

DECEMBER 5, 2017,

HELPING YOUR FOSTER CHILD TRANSITION TO YOUR ADOPTED CHILD

If you're a foster parent adopting a child currently in your care, you'll need to help your child make the emotional adjustment to being an adopted child. While you may appreciate the difference in the child's role within your family, children and youth may not clearly comprehend the difference between being a foster child versus being an adopted child in the same family.

The **Child Welfare Information Gateway** released a factsheet to assist families with the following topics:

- Talking with children about the changes
- Helping children understand their histories and losses
- Helping children cope with trauma and loss
- Helping children transfer attachments



VISITATION TIPS FOR FOSTER PARENTS

Healthy Foster Care America has published some tips to help children and teens before and after a visit with the birth family. Read reasons why a child might be in extreme distress before or after a visit and what you can do to help prepare them before a visit and how to transition back from a visit.

[VIEW TIPS](#)

UNDERSTANDING AND DEALING WITH A CHILD'S ANGER

The Foster Care and Adoption Resource Center of Wisconsin has produced two helpful tip sheets to assist foster and adoptive parents understand and deal with their child's anger:

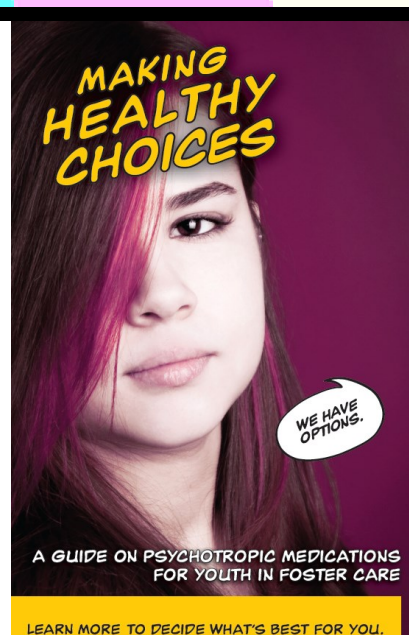
[WHAT DO THESE BEHAVIORS MEAN?](#)

MAKING HEALTHY CHOICES:

A GUIDE ON PSYCHOTROPIC MEDICATIONS FOR YOUTH IN FOSTER CARE

This guide—written specifically for youth in foster care with input from youth and professionals—looks at ways to handle powerful feelings and behaviors and make healthy choices. Understanding how psychotropic medication can help and what other options are available can be challenging. This guide can help you decide what's best. Making Healthy Choices includes useful information, questions to ask, worksheets, and tips on:

- Recognizing if you need help
- Knowing your rights about your health and who can help you make decisions
- Considering your options, including helpful approaches other than medication
- Making decisions about how best to stay healthy
- Maintaining treatment (taking medication safely and continuing or stopping treatment after leaving foster care) [VIEW PSYCHOTROPIC MEDICATIONS GUIDE](#)



WINTER TRAINING SCHEDULE

IDPH Launches YourLifelowa.org

Website

A new website created by the Iowa Department of Public Health (IDPH) offers a one-stop hub for Iowans looking for help with suicide prevention, problem gambling and substance abuse. The YourLifelowa.org website integrates information and resources previously found on three separate sites.

“Data shows a correlation and interconnection between the issues YourLifelowa.org addresses and providing an all-encompassing website is a meaningful way to assist Iowans searching for help,” said IDPH Bureau of Substance Abuse Chief DeAnn Decker. “We recognize this website is not a substitute for counseling, but it can be a useful resource.”

YourLifelowa.org incorporates information previously found on the IDPH Suicide Prevention web page, as well as the 1-800-BETS OFF and DrugFreeInfo (formerly the Iowa Substance Abuse Information Center) websites. The new YourLifelowa system also offers a telephone helpline (all three previous toll free numbers will still be active), mobile-friendly internet-based communications (e.g., online chat), and texting capabilities.

One of the major enhancements of the site is a facility locator, which will allow treatment facilities to feature a welcome vid-eo, contact information, services offered, a map, picture and description. All services offered by YourLifelowa.org are free and confidential.

Try these 4 simple daily health habits:

- 5 or more servings of fruits/vegetables
- 1 hour or more of exercise
- 2 hours or less of screen time
- 0 sugar-sweetened beverages

Sat., Jan 20th 9am-4:30pm	Utilizing the Nurtured Heart Approach	6 hours	Cedar Rapids Location To Be Announced
Sat., Jan 27th 9am-12:15pm	Why Don't Friends Come with Instruction Manuals?	3 hours	Ankeny IFAPA Training Center
Sat., Jan 27th 1:15-4:45pm	It's All Greek to Me: A Brief Overview of Learning Disorders	3 hours	Ankeny IFAPA Training Center
Sat., Feb. 10 9am-12:15pm	Worrywarts...Understanding Anxiety Disorders in Children	3 hours	Ankeny IFAPA Training Center
Sat., Feb 10 1:15-4:45pm	I Won't Do It and You Can't Make Me	3 hours	Ankeny IFAPA Training Center
Sat., Feb 24 9am-12:15pm	De-Mystifying the Therapy Process	3 hours	Cedar Falls Hawkeye Comm College
Sat., Feb 24 1:15-4:30pm	Communicating with Your Child Through Play	3 hours	Cedar Falls Hawkeye Comm College
Sat., March 3rd 9am-4:30pm	Utilizing the Nurtured Heart Approach	6 hours	Ankeny IFAPA Training Center
Sat., March 3rd 9am-12:15pm	Parenting the Willful Child—Helping Your Child Use Their Power for Good, Not Evil	3 hours	Iowa City Clarion Hotel
Sat., March 3rd 1:15-4:30pm	Grrr...I'm Just So Mad—Helping Young Children Deal with Their Anger	3 hours	Iowa City Clarion Hotel
Sat., Mar 24th 9am-12:15pm	Everything You Always Wanted to Know About Foster Care	3 hours	Cedar Falls Hawkeye Comm College
Check IFAPA's Training Registration Page for additional trainings:			

INTERNSHIP POSSIBILITY FOR PREVIOUS/ CURRENT FOSTER YOUTH

Opportunity for previous/current foster youth interested in interning with a Member of Congress in Washington, D.C. and make an impact on federal child welfare policy. The Congressional Coalition on Adoption Institute is currently taking applications for its 2018 Foster Youth Internship Program! CCAI provides a weekly stipend, as well as covers major expenses such as housing in Washington, D.C., transportation to/from Washington, D.C., and public transportation to/from the congressional office internship. **The dates for the 2018 Foster Youth Internship Program are May 29 - July 27, 2018.** All application materials must be received by **Monday, January 15, 2018 at 11:00pm EST.** For more information about the program and to access the application form, please visit our [website](#). More details are listed below!

For questions and assistance, please contact Taylor Draddy at taylor@ccainstitute.org or call 202.544.8500.