



MAY- JUNE 2024

# RURAL NV CAREGIVER COURIER

## BI-MONTHLY NEWSLETTER

### MAY IS NATIONAL Foster Care Month



#### LINKS & VIDEOS

[CONNECTED LIKE EYEORE & POOH](#)

[MARIANNA'S STORY](#)

[TBRI TIP: SENSORY SCAVENGER HUNT](#)

[MENTAL HEALTH MONTH ACTIVITY](#)

[BOOK BY YOUTH MOVE](#)

[THE IMPACT OF LOSS, GRIEF AND RELATIONAL CONNECTION FOR YOUTH IN FOSTER CARE](#)

#### MAY IS NATIONAL FOSTER CARE MONTH

National Foster Care Month is a movement led by the Children's bureau, that oversees federal regulations and data related to the foster care system. Each year is a different theme to bring attention to one of many complex topics in child welfare. This year, National Foster Care Month (NFCM) will raise awareness about the needs of youth transitioning out of foster care into adulthood and independent living. This year's theme—"Engaging Youth. Building Supports. Strengthening Opportunities."—emphasizes how it is essential to create a child welfare system that takes a holistic and culturally responsive approach to engaging youth in planning for their future to help them leave care with lasting relationships, meaningful supports, and greater opportunities. Visit the campaign page to learn more about NFCM and to find tools, resources, and outreach materials, such as those to the side, to help your networks raise awareness.

365,000

There are over 365,000 children and youth in foster care.

18,500

Approximately 18,500 youth are emancipated from foster care without a permanent family.

77%

In 2021, 77 percent of eligible youth in foster care, ages 14-21 years old, left care without receiving the federally funded services necessary to prepare them for adulthood and independent living.

# NATIONAL FOSTER CARE MONTH GRAPHICS AND BANNERS (CLICK TO DOWNLOAD)



## TIPS FOR Engaging Youth, Building Supports, and Strengthening Opportunities



1. **Create a safe space.** Help ensure youth feel comfortable sharing their needs and interests.
2. **Champion engagement.** Involve youth in making decisions about their future.
3. **Support connections.** Encourage youth to build relationships that nurture their well-being, culture, and identity.
4. **Commit to collaboration.** Work with related professionals to unlock opportunities for youth.
5. **Encourage Independence.** Connect youth to services that strengthen their education, work, and life skills.



Showing up matters. Authentic relationships have lifelong effects.



## TIPS TO Strengthen Minds & Uplift Families



1. Nurture youth's well-being early, often, and continuously. Don't wait for the signs.
2. Talk about mental health as needs and strengths rather than problems or issues.
3. Recognize what culture has to offer. Incorporate traditions, practices, and community.
4. Engage youth. Ask what types of supports they need—including traditional and nontraditional options.
5. Champion the well-being of families and caregivers to support youth's mental health.



National Foster Care Month  
childwelfare.gov/fostercaremonth

Engage young people early and throughout their time in foster care.



MAY IS NATIONAL Foster Care Month  
childwelfare.gov/fostercaremonth



Connecting youth to holistic opportunities strengthens their future outcomes.



Nurture family and community relationships to support well-being.





# FOSTER PARENT APPRECIATION


THANK  
YOU!

**SAVE THE DATE**

THANK  
YOU!

DCFS & Community Partners want to thank **YOU** for your service as a foster family. Save the Date for upcoming appreciation parties throughout the state this summer. Attend as many dates as you would like!

 **SPRING CREEK, NV**  
**THE MARINA IN SPRING CREEK**  
**JUNE 22ND TIME TBA**

 **FALLON, NV**  
**CHURCHILL AQUATIC CENTER**  
**JUNE 23RD 11AM TO 1PM**

 **CARSON CITY, NV**  
**JAMES LEE MEMORIAL PARK**  
**AUGUST 24TH 12PM- 2:30 PM**

 **PAHRUMP, NV**  
**THE POOL @ PETRACK PARK**  
**DATE TBD**

**SAVE THE DATE**  
**TO CELEBRATE**  
**YOU**  
**THANK YOU**  
**FOSTER FAMILIES!**

  
  
*Hope*  
IS  
*fostered*  
*here*

NV DIVISION OF CHILD & FAMILY SERVICES

***MORE DETAILS AND RSVPS***  
***WILL BE EMAILED SOON***

# TRAININGS, EVENTS AND OTHER



## RESPITE CO-OP: NOW LAUNCHED!

THE RESPITE CO-OP IS A VOLUNTARY LIST OF LICENSED FOSTER PARENTS & NON-PRIMARIES IN DCFS THAT ARE WILLING TO SHARE THEIR NAME AND CONTACT INFO WITH OTHER LICENSED FOSTER HOMES TO REACH FOR RESPITE PURPOSES. RESPITE OPPORTUNITIES CAN BE LARGE & SMALL.

UTILIZE IT FOR THINGS LIKE:

- OUT OF STATE TRIPS
- PARENT'S NIGHT OUT
- ARRANGE SCHOOL CARPOOL
- REST & DESTRESS
- IN BETWEEN DAYCARE/SCHOOL SPOTS
- ETC.

**REGISTER**



**QPI** QUALITY PARENTING INITIATIVE  
**RURAL NEVADA**  
[WWW.JITNEVADA.ORG](http://WWW.JITNEVADA.ORG)

## NEXT RURAL NV QPI MEETING:

**6/19/2024 @ 11 AM**

Via Microsoft Teams

Email [kevin.quint@dcfs.nv.gov](mailto:kevin.quint@dcfs.nv.gov) for meeting link



## DCFS ONLINE CAREGIVER CORNER

**6/5/2024 @ 8 PM**

Via Microsoft Teams

Meeting ID: 234 941 921 419

Passcode: JWvtGb

Email [shelby.riley@dcfs.nv.gov](mailto:shelby.riley@dcfs.nv.gov) for meeting link

YOUTH LAW CENTER PRESENTS  
**2024 QPI NATIONAL CONFERENCE**  
**TEENS ARE DIFFERENT:**  
A RESEARCH-BASED APPROACH TO ADOLESCENTS THRIVING IN FAMILIES

## NEXT NATIONAL QPI WEBINARS:

**Teens are Different: A Research-Based Approach to Adolescents Thriving in Families** **May 22 2024**



**REGISTER NOW**

**MAY 22, 2024**

FEATURING DEVELOPMENTAL RESEARCH EXPERTS:

9:00 AM - 2:00 PM PACIFIC

12:00 - 5:00 PM EASTERN

YOUTH LAW CENTER

QPI QUALITY PARENTING INITIATIVE



Adriana Oshin, Ph.D.



Andrew Falgout, Ph.D.



Wendy Grubick, Ph.D.

**QPI** QUALITY PARENTING INITIATIVE

**The Power of Sibling Relationships: Building Strong Foundations** **June 20 2024**

**COMING SOON**

# TRAININGS, EVENTS AND OTHER



## NV PEP OFFERS ON DEMAND TRAININGS

Nevada PEP is a statewide organization serving families of children and youth with disabilities and behavioral health needs from birth to 26 and their service providers. They offer a variety of training workshops on special education, mental health care, and disability related topics.

[NVPEP.ORG](http://NVPEP.ORG)

[TRAINING](#)

## NEVADA QPI JUST IN TIME TRAININGS



[WWW.JITNEVADA.ORG](http://WWW.JITNEVADA.ORG)



**THE WEBSITE HAS MOVED. BE SURE TO BOOKMARK THEIR NEW WEB ADDRESS!**



## NV TBRI® CAREGIVER TRAINING: INTRODUCTION & OVERVIEW

June 12th 6PM

Trust Based Relational Intervention is a highly recommended parenting practice for foster parents. This free training is offered online by DCFS partner Raise The Future.



[REGISTER NOW](#)

# TRAININGS, EVENTS AND OTHER



Nevada Statewide Support Group on how to provide calm, connected, and consistent care to children who are healing from past trauma.

Facilitated by Michelle Rupe, TBRI® Practitioner  
MRUPE@FOSTERKINSHIP.ORG

With support from Family Advocates Alisha McIntosh and Cindy Tarrant

"Understanding the trauma our children have been through allows us to understand as caregivers how to meet the need behind the behavior"  
-Michelle Rupe



**STATEWIDE CAREGIVER SUPPORT GROUP**  
Third Thursdays of the month @6PM  
In person or via Zoom  
8691 W Sahara Ave, Las Vegas, NV 89117  
offered by DCFS partner Foster Kinship  
<https://zoom.us/j/5655501139>  
Passcode: kinship



**TEXTURED HAIR CARE**  
MONTHLY LEVEL 1 VIRTUAL CLASSES

- Overview of basic hair care, types, textures, and skincare
- Overview of protective styles and product recommendations
- Introduction to individual braiding

February 21, 2024 5:00 - 7:00 PM | [REGISTER](#)  
March 9, 2024 9:00 - 11:00 AM | [REGISTER](#)  
April 10, 2024 5:00 - 7:00 PM | [REGISTER](#)  
May 8, 2024 5:00 - 7:00 PM | [REGISTER](#)  
June 12, 2024 5:00 - 7:00 PM | [REGISTER](#)  
July 13, 2024 9:00 - 11:00 AM | [REGISTER](#)  
August 14, 2024 5:00 - 7:00 PM | [REGISTER](#)  
September 18, 2024 5:00 - 7:00 PM | [REGISTER](#)  
October 9, 2024 5:00 - 7:00 PM | [REGISTER](#)  
November 13, 2024 5:00 - 7:00 PM | [REGISTER](#)  
December 11, 2024 5:00 - 7:00 PM | [REGISTER](#)

**MONTHLY VIRTUAL TEXTURED HAIR CARE**  
By the California Alliance of Caregivers  
Learn to care for textured or curly hair

[REGISTER NOW](#)



**We are Thriving After**

**THRIVING AFTER POST -PERMANENCY**  
Provided by Foster Kinship  
Offering a Variety of Services to support families who have achieved permanency through a guardianship or an adoption.

[LEARN MORE](#)

## MAY MENTAL HEALTH

Community & Identity  
Goal Setting & Values  
Building Resiliency  
Self-Care

## JUNE EMPLOYMENT

Resumes  
Job Applications  
Interviews  
Workplace Etiquette

**UPCOMING INDEPENDENT LIVING WORKSHOPS**  
For youth age 14 & up on [ZOOM](#)

Wednesdays from 4:00pm-4:30pm  
Zoom ID: 487 374 3854



# SPOTLIGHTS

---

On this page you will find spotlights of staff you should get to know & a waiting child/ sibling group for adoption.



## MEET ANTHONY & SAVANNAH WAITING CHILDREN FOR ADOPTION IN RURAL NV

**A**This is an energetic, strong-willed, and affectionate duo.

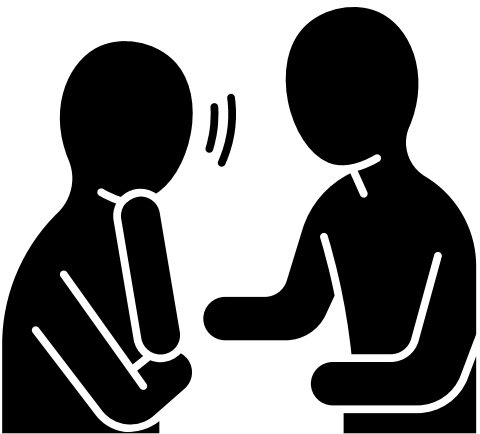
**T**hese twins are very close and are looking for their forever home together.



**IF YOU HAVE BEEN A LICENSED FOSTER PARENT FOR AT LEAST ONE YEAR AND ARE INTERESTED IN LEARNING MORE ABOUT ANTHONY AND SAVANNAH, PLEASE REACH OUT TO THE RECRUITER TODAY AT [ADOPTIONRECRUITER@DCFS.NV.GOV](mailto:ADOPTIONRECRUITER@DCFS.NV.GOV)**

## ADVICE COLUMN

Do you have a question on foster parenting? Child behavior? The court system? We want to bring you answers. Submit your question for a change to be answered by a professional in the next edition of the Caregiver Courier.



**SUBMIT UR Q**

# ANNOUNCEMENT & OTHER NEWS



Just in Time  
Training

HAS MOVED!



WEBSITE

[WWW.JITNEVADA.ORG.](http://WWW.JITNEVADA.ORG)



JOIN THE COMMUNITY

RURAL NV FOSTER PARENTS & PARTNERS OF QPI



CLICK TO JOIN



 HELPFUL LINKS:



[Agency Forms and Documents  
for Foster Parents](#)



[QPI Just In Time Training](#)

Welcome

NEW FOSTER HOMES

JAMIE & GRANT PERKINS  
(PANACA)

SHAUNDELL & BRIAN FOUGHT  
(SPRING CREEK)

BONNIE & JOSHUA ALM  
(YERINGTON)

ASHLEY "ASH" ARCHIBALD  
(ZEPHYR COVE)

JAYMEE OXBORROW (FERNLEY)

KYLE & JESSICA HOLLINGSHEAD  
(CARSON CITY)



Hope <sup>IS</sup> fostered here

DIVISION OF CHILD AND FAMILY SERVICES