

❖ **CPR/FIRST AID TRAINING:**

- ◆ Kids Crossing, Colo. Springs office.
- ◆ Three classes are available with instructor, Mark Schaefer:
 1. First Aid (3-year certificate)
 2. Adult CPR (2-year certificate)
 3. Infant CPR (2-year certificate)
- ◆ Cost is \$35 for first class, plus \$5 for each additional class. \$45 for all three.
- ◆ Wed. March 23 • 6 to 10 pm.
- ◆ First Aid at 6 pm.
- ◆ CPR at 8 pm.
- ◆ RSVP to Kathleen at 667-7062.

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of mental disorder studied, including major depression (11.3 percent vs. 24.3 percent), anxiety disorders (28.8 percent vs. 43.0 percent), and substance use disorders (5.1 percent vs. 11.1 percent). In addition:

- When combined across classes of mental disorders, alumni from the program with enhanced services had 44.7 percent fewer 12-month disorders per 100 respondents than alumni from the other programs.
- Alumni from the program with enhanced services also had a significantly lower 12-month prevalence of ulcers (7.4 percent vs. 13.0 percent) and cardio metabolic conditions (including diabetes, hypertension, or heart disease: 14.9 percent vs. 22.6 percent)

"These findings provide a wake-up call for the nation that the well-being of hundreds of thousands of our most vulnerable children needs to become a national priority," said Dr. Carol Spigner, Kenneth L.M. Pray Professor in the School of Social Policy & Practice at the University of Pennsylvania.

"These children enter the child welfare system through no fault of their own because of traumatic family circumstances. We have a responsibility as a nation to provide them with high-quality services to help them succeed in life."

"We shortchange children in foster care when we deny them the essential services that ultimately would enable them to function in society as adults," said Dr. Carl Bell, President and C.E.O. of the Community Mental Health Council in Chicago.

"This research deepens our understanding of the direct connection between investments and results. When our child welfare systems fail to provide resources at an early age, we miss opportunities to change individual lives and society pays health and mental health costs that we have the power to prevent."

Bob Butterworth, Secretary of the Florida Department of Children and Families, added: "This study shows the tremendous benefits possible for the children and families we serve if we can improve the care we give them. The best way to do this in the face of flat budgets might be to reduce the number of children in care and reinvest those savings into improving programs for the children who remain in care."

(This article has been reproduced in its entirety from <http://psychcentral.com/news/2008/06/03/good-foster-care-improves-mental-health-in-adulthood/2397.html>.)

★ **WELCOME NEW FOSTER PARENTS!**

♥ Brenda in Pueblo!

★ **THANK YOU!** Foster parents, Josie & Richard have been advocating vigorously for the girls in their home!

★ **KUDOS!** Thank you, Colleen & Roger, for taking two emergency placements and doing such a great job!

★ **Going ABOVE & BEYOND!** Foster parents, Jenny & Jeff have shown extraordinary flexibility in the placements they take and doing an awesome job with accommodating one teen to maintain the same school for a week in order to allow her to finish out a project she felt was important.

★ **SUPER Job!** Foster mother, Karen transported the 3-month-old baby in her care to the Criminal Justice Center for a visit with the infant's mother to help them maintain their bond.

★ **MAKING a DIFFERENCE!** Foster parents, Deborah & Ed have been working diligently with the teen girl in their foster home, who has recently stepped down from an RTC level of care.

★ **WELL DONE!** Foster parents, Joan & Fred stopped by to visit and help at a recent recruitment event.

★ **DOING LOTS OF HARD WORK!** Foster parents, Denise & Manuel have been sticking with the foster children in their home despite the significant challenges presented at home by the children's behavior.

★ **Going the EXTRA Mile!** Foster parent, Francis is maintaining a relationship with a youth who was formerly placed in his home and helping with this youth's transition.

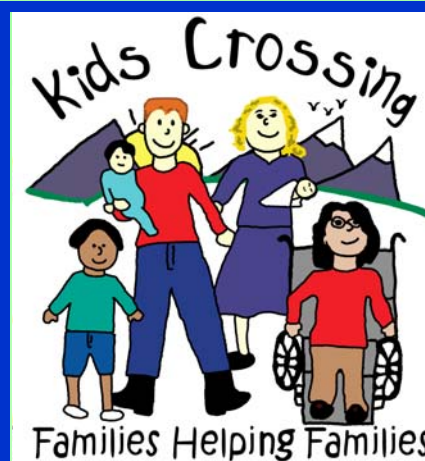
★ **Making a DIFFERENCE!** Foster mother, Jackie has also been maintaining a relationship and visiting with a youth who was formerly in her home.

★ **FANTASTIC Teamwork!** Foster parents, Margaret & Joseph have been working with two other foster families to ensure that all of the children, who are part of a sibling group placed in the three homes, are able to have regular contact.

★ **WAY to GO!** Foster mother, Marie has done a great job of managing her three children and foster child while her husband has been deployed, and she has continued to work with health professionals on the foster child's issues.

★ **THANK YOU!** Foster parents, Marla & Richard are working hard to ensure that the foster child in their care feels at home within their family.

Keep doing what you do so well!



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www.kidscrossing.com



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Good Foster Care Improves Mental Health in Adulthood

By RICK NAUERT PhD Senior News Editor, PsychCentral.com
 An innovative study has discovered the quality of a foster care program can influence the physical and mental health of individuals in adulthood.

In the first controlled follow-up study ever to examine the long-term health effects of foster care programs, researchers from Harvard Medical School showed that the extremely high rates of mental and physical disorders typically found among adult alumni of public foster care programs were significantly reduced among alumni of a private foster care program staffed by highly trained social workers with low caseloads and good access to quality services.

The study followed 659 foster care alumni into adulthood more than a decade after they left foster care. To make the comparisons meaningful, a control group of state-run public system alumni was created consisting exclusively of those eligible for, but not selected for, the private program because of limited openings.

The most dramatic differences were approximately 50 percent reductions in rates of adult major depression and substance use disorders among private program alumni compared to the control group of public program alumni.

These findings were published in the June 2008 issue of *Archives of General Psychiatry*.

According to Ronald Kessler, Professor of Health Care Policy at Harvard Medical School and lead author on the study, "Concerns have been raised by many child welfare advocates that the \$24 billion per year US child welfare system is at a crossroads for reform. The system has expanded dramatically in the past two decades, with nearly 800,000 children currently in foster care each year, more than 1 percent of all US children, over twice the number served two decades ago."

Calls for system redesign to improve care have resulted in a number of public and private agencies developing foster care programs that offer higher quality services, lower caseloads, and higher salaries for workers. Until now, however, researchers have never systematically evaluated whether these program quality improvements make a difference to youth outcomes.

"The results of this study show clearly that they make an enormous difference," says Kessler.

The study was carried out among alumni of foster care programs in the states of Oregon and Washington in collaboration with state agencies in Oregon (i.e., the Department of Human Services; Children, Adults and Families; Community Human Services) and

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IMPORTANT NOTICE — FILE/TRAINING REQUIREMENTS:

1. **COMPETENCY TRAINING:** Every foster parent needs to turn in his/her own form (not one form with both signatures on it).
2. **CPR/FIRST AID:** Foster parents must receive their CPR/First Aid training certification from an approved source. Online CPR/First Aid training is NOT accepted.
3. **AUTO REGISTRATION:** There is a new State requirement for foster parents to submit current vehicle registrations. Please get a copy to your appropriate Kids Crossing office as quickly as possible.

If you have any questions, please contact your home supervisor.

("Good Foster Care..." continued from previous column)

Washington (i.e., the Department of Social and Health Services, Children's Administration, Division of Children and Family Services) and Casey Family Programs (a private operating foundation providing foster care services).

Case record files were used to select adolescents (14 to 18 years of age) who were in either the public or private programs in Oregon and Washington between 1988 and 1998. Over 80 percent of alumni were traced up to 13 years after leaving care and 92.2 percent of those traced were interviewed. Post hoc matching of public program alumni to private program alumni, and of follow-up survey respondents to non-respondents was done based on information abstracted from case record files.

Although there were many similarities in program experience and alumni outcomes, significant differences were found in key areas. Alumni from the program with enhanced services:

- Had significantly more stable placements in terms of mean duration of placement than public program alumni—both in Oregon (32.7 vs. 13.3 months) and Washington (26.4 vs. 19.2 months).
- Were substantially less likely to experience adverse events such as a reunification failure during comparable periods of time in foster care.
- Were also at consistently lower risk of foster parent neglect, physical abuse, and sexual abuse.

The study team also found that alumni from the program with enhanced services had significantly better outcomes than alumni from the other programs in all measures of mental health and in some, but not all, measures of physical health.

Specifically, after adjusting for several program differences, alumni from the higher quality program had a significantly lower 12-month prevalence than alumni from the other programs in all three classes

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FOSTER PARENT GROUPS AT KIDS CROSSING & OTHER TRAINING OPPORTUNITIES:

Denver

❖ BEYOND CONSEQUENCES • 20 HOURS

- ◆ Kids Crossing, Aurora Office, 14901 E. Hampden Ave., Suite 205.
- ◆ Starting Monday nights on January 10 and meeting for ten weeks, **except for Jan. 17 and Feb. 21, which are holidays.**
- ◆ Meeting time from 6:30 p.m. to 8:30 p.m.
- ◆ Learn more about working with children with difficult behaviors and earn 2 training credits per night.
- ◆ FREE to Kids Crossing Foster Parents and Group Home Parents/Staff.
- ◆ If you cannot commit to coming to all ten weeks, don't worry about it! You will earn 2 hours of training for each night you come and any time you can come will help you and your interventions with tough kids!
- ◆ Register with Amy Harder at 303-861-8915 or aharder@kidscrossing.com.
- ◆ Unfortunately, daycare cannot be provided.



Denver Foster Parents Monthly Support Group Meetings

NEXT SCHEDULED MEETING:
MONDAY • APRIL 4 • 6:30 PM

TOPIC: "How to say good-bye" to the children in your home and help them transition to planned placements (i.e. reunification or an adoptive home).

RSVP IF YOU PLAN TO ATTEND: Contact Amy at 303-861-8915 or aharder@kidscrossing.com.

CHILD CARE: Child care will be available — please let Amy know if you will need child care.

REFRESHMENTS: Snacks and beverages will be provided

TRAINING CREDIT: 1.5 hours.

CONTINUING SCHEDULE: Beginning in April, we will resume meeting the first Monday of each month at 6:30pm.

Pueblo

❖ BEYOND CONSEQUENCES • 20 HOURS

- ◆ Kids Crossing, Pueblo office.
- ◆ Ten weeks on Wed. mornings, beginning Feb. 16, except March 23, with last class on April 27.
- ◆ 10am to 12noon.
- ◆ RSVP to Roxann at 545-3882.
- ◆ Unfortunately, daycare cannot be provided.

❖ CORE TRAINING • 12 HOURS

- ◆ Kids Crossing, Pueblo office.
- ◆ Wed. March 9 • 6 to 10 pm AND Sat. March 12 • 9 am to 5 pm (lunch on your own).
- ◆ A commitment to attend both days is required.
- ◆ RSVP to Roxann at 545-3882.
- ◆ Unfortunately, daycare cannot be provided.

♥ LOVE & LOGIC TRAINING:

- ◆ Catholic Charities.
- ◆ 429 West 10th St. Suite 102.
- ◆ Phone: 544-4233 ext 120 or 112.
- ◆ Fee: \$25 a person or \$30 a couple.

❖ CPR & FIRST AID CLASS:

- ◆ Good for 2 years. \$35 for both.
- ◆ February 5th • 1:30 to 5:00 p.m.
- ◆ New Life Bible Church, 2320 Prairie Avenue.
- ◆ Call Renee for reservations at 251-8878 or 561-0941.

♥ ASSOCIATES FOR PSYCHOTHERAPY & EDUCATION:

- 924 Indiana Ave. Classes meet at 6pm.
- Call 564-9039 to register. Fee \$5.
- Mar. 1: Promoting Strong Self-Perspective in Our Teens
- Mar. 8: Grief—Part 1. Can You Be Proactive about Grief?
- Mar. 15: Grief—Part 2. Dealing with the Aftermath of Loss.
- Mar. 22: Preventing the Unplanned Life Consequences of Teen Pregnancy.
- Mar. 29: Preventing Conflict in Mother Teen-Daughter Relationships.

Colo. Springs



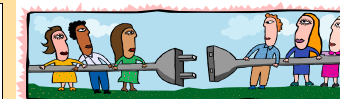
❖ OPEN HOUSE • 1 HOUR

Tues., March 1st, 5:30 to 6:30pm,
1440 E. Fountain Blvd. Open House is for anyone interested in learning more about Kids Crossing and/or foster care. Please RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

❖ BEYOND CONSEQUENCES • 20 HOURS

- ◆ Kids Crossing, Colo. Springs office.
- ◆ 10 weeks on Thursday mornings, beginning April 7th, going through June 9th. From 6:30 to 8:30 p.m.
- ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.
- ◆ Unfortunately, daycare cannot be provided.

Colo. Springs Foster Parent Group Meetings



ALL GROUP MEETINGS:

- ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.
- ◆ Child care will be offered to those who RSVP.
- ◆ KC will provide beverages for these meetings. Please bring a snack to share.

TRAINING GROUP:

- ◆ De-escalation Techniques and Non-Physical Intervention. Ben Schoch, Trainer.
- ◆ 2nd Friday — March 11th • 10 to 11 a.m.

FOSTER CARE REVIEW:

- ◆ Thurs. March 24th.
- ◆ All foster parents are strongly encouraged to attend one of the following sessions:
- ◆ 9:30 to 11:30 a.m. or 6:30 to 8:30 p.m.

DISCUSSION SUPPORT GROUP:

- ◆ 4th Friday — March 25th • 10 to 11 a.m.
- ◆ Foster parents have the opportunity to discuss frustrations they have encountered, hear advice from other foster parents, share positive stories, and meet other foster parents to help build a support system.

MENTORING GROUP:

- ◆ This group is for foster parents who have been licensed at least 3 years and are interested in mentoring new foster parents.
- ◆ 1st Thursday — Mar. 3rd • 10 to 11 a.m.

CDHS

Nurturing Children with Special Health Care Needs

- Training topics include:
 - ❖ Understanding the feelings people may have about development disabilities.
 - ❖ Learning the best ways to manage the needs of children with developmental disabilities.
 - ❖ Finding out how chronic illnesses impact everyone in a family and how to deal with it.
 - ❖ Learning how to work better and smarter with medical professionals and with services available in your community.
- March 9, 2011 in Denver and broadcasting through videoconference to Archuleta County (Pagosa Springs) and Las Animas County (Trinidad).
- From 9 am to 1 pm.
- For foster care parents, adoptive parents and kinship care providers.
- Eligible for 4 continuing training hours.
- FREE for county foster parents and kinship care providers and only \$15 for adoptive parents or foster parents with private agencies.
- Register online: www.cdhsacademy.com.

For more information on this training, please visit our website: http://www.thebutlerinstitute.org/images/UpcomingEvents/flyers/Nurturing_March2011.pdf

If you have any questions, please feel free to call or e-mail Shannon Bigner, Senior Operations & Logistics Specialist Butler Institute for Families University of Denver 2148 South High Street Denver, CO 80208-7101. Phone: 303-871-2434. Fax: 303-871-4980. butler.institute@du.edu www.thebutlerinstitute.org