



Wisconsin Foster and Adoptive Parents Association, Inc.

WFAPA News

FALL 2017 CONFERENCE, OCTOBER 20-22, Waupaca

Summer 2017



JEFF NOBLE coach / consultant / speaker / entrepreneur

Jeff is the Founder and CEO of NOBLE INITIATIVES, an organization that provides hope and education to people caring for someone living with a Fetal Alcohol Spectrum Disorder (FASD) through online applications and in-person training sessions, demonstrations and consultations. He is also the creator of the Caregiver Kick Start!, an online coaching program that offers education and support to FASD caregivers through live coaching calls, online learning modules and other leading FASD experts.

FASD1oh!

Jeff will lead you through the fundamentals of Fetal Alcohol Spectrum Disorder (FASD). The training is communicated in a deliberately 'jargon-free', down to earth style which will ensure that every attendee leaves knowing they can make positive changes in the way they understand, interpret and live/work with individuals affected by an FASD.

Topics covered include: understanding brain dysfunction, primary and secondary disabilities, a model for providing appropriate accommodations, sensory integration and the importance of early intervention.

THE KEYS TO FASD SUCCESS

For parents and caregivers to be successful (and sane) in this lifetime career that they have selflessly devoted themselves to, there are specific elements that will guarantee a winning outcome: *Respite, Training, Coaching and Understanding Grief and Loss.*

Jeff will provide participants with an intensive overview of the realities of raising/caring for someone with an FASD and the unique demands and challenges that professionals and systems often overlook. Participants are provided with practical, research-based theories and strategies that will focus on the FASD caregiver and building capacity through mentorship and (non-traditional) support systems.

SOCIAL MEDIA AND THE CAREGIVER CONNECTION

Training, education and support for FASD caregivers is difficult to find because it's too expensive, it's hard to find and no one wants to fill in to babysit. Social media can help to decrease the isolation experienced by FASD caregivers. It creates networking opportunities for caregivers to share strategies and suggestions—social media builds connections and bridges the gap between caregivers and frontline staff. **(continued pg 4)**

FASPP (Foster & Adoptive Support & Preservation Program)

FASPP is an outreach of WFAPA and more specifically our SAAN (Surviving Allegations of Abuse and Neglect) department. FASPP is a peer-driven volunteer network designed to help you. Our highly trained volunteers are here to help you navigate the frontier that is foster care and adoption. Each volunteer has more experience in a different area, but all of them can help with questions outside their area of expertise, as well. Call or email them with your questions.

[Manda \(most experienced working with teen boys\)](#)

715-459-4997, or email emtsmile76@hotmail.com

[Melissa \(focuses on fostering younger children\)](#)

608-333-6650 or email lovedalemelissa@gmail.com

[Joanne \(Native American fostering issues and motherly advice\)](#)

715-234-1606, or email JPaulson6263@charter.net

**FASPP
Supports
You!**

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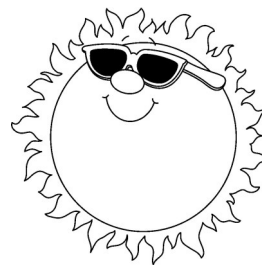
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Message from President Tina Christopherson

Greetings!

Our Foster and Adopted children remind me of the four seasons, as we move along with the seasons, so seems that our lives do too. We have the warmth of Summer, the crispness of Fall, the cold of Winter and freshness of Spring. Warm feelings when things are going well, brittle feelings when things are upsetting, chilled feelings when things are uncomfortable and good feelings when things are refreshing. I know there are seasons that some children stay frozen in. They stay "stuck" in a place where their mind is at and what seems familiar for them.

I have been talking about our children with Fetal Alcohol Spectrum Disorder (FASD). Under that umbrella term is described the range of effects that may occur to an individual whose mother drank alcohol during her pregnancy such as: Fetal Alcohol Syndrome (FAS), Alcohol Related Neurodevelopment Disorder (ARND), Alcohol-Related Birth Defects (ARBD) and Partial Fetal Alcohol Syndrome (pFAS). Our Fall Conference will be on FASD. Our speaker will be Jeff Noble who is an amazing man that "gets FASD." Jeff has been creating a buzz and raising awareness in FASD circles across Canada. He has also been in the United States to speak. He has been teaching front line staff, educators and caregivers, alike about the in's and out's of living and supporting someone with FASD. Jeff's workshops are interactive, enlightening and thought-provoking and will be filled with laughter and A-HA! moments.

You will not want to miss this conference speaker! We will also accept Saturday registration only. Please see the registration form in the newsletter. I look forward to seeing and speaking to you at the Ramada Waupaca!!

Warm thoughts,

Tina

ATTENTION PLEASE! ADOPTION QUILT

I am looking for children who have been adopted and are willing to create a quilt square for our adoption quilt. Not only do they get to create a square, but also tell their story (without identifying themselves). The quilt will be similar to the Foster Care quilt that can be seen at www.wfapa.org. If you know of a child or have a child in your home that was adopted and would like to share your story with others, please contact Sherry Benson: email at misssherry@new.rr.com to receive your quilt square and more information. Due to space, only one quilt square per family will be issued. Thanks!

FRESH START

For each conference WFAPA sponsors, we bless an organization in the community by donating items they need to continue their work. WFAPA contacts an organization in the community of the county that we are having our conference in. We speak with the director of the organization and find out what their needs are. We then reach out to our members via our newsletter and ask that they donate said items when they arrive at the conference.

For our Fall 2017 Conference, WFAPA is pleased to be donating to Foundations For Living, 1421 Churchill Street, Waupaca, WI 54981. The following items have been requested: towels, sheets, blankets, gas/fuel cards from Kwik Trip, grocery gift cards from Aldi, Piggly Wiggly and Pick N Save. Cash donations are also accepted for ink for printers, operating costs, etc.

Note:

WFAPA now accepts CREDIT and DEBIT cards for EVERYTHING including the Auction & Raffle!



LIFE BEGINS HERE

WFAPA is supporting a program to help foster children aging out of care. This program provides a suitcase filled with items to help them as they start out living independently. WFAPA donates the suitcase(s) to an organization in the community that works with aging out foster children or to the Department of Children and Families in that County.

At each conference that WFAPA holds we ask our members via the newsletter to bring in "gently" used or new items that will be helpful for someone just starting out. This includes items such as towels, dishes, pans, cooking utensils, sheet sets, blankets, silverware, cups, coffee pot, blankets, sheets, pillows, etc.

WFAPA is pleased to be donating to Foundations For Living, 1421 Churchill Street, Waupaca, WI 54981. The following items have been requested: towels, sheets, blankets, gas/fuel cards from Kwik Trip, grocery gift cards from Aldi, Piggly Wiggly and Pick N Save. Cash donations are also accepted for ink for printers, operating costs, etc.



Pick 'n Save



(Jeff Noble, cont. from page 1)

This workshop will teach caregivers and frontline staff alike how to use social media for the purposes of training, learning, educating and as a support network. Social media is a cost effective approach to increasing engagement and support for FASD caregivers.

Jeff is a helper, a leader, and an innovator. His focus is FASD, but his expertise is building community through social media. Using an interactive, yet personal, approach, Jeff delivers relevant, useful, and need-to-know information to help and support frontline workers, educators and caregivers of those living with an FASD.

Along with staying connected through weekly and monthly newsletters that follow Jeff's various adventures as a consultant, blogger, and FASD advocate, Jeff is the creator of **FASDFOREVER.com**, a blog that delivers content that caregivers can identify with and use in the real world. Jeff is also the moderator of a Facebook Fan Page that is followed by over 7,300 fans worldwide where he spreads awareness, tips and FASD insight.

Connect with *Jeff* TODAY!



416-805-9905



jeff@fasdforever.com



www.fasdforever.com



/fetalalcoholforever



/FASDFOREVER



@jeffjnoble



/jeffjnoble

“You’ve opened my eyes to realize that I can still teach her with more realistic expectations and that I’m not failing her if she doesn’t get it.”
— 10h!1 Participant

“A life changing experience for our family!”
— FASD Caregiver

“But what I appreciate most is your good humour, honesty, and respect for people.”
— Workshop Participant

Jeff is the author of *Making Sense of the Madness: An FASD Survival Guide*, and *FASD Soundbites and Sanity Savers*.

FALL 2017 CONFERENCE SCHEDULE

FRIDAY OCTOBER 20th	
4:00PM-10:00PM	REGISTRATION/HOSPITALITY ROOM Auction/Raffle Items and Raffle Tickets
5:00PM-7:30PM	HOSPITALITY ROOM, FOOD AVAILABLE
5:30PM-6:30PM	STATE UPDATES
6:45PM-7:45PM	TBA
8:00PM-9:30PM	YADA, YADA, YADA
SATURDAY OCTOBER 21st	
7:00AM-8:15AM	BREAKFAST
8:30AM-11:30 AM	JEFF NOBLE
11:45AM-12:45PM	LUNCH
1:00PM-4:00PM	JEFF NOBLE
4:15PM-5:00PM	GENERAL MEMBERSHIP MEETING <i>Drawing for free conference and room</i>
6:00PM-10:00PM	BANQUET, AWARDS, AUCTION, RAFFLE
SUNDAY OCTOBER 22nd	
9:00AM-12:00PM	FASPP & BOARD members ONLY CLOSED TO GENERAL MEMBERSHIP

THIS CONFERENCE COUNTS FOR 12 HOURS OF TRAINING/CEU'S FOR ATTENDEES

LOOK!

NEWS FOR ALL MEMBERS:

Voting for President and Treasurer will be held at Fall Conference. Please contact, **Cheryl Slusser** with any nominations. **715 -309-9419** or email her at: slusserc@yahoo.com or slussercl@gmail.com Thank you!

SATURDAY REGISTRATION:

WFAPA has always offered Saturday only trainings, however we wanted to bring it to your attention. Registration will start **Saturday morning at 8AM** and the **Speaker will start at 8:30AM**. We offer the Saturday registration to you for \$45.00 including lunch. You will receive a certificate for Training/CEU's totaling 9 hours. Please complete the registration form and check Saturday only. Thank you!

HOTEL NEWS:

It is the **policy** of the Hotel that no alcoholic beverages be brought into any of the meeting rooms unless purchased at their Hotel Bar. Thank you!

REGISTRATION FORM

Registration includes workshops, hospitality room and meals on Saturday. Please make check payable to "WFAPA FALL CONFERENCE." Send registration and fee to: **JILL POLIFKA**, N1973 Cemetery Rd Waupaca, WI 54981. Phone: (920) 915-0389. **Registration and fee must be received no later than OCTOBER 2nd, 2017.** There will be a \$20.00 service fee for all checks returned for insufficient funds. Cost is \$65.00 per person (WFAPA members). \$75.00 per person (non- members). **Membership fee is only \$7.00 per family per year** and you may become a member at the same time you pay your registration. **There are no refunds. Remember we are now accepting credit cards at the door.** No childcare is available for this conference. Due to the sensitive nature of many of our discussions children are discouraged from being present in training sessions. Infants are welcome but please be sensitive to other attendees by removing fussy or noisy babies. **ITEMS FOR "LIFE BEGINS HERE PROGRAM" AND FOR THE "FRESH START" PROGRAM will be donated to Foundations For Living 1421 Churchill Street Waupaca, WI. Please see their requests in the newsletter and along with the items for the suitcase! Thank you!**

Participate #1 _____

Participate #2 _____

Street Address _____

City _____ State _____ Zip _____

County (REQUIRED) _____ Agency _____

Phone _____ Email _____

****If you have any dietary restrictions, please contact: Jill Polifka at 920-915-0389 or email amos47@charter.net. WE WILL BE HAVING BUFFET MEALS!**

PLEASE ENCLOSE AN ADDITIONAL \$20.00 FOR AN EXTRA BANQUET MEAL (for person not attending conference). Is this your first conference? _____

SATURDAY REGISTRATION ONLY (includes lunch) Each person \$45.00 _____

Each person (\$65 or \$75) x ____ = \$ _____ Extra Banquet \$20 x ____ = \$ _____

Membership Dues \$ _____ Total Enclosed \$ _____ Number attending banquet _____

****DONATIONS ARE BEING ACCEPTED AND ENCOURAGED FOR OUR RAFFLE AND AUCTION.****

Call for reservations to: **Ramada Waupaca 110 Grand Seasons Dr. Waupaca, WI 715-258-9212** and ask for the **Wisconsin Foster And Adoptive Parent Association block**. Reservation for rooms are at the price of **\$82.00**, which does not include local and state taxes. **Deadline for held rooms is September 25th, 2017.**

Special room prices are only confirmed through that date. Check in is 3:00PM and check out is 11:00AM.

See you there!

ADOPTING AND FOSTERING CHILDREN WITH FETAL ALCOHOL SPECTRUM DISORDERS



Parenting has been called the toughest but most fulfilling job in the world. Parenting children with special needs, such as fetal alcohol spectrum disorders (FASD), brings its own set of challenges.

Many parents of children with an FASD are adoptive or foster parents. Some knew about FASD when they welcomed their children into their family, while others did not. In any case, information is the key to success in raising children with an FASD.

Learning about FASD can help parents understand how their children are affected, which parenting strategies work best, and how to get services and support. For people who want to adopt or foster a child with an FASD, knowing the facts can help them make an informed decision.

WHAT IS FASD?

“FASD” is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis. It refers to conditions such as fetal alcohol syndrome (FAS), alcohol-related neurodevelopmental disorder (ARND), and alcohol-related birth defects (ARBD). In the United States, FASD occurs in about 10 per 1,000 live births, or about 40,000 babies per year.(1)

There is little information available about FASD and adoption or foster care. One study of children in foster care in Washington State revealed a rate of FAS 10 to 15 times higher than in the general population, suggesting that children in foster care are more likely to have an FASD.(2) Estimates for international adoptions vary by country. In Russian orphanages, the rate of FAS alone has been estimated at 1 to 10 per 100.(3)

MEETING THE CHALLENGES ASSOCIATED WITH FASD

Brain damage and physical defects are the primary disabilities associated with FASD. Lifelong behavioral or cognitive problems may include:

- Mental retardation
- Learning disabilities
- Hyperactivity
- Attention deficits
- Problems with impulse control, social skills, language, and memory

These challenges can lead to other problems called secondary disabilities, which may include:

- Disrupted school experience
- Alcohol and substance abuse
- Mental illness
- Dependent living
- Problems with employment
- Inappropriate sexual behavior
- Involvement in the criminal or juvenile justice system
- Confinement (prison or inpatient treatment for mental health or substance abuse problems)(4)

(continued on next page)

A child with an FASD is likely to need services throughout his or her life and may never be able to live independently. The lifetime cost for one child with FAS can be \$2 million.(5) Despite their challenges, children with an FASD have a number of strengths. For example, they tend to be caring, creative, determined, and eager to please.(6) They also respond well to structure, consistency, concrete communication, and close supervision. With a supportive home, an early diagnosis, and appropriate services, many children with an FASD can avoid secondary disabilities and reach their full potential.(4)

GATHERING INFORMATION

Many children who have an FASD lack an accurate diagnosis and their problems may not be clear. Prospective parents may request a copy of a child's complete medical and family history. However, because records may not tell the whole story, they may also ask specific questions about:

- Possible prenatal exposure to alcohol or drugs
- The physical and mental health of the mother and any siblings
- The developmental history of the child, including possible delays
- Independent evaluations from a physician

Most States require adoption and foster care agencies to share information with prospective parents about the health and social history of the child and birth parents. Some States require more information sharing than others, but few specifically address alcohol.(7) Full investigation and disclosure is best for everyone so that placements are successful, parents are prepared, and children get the help they need.

CONCLUSION

Parenting offers many rewards, despite its hurdles. Those who choose to become a parent or caregiver to a child with an FASD experience great joy along with the challenges. The child can benefit from a stable, loving home with parents and caregivers who understand his or her needs. Ultimately, adoptive and foster parents can change the outlook for individuals with an FASD, one day at a time.

REFERENCES

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 Substance Abuse and Mental Health Services Administration
 Center for Substance Abuse Prevention
www.samhsa.gov

WFAPA Membership Form

Name _____

County, State or Agency Name (that licenses you) _____

Your Address _____

Phone _____ Fax _____ Email _____

Additional Donation: ___ \$5 ___ \$10 ___ \$25 ___ \$50 ___ Other _____

Would you be willing to help out with WFAPA? ___ yes ___ no

For Individual memberships, return this form and \$7.00 to:

Michelle & Larry Ward * W7018 Discovery Dr. * Fond du Lac, WI 54937 Email: twowards@charter.net

GO GREEN! ___ I'd like to "go green" and paperless by receiving my newsletter online only.

SWEATSHIRT ORDER:

Color: Black ____, Gray ____, Navy ____

Size: S ____, M ____, L ____, XL ____ (\$26.00) 2X ____, 3X ____, 4X ____, 5X ____ (\$36.00)



Orders may be picked up at next conference, or shipped for an additional \$15. Amount enclosed: _____

BOARD OPENINGS

WFAPA has the following openings available on the Board. Please feel free to contact: Tina Christopherson, President at (715) 938-6667 or email: twfapa@new.rr.com.

Outreach Position

1. Be responsible to research companies, agencies, corporations, etc. that may be willing to collaborate resources that would offer opportunities, material items, in-kind donations, or other donations for foster and adopted children and/or their foster and/or adopted parents.
2. It would be the desire of WFAPA to collaborate with such companies, agencies, corporations, etc. so as to help promote their message, while they promote the message of WFAPA.
3. This collaboration's goal should be made so as to promote a sense of autonomy for WFAPA in which it might be able to seek donations to create a stable financial status for future endeavors.
4. Report all issues, concerns and triumphs to the Board.
5. Attend Board meetings (there are 2 meetings per year and you must attend at least 1 of the 2).
6. Assist where needed at all Conferences. Any other duties as may be assigned by the President.
7. Promote WFAPA in a positive and professional manner.

Partnership Chair

(previously known as Local Associations)

1. Assist, educate, and problem solve issues for all Partnerships (local associations) in Wisconsin.
2. Support and develop new Partnerships (local associations) with interested foster and adoptive parents.
3. Travel is involved in this position which will be reimbursed by WFAPA at 0.50 cents a mile.
4. Report all issues, concerns and triumphs to the Board and the general membership.
5. Attend Board meetings (there are 2 meetings per year and you must attend at least 1 of the 2).
6. Assist where needed at all Conferences. Any other duties as may be assigned by the President.
7. Promote WFAPA in a positive and professional manner.



August