



WFAPA

Wisconsin Foster and Adoptive Parent Association

Pssst . . .

Know where you can get 12 credits for \$75.00 which includes fun, networking, & friendships with other foster and adoptive parents?

Turn the pages to find out how . . .



NCFA Press Release and Statistics on Foster Care

There is still a long way to go to improve things for children in foster care, but there is positive progress. National Council For Adoption's new press release covers the FY 2018 statistics on foster care and adoption which show that there have been some favorable changes in foster care and adoption.

One of the most notable statistics shared is that "the number of children in foster care fell to 437,283 — a slight (-0.9%) decrease from FY 2017." There hasn't been a decrease in the number of children in foster care since FY 2012. This means that many people are taking action to help the foster care situation nationwide.

According to NCFA, "the number of children waiting to be adopted has risen for the past six consecutive years and is now at a 10-year high, with more than 125,000 waiting children. For every child who was adopted in FY 2018, two children were left waiting."

But the foster families who are out there willing to adopt and take in these children have increased the number of adoptions in FY 2018. According to NCFA, "more American families are responding to the call to adopt, as 63,123 children were adopted from foster care in FY 2018—a 6% increase in the past year and the highest number of adoptions in the history of the report."

Why are kids in foster care? Abuse and neglect are common reasons that children are removed from their parents' care and placed in a foster home. The AFCARS FY 2018 report notes that the highest reasons for removal from the home are neglect (at 62%) and drug abuse (parent) (at 36%).

How Many Kids Age Out of Foster Care? When kids turn 18 and they're in foster care still, they "age out" of foster care, meaning they're on their own. Unfortunately, there are many risks for youth who age out of care. According to the [National Foster Youth Institute](#), 20% of children who reach the age of 18 and were in foster care will become homeless immediately.

(Continued On Top Of Page 2)

**HELLO!
It's Conference
Time!!!**



(Continued From Front Page *NCFA Press Release and Statistics on Foster Care*)

Additionally, only half of the kids who age out of foster care will have gainful employment by age 24. About 25 percent of kids who age out don't graduate from high school and can't pass their GED. Even if kids who age out do want to go on to college, "there is less than a 3% chance for children who have aged out of foster care to earn a college degree at any point in their life." Plus, about 70 percent of the girls aging out of foster care become pregnant before they turn 21.

Aging out is a real issue as these kids have no permanency and no family to fall back on for help. They're left on their own with not enough to manage. However, the statistics in NCFA's press release showed that "the number of youth who aged out of care fell a significant 11% in just the past year." At 17,844, the number of emancipated youth is now the lowest since FY 1998, which was the first year that data was collected by the AFCARS report. Conclusion. The NCFA press release shows that there is still a long way to go to improve things for children in foster care, but in most areas, there is positive progress. If you feel fostering or adopting is not for you at this time, please help those who are fostering and adopting. They need support from people in their community to continue their hard work. A positive change can continue as people band together to help those children who are in the foster care system. Article was written on November 05, 2019 by Gabrielle Boardman, who is the Content Manager and Editor for Adoption.com. To view The AFCARS Report Preliminary FY¹ 2018 Estimates as of August 22, 2019 - No. 26 type in www.acf.hhs.gov/sites/default/files/cb/afcarsreport26.pdf.



50TH ANNUAL EDUCATION CONFERENCE

JUNE 18 - 21, 2020

The National Foster Parent Association will celebrate their 50th Annual Education Conference being held at the Hyatt Regency Reston in Reston, VA. The NFPA is committed to bringing relevant quality learning opportunities to all caregivers in the foster care system as well as to staff, and other professionals,

who work with these families and the children they serve. Celebrate with us, embrace new partners, and new approaches!

This conference will feature developmental learning sessions geared to improving the everyday lives of the children and youth in care and their families - birth, kinship, foster, and adoptive.

Registration is scheduled to open on Monday, March 2nd, 2020. For more information, please visit their website, www.nfpaconline.org.



**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

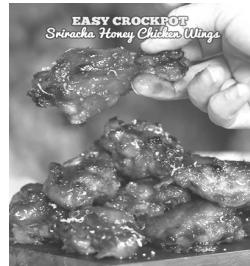
Melissa (Focuses on fostering younger children) ~ Phone: (608) 333-6650 Email: lovedalemelissa@gmail.com

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

With Mama Kasch

Easy Crockpot Sriracha Honey Chicken Wings



INGREDIENTS: 4 pounds frozen chicken wing drumettes 3/4 cup honey 2 tablespoons unsalted butter juice of one lime (about 1/4 cup) 3/4 cup sriracha sauce (the one with the rooster on the package)

INSTRUCTIONS:

1. In a 5 quart slow cooker on low add sriracha sauce, butter, honey and lime juice. Stir to combine. Add chicken wings. Stir until wings are well coated. Cook on high for 2-3 hours (or low 4-6 hours) until wings are cooked through.
2. Transfer the sauce to a saucepan over medium-high heat and boil it until it reduces to a thicker sauce, approximately 5-8 minutes, stirring occasionally.
3. Remove wings from slow cooker and place on a baking sheet lined with foil. Drizzle sriracha honey sauce over wings.
4. Set oven to broil. Place baking sheet in oven and bake for 2-3 minutes until the sauce starts to caramelize. Remove from oven. Coat wings with sauce again, broil for 1 minute, remove from oven. Coat with sauce, broil 1 minute. Add more sauce, broil until sauce is caramelized. Remove from oven, serve and enjoy.

MAMA KASCH'S NOTES:

1. You can use fresh wings. Cook time would be 3-4 hours on low or 1 to 2 hours on high. Additionally, when using fresh your sauce will cook quicker. Approximately 3-5 minutes.
2. Instead of cooking the sauce down and broiling it you can mix up 2 tablespoons corn starch and 2 tablespoons water in a resealable container and shake it really well. Pour slowly into crockpot then cook an additional 30 minutes on high.

Prep Time: 15 minutes Cook Time: 3 Hours Total Time: 3 Hours & 15 Minutes



Hello friends,

Welcome 2020! I am not sure how 2019 went so fast. May 2020 be an awesome year for Foster Parents, Adoptive Parents and our children waiting for placement, adoption or reunification.

the President's Message

Our April conference is going to be about "Community Angels." These are people and/or organizations within our counties that do great things for foster/adoptive parents and foster/adopted children. The itinerary is full of awesome presenters that will share what they do, their organizations, their stories and their love to give back.

April is Child Abuse Prevention Month. The symbol is the blue ribbons and/or the blue and white pinwheels. See if you can spot some within your community. Child abuse is a critical aspect of the following crimes: child sex trafficking and child pornography.

Child Abuse Statistics in the USA

"Although the incidence of child abuse and neglect has been decreasing, at least 678,000 children, or almost 9.2 in every 1,000 children in the United States, were abused in 2018, according to the Children's Bureau.¹ Neglect is the most common form of child abuse which affects about 60 percent of child abuse victims.¹ Neglect is defined as a parent or guardian fails to provide for their child's basic needs. Forms of neglect include medical, educational, physical, and emotional neglect.

Another 10.7% were physically abused; 7% were sexually abused; more than 15% were victims of two or more types of maltreatment. In 2018, roughly 1,770 children died as a result of child abuse or neglect.¹ For more information on demographics and reporting child abuse and neglect, please go to U.S. Department of Health & Human Services Administration for Children and Families Administration on Children, Youth and Families Children's Bureau. Child maltreatment 2018. January 2020."

A BIG thank you to all the individuals, social workers, organizations, groups, etc. that continue to strive to reduce the number of children that are abused. I am looking forward to seeing you in April!

Warm heart, warm thoughts,

Tina



Child Abuse Prevention Month

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-push 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?

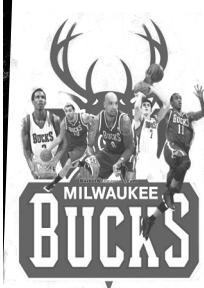
I asked this question to Dr. Karyn Purvis, author of *The Connected Child*, and the founder and Director of the TCU Institute of Child Development on a Creating a Family Radio show about Raising and Healing Abused and Neglected Kids. In typical Dr. Purvis fashion she had some very specific and practical 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. **Double 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.

Get Your Tickets



Awesome news! WFAPA has partnered with the Milwaukee Bucks for the 2019-2020 BUCKS GROUP PRIORITY. What does that mean? WFAPA will be able to reserve seats for a savings. We have reserved seats for Thursday April 9th, 2020. Game time is 7:00PM., Bucks vs Nets. Most children are off on Friday April 10th. How about a treat for the family before starting the weekend! If you are interested, **please email Tina Christopherson** at twfapa@new.rr.com.





5604 Medical Circle, Madison, WI 53719
 (800) 660-9204
www.family-works.com

Family Works Programs, Inc. is a community of people throughout Wisconsin dedicated to helping children with complex needs. Our treatment families are compassionate and committed to creating a healthy home for children who present significant challenges.



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Text: 715-923-1557

Fax: 906-424-4480

Email: misssherry@new.rr.com

www.alphabetshuffle.com

Our Sponsors

Thank You!

**No child should have to
 use a trash bag to carry
 their belongings**



What We Do:

- Welcome Bags and clothing for children entering foster care
- Retail environment where children can come "shop" for clothes
- Christmas For Kids program
- Back to School- supply program

If you are interested in donating, volunteering or receiving items for a foster child, contact us!

wifostercloset.org
thefostercloset@yahoo.com
 or Tammy at 715-497-3561

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 family.

WFAPA Membership Form

For Family 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.



1100 Imperial Ave.,
Rothschild, WI 54474

2020 Spring Conference

Friday, April 17 - Sunday, April 19, 2020

Learn. Network. Rejuvenate.

Swim. Play. Splash.

Friday, April 17th

4:00PM-9:00PM	REGISTRATION Auction/Raffle Items and Raffle Tickets
5:30PM-7:00PM	HOSPITALITY ROOM-FOOD
5:00PM-6:00PM	MARY JO FREEMAN, MD ~ "KATS Program"
6:00PM-7:00PM	KATIE KIRMSE-FUHRER ~ "Regional Independent Living Coordinator"
7:00PM-8:00PM	THIS IS US TOO

Saturday, April 18th

7:30AM-8:30AM	BREAKFAST
8:30AM-9:30AM	CIERRENA A.SPATARO-HAYNES,MSW, APSW ~ "Treatment Foster Care Permanence Specialist, Her Story!"
9:30AM-10:00AM	HEIDI MEYER, MSW,APSW ~ "COO ANU Family Services"
10:15AM-11:45AM	TAMARA NIEWOLNY ~ "Bridging the Gap Between Teens"
12:00PM-1:00PM	LUNCH
1:00PM-1:30PM	CHELSEY ZOMMERS , Adoption & Permanency Specialist ~ "Wisconsin Adoption & Permanency Support Program"
1:30PM-2:00PM	KATE AND ROB BAUER ~ "Camp to Belong-WI"
2:00PM-3:00PM	TIFFANY L. MEREDITH MSW, APSW ~ "Birth Parents Need Information Too. How You Can Share the Wealth."
3:15PM-4:00PM	SAAN AND FASPP ~ "Surviving allegations of abuse and neglect" "Foster and Adoptive Support and Preservation Program"
4:00PM-5:00PM	GENERAL MEMBERSHIP MEETING Drawing for free conference and room **Certificates handed out**
6:00PM-10:00PM	BANQUET, AWARDS, AUCTION AND RAFFLE

Sunday, April 19th

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

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!!**

SPRING CONFERENCE REGISTRATION FORM

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Registration includes workshops, hospitality room and meals on Saturday. Please make check payable to "WFAPA SPRING CONFERENCE." Send registration and fee to **Kristy Barr N5098 17th Avenue Mauston, WI 53948** email **KrisandKristy@hotmail.com** **Registration and fee must be received no later than April 1, 2020.** 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 \$10.00 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.

Participate #1 _____ Participate #2 _____

Street Address _____ City _____

State _____ Zip _____ County You Are Licensed With (REQUIRED) _____

Phone _____ Email _____

Is this your first conference? _____ Yes _____ No COMPLIMENTARY BREAKFAST AVAILABLE AT HOTEL.

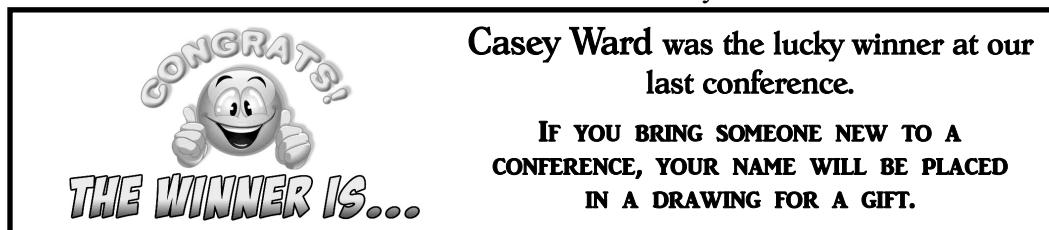
I am bringing a first time attendee with me _____ Yes _____ No If yes, name: _____

BUFFET MEALS WILL BE SERVED. If you have any dietary restrictions, please call Kristy at 608-548-0399 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 family. Total Enclosed for all \$ _____

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

Call for reservations to: Grand Lodge Waterpark Resort Wausau at 715-241-6300 and ask for WFAPA Block #512339. Reservation for rooms are at the price of \$86.00, which does not include local and state taxes. Occupants up to 4 per room. Any more than 4, is an additional \$15.00 fee for each person. Waterpark passes and breakfast passes are included in room fee. **Deadline for held rooms is March 17, 2020.** Special room prices are only confirmed through that date. Check in is 4:00PM and check out is 11:00AM. See you there!



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. We will be donating to **The Independent Living Transition Resource Agency-Region One** which serves Marathon, Forest, Lincoln, Langlade, Oneida and Vilas Counties.

The following items have been requested:

Full and Queen Air Mattresses, New Sheet Sets in Full and Queen, Gift Cards for Aldi's and Walmart, Laundry Supplies, Toiletries (Soap, Shampoo, Toothpaste, etc.)

“SELF-CARE IS ALWAYS A WORK IN PROGRESS!”

What is Self-Care? Self-care is care provided “for you, by you”. It’s about identifying your own needs and taking steps to meet them. It is taking the time to do some of the activities that nurture you. Self-care is about taking proper care of yourself and treating yourself as kindly as you treat others. (Source: [Fort Garry Women’s Resource Centre](#))

Self care includes any intentional actions you take to care for your physical, mental, emotional and spiritual health. Self care is a way of living that incorporates behaviors that help you to be refreshed, replenish your personal motivation, and grow as a person.

Why is Self-Care so important?

- It decreases stress, feeling over-whelmed, burn-out, and feelings of resentment.
- It increases motivation, energy, patience, self-esteem, a healthy sense of self-worth.

Quick Tips to Self-Care:

- Live Healthy – Eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups.
- Practice Good Hygiene – Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.
- Build Your Sense of Belonging – See friends. Consider joining a support group to make new friends.
- Do Something You Enjoy Every Day – That might mean dancing, watching a favorite TV show, working in the garden, painting or reading.
- Find Ways to Relax – Try meditation, yoga, getting a massage, taking a bath or walking in the woods.

G.R.A.P.E.S.

- **Gentleness:** Allow yourself to be gentle with yourself and your expectations.
- **Relaxation:** Do at least one relaxing thing.
- **Accomplishment:** Similar to doing something with mastery, do something that makes you feel good about your abilities. Or just cross one thing off your to-do list.
- **Pleasure:** Do something that brings you pleasure
- **Exercise:** Do 60 minutes of cardio exercise at least three times a week, which can be as effective as an antidepressant medication in lowering depression and anxiety.
- **Social:** Interact with positive people, preferably in real life.

(Source: <http://www.abigailburdclsw.com/some-grapes-a-day-keep-the-psychiatrist-away/>)



YOUR NEW DAD WILL LOOK PALE AND SICK AT FIRST, BUT TRUST ME, IT'S NOT PERSONAL- THEY ALL DO IT.

WFAPA BOARD MEMBERS

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

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