



September 2010

Child Care & Family Resources Monthly Newsletter

Greetings...

Another month is quickly passing by and we've landed in a new school year and fall season. There are many changes occurring in all avenues of life including many that have to do with clients in our program. As we go through accreditation with the Counsel on Accreditation (COA) many changes will be taking place in how we run our program on a daily basis. ISA, Medicaid, and Therapeutic Foster Care are among the many programs experiencing significant alterations. The Mental Health Program has successfully transitioned into a new programming schedule for the 2010-2011 school year.

2010-2011 Programming Update

New Behavioral Health Services Coordinator

A very special congratulation goes out to Katie Lee who has accepted the position of Behavioral Health Services Coordinator. She will be supervising the Behavioral Health Associates (formerly referred to as Mental Health Associates), scheduling for programming during the week and scheduling staff as well. She will be handling the day to day management of the program. Please feel free to call her with comments, suggestions, concerns or congratulations. Katie may be contacted at her desk 463-6186 as well as on her cell, 723-0663. She will also be helping with note collection, auditing and helping with COA and PQI efforts. This position is essential to the smooth, everyday operation of our program and we are very excited to have her on board as well as for what the future brings for the behavioral health program.



Some Words from the Program Manager

Camp Champ!

Camp Champ, our annual children's summer camp experience occurred this August 9, 10th and 11th at Eagle River Methodist Camp, SE. This is our 7th year of providing a summer camp experience for children who otherwise would not be able to have a camping experience. This year 30 children were given the opportunity.

For approximately 3 days during the summer Camp Champ provides children who may experience homelessness, parental incarceration, or child protective service involvement an opportunity to leave behind their often chaotic home environments and the everyday stresses of growing up with those challenges.

While at camp, a child does not have to help raise brothers or sisters, take care of herself while her single parent is at work, worry about how Grandma is going to make ends meet this month, or be stressed about any responsibilities at home. The kid can be a kid. She can play. She can fish. She can swim. She can take time to be a child.

Furthermore, Camp provides an opportunity for these children to interact and share common experiences with other children that are living in not-so-common situations. Each child gets the chance to see that he is not alone in his challenging life. They can see that other kids are going through similar hardships. Also, at Camp Champ, we bring in folks in the know (authority figures) to interact in a fun and positive way, and to answer any questions the kids might have. Firefighters, correctional officers, policemen, CASAs, teachers, all of these and more come to share their time, their expertise, and some fun with the campers. Camp is minimally staffed by paid staff, and extremely fortunate to have volunteer staff to fill out the staffing needs.

Camp Champ is a cooperative effort of our community. The camp started as a part of our Children of Incarcerated Parents Program which was originally funded by the National Institute of Corrections, and has continued even when the funding dried up—kept alive with donations of time, staff, money and other considerations from multiple agencies and individuals.

Special Thanks to: Eagle Wings community church, the women of Northern Light United Church, the Church of the Nazarene, Eagle River Methodist Camp, The Juneau School District, State of Alaska Department of Corrections, Tanya Holley, John Gaguine, Rocky and Dorothy Reed, Ray Carpenter, Louise Galvin, Frank and Jan Guertin, Virgil Fredenberg, Officer David Wilson, JoAnn Fabrics, Hayden at Creative Resources, Dr. Bob White, Changing Tides, Juneau Quilting Club, Erin the popcorn lady, the Juneau Moose Lodge, Female inmates of Lemon Creek Correctional Center, Sgt. Ken Hoff, SAGA, Officer Morris, PO Pierce, Juneau Deputy Fire Marshall Sven Pearson, Jeff Brown, Mark Wheeler, Jesse Schooler, Eileen Hosey, Carleen Mitchell, Helen Kalk, Jake Carpenter. Special Thanks to fulltime core camp staff, Jan, Lori F, Lori K, Ben, Amber, Ragan, Anthony and Bunti, Plus part time FRC staff Tika, Dani, Ken, Jay, and Flo. We would especially like to thank our youth mentor Counselors in Training for their valuable assistance, Kristen, Daniel, Michael, Hunter and Katrina.

Therapeutic Foster Care Changes and Training

CCS is currently in the process of assuming full placement agency responsibility for CCS therapeutic foster homes. While we have been a placement agency for the last two and a half years, OCS has maintained primary placement oversight and responsibility.

Therapeutic Foster Care Changes and Training Continued

All current CCS foster parents have been or will be contacted by the OCS licensing division to explain the changes, and foster parents will be asked to make the choice of being either an OCS foster parent or a CCS foster parent. While this process started this summer, and we had hoped to have the transfer complete by the end of August, the transfer of cases is taking longer than anticipated.

CCS therapeutic foster parents are required to have more training and experience than most foster parents. Our parents are required to participate in team meetings, provide skill development in a family setting, and operate as part of a treatment continuum. This may include clinical services provided to the family and child in and out of the home, extra training regarding the diagnoses of the child they provide therapeutic care for. They may be required to provide interaction and modeling for the family of origin in cases where the child will return home. We also require extensive documentation of services, meeting the standards of CCS, as well as state statutes and federal Medicaid law for a therapeutic foster care environment. Significant ongoing communication with CCS staff and coordination of services with and by the child's case manager is another requirement. Oversight of all therapeutic foster homes will be split between Clinical Management and assigned CCS Placement Agency Administrative staff.

The next training dinner will be on October 6 from 5:30 to 7:00pm and will be an introduction to the teaching social skills model we will be using throughout our programming.

Programming will be provided for children as well. . Please call or email Bunti Reed (463-6182 or bunti.reed@ccsjuneau.org) to RSVP and tell us how many children we will need to staff for.

Boys Town Model

The FRC is Adopting the Boys Town Model

The Boys Town Model has been chosen as a working model for the Family Resource Center. The Model delivers a consistent structure for treatment provided to children and families and, through years of research, has been shown to deliver significant, lasting, positive results. Some focus areas are:

- Teaching children and families new, life-changing skills
- Helping children and families build healthy relationships
- Empowering children and families to make good decisions on their own
- Caring for children in a family-style environment

The model also is designed so that:

- Children are always in a safe place and a safe program
- Children and families get better
- Children and families are nurtured and respected
- It can be adopted and implemented by other organizations.

Currently staff is being trained on the social skills curriculum and the therapeutic teaching methods associated with them. This treatment approach focuses on teaching our clients essential life skills that will assist for a more successful transition into maturity and young adulthood. These skills begin as basic as "Following Instructions and Introducing Yourself" and steadily elevate to advanced social skills focusing on "Patience, Planning Ahead, and Tolerating Differences".

Specialized Training in Reactive Attachment Disorder

Mark Steven Coen, MSW

Thirty-nine people attended a specialized training on Reactive Attachment Disorder (RAD) presented by Mark Steven Coen, MSW. Mr. Coen's expertise is working with children who have experienced trauma, have attachment disorders, and have trouble interacting in the family and/or social groups. These children often times struggle with grief, anger, depression, low self-esteem, lying and manipulative behaviors, and can also be socially and emotionally withdrawn. Mr. Coen works with foster/adoptive parents as well as other professionals working with these children and trains them how to address these problems. Mr. Coen also runs social skills groups for kids to support healthy development. Mark is the founder of Attachment and Trauma Specialists which provides counseling, consultation, trainings, monthly support groups as well as many other services dealing with Reactive Attachment Disorder. Mr. Coen has agreed to provide consultation on cases involving children with RAD.

Calendar of Events

Family Night

Family Night – Scheduled for Oct. 20. We will be having a Fall/Halloween Party. Join us for games, fun and food for the entire family.

Support Groups, Trainings and Classes:

Single Dads Support Group – Meets every 2 weeks. The next two meetings are scheduled for Oct. 11th and 25th. This group is for single dads and covers topics such as single parenting, developing positive supports, and parent education. Contact Ben Cordero at 463-6132 for more information.

Our Time – This group is for any and all parents of high/special needs children. Childcare and a light meal are provided. Our Time meets every week on Thursday nights. Contact Bunti or Lori at 463-6132 for more information.

Parenting Classes – New series beginning Monday, Oct. 4th. Contact Jenny Goodnough for more information at 463-6130.



For Your Information

Systems of Care for Children and Youth with Attention Deficit/Hyperactivity Disorder

In a classroom of 30 children or youth, it is likely that at least two students are affected by ADHD. This surprisingly common condition makes it hard for children to control their behavior and/or pay attention. If left untreated, it can lead to school or job difficulties, depression, relationship problems and substance abuse.

What is ADHD?

There are three types of ADHD: the hyperactive impulsive type, the inattentive type, and a type that is a combination of both. The severity of ADHD varies among children, even siblings, so no two children will have the same symptoms. Symptoms may include:

- Restless feelings;
- Blurting out answers before hearing the whole question;
- Difficulty waiting in line or taking turns;
- Appearance of not listening or easily distracted;
- Failing to pay attention or making careless mistakes;
- Skipping from one incomplete activity to another.



What happens after an ADHD diagnosis?

If a qualified health care or mental health care provider has diagnosed a child with ADHD, he or she may suggest several different treatment options. They may also suggest enrolling in a system of care, if one is available.

What is a system of care?

A system of care is a coordinated network of community based services and supports that are organized to meet the challenges of children and youth with serious mental health needs and their families. Families work with public and private organizations so services and supports are effective, build on strengths of individuals, and address each person's cultural and linguistic needs. National data collected for more than a decade support what families in systems of care have been saying: systems of care work!

How can I find a system of care?

For information about the System of Care in our community contact our Children's Behavioral Health Program at 463-6180. Our clinical staff can assist in finding the best resources and options.