



JULY - AUG 2024

RURAL NV CAREGIVER COURIER

BI-MONTHLY NEWSLETTER



HAPPY SUMMERTIME FROM DCFS

SUMMER IS IN FULL SWING

As we head into July children have been out of school for nearly a month now. School provides a structure for kids, and for many children, structure can be important. Without it, children may experience anxiety and exhibit more severe behaviors. For children impacted by trauma, it's normal for behavior challenges to increase when routines are disrupted. Anticipate more meltdowns and arguments during this time. Talk with your worker when things feel challenging. You can also check out respite care resources, join a parent support group, and read information about trauma and behaviors. You might consider signing your child up for a summer camp. In fact, there are camps specifically for children in foster care or who have been adopted, and attending camp can be a great choice. Camps may offer a break from stressful routines and a chance to learn new things. If your child has recently been placed in your homes or has had a lot of moves, you may want to reconsider overnight camp.

Aside from camp and vacations there's plenty of summer fun for your family to get involved with such as visiting your local library, the park, riding bikes and making a summer bucket list! What all your family get into this summer?

LINKS & VIDEOS

[SUMMER ACTIVITIES FOR FOSTER FAMILIES](#)

[SUMMER IDEAS FOR FOSTER/ADOPTIVE KIDS](#)

[MENTAL HEALTH MONTH ACTIVITY BOOK BY YOUTH MOVE](#)

[AFCARS 2020 DATA SHOWS CHILD WELFARE SLOWS](#)

[LOCAL FOSTER FAMILY FEATURED IN NEWSPAPER](#)

[VIDEO: FOSTERING IN SUMMER](#)

WATER & SWIMMING SAFETY

If a child is missing, check the water first.

As many as 69% of young children who are found drowned or submerged in swimming pools were not expected to be in or at the pool.

Drowning is a leading cause of death for children.

In the United States:

- More children ages 1–4 die from drowning than any other cause of death.
- For children ages 5–14, drowning is the second leading cause of unintentional injury death after motor vehicle crashes.
- Three children die every day as a result of drowning.
- Most fatal drownings happen when there is poor or absent supervision.
- Drowning can happen quickly and quietly.
- Drowning can happen even in the presence of lifeguards

While children are at highest risk, anyone can drown.

Every year in the United States there are an estimated:

- 4,000* fatal unintentional drownings—that is an average of 11 drowning deaths per day.
- 8,000† nonfatal drownings—that is an average of 22 nonfatal drownings per day.

The Most Dangerous Locations Vary by Age

- Children younger than 1 year old are more likely to drown at home.
- For children younger than 5, 87% of drowning fatalities happen in home pools or hot tubs.
- Most take place in pools owned by family, friends or relatives.
- After pools, bathtubs are the second leading location where young children drown. However, buckets, bath seats, wells, cisterns, septic tanks, decorative ponds, and toilets are also potential drowning sources for infants and toddlers.
- Those 5 to 17 years old are more likely to drown in natural water, such as a pond or lake.

Take these sensible precautions when you're around water (even if you're not planning to swim).

- Know your limitations, including physical fitness, medical conditions.
- Never swim alone; swim with lifeguards and/or water watchers present.
- Wear a U.S. Coast Guard-approved life jacket appropriate for your weight and size and the water activity. Always wear a life jacket while boating, regardless of swimming skill.
- Swim sober.
- Understand the dangers of hyperventilation and hypoxic blackout.
- Know how to call for help.

Understand and adjust for the unique risks of the water environment you are in, such as:

- Ocean rip currents.
- Water temperature.
- Shallow or unclear water.
- Underwater hazards, such as vegetation and animals



TRAININGS, EVENTS AND OTHER



RESPITE CO-OP: NOW LAUNCHED!

THE RESPITE CO-OP IS A VOLUNTARY LIST OF LICENSED FOSTER PARENTS & NON-PRIMARIES IN DCFS THAT ARE WILLING TO SHARE THEIR NAME AND CONTACT INFO WITH OTHER LICENSED FOSTER HOMES TO REACH FOR RESPITE PURPOSES. RESPITE OPPORTUNITIES CAN BE LARGE & SMALL.

UTILIZE IT FOR THINGS LIKE:

- OUT OF STATE TRIPS
- PARENT'S NIGHT OUT
- ARRANGE SCHOOL CARPOOL
- REST & DESTRESS
- IN BETWEEN DAYCARE/SCHOOL SPOTS
- ETC.

REGISTER



NEXT RURAL NV QPI MEETING:

7/19/2024 @ 11 AM

Via Microsoft Teams

Meeting ID: 250 330 605 003

Passcode: wAJjSB

Email sguzzetta@dcfs.nv.gov for meeting link



DCFS ONLINE CAREGIVER CORNER

8/7/2024 @8 PM

Via Microsoft Teams

Email shelby.riley@dcfs.nv.gov for meeting link



CT FAMILY'S OPEN ADOPTION: ONE EXAMPLE OF A GROWING MOVEMENT

ENCOURAGING OPEN ADOPTIONS IS A GROWING MOVEMENT BOTH IN CONNECTICUT AND NATIONALLY TO HELP MAINTAIN RELATIONSHIPS FOR CHILDREN

CT family's open adoption: One example of a growing movement

Open adoption, which lets a child's biological parents visit or get information about them, is growing in CT. Here's one family's story.

CT Mirror / Feb 16

READ MORE



TRAININGS, EVENTS AND OTHER



NV PEP OFFERS ON DEMAND TRAININGS

Nevada PEP is a statewide organization serving families of children and youth with disabilities and behavioral health needs from birth to 26 and their service providers. They offer a variety of training workshops on special education, mental health care, and disability related topics.

TRAINING

NEVADA QPI JUST IN TIME TRAININGS



WWW.JITNEVADA.ORG



**THE WEBSITE HAS MOVED. BE SURE TO
BOOKMARK THEIR NEW WEB ADDRESS!**




**Family
Respite
Care**
of Nevada

RESPITE PROGRAM IN CARSON & ELKO

Family Respite Care of Nevada provides respite care services for children aged three months to 22 years, including daytime, evening, and Saturday services at our Family Center and Jr. & Teen Center.

[CLICK TO FILL OUT FAMILY INTEREST FORM](#)

TRAININGS, EVENTS AND OTHER




T.I.P.S.
Trauma-Informed Parenting Strategies

Nevada Statewide Support Group on how to provide calm, connected, and consistent care to children who are healing from past trauma.

Facilitated by Michelle Rupe, TBRI® Practitioner
MRUPE@FOSTERKINSHIP.ORG

With support from Family Advocates Alisha McIntosh and Cindy Tarrant

"Understanding the trauma our children have been through allows us to understand as caregivers how to meet the need behind the behavior"
-Michelle Rupe



STATEWIDE CAREGIVER SUPPORT GROUP
Third Thursdays of the month @6PM
In person or via Zoom
8691 W Sahara Ave, Las Vegas, NV 89117
offered by DCFS partner Foster Kinship
<https://zoom.us/j/5655501139>
Passcode: kinship



CALIFORNIA ALLIANCE OF CAREGIVERS PRESENTS

TEXTURED HAIR CARE

MONTHLY LEVEL 1 VIRTUAL CLASSES

- Overview of basic hair care, types, textures, and skincare
- Overview of protective styles and product recommendations
- Introduction to individual braiding

February 21, 2024 5:00 - 7:00 PM | [REGISTER](#)
March 9, 2024 9:00 - 11:00 AM | [REGISTER](#)
April 10, 2024 5:00 - 7:00 PM | [REGISTER](#)
May 8, 2024 5:00 - 7:00 PM | [REGISTER](#)
June 12, 2024 5:00 - 7:00 PM | [REGISTER](#)
July 13, 2024 9:00 - 11:00 AM | [REGISTER](#)
August 14, 2024 5:00 - 7:00 PM | [REGISTER](#)
September 18, 2024 5:00 - 7:00 PM | [REGISTER](#)
October 9, 2024 5:00 - 7:00 PM | [REGISTER](#)
November 13, 2024 5:00 - 7:00 PM | [REGISTER](#)
December 11, 2024 5:00 - 7:00 PM | [REGISTER](#)



MONTHLY VIRTUAL TEXTURED HAIR CARE
By the California Alliance of Caregivers
Learn to care for textured or curly hair



THRIVING AFTER POST -PERMANENCY
Provided by Foster Kinship
Offering a Variety of Services to support families who have achieved permanency through a guardianship or an adoption.



JULY TRANSPORTATION

IDs & Licenses
Car Ownership

Registration & Insurance
Other Transportation

AUGUST HOUSING

Locating Housing
Moving In
Rights & Responsibilities
When Things Go Wrong

UPCOMING INDEPENDENT LIVING WORKSHOPS

For youth age 14 & up on [ZOOM](#)

Wednesdays from 4:00pm-4:30pm
Zoom ID: 487 374 3854

SPOTLIGHTS

On this page you will find spotlights of staff you should get to know & a waiting child/ sibling group for adoption.

Adoption Spotlight

Kayden

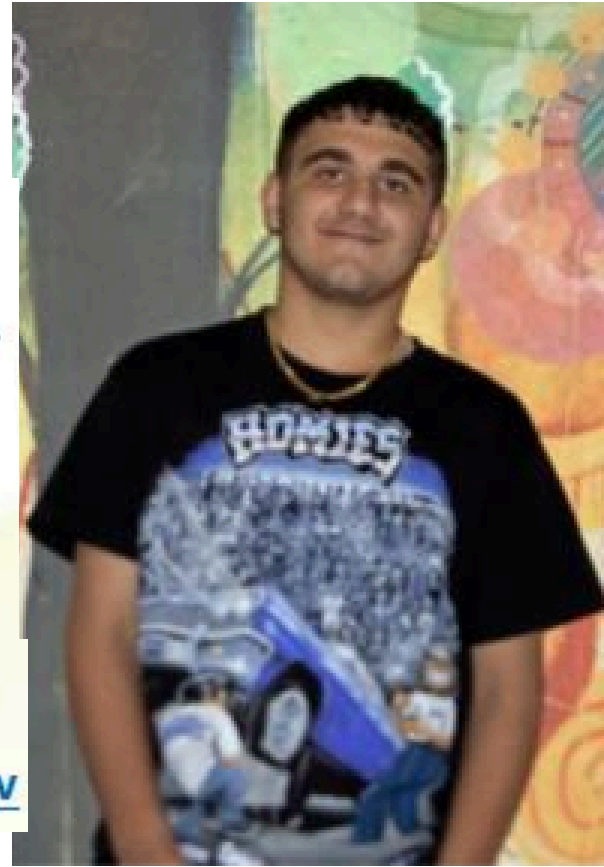
This young man enjoys sports, music, and social activities.

He is passionate and has a big heart.

He is looking for a family to connect and bond with,
who will stick by him no matter what.

For more information email

AdoptionRecruiter@dcfs.nv.gov



FAREWELL KEVIN! ❤️

Kevin Quint has served The Division of Child & Family Services since 2016 as our Clinical Program Manager for Advanced Foster Care, foster parent trainer and our QPI coordinator for Rural Nevada. Kevin also has a wealth of social work experience in non-profit work and addictions throughout Northern Nevada and the Bay Area. Kevin's consistency and persistence to instill QPI principals into this agency have not gone unnoticed. He has a big heart for ensuring children affected by foster care can thrive. Kevin brought a great amount of passion to his work and on July 3rd he will officially retire. Kevin will be deeply missed & he is thanked for his years of serving families.

Happy Retirement Kevin!!!



ANNOUNCEMENT & OTHER NEWS



Just in Time
Training

N E V A D A

HAS MOVED!



WEBSITE

WWW.JITNEVADA.ORG.



HELPFUL LINKS:



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



[QPI Just In Time Training](#)

Welcome

NEW FOSTER HOMES

**AMBER CANNON
(SPRING CREEK)**

**CAROLINE & TRAVIS HICKS
(SPRING CREEK)**

**AMY & KIRK JAFFE
(STATELINE)**

**BRANDEE & WILLIAM LAMPRICH
(FALLON)**

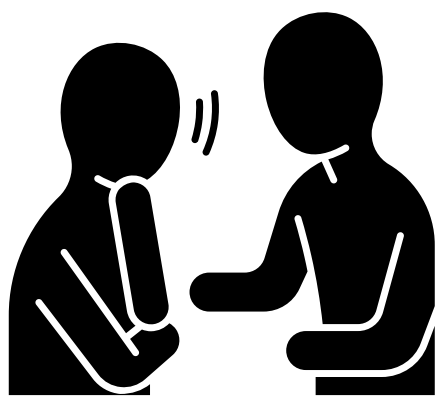
**WYATT & JESSICA RIGDON
(FALLON)**

JOIN THE COMMUNITY

RURAL NV FOSTER PARENTS & PARTNERS OF QPI



CLICK TO JOIN



ADVICE COLUMN

Do you have a question on foster parenting? Child behavior? The court system? We want to bring you answers. Submit your question for a chance to be answered by a professional in the next edition of the Caregiver Courier.

SUBMIT UR Q