

Oct - Dec 2011

# AIFACS Newsletter

## Inside this issue:

- ❖ FYI information
- ❖ Training and upcoming events
- ❖ FASD Article written by: Donna Ronning, AIFACS Intern
- ❖ Birthdays

## Newsletter Information

If anyone has information that they would like in the newsletter, please send it to Angela DeWitt. Fax 218-768-2894. Email: [adewitt@aifacs.org](mailto:adewitt@aifacs.org). Address: PO Box 40, McGregor, MN 55760.

## Governing Council

### *Community Members*

*Linda Peltier*

*Donna Jorgensen*

### *Foster Parents*

*Jeanette Loud*

*Fabian (J.R.) Strong*

*Debi Doffing*

## **Lunch with Santa**

On December 3, 2011 from 11am to 1pm at the St. Paul Office, there will be lunch with Santa. Bring the children in for a picture with Santa and some lunch. There will be goodie bags for each child!



## **Honoring Feast**

Mark your calendars! The Honoring Feast will be held on March 24, 2012 at Black Bear Casino and Convention Center in Cloquet, MN. Stay tuned for more information.

## **AIFACS Interns**

AIFACS would like to welcome three interns; Scott, Sadia and Donna. They will be interning at the St. Paul Office until December. Here is a little information about each of them:

- My name is Donna Ronning and I am a social work student from Metropolitan State University finishing my Junior year and am serving as an intern at AIFACS until December. In addition to being a part-time student, I work full-time at Hennepin County as a Financial Case Aide for the Human Services and Public Health Department. My job is assisting social workers with the referrals, screenings, and service agreements for Developmentally Disabled waivers, Personal Care Assistant program and Pre-admission for Nursing Homes. I look forward to learning about the important work at AIFACS and meeting the foster care families through trainings, home visits and phone calls to the office. I hope to contribute to AIFACS mission and add to my social work skill set.
- My name is Scott Marks and I am one of the interns from Metropolitan State University currently working at AIFACS. I am pursuing my Bachelors of Social Work and plan to get my Masters of Social Work with the intent of becoming an LICSW and get into counseling. I have been a police officer for twelve years and currently work at the Minnetonka Police Department. I plan to continue working as a police officer and also do counseling work. My wife and I have been married for three years and have a wonderfully boisterous two year old son.
- I am Sadia Noor, Metro State Social Work student. I am a Medical Laboratory Technician. I am also working as interpreter. I am interning at AIFACS.



## Office Closings

The AIFACS Office will be closed on the following days:

- November 11<sup>th</sup> for Veteran's Day
- November 24<sup>th</sup> and 25<sup>th</sup> for Thanksgiving
- December 26<sup>th</sup> for Christmas
- January 2<sup>nd</sup> for New Year's Day

If there is an emergency regarding any children placed in your home, please call the St. Paul office at 651-223-8526 or 866-223-8330 to access the coverage worker.

## AIFACS Upcoming Trainings

- October 19<sup>th</sup>: Strengthening Identity in Families & Communities: Two Spirit (GLBT) Youth – **PLEASE SEE ENCLOSED FLYER FOR MORE INFORMATION**



**WE WANT YOU**

## Recruiting New Homes

AIFACS foster parents are our best recruiters. If you know families that are already licensed or families that would make great foster homes, then spread the word about AIFACS! We are always looking to license new homes all over the state of Minnesota. Anyone interested can call the AIFACS office for a licensing packet.

Prevent Child Abuse via [www.pcamn.org](http://www.pcamn.org)

### The Five Protective Factors

1. Children's social and emotional development. *A child's ability to interact positively with others and communicate his or her emotions effectively helps parents be more responsive to their needs.*
2. Knowledge of parenting and of child and youth development. *Parents learn what to look for at each age and how to help their children reach their full potential within their own cultural identity.*
3. Parental resilience. *Recognizing the signs of stress and enhancing problem-solving skills can help parents continue to have courage during and after a crisis.*
4. Social connections. *Parents with family, friends and neighbors to depend on have better support in time of need.*
5. Concrete supports for parents. *Caregivers with access to financial, housing and other concrete resources and services that help them meet their basic needs can better attend to their role as parents.*

### Four Steps to Peace at Bedtime

1. Start quiet activities about an hour before bedtime.
2. A warm bath may help relax your child.
3. Set a bedtime routine: read a book, get a drink of water and offer a good night kiss.
4. Set Limits: One story, one drink of water, one kiss

Every child is different. Try a variety of strategies to find out what might work for your child.

### Six Steps to Positive Discipline

1. Teach self-control by your example.
2. Set routines for bedtime, meals and chores.
3. Explain reason for your rules.
4. Try to understand your child's feelings.
5. If your child breaks a rule, control your anger.
6. Catch your child being good. Compliment your child often.

# Fetal Alcohol Spectrum Disorders (FASD): A Concern for Foster Families

By: Donna Ronning, AIFACS Intern

## What is FASD?

FASD is a term describing a range of conditions resulting from prenatal alcohol exposure. FASD cannot be cured and the brain damage is permanent.

## What causes FASD?

The only cause of FASD is a pregnant woman drinking alcohol.

## Common Signs:

- Brain damage most serious
- Abnormal facial features
- Poor coordination
- Hyperactive behavior
- Difficulty paying attention
- Learning disabilities
- Poor reasoning/judgment

## Symptoms of FASD:

Infants - Low birth weight; sensitivity to light, noise and touch; irritability; inability to suck effectively; slow development; ear infections.

Toddlers - Poor memory; hyperactivity; no fear or sense of boundaries; need for lots of physical contact.

School-age Children - Easily distracted, short attention span, poor coordination; trouble with both large and fine motor skills; need lots of one-on-one attention.

Older Children - Low self-esteem, trouble keeping up in school, poor impulse control, difficulty with social boundaries and more.

## Diagnosis:

First step is to seek an evaluation from an FASD diagnostic clinic.

FASD is diagnosed by assessing four areas: 1) brain function and structure; 2) facial features; 3) growth issues; 4) prenatal alcohol history.

## Positive Characteristics:

- friendly, cheerful
- nurturing, compassionate
- trusting, loyal
- determined
- curious, energetic, artistic
- highly verbal

## Helpful Hints for Caregivers:

- Limit overstimulation.
- Teach self-calming techniques.
- Set expectations and limitations.
- Discipline immediately, be brief.
- Rewards and consequences.
- Be specific and simple with rules.
- Speak slowly and clearly.
- Daily routines. – “to do lists”
- Praise often, notice good qualities.
- Redirect behavior.
- Discuss acceptable expression of feelings. Encourage sharing.
- Avoid yes or no questions.
- Clearly define child’s space.
- Encourage responsibility.
- Involve child in activities where they can succeed.
- Provide opportunities to meet others with same disability.

## Homework Strategies:

- Quiet study area, materials available.
- Turn off phone and TV.
- Set a regular time.
- Be available to help child.

**Organizations:**

Minnesota Organization on Fetal  
Alcohol Syndrome (MOFAS)  
St Paul, MN  
651-917-2370  
1-866-906-6327 (toll-free)  
[www.mofas.org](http://www.mofas.org)

Minnesota Department of Health  
MN Children and Youth with Special  
Health Needs (MCYSHN)  
St Paul, MN  
651-215-8956  
1-800-728-5420

Indian Health Board  
1315 E. 24<sup>th</sup> Street, Mpls.  
612-721-9898

Arc of Minnesota  
St Paul, MN  
651-523-0823  
1-800-582-5256  
Duluth, MN  
218-726-4725  
Midstate – St Cloud  
320-251-7272  
[arcminn@mtn.org](mailto:arcminn@mtn.org)

Better Endings New Beginnings  
Brooklyn Park, MN  
763-531-9548

March of Dimes  
Edina, MN  
952-835-3033  
[www.mofdimes.org](http://www.mofdimes.org)

Minnesota Disability Law Center  
Minneapolis, MN  
612-332-1441  
1-800-292-4150 (toll-free)  
[www.mnlegalservices.org](http://www.mnlegalservices.org)

**References and Resources:**

Fetal Alcohol Syndrome and Fetal  
Alcohol Effects: Guidelines of Care for  
Children with Special Health Care  
Needs, Minnesota Department of Health.

Children with Fetal Alcohol Syndrome: A  
Handbook for Parents and Teachers,  
Larry Burd, Ph.D.

A Manual on Adolescents and Adults  
with Fetal Alcohol Syndrome with  
Special Reference to American Indians,  
and Fetal Alcohol Syndrome: A Guide  
for Families and Communities, Ann  
Streissguth, Ph.D.

Children with FAS: A Handbook for  
Caregivers, Lisa Gerring.

FAS: Parent and Child: A Handbook,  
Morse, B.A. and L. Weiner.

FAS/FAE: A Practical Guide For  
Parents, Jim Slinn.

Minnesota Dept of Health Video  
Library, 612-676-5478

- What is FAS?
- The Early Years
- The School Years

FASD Wheel  
[www.fasdwheel.com](http://www.fasdwheel.com)

Tool to use as a reminder of the FASD  
person's strengths and weaknesses to  
help caregivers try managing situations  
differently.

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Written and compiled by Donna  
Ronning, Metro State University intern,  
for American Indian Family and  
Children Services, [www.AIFACS.org](http://www.AIFACS.org),  
651-223-8526.

# TRAINING REMINDER

If you have any training to turn in, please get it to your worker. You need 12 hrs for each person listed on the license.

**Trainings that are required by the state are:**

**Mental Health Training:**

One (1) hour per year for each license holder and anyone that has been approved to provide respite, licensed or not.

**SIDS/Shaken Baby:**

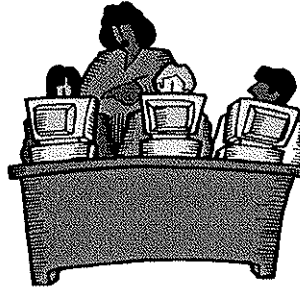
anyone, including those who have been approved to provide respite, licensed or not, needs to take SIDS and Shaken Baby Training if you care for children 5 years old and younger. **Child**

**Restraint training:** if you

care for or transport children 9 years old or younger, this also applies approved respite providers, licensed or not. **AIFACS requires that foster parents have current CPR certification.** Please

check your cards to make sure they are up to date. There could be a fine from the state if you do not get your training completed and up to date. If you are behind on training, you will not be allowed to accept placements and/or do respite until it is taken care of. If you have questions about your

training hours or to find out how many hours you need, call your worker as soon as possible and they can help you with that.



# TRAINING OPPORTUNITIES

**Autism Spectrum Disorder Training** –

[www.spectrumtrainingsystemsinc.com](http://www.spectrumtrainingsystemsinc.com)

**CPR Information** – Lifesavers is located in Burnsville. They do a couple of CPR classes a month. They will do one-on-one training if needed. The cost for Heartsaver is \$55. Any foster parent that does not have CPR

Certification and is looking someplace to get it, they can contact Lifesavers at 952-890-6770. They are located at 2033 Skyline Dr. S., Burnsville, MN 55337. Make sure to mention you are interested in the Heartsaver because they do have another one that is more expensive.

**On-Line Training** – available at

[www.fosterclub.com/training](http://www.fosterclub.com/training). It's a free training website.

**MNASAP training and information** –

[www.minesotaadoption.org](http://www.minesotaadoption.org) or [www.mnasap.org](http://www.mnasap.org)

**YIPA** – [www.mnyipa.org](http://www.mnyipa.org)

**MOFAS** – <http://www.mofas.org>

**MN ADOPT** - [www.mnadopt.org/training](http://www.mnadopt.org/training)

**Reminder:** Anyone who would like to be on the training email list, send an email to Angela DeWitt at [adewitt@aifacs.org](mailto:adewitt@aifacs.org). She will forward any training that she is made aware of them. All email addresses are kept confidential.

## AIFACS

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We're on the Web!

See us at:

[www.aifacs.org](http://www.aifacs.org)

and on

[www.facebook.com/aifacsmn](http://www.facebook.com/aifacsmn)

**October**

Happy Birthday, Davion!

10/10

Happy Birthday, Matt!

10/17

Happy Birthday, Larry!

10/23

Happy Birthday, Andrew!

10/24

Happy Birthday, Angela!

10/27



**November**

Happy Birthday, Anthony!

11/2

Happy Birthday, Satival

11/6

Happy Birthday, Mercedes!

11/7

Happy Birthday, Hayliana!

11/8

Happy Birthday, Kendra!

11/13

Happy Birthday, Sharon!

11/21



**December**

Happy Birthday, Enyeto!

12/14

Happy Birthday, Kaleb!

12/16

Happy Birthday, Marial!

12/21

Happy Birthday, Kelles!

12/24

Happy Birthday, Jumaury!

12/28

AIFACS Training

**Strengthening Identity  
in Families & Communities**

Two Spirit (GLBT) Youth:  
*When the Bravest Choice is to be Yourself*

Wednesday, October 19, 2011  
6 – 8 pm

AIFACS  
25 Empire Drive  
St Paul, MN 55103

RSVP to Metro Office by Oct. 14. If fewer than 5 people RSVP  
the training will be cancelled and only those who RSVP will be  
notified