



WEAPA

Wisconsin Foster and Adoptive Parent Association

Did you know?

At some point, being a parent to a child who has experienced trauma will result in one's own emotional issues or past trauma being activated. This results in reactive behaviors on the part of the parent that are unhealthy, dysfunctional and activating for the child. A cycle of upset ensues that can become retraumatizing for all involved. There are a few simple practices that can assist you in creating and maintaining peaceful relationships in your family. It starts with personal awareness and healing and extends to modeling for the children how to get their needs met without misbehavior. One parent who attended the live webinar stated, "As a foster parent of over 27 years, adoptive parent of a now 22 year old with severe FASD, and a Family Child Care provider working with many family situations, this webinar was one of the best. Thank you!"

You too may watch this webinar by Patricia Clason, RCC, CPS. Patricia is a professional speaker, consultant, coach and trainer with over 35 years of experience working with trauma survivors, guiding their emotional healing through emotional intelligence (EQ) intensive programs.

If you are interested in this webinar, you may go to the Champion Classrooms of the Coalition and enroll to see this, A Parent's Guide to Managing Behavior.

<https://www.championclassrooms.org/register>

Taken from the Coalition News Releases 2022



Family Matters

CONGRATULATIONS WINNERS!!

We had some lucky winners at our Fall conference at Bantr Hotel in Rothschild/Wausau. These lucky folks will receive a free weekend at our Fall Conference. This includes the registration fee, meals, and hotel room! You could be the next lucky winner if you, come to the Fall Conference, attend the General Membership meeting and put your name tag in for a drawing!! Yes, that's all. CONGRATULATIONS go to, Josh Roberts from Marathon County. Josh was a new member at this conference. Betty Warren from Marquette County and Scott Opelt from Clark County. We look forward to seeing you all this Fall!

~SURVEYS~

Thank you all for returning your surveys! From them is how we learn and grow. We will look into a few of the Speakers that you stated. We will also look into finding someone who is able to give us the information you requested. Most of the surveys stated they would like to see more participants, we agree!! You stated you would try to bring someone in the Fall, do try, this is how we build our conference. Give them your newsletter or information, bring the information up at your local association meetings. Tell your Foster care worker about it and ask them to send it to all the foster homes.. We can build up the numbers with your help. Spread the word my friends!

NEW SPONSER!

Please welcome Megan and Josh Roberts of Dream Vacations. They will organize your vacation, from beginning to end. Phone number 715-432-1279 and/or email mmroberts@dreamvacations.com. They have also offered WFAPA a Members Benefit Program. They will set up a website for WFAPA members and maintain that website free! This is another donation from them. You will be able to see the best travel deals out there and now all WFAPA members will be able to search for vacations or contact Megan to help with anything. It will be like WFAPA is providing all members their personal travel agent and travel website. A HUGE THANK YOU to Megan and Josh!

~THANK YOU~

A huge thank you to Tammy Boettcher who is our Website Chair. Tammy also was our Newsletter Chair and was doing the newsletters, however has resigned from that position. She gave our newsletter a new life, with her absolute update and love of doing them. Trust us, she will be missed in this position! Thank you so much for your creativeness and your skills!

POSITION OPEN

WFAPA has a Newsletter chair position open. Need to be familiar with Publisher as that is the program we do our newsletter in. Be available to publish the newsletter 4 times a year. Creativity is a plus! Contact **Tina Christopherson**, twfapa@new.rr.com, or **715-938-6667** if you are interested and for a copy of newsletter job description. Remember this is a voluntary job, with a few perks.



Nana's Apple Cake

INGREDIENTS: CAKE: 3 cups all purpose flour, 2 cups granulated sugar, 1 teaspoon baking soda, 1 teaspoon ground cinnamon, 1/2 teaspoon salt, 1 cup vegetable oil, 3 large eggs, 1 heaping teaspoon vanilla, 3 cups diced and peeled baking Apples, such as Granny Smith, 1 cup chopped nuts, such as pecans (optional)

INSTRUCTIONS: To make the cake: Heat the oven to 350 degrees. Generously butter a 9 by 13 inch baking dish. In a large bowl, whisk together the flour, sugar, baking soda, cinnamon and milk. In a medium bowl, whisk together the vegetable oil, eggs and vanilla. Using a stiff spatula or wooden spoon, stir the oil mixture into the flour mixture. It will be "real stiff." Mix in the apples and nuts. Press the mixture into the prepared baking dish and smooth out the top into an even layer. Bake until golden brown and a toothpick inserted into the center comes out clean, 40 to 45 minutes. Let cool while preparing the sauce.

To make the sauce: In a small saucepan, combine the brown sugar, butter and milk. Place over medium-high heat to melt the butter. Once the butter has melted, bring the mixture to a boil and reduce the heat to medium. Continue to boil, stirring constantly, until the sauce just begins to thicken, 2 to 3 minutes. Pour the hot sauce over the cake, spreading it evenly across the top.

Let the cake cool at least until the sauce has seeped in, about 20 minutes. Alternatively, let the cake cool completely before serving

Serves 12. Hands-on time: 20 minutes Total time: 1 hour, plus cooling time. ENJOY!!



False allegations? Do you need information?

Are you under investigation? Are you feeling lost?



FASPP may be able to help! Our FASPP and SAAN volunteers are highly trained to provide you with information and/or resources to guide you through various issues. FASPP and SAAN is made up of fellow foster or adoptive parents.

FASPP (Foster and Adoptive Support and Preservation Program)

FASPP's mission is to meet the needs of foster and adoptive parents statewide through a network of peer driven support and information which will help to preserve foster and adoptive families.

SAAN (Surviving Allegations of Abuse and Neglect)

SAAN is a peer driven support network, the purpose of which is to minimize the trauma to foster and adoptive families while undergoing an allegation without compromising the integrity of that investigation. Foster parents welcome children into their homes knowing that they bring their histories and issues along with them. For this reason, foster and adoptive parents are at a higher risk of having an allegation made against them. Undergoing an investigation is a stressful and scary situation for anyone, and SAAN is here to provide information to support you throughout the investigation process.

Please call or email the following people with questions in these areas:

Norma, Chairperson (Advice on general/allegations) ~ Phone: (920) 922-9627

Melissa (Focuses on fostering younger children) ~ Phone: (608) 333-6650 Email: lovedalemelissa@gmail.com

Tammy (Advice on general/foster) ~ Phone: (715) 497-3561 Email: tmeesha1973@yahoo.com

Lauri Thorssen (Advice on general/adoption) ~ Phone: (715) 816-4152 Email: lthorssen@gmail.com

Tips For Staying Happily Married When Adopting/Fostering

Parenthood is stressful. We love the little darlings, but they can put a major strain on the marriage. This is especially true if our child has special challenges from being exposed to alcohol or drugs during pregnancy or was adopted at an older age and carries the baggage of abuse and neglect. What's the trick to staying happily married when adopting or fostering children from hard places.

An all too typical pattern in adoption (and in marriage in general) is for one parent to take the lead in becoming educated about adoption, the challenges, and the type of parenting these children respond to best. Often this same parent has been the "pusher" or "moving force" behind the adoption. Often this parent is the mother. This doesn't bode well when the challenges of adopting or fostering hit.



It's not helpful at this point to say that the non-educated, non-pusher parent (usually the father) needs to have been educated and supported before you reach this point. That ship has already sailed. So what to do when you feel your marriage fraying under the pressure of adopting or fostering a child that has experienced trauma?

I asked this question to Dr. Karyn Purvis, author of *The Connected Child*, and the founder and Director of the TCU Institute of Child Development on a Creating a Family Radio show about Raising and Healing Abused and Neglected Kids. In typical Dr. Purvis fashion she had some very specific and practical advice, with a few comments of my own thrown in for good measure.

1. **Make time for each other.** It is crucial to nurture your marriage while parenting. Nurturance takes time and it takes intention. You must schedule time to be with your spouse as a spouse, rather than as a parent discussing the kids, the house, life's problems. I believe a weekly "Date Night" may just have saved my marriage. It doesn't have to be at night and it doesn't have to cost money, but it does have to happen. Find time to do an activity you both enjoy and make a point to schedule time to do it on a regular basis. Dr. Purvis suggested taking a walk together regularly. Bottom line: find a way to have fun together again.
2. **Model what works.** Rather than telling your partner how to do things, show him. If it works to improve your child's behavior and lower his anxiety, your spouse will see it. Sometimes our words get in the way.
3. **Who should educate?** You do have to talk about the kids, but often the not-as-involved parent feels ambushed by these conversations which are full of what needs to be done or how he isn't doing things right. Is it possible that someone other than you would be better at helping to educate your spouse? Would he attend your child's therapy session and hear from the therapist what works best? Would he listen to the many Creating a Family radio show/podcasts on parenting children who have been abused and neglected during his commute to work or while he works out?
4. **1Double up on self-care.** Parenting is hard work, and worrying about your marriage is even harder. You are under a lot of stress and stress makes many (all?) of us difficult to live with. You owe it to yourself and to your marriage to take care of yourself. What you need is individual to you, but for most of us includes regular exercise, enough sleep, and something to look forward to each day—a good book and time to read, a trip to Starbucks by yourself, an occasional massage, a small tub of Ben & Jerry's Cherry Garcia, or a night out with your friends.
5. **Show some compassion.** The biology of most mothers leads them to want to nurture their children and figure out how to meet their children's needs. The biology of most fathers leads them to want to protect their family. The continual chaos that can happen when adopting or fostering a child who is struggling with the aftermath of abuse and neglect makes many dads feel powerless. Powerless is a lousy place to be, and many fathers just give up. Understanding the reasons why, goes a long way to lowering your frustration. [I struggled with the gender stereotyping in this piece of Dr. Purvis's advice, but I have to admit that it rings true.] Article written on January 13, 2016, by Dawn Davenport from creatingafamily.org.



Family Works
TREATMENT FOSTER CARE



Alphabet Shuffle,
Counseling For All Ages and Family
Mediation Services

Sherry Benson, LCSW, MSW, CCTP,
Certified Family Mediator

805 1st Street, Menominee, MI 49858

Phone: 906-424-4476
Text: 715-330-2291
Fax: 906-424-4480
Email: misssherry2@yahoo.com
www.alphabetshuffle.com



FROM YOUR VACATION SPECIALIST
MEGAN & JOSH ROBERTS
(715) 907-1270 WESTON, WI



As a recent breast cancer survivor, Josh and I have really realigned our priorities. Family, memories & time away are things that topped the list. We love travel and think it is so important. We'd love to help you, your family and your loved ones make some memories and make travel a priority too!



Support Our Work By Becoming A Member

Considering joining or renewing your membership with WFAPA? WFAPA continues to play a role in influencing public policy and advocating on behalf of Foster and Adoptive children and parents in Wisconsin. WFAPA's Leadership has helped to educate policymakers and engage Foster and Adoptive Parents in the debate on issues that affect the Foster and Adoptive System.

As a member, you:

- ◆ Receive four newsletters in the mail each year.
- ◆ Get first hand information of what's happening at the State level.
- ◆ Who to call when an allegation arises.
- ◆ Peer Support.
- ◆ Opportunities to become involved in projects to help foster children.
- ◆ Scholarship information.
- ◆ Reduced rate for conferences.



Please join today. \$10.00 per individual.

WFAPA Membership Form

For individual memberships, return this form along with \$10.00 to: **Michelle & Larry Ward * W7018 Discovery Dr. * Fond du Lac, WI 54937** Email: twowards@charter.net

Name _____ Phone _____ Fax _____

Email _____ Your Address _____

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

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

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

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

2022 Fall Conference

Friday, October 7– Sunday October 9, 2022

Friday, October 7th

- 4:00PM-9:00PM REGISTRATION Auction/Raffle Items and Raffle Tickets
 4:00PM-9:00PM HOSPITALITY ROOM-AUCTION ITEMS
 4:30PM-5:30PM SHANNON BRADEN - State Updates
 5:30PM-6:30PM NORMA SCHOENBERG & SHERRY BENSON-SAAN AND FSAPP
 6:30PM-8:30PM HOSPITALITY ROOM/FOOD/SOCIALIZE-Connecting, networking, sharing stories meet families and the WFAPA board.

Saturday, October 8th

- 7:00AM-8:00AM BREAKFAST
 8:00AM-10:45AM ALLISON LOURASH
BREAK 15 MINUTES
 11:00AM-12:00PM GUARDIANS OF THE CHILDREN WITH SEVERAL CHAPTERS
 12:00PM-1:00PM LUNCH
 1:00PM-2:00PM DANA LONGPRE'-Foster child/Adult/Author
 2:00PM-3:00PM DANA LONGPRE'-Autism
BREAK 15 MINUTES
 3:15:PM-4:00PM DANA LONGPRE'-Add-ADHD/we keep going
 4:00PM-5:00PM GENERAL MEMBERSHIP MEETING Drawing for free conference and room
 Certificates handed out
 6:00PM-10:00PM BANQUET, AUCTION AND RAFFLE

Sunday, October 9th

- 9:00-12:00PM FASPP & BOARD MEMBERS ONLY. Closed To General Membership.
This Conference counts for 12 hours of Training/CEU'S for Attendees.
Thanks for joining us!

www.wfapa.com

Amazon Users-SMILE PROGRAM

When shopping on Amazon, don't forget to use the Amazon Smile Program! Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to WFAPA whenever you shop on Amazon Smile. Amazon Smile is the same Amazon you know-same products, same prices, same service.

SUPPORT WFAPA by starting your shopping @smile.amazon.com. WFAPA thanks you!!



WFAPA Sweatshirts

Get your sweatshirts! Orders may be picked up at conference, or shipped for an additional \$15. To place an order, contact Michelle & Larry Ward by email at twowards@charter.net or by mail at W7018 Discovery Dr. * Fond du Lac, WI 54937.

Color: Black ___ Gray ___ Navy ___
 Size: S ___ M ___ L ___ XL ___ Cost \$26.00 2X ___ 3X ___ 4X ___
 5X ___ Cost \$36.00

Conference registration Form due September 26th, 2022

Registration includes workshops, hospitality room and meals on Saturday. Please make check payable to "WFAPA FALL CONFERENCE." Send registration and fee to **Tracey Taylor, P.O. Box 381 Owen, WI 54460. If there are questions, reach her at 715-560-1755/taylor1028@charter.net.** 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 \$10.00 per individual, per year.** 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 and registrations on website, www.wfapa.org.** No childcare is available for conferences. 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. **Thank you.**

Participate #1 _____

Participate #2 _____

Street Address _____

City _____ State _____ Zip _____ County You Are Licensed

With (REQUIRED) _____

Phone _____ Email _____

Is this your first conference? ____ Yes ____ No

I am bringing a first time attendee with me ____ Yes ____ No If yes, name: _____

BUFFET MEALS WILL BE SERVED. If you have any dietary restrictions, please call Tracey at 715-560-1755 so she may make proper food arrangements for you. PLEASE ENCLOSE AN ADDITIONAL \$10.00 FOR LUNCH (person(s) not attending conference) \$20.00 FOR AN EXTRA BANQUET MEAL (for person(s) not attending conference). Each person (\$65 or \$75) x _____ = \$ _____ Extra Lunch \$10 x _____ = \$ _____ / or Extra Banquet \$20 x _____ = \$ _____ Number attending banquet _____ Membership dues \$10.00 per individual.

Total Enclosed for all \$ _____

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



Life Begins Here

CONGRATS!


THE WINNER IS...

your name will be placed in a drawing for a gift.

No winner at our last conference.

If you bring someone new to a conference,

WFAPA is supporting a program to help Foster children going 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. We will be donating to :

Guardians of the Children in person at the Conference.

The following items have been requested: Gas cards and Visa Cards.

FROM THE PRESIDENT

Hello,

It is so hard to believe that we are coming upon another conference. WOW! We are working hard to get this all together for you. Some are still concerned about COVID and fearful to come and present. We will make it through. :)

I need to apologize too, for there not being a May addition of the newsletter. Newsletters are not as easy to produce as one may think (I found that out!) Our newsletter person resigned and no one was prepared for that. I have no skills to produce this, so I have done the best I could. Not as creative as it was, by no means. YIKES!

Sadly, this summer seemed to go fast. Due to medical issues, and life, Tammy-Vice President and myself were not able to go to the conferences we were suppose to. We were not able to get out there and talk the talk of WFAPA! We have contacted and drop off brochures to several counties, however we feel we make more connections when exhibiting in person. We have a few coming up this fall and will do our best to preach.

I understand that right now guardianships are being asked of over adoption. Reunification has always been the goal. Guardianships allow that reunification to possibly happen. I will have that information in the folders at conference and on the website for all to read.

We need more participation at conferences!! Did you know that if you bring someone new to the conference, you are eligible for a reward? We need you! We need you to bring people! We need you to spread the word! Show me that we can bring the participation up! Your surveys stated that you would like to see that, come on, do it!

See you in October!

Tina

WFAPA BOARD MEMBERS

For additional Board Members, please go to our website, www.wfapa.org, and click on Board Members.

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twfapa@new.rr.com
715-938-6667

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