

Rural Nevada Caregiver Newsletter



Foster/ Relative/ Fictive Kin Caregivers

The Time is Right for Social Work

Social Work Month in March is a time to celebrate the great profession of social work. The theme for Social Work Month 2022 is **The Time is Right for Social Work**. People become social workers because they have a strong desire to help others and make our society a better place to live for all. Social work is one of the fastest growing professions in the United States, according to the Bureau of Labor Statistics (BLS). There are almost 720,000 professional social workers in our nation, but that number is expected to rise to more than 800,000 by 2030, BLS said. Social workers touch millions of lives each day and it is likely a social worker at some time will assist you, a family member, or a friend. We want to recognize the great work that our own social workers within DCFS do daily, through a QPI informed lense, to promote the safety, permanency, and well-being of all NV children.

Pete Rubio is a social work supervisor in the Fallon office and was nominated for a spotlight by Family Support worker, Aimee Herbert. Aimee says *“Pete works hard to keep kids safe in our care and in our community. Pete is supportive to his staff, foster parents, and the community. He works hard for the community and DCFS and demonstrates positive interactions with staff, parents, community partners, foster parents and other that are involved in the day-to-day activities of DCFS. Pete is a huge asset to DCFS, and I see him working hard every day. Pete models integrity, hard work, trustworthiness, amazing ethics, and is the most supportive supervisor to the team at DCFS.”*

Kristen DeShane, a foster parent in Ely nominated the staff at the Ely office for recognition and embodying QPI principals. Kristen writes, *“I want to recognize all the Staff at the DCFS office in Ely, NV. They all go above and beyond for the children in their care and their Foster Families. They make sure the children get as much family time as they want and can. They always are willing to answer whatever questions anyone may have. They are very supportive with their Foster Families. They all work together in the office amazingly. I love watching the teamwork behind the scenes whenever we visit the office. The staff in Ely is amazing and I love being a part of this community of Foster Parents because of the amazing staff at the DCFS office in Ely. Faye, Rose, Shauna, Clay, and Ann you all rock and should be recognized more than you know. We love all the support you give us and how warm and kind-hearted you all are. Thank you for everything you all do for our children and our community. We may be a small community in Ely, but our DCFS workers are MIGHTY!!”*

These are just two examples of the amazing work that is being done by social workers and caseworkers, every day. Each day, social workers empower millions of Americans so they can live the life to their fullest potential. Social workers also work in communities and in politics to improve living conditions for all. During Social Work Month we urge you to learn more about this amazing profession, thank the social workers in your lives, and help support the profession!



THE TIME IS RIGHT
FOR SOCIAL WORK



Nevada Statewide Kinship Support Group

"All in This Together"
Partnering with birth parents
a 5-week curriculum of support
and learning

Wednesday, March 2nd @ 5pm
Friday, April 1st @ 5pm
Friday, May 6 @ 5pm
Friday, June 3rd @ 5pm

Meetings are online via Zoom.

Email Rose@fosterkinship.org for additional information or view our public calendar at www.fosterkinship.org/contact

702-546-9988



NEVADA STATEWIDE PARTNERSHIP MEETING

Kinship, Foster, and Adoptive families can join us for our Nevada Statewide partnership meeting to share strength, receive support & resources, and get additional training opportunities.

Participants will receive one hour of re-licensing credit

Thursday, 2/17 @ 5PM
Thursday, 3/17 @ 5PM
Friday, 4/15 @ 5PM
Friday, 5/20 @ 5PM
Friday, 6/17 @ 5PM

Meetings are online via Zoom.

Email Rose@fosterkinship.org for additional information or view our public calendar at www.fosterkinship.org/contact

702-546-9988

The Division of Child and Family Services presents: *Reframing: Unhealthy and Unhelpful Thoughts and Beliefs*

The training is held on:
March 28, 2022 6:00 pm – 8:00 pm
March 29, 2022 9:30 am – 12:00 pm

This is a virtual, live training and will be held on *Microsoft Teams*. You will be able to attend the training from home or from wherever you have your computer or laptop

Participants will need a computer or laptop

Topics Covered in the Training Include:

- **Viewing (trauma lens) our youth's motives, behaviors and needs in a different manner**
- **Assisting the Caregiver with assessing and reevaluating their own Core Beliefs**
- **Exploring Cognitive Reconstruction of Unhealthy and Unhelpful Thinking**
- **Tools that teach youth how to change/process their thinking errors**

Participants can either attend the evening session or the morning session. Licensed homes will earn 2 hours of credit

To register, please contact:

Stacy Peters
stacy.peters@dcfs.nv.gov
(702) 861-2627

Kelly McKiddie
kmckiddie@dcfs.nv.gov
(775) 560-4327

The Trauma Research Foundation Presents:

Inspired Parenting – Parenting from an Attachment/ Trauma Perspective

Join Dafna Lender, a child and family therapist with over 20 years' experience, for a FREE monthly series.

TOPICS COVERED IN THIS 8-PART SERIES

- February 23, 2022 – How to incorporate more playfulness into day to day parenting
- March 23, 2022 – How to regulate a child who is acting silly/chaotic
- April 20, 2022 – How to provide a sense of organization and structure for a child
- May 25, 2022 – How to regulate your reaction to your child
- June 22, 2022 – How to respond to a child's nonverbal signals
- July 20, 2022 – How to deal with aggression and out of control behaviors
- August 17, 2022 – How to validate a child's feelings
- September 21, 2022 – How to handle problem behaviors like a sore loser, a child who lies, steal

Click [here](#) to visit the Trauma Research Foundation's website and to register for the workshops!

Infant Formula Recall

The FDA is advising consumers not to use Similac, Alimentum, or EleCare powdered infant formulas after four consumer complaints related to *Conobacter sakazakii* or *Salmonella* in infants who had consumed powder infant formula manufacture in a Sturgis, Michigan facility.

Stop using any Similac, Alemntum, or Elecare powdered formulas if:

- The first two digits of the code are 22 through 37; and
- The code on the container contains K8, SH, or Z2; and
- The expiration date is 4-1-2022 (APR 2022) or later.

If your infant is experiencing symptoms related to *Cronobacter* or *Salmonella* infection, such as poor feeding, irritability, temperature changes, jaundice, grunting breaths, abnormal movements, lethargy, rash, or blood in the urine or stool, contact your health care provider to report their symptoms and receive immediate care.

The fastest way to receive a refund or replacement, even if the formula was purchased through WIC, is to take your product in its original container back to the retailer where you purchased the product for a refund, product exchange, or store credit, per retailer return policy. If the retailer will not provide a refund, you can complete an online form on Abbot Nutrition's [website](#) to start the refund process.

FAQ

Q. How can I help a child in 'fight mode?'

A. While there is no one way, nor one right way, to do things to help an angry child, there are some preferred approaches. As a clinician I wish I could tell you that A plus B always equals C, but this is just not so with little humans and especially those from hard places due to trauma or even genetics. That being said, one of the best responses to anger is validation which looks like, "I see you are so angry, I'm sorry you're feeling so stressed" or "You really want to argue, you must be having a rough day." Asking why a child is angry or misbehaving when a child is escalated will likely get you blamed or result in an answer that only scratches the surface of what's really going on. Furthermore, the answers a child gives such as "she deserved it (being hit)" will likely lead the adult to lecture or invalidate the child's feelings (saying, "I don't care if your angry, we don't hit") so asking why in the moment isn't the best course of action. Also consequences *at this juncture* are not likely to help either; consequences are best discussed before a problem occurs (If you do x,y, z then w will happen) or much later when a child is calm. A second response that's beneficial is anything that just helps the child regulate their emotions so the child can feel safe and connected which helps the child want to resolve the issue later in the day. A response like putting your hand out and just waiting on the child to take it no matter how long it takes or asking if the child needs a hug or modeling a deep breath while saying out loud, "when I'm angry, I have to take a deep breath and count backward from 10 to shift my focus" is most ideal. Additionally, quoting a motto such as "it affects me a bit but it's Not About Me" to yourself in order to regulate yourself (as the adult) will ultimately help the child as this too can help you to let go of the need to defend; defending would only serve to keep the child acting angry and feeling insecure. Lastly, reminding yourself that a child in fight mode is most likely actually experiencing fear will help the child since it first helps the adult look at the child's behavior with more compassion.

Q: Who is responsible for telling the child why they are taken out of home?

A: The responsibility is on the DCFS worker who is removing the child. As soon as practicably possible (during or shortly after removal, but prior to leaving the child in your home), the worker should have a very transparent conversation in language the child can understand. The child should be told the truth, in an age-appropriate manner, no matter what the reason for removal or the age of the child. The worker should be briefing the caregiver on why the child was removed and that it is ok to tell the truth to the child if they ask why they are removed. The worker should prepare the caregiver by providing them with a copy of what they told the child, so the child receives a consistent and understandable explanation from both the worker and caregiver. The worker should gain understanding of the caregiver's comfort in answering this question. If the caregiver is uncomfortable or unwilling the worker must plan with the caregiver for what to do if the child asks the caregiver.

Q: Who is responsible for telling the child that their birth parents no longer have rights to them after a termination or relinquishment?

A: At least monthly, a child's caseworker should be visiting with the child. At these visits, the caseworker should be talking with the child about the status of their permanency goal(s) and case in an age and developmentally appropriate manner in which the child can understand. The worker should be addressing the parents' progress or lack of progress on the case plan and what this means regarding the child's permanency goals on an ongoing manner. The child should be made aware of any changes in the case, permanency goals, or court orders in an honest, age-appropriate manner. The worker should be ensuring the child understand their permanency goal changes or court orders and the child should be able to articulate what this means for them and their parents, based on the ongoing conversations with the caseworker. By the time that termination of parental rights (TPR) is ordered and granted by the Courts, or the parents relinquishes their rights, the child should have a clear understanding of their permanency goals, the plan for who will be caring for them, visits with parents and siblings (if applicable), court orders, next steps, status of their parents etc. In addition to having these regular conversations with the child, the worker should also be having regular (at least monthly) conversations with the caregiver regarding the parents' progress or lack of progress in case goals, any changes in permanency goals for the child, and next steps in the case. The worker should be having conversations with the caregiver about the information that is being provided to the child, during private conversations with the worker, so that the child is provided consistent, accurate information from all parties.

Will you Weigh In?

We would like to interact with you through this newsletter and provide information that is important to you! Please click [here](#) to take a short survey about what you would like to see in future newsletters!

If you would like to be removed from this mailing list, please email n.bennett@dcfs.nv.gov.

Rural Quality Parenting Spotlight

We want to celebrate all team members that touch the lives of children and families in our communities and need your help to do so! Our mission is to give recognition to every person who is helping children and families. Please take a minute to nominate a foster parent/ caregiver, DCFS staff, parent, or any community member who you feel deserves to be recognized!

Fill out the Rural Quality Parenting Spotlight Nomination form [here](#) and the QPI Coordinator will do the rest of the work.

Let's celebrate together and showcase our amazing community and all the people involved!

Monthly QPI Meeting – 3rd Wednesday at 11am. Email the QPI Coordinator, Liz Stetson, lstetson@dcfs.nv.gov, for the meeting invite.

The QPI Website has been updated with an easier to navigate format! Check it out!
<http://www.qpinevada.org/index.html>

Check out the QPI [calendar](#) for upcoming QPI meetings, QPI Webinars and Practice Exchange, and upcoming trainings!

Why are waterbeds so bouncy?

They're filled with spring water.



Attention foster youth!!!

Are you interested in pursuing higher education, including technical/ vocational school? You may qualify for a variety of grants and scholarships specifically for youth who are or have been in foster care. Talk to your Independent Living worker about funds available to you. You can also check out the [Nevada Fostering Higher Education Financial Aid Toolkit](#), which contains a ton of information about financial aid available to you.

Resources

National Suicide Prevention Lifeline

Call 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Children's Mobile Crisis Response Team

Northern NV – 775-688-4970; M-F, 8am to 8pm; Sat-Sun, 8am-6pm

Rural NV – 702-486-7865; Mon-Sun, 9am-6pm
Southern NV – 702-786-7865; Mon-Sun, 24 hours
The Mobile Crisis Response Team provides crisis intervention and support to Nevada families dealing with a behavioral or mental health crisis, either in person or over the phone.

Nevada Non-Emergency Medical Transportation

MTM provides Medicaid recipients with rides to appointments (if they have no other way to get there) OR reimbursement of mileage to appointments.

For Kids Foundation

The For Kids Foundation provides financial assistance to pay for any needed assistance or product that parents or caregivers cannot afford and which no other agency or organization can fund. The application process is easy, no proof of income required, and the approval process generally takes less than two weeks.

Clothes Closets/ CASA Closets

Ask your worker about resources in your area!