is something that is to be worked on with the child, birth parent, foster parent, therapist, and social worker. Each month we will give you topics to work on for the month as well as some websites that can be used. You can start anywhere that the child wants and pages can be added for additional information that is relevant to the child.



This month focus on basic information:

1. Names, dates of birth, addresses, phone numbers etc of people involved in the child life. This should include past and present people.
2. Names, dates, addresses, phone numbers of school(s) the child has attended.
3. Gather addresses of all the places the child has lived and with who.
4. Start a list of things that you need to gather:
 - a. photos: child, siblings, parents, relatives, teachers, social worker, therapist, foster family, and anyone else the child wants to include.
 - b. documents: school report cards, letters, medical reports, etc
 - c. Questions the child wants answers to: where was I born? Why can't I live with mom/dad? Why was I removed?, etc

Websites: The #1 Online Social Network Dedicated To Those Improving The Lives Of Foster and Adoptive Youth. www.fostercarecentral.org, Research on the effects of Lifebooks (personal life history books) used in foster care @ www.cphc-sf.org, Learn the day of the week the child was born and other information @ <http://www.dayofbirth.co.uk/>, Want to know what a name means? @ www.behindthename.com, This website has lots of info and you can sign up for a monthly newsletter that has tips and ideas, and even though it focuses on adoption lifebooks, many of the information can be used for foster lifebooks @ adoptionlifebooks.com



“Child Spotlight of the Month”

ISSAC

Enclosed with this month’s newsletter is a flyer for a child that is looking for an adoptive family. Could that family be you? Or do you know someone who might be able to provide the forever family that Issac is looking for? Take a look and let us know if you or someone you know might be interested in adopting Issac.



The High Five Club is a way for foster adoptive parents and social workers to recognition to a child who is making progress, has gotten a reward in school community or done something that is noteworthy for that child. These can

then be put in a child’s lifebook. For most kids, seeing their name in print can motivate them to continue to do better. We would like you to contact your social worker or call Kathi Serafino to let us know what the child in your home has done to be recognized. The children will be recognized only by their first name to maintain confidentiality. This is open to foster and adoptive families in our community. If you have any questions please feel free to talk with your social worker or contact Kathi Serafino at 440-285-1219.

High Five Club: We have no nominations this month so get yours in for next month.

Now Here! The Geauga County Prescription Discount Card. Free to Geauga County residents. Any county resident without prescription coverage can use this program. Even if you have insurance for prescription drugs, you may still benefit from the discount card, since it may save you money on prescription drugs your existing plan does not cover. Everyone is eligible! No Income requirements. No age requirements. Unlimited use for the whole family. For more information please call 440-279-2222 X4279 or go to www.co.geauga.oh.us.



As we all try to preserve the environment, if you would rather have the monthly newsletter sent to you via email please let either your permanency planning worker know or contact Kathi Serafino, LSW at 440-285-9141 or serafk@odjfs.state.oh.us. We will then take you off the mailing list and add you to the email list for the newsletter.

Attention Foster Parents: If you plan on attending a training in another county please register through the Regional Training Center as we are sure trainings will get filled up quickly. Their phone number is 1-866-294-3787 or you can access their website at <http://www.ocwtp.net/NEORTC.htm>

****Foster parents, this is a reminder that when a child is placed into your home, it is very important that you remember to turn you foster care billing form in at the end of every month. This allows us to pay you in a timely manner. If you have any questions, please contact your Permanency Planning worker.**

We are still looking for your stories about how a social worker made an impact on your life or the life of a child in your home. This is open to current foster and adoptive families as well as previous foster and adoptive families in the community. We are also still asking that families and children, when appropriate write what foster care and adoption means to them. We would like to use the stories or letters or pictures for families interested in fostering or adopting as well as if appropriate to show kids that are coming into the system or waiting for a family. To be able to show families and kids letters and stories from “real” kids and families makes a big difference.

TRAINING REMINDERS:

- ❖ **Please remember that if there are less than 5 people signed up for a training a week prior to the training, the training will be cancelled.**
- ❖ Remember training sessions are for adults only. Unfortunately there is no child care available to families at training sessions, please make child care arrangements for your children prior to coming to training.
- ❖ Please set all cell phones and pagers to vibrate before the training begins. If you are going to take a call during the training sessions, please excuse yourself and answer it in the lobby.
- ❖ Please be on time for all trainings. There is a state **15 minute** rule that we all must adhere to. If you miss more than 15 minutes of a training then you cannot get credit for it. This includes arriving late, leaving early, coming back from breaks late, or taking a call during the training.
- ❖ If you are interested in signing up for trainings @ Geauga County JFS please call to register at least a week in advance so that we can accurately count the number of people attending. For most trainings we need a minimum of 6 people attending or else we have to cancel the training. Timely registration is greatly appreciated.
- ❖ Even if you are not currently a certified foster or adoptive family with us, you are still welcome to attend our trainings. All we ask is that you call to register.
- ❖ To register for a training you can either call the county directly or you can call the Regional Training Center at 1-866-294-3787.
- ❖ Want to know what other trainings are being held by other counties? Visit the Northeast Regional Training Center website at <http://www.ocwtp.com/neortc.htm>

Geauga County Job & Family Services On-Going Training Schedule

CAUTION, STOP AND YIELD: SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS IN CHILDREN AND ADOLESCENTS - 942	
Date: Thursday, January 7, 2010	Time: 6:00-9:00 PM
Trainer: Katie Terry	Location: Geauga County JFS
Objectives:	
<ul style="list-style-type: none"> • Foster parents will understand how neurotransmitters work and how trauma affects the brain. • Foster parents will acquire a basic understanding of Reactive Attachment Disorder, Attention Deficit Disorder, Oppositional Defiant Disorder, Post Traumatic Stress Disorder and some interventions that work. 	
CAN THIS CHILD BE SAVED? SOLUTIONS FOR ADOPTIVE AND FOSTER FAMILIES - 991	
Date: Thursday, February 4, 2010	Time: 6:00-9:00 PM
Trainer: Ed Petrish	Location: Geauga County JFS
Objectives:	
<ul style="list-style-type: none"> • Foster parents will examine what causes children to act and react the way they do. • Foster parents will understand why conventional strategies and approaches often fail to reach children. • Foster parents will explore techniques that do succeed with disturbed children. 	
PARENTS: MANAGE YOUR TIME AND STRESS -	
Date: Saturday, February 6, 2010	Time: 9:00AM-4:00 PM
Trainer: Jordana Shakoor Anderson	Location: Geauga County CSB
Objectives:	
<ul style="list-style-type: none"> • Foster parents will understand the difference between negative and positive stress. • Foster parents will learn constructive ways to use and manage their time. • Foster parents will learn ways to rid themselves of negative stressors. 	

HOLY CHAOS BATMAN! ASSESSING RISK IN TEENAGERS - 940**Date:** Tuesday, March 2, 2010**Time:** 6:00-9:00 PM**Trainer:** Brian Lowery**Location:** Geauga County JFS**Objectives:**

- Foster parents will learn about the physical, cognitive and psychosocial development of adolescents.
- Foster parents will understand how issues of family and culture affect adolescent behavior.
- Foster parents will gain an awareness of common issues in adolescents.

**Geauga County Job & Family Services
Pre-Service Training Schedule
Trainer: Ann Bagley**

DATE	TIME	PRE-SERVICE TOPIC	MEETS RULE
Saturday, February 20, 2010	9AM-12 PM	Orientation and Overview of Foster Care, Adoption and Kinship Care	901
Saturday, February 20, 2010	1 -4 PM	The Child Protection Team	902
Saturday, February 27, 2010	9AM-12PM	The Effects of Child Abuse and Neglect on Child Development	903
Saturday, February 27, 2010	1- 4 PM	Attachment, Separation and Placement	904
Saturday, March 6, 2010	9AM-12 PM	Managing Behavior	905
Saturday, March 6, 2010	1 - 4 PM	Preventing and De-escalating Crisis	906
Saturday, March 13, 2010	9AM-12PM	Cultural Issues in Placement	907
Saturday, March 13, 2010	1 - 4 PM	Understanding Primary Families	908
Saturday, March 20, 2010	9AM-12PM	Children who Have Been Sexually Abused	909
Saturday, March 20, 2010	1 - 4 PM	The Effects of Caregiving on the Caregiving Family	910
Saturday, March 27, 2010	9AM-12PM	Permanency For Children	911
Saturday, March 27, 2010	1 - 4 PM	Permanency for Families	912

**Lake County Job & Family Services
On-Going Training Schedule
177 Main Street**

Painesville, Ohio 44077-3402**440-350-4218 or 440-918-4218****FOSTER FAMILIES AND HOW THEY GROW: UNDERSTANDING THE EFFECTS OF FOSTERING – 921****Date:** Saturday, January 23, 2010**Time:** 9:00AM-4:00 PM**Trainer:** Ronna Johnson**Location:** Lake County DJFS**Objectives:**

- Foster parents will understand and deal with the challenges of fostering.
- Foster parents will recognize the stages of adjustment and changing family relationships.
- Foster parents will identify stressors and develop strategies to build a healthy foster experience.

EATING FOR THE HEALTH OF IT – 914**Date:** Monday, February 8, 2010**Time:** 6:00 – 9:00 PM**Trainer:** Ronna Johnson**Location:** Lake County DJFS**Objectives:**

- Foster parents will understand nutritional guidelines for children birth through adolescence.
- Foster parents will be able to identify risk factors that put children at risk for the development of eating disorders, and “red flags” that should be taken seriously.
- Foster parents will gain an understanding of the interventions and supports available to assist children with eating disorders.

GAMES PREDATORS PLAY: KEEPING KIDS SAFE - 911

Date: Thursday, February 11, 2010	Time: 6:00 - 9:00 PM
Trainer: Ed Petrish	Location: Lake County DJFS
Objectives:	
<ul style="list-style-type: none"> • Foster parents will learn how to empower their children with essential safety skills. • Foster parents will identify how to recognize dangerous situations and predator lures. • Foster parents will become aware of the dangers in our streets, schools, and possibly our own homes. 	

UNDERSTANDING GENERATION Y AND THE INFLUENCE OF HIP-HOP CULTURE - 981

Date: Saturday, March 6, 2010	Time: 9:00 AM-4:00 PM
Trainer: Anthony President	Location: Lake County DJFS
Objectives:	
<ul style="list-style-type: none"> • Foster parents will explore the view of Generation Y (the 50 million young people between the ages of 5–18). • Foster parents will understand the influence of Hip-Hop culture on their ideas, beliefs and the values that make up their world view. • Foster parents will understand how knowledge of Hip-Hop culture can bridge the generation gap and open up the lines of communication and understanding. 	

DON'T TALK...DON'T TRUST...DON'T FEEL – GROWING UP WITH AN ADDICTED PARENT - 988

Date: Tuesday, March 16, 2010	Time: 6:00-9:00 PM
Trainer: Brian Lowery	Location: Lake County DJFS
Objectives:	
<ul style="list-style-type: none"> • Foster parents will understand the dynamics of growing up in a home where one of the primary caregivers is abusing substances or is addicted. • Foster parents will examine the roles children take on to meet their needs and being balance to their family. • Foster parents will understand how these roles may transfer into the foster home. • Foster parents will identify tools and strategies to support these children during out-of-home placement. 	

Lake County Job & Family Services
Pre-Service Training Schedule
Trainer: Janice Lilac-Powell

DATE	TIME	PRE-SERVICE TOPIC	MEETS RULE
Monday, February 1, 2010	6 - 9 PM	Orientation and Overview	901
Wednesday, February 3, 2010	6 - 9 PM	The Child Protection Team	902
Saturday, February 6, 2010	9 - 12 PM	The Effects of Child Abuse and Neglect on Child Development	903
Saturday, February 6, 2010	1 - 4 PM	Attachment, Separation and Placement	904
Monday, February 8, 2010	6 - 9 PM	Managing Behavior	905
Wednesday, February 10, 2010	6 - 9 PM	Preventing and De-escalating Crisis	906
Wednesday, February 17, 2010	6 - 9 PM	Cultural Issues in Placement	907
Monday, February 22, 2010	6 - 9 PM	Understanding Primary Families	908
Wednesday, February 24, 2010	6 - 9 PM	Children who Have Been Sexually Abused	909
Monday, March 1, 2010	6 - 9 PM	The Effects of Caregiving on the Caregiving Family	910
Wednesday, March 3 2010	6 - 9 PM	Permanency For Children	911
Monday, March 8, 2010	6 - 9 PM	Permanency for Families	912



**The
joys of
living
in the
snow
belt!**



Lake County Job & Family Services & the Ohio Coalition for the Education of Special Disabilities

Trainer: Colleen Miller

***Understanding and Writing an IEP - Tuesday, January 26, 2010 - 6:00 - 8:00**

Participants will gain an understanding of the IEP content and the documentation necessary to develop an IEP. Discussion will focus on who is required to be involved in the development of an IEP and what the parent and school roles are in the process. Each section of the IEP will be reviewed with an explanation of what is required by IDEA 2004 and what needs to be recorded in the various IEP sections.

***Behavior Focused IEPs: How Parents Can Help the IEP Team - Thursday, February 18, 2010 - 6:00 - 8:00**

Participants will gain an understanding of what a Functional Behavior Assessment is and how to collect the information needed to conduct one. Participants will discuss how the environment affects behavior. They will be given ideas and suggested accommodations that may help eliminate behaviors. Discussion of how to incorporate behavior plans into the IEP also will be addressed.

***Is Your Child a Target of Bullying? - Thursday, March 11, 2010 - 6:00 - 8:00**

Participants will gain an understanding of the different types of bullying, symptoms that children display when they are being bullied and the characteristics of a bully. Antibullying programs that are available to assist parents and schools will be presented, as well as, how parents can work with schools to create a safer environment and work with their children to teach them what to do if they are bullied.

Ashtabula County Children's Services Board On-Going Training Schedule

3814 C Court
Ashtabula, Ohio 44005-1175
440-998-1811

HANDS ON BEHAVIOR MANAGEMENT FOR YOUNGER & DEVELOPMENTALLY DELAYED CHILDREN - 991	
Date: Tuesday, February 9, 2010	Time: 6:00-9:00 PM
Trainer: Brian Lowery	Location: Ashtabula County CSB
Objectives:	
<ul style="list-style-type: none"> • Foster parents will learn concepts of social learning theory, including use of positive reinforcement in order to effect behavior change. • Foster parents will discuss behavior management approaches including token economies, behavior contracts. 	

ADHD AMONG CHILDREN AND ADOLESCENTS: RECOGNITION & INTERVENTION - 945	
Date: Thursday, March 25, 2010	Time: 6:00-9:00 PM
Trainer: Stacy Simera	Location: Ashtabula County CSB
Objectives:	
<ul style="list-style-type: none"> • Foster parents will identify the signs and symptoms of the three types of ADHD. • Foster parents will understand the pros, cons, when's and how's of medication as a treatment option. • Foster parents will identify cognitive and behavioral techniques that help manage ADHD. • Foster parents will identify barriers to the diagnosis and treatment of ADHD. 	



Let it Snow!
 Let it Snow!
 Let it Snow!



**Ashtabula County Children's Services Board
Pre-Service Training Schedule
Trainer: Ann Bagley**

DATE	TIME	PRE-SERVICE TOPIC	MEETS RULE
Tuesday, March 2, 2010	6 - 9 PM	Orientation and Overview	901
Tuesday, March 9, 2010	6 - 9 PM	The Child Protection Team	902
Tuesday, March 16, 2010	6 - 9 PM	The Effects of Child Abuse and Neglect on Child Development	903
Tuesday, March 23, 2010	6 - 9 PM	Attachment, Separation and Placement	904
Tuesday, March 30, 2010	6 - 9 PM	Managing Behavior	905
Tuesday, April 13, 2010	6 - 9 PM	Preventing and De-escalating Crisis	906
Tuesday, April 20, 2010	6 - 9 PM	Cultural Issues in Placement	907
Tuesday, April 27, 2010	6 - 9 PM	Understanding Primary Families	908
Tuesday, May 4, 2010	6 - 9 PM	Children who Have Been Sexually Abused	909
Tuesday, May 11, 2010	6 - 9 PM	The Effects of Caregiving on the Caregiving Family	910
Tuesday, May 18, 2010	6 - 9 PM	Permanency For Children	911
Tuesday, May 25, 2010	6 - 9 PM	Permanency for Families	912



**Don't
Laugh as
this may
how your
next
placement
may have
to arrive!**



Issac

DOB 11/11/1997

Issac is a twelve-year-old. He enjoys playing chess and is quite skilled. He also enjoys playing video games and is making a paper game himself. Issac is smart and does well in school when he is given support. He is currently in sixth grade and is on an IEP to address and support his emotional issues. Issac has stated that his best subject in school is math and his least favorite is language arts. Issac has been involved in sports such as baseball and he is currently playing flag football. Issac is well-mannered and very polite. He is enjoyable to be around. Issac has made great strides in learning productive ways to deal with his anger in the past six months. Issac would like to have some level of contact with relatives such as his sister who is in the legal custody of a relative, and his mother. Issac has had two placements since he was removed from his mother's care. Issac has done very well in his current foster care placement where he has been the only child. Issac would likely do best in a home with a small number of children in the home. Issac needs a forever family to commit to him so he has no further placements.

Agency: Geauga County Job & Family Services

Contact: Dawn Bates

Telephone: 440-285-9141 x 102

