



RURAL NEVADA CAREGIVER COURIER

March/ April 2023

BI- MONTHLY NEWSLETTER



HAPPY Social Work Month

MARCH IS NATIONAL SOCIAL WORK MONTH

A Word from the Rural NV Foster Care Recruiter

National Social Work Month is celebrated every year in March to recognize the contributions of social workers to our society. This month-long observance is an opportunity to celebrate the important work that social workers do and to raise awareness of the issues facing our communities. In foster care, we collaborate with

Child welfare workers who are some of the most dedicated and hardworking professionals in our society. Every day, they work tirelessly to protect and support some of the most vulnerable children and families in our communities. This work is often challenging and emotionally demanding, but it is also incredibly important and rewarding.

Although there are many kinds of social work, members of the profession all share common principles: They are people dedicated to seeking complete equality and social justice for all communities and helping people achieve their own potential. Give thanks to a social worker in your life. As many of them can tell you, hearing thank you are some of the greatest parts of their job.

What's In This Issue:

- Social Work Month
- March is Nutrition Month
- Training & Resources
- Other Announcements

MARCH IS NUTRITION MONTH

Trauma can affect eating. The trauma can be directly caused by situations involving food or the trauma can be caused by something else that is manifested into symptoms around problem eating. The severity can be from a phase of problem eating to fully diagnosed eating disorders.

Common problems with food can look like:

Picky eating

Undereating

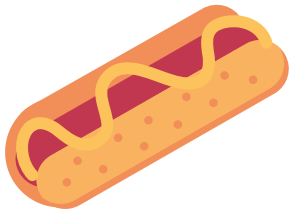
Food Hoarding

Gobbling(Stuffing Food)

Overeating

Anorexia (purposeful starvation)

Bulimia (binge eating followed by purging)



How can my home support trauma around eating?

Eating disorders in foster children are almost always connected to control—either a child's feeling of needing to control something (food) when everything else feels out of control or a child's feeling of the loss of control. Some children are simply accustomed to a diet of more processed foods or perhaps meals from a different culture than your family. Some food obsessions, such as hoarding, gobbling, and overeating, anorexia and bulimia, may require professional treatment. Any concerns related with eating should be communicated with your caseworker. Below are some tools to help your home work through troubled eating.

- Consider having familiar foods to the child. You can ask the birth parent or past foster parent, if possible, what the child likes to eat. Familiar foods can act as comfort when adjusting to the many changes in foster care.
- Consider working as an alliance with birth parents around eating habits when possible.
- Do not put restriction on eating, use food as punishment or force children to go to bed hungry. These strategies may lead to undesired outcomes and prolong problem eating behaviors.
- If a child is under 3, [consider contacting NEIS](#) to assess any developmental delays surrounding problem eating.
- Allow children have input in what they want to eat. [This Video](#) shows an example of a foster parent who creates a "menu" of items for the child to pick from. If your home is time restricted, consider making a meal list together for the entire school week.
- Have snacks available to access for age-appropriate children when they are hungry to support their fear of food scarcity. [This Video](#) demonstrates a foster parent with a "snack closet" for teens to take when they want. You can also try having children fill their "snack box" each morning and contains their snack allowance for the day.
- [Click Here for Kids Activity Sheets by Myplate.gov](#)
- **Great Read:** [Healing from Food Insecurity: Beyond the Stash](#)

Trainings & Resources

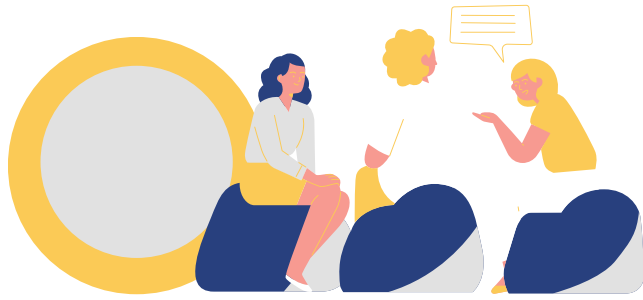
Online Caregiver Corner

Next Meeting: 4/5/23

8PM

Virtually gather with other rural Nevada foster parents for support, connections & resource sharing.

- Share/get advice
- Share your experiences
- Meet other caregivers
- Build a village



Or Contact shelby.riley@dcfs.nv.gov

NFPA

**NATIONAL FOSTER PARENT ASSOCIATION
CONNECTIONS**

NFPA's 52nd Education Conference

Register for the NFPA 2023
Education Conference, and Get
Ready to Make Connections!
June 23 – 25, Hyatt Regency

Reston

CLICK LOGO TO REGISTER

2023 FOSTER/ADOPTIVE PARENT SUPPORT CALLS



By Tracey Somers, LMSW

Last Tuesdays of the Month

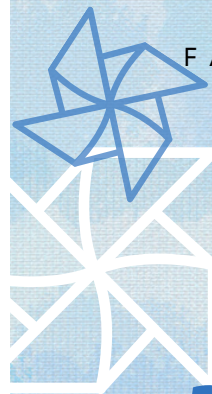
A Series of monthly calls to support foster and adoptive parents through common challenges in foster care with a licensed therapist.

Check email for upcoming group call information.

BE -A -HERO 5K **FUN RUN & WALK**

&

FAMILY RESOURCE FAIR
4.29.2023
BENEFITING



CASA
Court Appointed Special Advocates
FOR CHILDREN

REGISTRATION DEADLINE

4/13/2023

CLICK FOR MORE INFO

FOSTER PARENTS
RUN/WALK FOR FREE!
CHECK EMAIL FOR SPECIAL
REGISTRATION LINK

Trainings & Resources



SUMMER CAMP FOR YOUTH WHO HAVE EXPERIENCED SEXUAL TRAUMA



Family Counseling Service's Summer of Healing Therapeutic Camp!

Now accepting applications for
Campers
&
Volunteers!

Summer of Healing Camp from July 9th-July 15th is offered free of charge to children who have been impacted by sexual and/or family violence.

Accepting children in the age range of:

- 8-16 years old; Ages 17+ can apply for junior counselor positions
- Children and volunteers have the opportunity to have fun by swimming in the lake, playing lawn games, learning archery, riding bike, and creating art together.
- Children are given the chance to have role models and build positive experiences with healthy adults.
- The volunteers and therapists help the child heal from trauma in a nonjudgmental and safe space by spending the week alongside the children.

Applications and further information available on our website at www.fcsnv.org under youth treatment camps at the bottom of the page or contact us at 775.329.0623 for more information

Email: kate@familycounselingservice.org or

tiffany@familycounselingservice.org



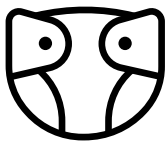
1475 Terminal Way, Ste D, Reno, Nevada 89502



Camp is made possible through the support from private donations, and a State of Nevada sub grant from VOCA, Division of Child and Family Services. Grant #: 16575-200-022

MORE JUST IN TIME TRAINING:
(qpinevada.org)





Trainings & Resources



Diaper Assistance for TANF Recipients

The State of Nevada Division of Welfare and Supportive Services (DWSS) is partnering with non-profit agencies throughout the state to provide diapers to children ages 3 or younger and/or expectant mothers in at least their 6th month of pregnancy.

Your household may be eligible for diapers if you:

- Are an active Nevada TANF recipient or eligible member of the TANF household at the time of pre-registration, and;
- Have a child(ren) 0-3 years old or are a mother at least 6 months pregnant.

Please Note:

- By registering for diaper assistance, the registrant is giving express consent for the agency and the Division of Welfare and Supportive Services (DWSS) to share all information provided for the purpose of verifying eligibility to receive diapers and for coordination of services.
- Registering does not confirm eligibility for diaper assistance. Once registration has been completed, information will be shared with the DWSS to verify TANF eligibility. Once eligibility has been determined, the agency will notify the registrant of their eligibility status via phone or email and arrange for distribution. It is the responsibility of the registrant to confirm eligibility with the agency prior to diaper distribution.
- The person picking up the diaper bundle must be an adult household member, or an authorized representative currently listed on the TANF case.
- You will be required to provide proof of identity at time of distribution.

If you are a current TANF recipient and interested in receiving diaper assistance, you will need to register with the agency closest to your physical address:

**Join a community
of families
for a FREE virtual
learning series**

Family ECHO: Autism, supported by Autism Speaks, is a virtual learning program offering free, real-time access to autism and behavioral experts. Through a series of 75-minute online sessions, you will learn to engage and build skills around:

- Understanding and managing severe and distressing behaviors
- Building support for you and your family
- Anxiety and autism
- ADHD and autism
- Transition to adulthood
- Making decisions with your care team

Eligible attendees: family members and caregivers of an autistic child or adult



<https://bit.ly/FamilyECHO>

For questions email: autismcarenetwork@nationwidechildrens.org

**SEVERAL SCHOLARSHIPS AVAILABLE
FOR NEVADA FOSTER YOUTH STILL
OPEN**



**COMMUNITY
FOUNDATION**
of Northern Nevada

APPLICATION OPENED JANUARY 15


Did you know that if a student is awarded scholarship amounts that exceed their tuition cost, they will be awarded the difference in a residual check that they can use for rent, groceries, books, or other emergencies? Although many former youths qualify for free in-state tuition, talk to your teen about how extra scholarships and funding can make a difference in their financial future.

Announcements & Other News


NEW FACEBOOK COMING
SOON

WANT TO BE A MODERATOR?
EMAIL
SHLEBY.RILEY@DCFS.NV.GOV

HELPFUL LINKS:

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




Struggling with the child welfare system?
this is a common issue with new and seasoned foster homes. There are those you can reach out to for assistance:

Kelly McKiddie - Mental Health Counselor 2
kmckiddie@dcfs.nv.gov

**Kevin Quint - Manager, Advanced Foster Care
and Licensing**
kevin.quint@dcfs.nv.gov

Laurie Jackson - Rural Child Welfare Manager
ljackson@dcfs.nv.gov

**Please reach out to us and we are happy to
assist you!**

IN HONOR OF YOU!

*Foster Family
Appreciation
Day*

SATURDAY

May | 20 | 2023

RSVP AT: RBURT@DCFS.NV.GOV
4PM-8PM

BASQUE CLUB HOUSE

1601 FLAGVIEW DR ELKO, NV 89801

*Dinner at 5PM.
Bingo 6PM - 8PM
Gifts for all. Bounce House. Games. Fun*



JOIN OUR MONTHLY QPI MEETINGS VIA
MICROSOFT TEAMS

EMAIL THE QPI COORDINATOR,
KEVIN QUINT, KEVIN.QUINT@DCFS.NV.GOV
FOR THE MEETING INVITE.

IF YOU WOULD LIKE TO BE
REMOVED FROM THIS MAILING
LIST, PLEASE EMAIL
Shelby.riley@dcfs.nv.gov