



Network News You Can Use

compiled by the OKDHS Resource Family Training Kinship, Foster, & Adoptive Family Support Network

April 2020 –Issue 1

Keeping Your Sanity during COVID-19 Quarantine

These days it seems like nothing fits in the “normal” category of daily life. Families are facing stressors they couldn’t have anticipated. With unforeseen circumstances comes unexpected challenges. Whether you’re struggling to juggle helping kids with distance learning while trying to work from home, worrying about how long this will go on and what impact it will have on your household, or heading to work at an essential occupation, we want you to know that there are lots of resources available to help you through!

It probably feels like you’ve been trying to drink from a fire hydrant as you attempt to manage significant schedule changes, learn new ways of doing things, and wade through all of the communications you’re getting from OKDHS, the school, and your own workplace. We hope that this newsletter, which we’ll provide occasionally, will give you some ideas and resources that you can use in a format that’s easy to access. Know that you are not alone and we will get through this together! Hang in there!

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Trauma-Informed Yoga Videos

sponsored by Parkside Psychiatric Hospital & Clinic

“Presented by trauma-certified and professional yoga teachers, Parkside offers this series as a free alternative to a group class and created for a variety of different audiences (children, adolescents, and adults) that cover a variety of topics (anxiety, addiction, meditation).”

Generously funded by the Hardesty Family Foundation, Parkside's trauma-informed yoga is designed to help calm the mind and regulate physical responses and emotions. Unlike traditional yoga, our *Trauma-Informed Yoga* series places emphasis on the internal experience of the individual, not on achieving proper form.”

<http://parksideinc.org/index.php?id=84>



FREE—Parenting with Love & Logic Online

“The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic. We provide practical tools and techniques that help adults achieve respectful, healthy relationships with their children. All of our work is based on a psychologically sound parenting and teaching, whole-child philosophy called Love and Logic. Children learn the best lessons when they're given a task and allowed to make their own choices (and fail) when the cost of failure is still small. Children's failures must be coupled with love and empathy from their parents and teachers. This practical, research-based philosophy is backed with over 40 years of experience. Parents can apply it immediately to a wide range of situations.”

For the month of April you can get access to this wonderful material online for FREE!!!

You will have access to the program for 3 months from the date of “purchase”.

HURRY this offer is only good in April!

Sessions:

Module 1: Putting an End to Arguing, Back Talk and Begging

Module 2: Teaching Responsibility without Losing Their Love

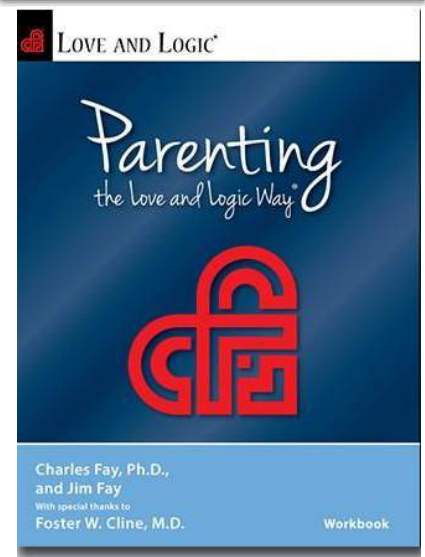
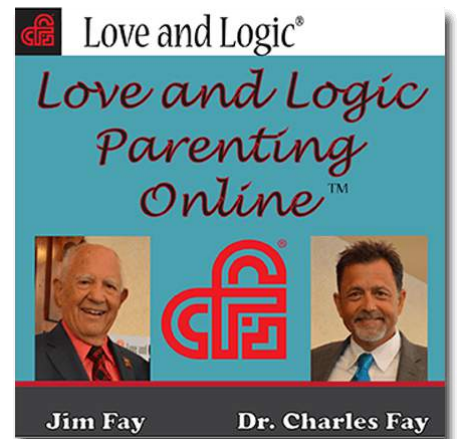
Module 3: Setting Limits without Waging War

Module 4: Avoiding Power-Struggles

Module 5: Guiding Kids to Own and Solve Their Problems

Module 6: Teaching Kids to Complete Chores...without Reminders and without Pay

<https://www.loveandlogic.com/products/love-and-logic-parenting-online>



Fostering Families Today Magazine—FREE Issue



“Fostering Families Today magazine is the most comprehensive foster parent resource offering expert opinions, practical advice, and information on the latest evidence-based best practices for supporting children and youth who come from traumatic backgrounds.”

Download a FREE issue here

https://fosteringfamilies.com/product/fft-march-april-2020-free-download/?fbclid=IwAR1ezkeEG8GUnMO5A0cjtV_Syqu2CPnVGunNdSy-jPSfsugOaR4tlhftUE

(A PDF version is also attached with this newsletter as a separate document.)

Right Time Webinars!

Check out these one-hour webinars for important information, skills, and resources that you can use right now!

Trauma-Informed Caregiver Responses to Children’s Problematic Behaviors

Children in the foster care system have experienced trauma and adversity resulting in problematic behaviors. Learn a trauma-informed approach to respond to children’s problematic behaviors. Presenter Sara Coffey, M.D. is an assistant clinical professor of psychiatry and behavioral sciences at the Oklahoma State University Center for Health Sciences. She is a regionally known speaker on the impact of trauma on children.

Dr. Coffey consults with OKDHS and OCHA to support the mental health needs of children in the foster care system.

https://mymedia.ou.edu/media/Trauma-informed+Caregiver+Responses+to+Children%27s+Problematic+Behaviors+-+CC/1_ddtk2ls



Cultivating Resilience: Prioritizing Self-Care to Cope with Family Adversity

Resource parenting is a complex process that takes many cognitive, emotional, and behavioral regulation resources. These resources can be diminished by stress, trauma, and adversity – both from a resource parent’s current life and from a resource parent’s own childhood. This workshop will explore some of the ways that parents’ pasts (both bio parents and resource parents) can impact our everyday interactions with the children in our care. The workshop will also explore the importance of self-care and other research-informed strategies to build and maintain our resources and systems of resilience. Presenter: Shannon Stark Guss

https://mymedia.ou.edu/media/Cultivating+ResilienceA+Prioritizing+Self-Care+to+Cope+with+Family+Adversity+-+CC/1_alq1rv19



Earn In-Service Credit from Home

Did you know that you can earn in-service training credit from home??

Whether it’s watching a webinar, participating in an online support group, reading an article, or watching a parenting video, you can earn training credit by submitting a short form summarizing what you’ve learned to your worker.

(see samples of forms to the left-also attached)

Contact your worker in advance if you want to verify that you can earn credit for what you’re interested in participating in or learning about.

DHS CARE PROVIDER IN-SERVICE TRAINING VERIFICATION
All trainings are subject to worker/supervisor approval. If in doubt, check with your worker before attending training.

Factor: Date:

BOOK or ARTICLE- Title:
Author:
Pages Read (check) 0-50 51-100 101-150 151-200 201-250 251-300 Other:

VIDEO or WEBINAR- Title:
Presenter or Agency or Author:
Minutes (check) up to 30 31-60 61-90 91-120 Other:

WORKSHOP or CONFERENCE- Title:
Date:
Workshop/Conf Activities (Can Attach Agenda):
Minutes (check) up to 30 31-60 61-90 91-120 Other:

SUPPORT GROUP- Name & Location:
Date:
Presentation Title:
Minutes (check) up to 30 31-60 61-90 91-120 Other:

FIELD MEETING- Mentoring, Advisory Committees, Associations, Other:
Date:
Meeting Name and Activities:
Minutes (check) up to 30 31-60 61-90 91-120 Other:

PARENT SKILLS TRAINING- Safety Start/First Aid, CPR, PCL, CPE, Other:
Date: Trainer's Signature:
Training Activities:
Minutes (check) up to 30 31-60 61-90 91-120 Other:

ADDITIONAL/UNUSUAL/COMPENSAL CARE/HEALTH TRAINING/USE TRAINER'S SIGNATURE LINE: Diabetes Education & Treatment, Occupational Therapy, Use of Specialized Equipment, Other:
Training Subject/Activities:
Trainer's Name and Credentials:
TRAINER'S SIGNATURE:
Minutes (check) up to 30 31-60 61-90 91-120 Other:

DHS CARE PROVIDER IN-SERVICE TRAINING VERIFICATION
All trainings are subject to worker/supervisor approval. If in doubt, check with your worker before attending training.

1. In 2-3 sentences, briefly summarize the topic and what you learned.

2. How will you use this information in your work with children and youth?

3. Would you recommend this to/Service experience to other families?
Yes, because

No, because

For Your Family...



Simple Activities for Children & Adolescents

presented by the National Center for Childhood Traumatic Stress



The National Child Traumatic Stress Network

“Offers activity ideas to parents and caregivers whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak.”

Access this PDF document at <https://www.nctsn.org/resources/simple-activities-children-and-adolescents> (also attached)

Caring for Each Other

presented by Sesame Street & Sesame Street in Communities



Your friends on Sesame Street are here to support you during the COVID-19 health crisis, as families everywhere are creating a "for now normal." Children thrive with structure in their lives, and they learn best through play—even in everyday moments. So our site is filled with content you can use all day long to spark playful learning, offer children comfort, and focus a bit on yourself, too. After all, it's important that we take care of ourselves, so that we can best care for our families. Our resources aren't prescriptions you have to follow—just ideas to help your family find ways to breathe, laugh, and play together. We'll be adding more in days and weeks to come, including new messages featuring your furry friends from Sesame Street! #CaringForEachOther

<https://www.sesamestreet.org/caring>

<https://sesamestreetincommunities.org/topics/health-emergencies/>



FAMILY WORD WORKOUTS WITH THE Y

We will post a new and unique word each day. Don't forget to warm-up for 5 minutes before spelling! Spell the word with the workout for each letter!

For a more challenging workout, complete the word multiple times!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- | | | |
|--------------------------------|------------------------------|------------------------------|
| A – 15 Bicycles | J – 15 Lateral Raises | S – 30 Sec. Wall Sit |
| B – 10 Squats | K – 30 Sec. Bridges | T – 30 Sec. Plank |
| C – 15 Front Arm Raises | L – 10 Sumo Squats | U – 10 Plank Hip Dips |
| D – 15 Bicep Curls | M – 10 Curtsy Squats | V – 25 Flutter Kicks |
| E – 15 Rows | N – 20 Mtn. Climbers | W – 5 Burpees |
| F – 30 Sec. Superman | O – 10 Lunges | X – 10 Jump Squats |
| G – 15 Crunches | P – 15 Push-Ups | Y – 10 Side Lunges |
| H – 30 Sec. High Knees | Q – 15 V-Ups | Z – 10 Sec. Rest |
| I – 20 Jumping Jacks | R – 15 Tricep Dips | |

[Type here]

Today's word is:
ADVENTURE

NEIGHBORHOOD NATURE WALK SCAVENGER HUNT



Additional Support Opportunities

Coffee+Caregivers (Tuesdays at 10AM)

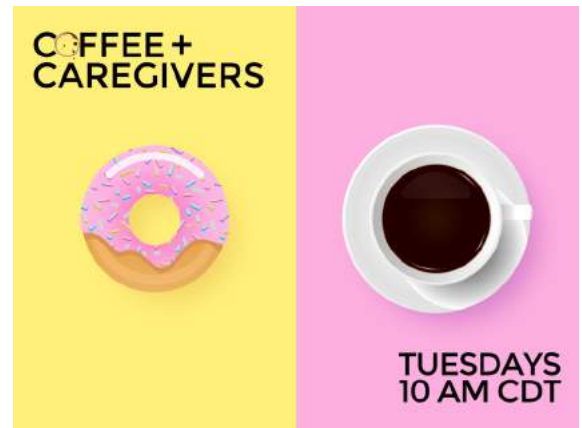
hosted by the National Foster Parent Association

“Join Irene Clements, Executive Director of the National Foster Parent Association, and special guests each Tuesday at 10 AM CDT for coffee and conversation with caregivers. Irene’s family fostered for 27 years, and during that time, 127 incredible children joined her family. Irene says she is a better person today because of other foster parents that became her friends, mentors, sounding boards, and confidants during the challenging and happy times.

We need each other at this time in our history, and Coffee with Caregivers is a great way to meet the need.

To get this new program rolling, we are seeking your assistance. Please contact us with questions you want to be answered and topics you would like to discuss. We hope that when you tune in on Facebook each week, you will be able to enjoy a cup of coffee, or other favorite beverage, with me as we talk.”

Connect via the National Foster Parent Association Facebook Page.



Mental Health Association of Oklahoma Virtual Support Groups (various days/times)

“Each of our support groups is led by a mental health professional, but the real power of our groups is getting the chance to interact with other people impacted by mental illness or similar situations.”

Groups are specifically clustered to address the specific needs of those participating. Specialized groups include anxiety, depression management, post-traumatic stress disorder, and more. In addition, there are a variety of groups geared towards addressing issues specific to COVID-19.

Visit <https://mhaok.org/support-groups> for more information and to sign-up.



Resources

What do YOU need? Stronger Families for a brighter future.

Oklahoma Human Services (OKDHS) seeks to offer help and HOPE to all families by asking #WhatDoYouNeed.

All families need strengths in five key areas in order to not only survive, but thrive. But, particularly in times of stress, families may not have the tools and resources they need to succeed in these areas.

We want you to know that it's ok to talk about your feelings and ask for help. It's also ok to accept help when it's offered.

#StrongerFamilies Require:

- #StrongerConnections - Social connections
- #StrongerFutures - Social and emotional competence of children
- #StrongerMe - Parental resilience and self-care
- #StrongerSupports - Concrete supports for parents
- #StrongerUnderstanding - Knowledge of parenting and child development

Visit <http://www.okdhs.org/Pages/WhatDoYouNeed.aspx> to learn more.



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WE WANT YOUR INPUT!!!

Please share any ideas of topics or elements you'd like to see in future newsletters.

Email: jlprice@ou.edu

Check out
www.nrcys.ou.edu/rft
or
www.okfosters.org
for more resources & information.

