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COCAF News

Important News in This Edition!

Look for two great college scholarship opportunities on pages 13 and 14.

COCAF's 50 Facebook Friends

Help COCAF spread the word about the critical need for post-adoption support. Go to the Facebook causes website at <http://apps.facebook.com/causes/419195> and add COCAF to your causes. And while you're at it, ask all your Facebook friends to join, too. Supporting post-adoption support in Colorado is an important cause – and the more people know about our cause, the stronger we become.

What Has COCAF Done for You?

COCAF provides critical support to adoptive families in crisis, as well as providing information for adoptive families through both our monthly newsletter and the COCAF website. And we do all this at no cost to you. Please help us continue providing our services by donating today.

COCAF has three simple ways you can donate:

1. Go to <http://www.cocaf.org> and click on the Donate Now button on the upper right corner of the screen.
2. Go to the Facebook causes website at <http://apps.facebook.com/causes/419195> and click on the green DONATE button.
3. If you don't want to donate online, just mail your check to:

COCAF
5702 West 114th Place
Westminster, CO 80020-6831

COCAF Services

If you are in need of COCAF's services or just want to pass on some information, you may email Deborah Cave, Executive Director, at deborah.cave@cocaf.org.

COCAF Newsletter

If you have items you think would be appropriate for the COCAF newsletter, please forward those items to colleen.tarket@cocaf.org by the 20th of the month for consideration for the next month.

Adoption/Kinship/Foster Information

Health Care Reform Law Expands Adoption Tax Credit

Public Law 111-148, the Patient Protection and Affordable Care Act, was signed into law on March 23, 2010. Section 10909 of the Act extended the adoption tax credit for one more year (to December 31, 2011) and expanded the program in two ways:

- For tax year 2010, the amount of the credit was increased from \$12,170 to \$13,170.
- The credit was made refundable for all types of adoption for tax years 2010 and 2011.

Because the adoption tax credit will be refundable, families who have smaller tax liability will now be able to benefit from the credit for adoptions finalized in 2010 and 2011.

The IRS has not yet released any guidance on the change. NACAC will update its tax credit fact sheet later this spring.

COCAF Legislative Actions

SB 10-171: Child Protection Ombudsman

COCAF Board President, Frank Bennett, and COCAF Board of Director member, Carla Bennett, agreed to testify in favor of Senate Bill 10-171 for COCAF.

SB 10-171 would authorize a child protection ombudsman program that would receive and investigate complaints and attempt to arrange resolutions; try to improve any existing grievance procedures; and make recommendations for improving the child protection system. The program would be administered by the Department of Human Services, and its independence may not be as great as we would prefer, but it is to operate independently from the Divisions of Child Welfare, Juvenile Corrections, and Child Care. It could be contracted out to a non-profit agency.

There is no funding available for this program for the next 2 years, but it can accept gifts, grants, and donations. While there are many weaknesses in this legislation, it does provide impartial person at the State level to review citizens' concerns about the child protection system.

The bill sponsor, Senator Newell, has proposed an amendment that strengthens the independence of the program and clarifies how it would be administered and operated.

To see the bill, go to:

http://www.leg.state.co.us/CLICS/CLICS2010A/csl.nsf/fsbillcont3/D9DEFD44D71A065C872576C600555D1D?Open&file=171_01.pdf.

Children with Disabilities Information

KEJI College Fair

Tuesday, April 27, 2010, 6:00 p.m. – 8:00 p.m.
Rotunda (S100), Community College of Aurora
16000 East CentreTech Parkway, Aurora, CO 80011-9036

The KEJI College Fair inspires students who carry handicap labels, are on IEPs or 504s, or are struggling in school to successfully pursue post secondary education.

For further information or to participate as a vendor/higher learning institution representative, please contact Robin Bruce by phone at 303-751-3033 or by email at forkeji@pgdworks.org.

Conferences

2nd Annual Adoption Research Conference: Linking Research with Practice

Presented by The Rudd Adoption Research Program and the Evan B. Donaldson Adoption Institute
Wednesday, April 7, 2010, 8:00 a.m. – 5:30 p.m.
Campus Center Auditorium, University of Massachusetts Amherst

An increasing number of American children grow up in “complex families” – families in which adults other than or in addition to the child’s biological parents are strongly involved in the child’s life. These children and their families can benefit from pre and post adoption services. The focus of this conference is to create a linkage between adoption related research and practice -- learning how practice can inform research and research can inform practice. The focus of the conference will be on creating dialogue between researchers and practitioners and will be valuable for professionals and students in the human services fields, social science researchers, and community members. The program will include morning and afternoon breakout sessions and roundtable discussions. The conference program may be found [HERE](#).

For more information: Contact Stephanie Covelli by email at scovelli@psych.umass.edu or by phone at 413-545-3905.

2010 Colorado Special Education Legal Conference

April 12, 2010

Red Lion Hotel Denver Central, 4040 Quebec Street, Denver, CO 80216

This is for all special education stakeholders, parents, parent advocates, attorneys, judges, hearing officers, mediators, and Special Education Directors.

For more information: Contact Lori Kochevar at 303-866-6645 or by email at kochevar_l@cde.state.co.us

To register: Go to http://www.cde.state.co.us/cdesped/LegalConf_Index.asp.

Tuning Up Your Skills: Improving Services to Children and Families

22nd Annual Colorado Child and Adolescent Mental Health Coalition Conference

Friday, April 16, 2010

University of Phoenix, Lone Tree, CO

The Colorado Child and Adolescent Mental Health Coalition conference is in the planning stages. More information will follow. If you are interested in participating, email cgtjoe@integra.net.

Spotlight on Healing: Creating Healing Families & Resolving Childhood Trauma

Presented by Colorado Post-Adoption Resource Center (COPARC) & COCAF

Saturday, May 8, 2010, 8:30 a.m. - 4:00 p.m.

Doubletree Hotel, 13696 East Iliff Place, Aurora, CO 80014-1319 (303-337-2800)

Keynote speaker will be Juli Alvarado. More information to come.

2010 NAMI National Convention

Washington Hilton, Washington, D.C.

Wednesday-Saturday, June 30-July 3, 2010

What better place to celebrate the Fourth of July than in our nation's capital! Washington's celebration of Independence Day, known locally as A Capitol Fourth, opens with day-long performances on the National Mall by some of the country's top musicians and ends with a spectacular fireworks display over the Washington Monument accompanied by a live performance by the National Symphony Orchestra. And, it's all free! (The line-up of performers hasn't been announced yet but we'll share it with you as soon as it is.)

The NAMI National Convention is the annual gathering of some 2,500 mental health activists and advocates from all over the U.S. and several foreign countries. Our attendees include:

- Individuals who have a mental illness
- Family members of individuals with mental illness
- Health and social policymakers from both the public and private sectors
- Treatment professionals, including psychiatrists, psychologists, licensed counselors, nurses, and social workers. (CEUs are available for nurses, social workers, and licensed counselors.)

Attendees have one overarching reason for attending the NAMI National Convention: Improving the lives of people who live with mental illnesses and the lives of the people who love and care for them. Most attendees are responsible for securing or recommending mental health services, products, and information for themselves, loved ones, clients, and patients diagnosed with serious mental illnesses. This conference will help participants learn about the latest information, treatment options, coping strategies, support services, health and wellness information and activities, and legal and financial advice.

NACAC 2010 Conference in New England

Connecticut Convention Center, Hartford, Connecticut
Wednesday-Saturday, August 4 - 7, 2010

The North American Council on Adoptable Children (NACAC) annual conference is for adoptive parents, foster parents, adoption workers, adoptees, kinship care providers, child welfare administrators, and other members of the adoption and foster care community.

NACAC's conference covers almost every adoption-related topic imaginable—with more than 80 sessions about post-adoption services, therapeutic techniques, parenting children with challenges, recruitment and pre-adoption issues, international/infant adoption, public policy, and more. Many sessions are advanced, so even experienced parents and workers will benefit. Tentative sessions include:

- Find a Family for Any Youth in 12 to 20 Weeks!
- Surviving Adolescence: A Workshop for Parents Raising Challenging Teens
- Creating a Cultural Continuity Plan for Children
- What to Look for in an Adoption-Competent Therapist
- State of the Art Home Studies
- Living with Hurt or Scared Kids: Attachment, Trauma, and Neurobiology
- Advocating for Permanency in a Tight Budget Environment
- Post-Adoption Services for International Adoptive Families

The conference features nationally acclaimed speakers including Maris Blechner, Terry Cross, Wayne Duehn, Denise Goodman, Gregory Keck, Regina Kupecky, Joyce Maguire Pavao, Brenda McCreight, Ruth McRoy, and Pat O'Brien. Each year we add new speakers and topics so the conference is unique and valuable for new attendees and veterans alike.

Keynote speakers:

Thursday: **Josh Shipp** will entertain and inform with his session "Don't Be Average." A TV host, author, and one of *Inc.* magazine's 30 under 30 list, Josh has established an international reputation as an inspiring speaker. In this heartfelt and humorous speech, Josh will tell his own story about being abandoned as a baby and enduring an abusive childhood, but his tale does not end in sadness. It rises above the situation to show how a mess can turn into a message.

Friday: Adoptee, adoption professional, and advocate **Oronde Miller** will explore how parents and professionals can enhance their ability to support vulnerable children.

Saturday: NACAC will present awards to deserving individuals and organizations. Attendees will then be amused and educated during an inspiring closing session with **Denise Goodman**, child welfare trainer and consultant extraordinaire.

COCAF E-Newsletter April 2010

To put your name on a list to receive a conference announcement, contact NACAC at info@nacac.org or 651-644-3036.

Registration is now open for the 2010 NACAC conference in Hartford, Connecticut on August 5 to 7 (pre-conference sessions August 4). Visit <http://click.icptrack.com/icp/relay.php?r=1062655731&msgid=31175166&act=LETZ&c=69890&destination=http%3A%2F%2Fwww.nacac.org%2Fconference%2Fconference.html> to learn more about the conference, including keynote speakers, workshops and institutes, pre-conference sessions, the program for children and youth, and fees. From the main conference page, you can link to a registration page.

Register by July 10 to receive discounted fees:

- NACAC members \$235 US/\$260 CDN
- Non-members \$285 US/\$315 CDN
- After July 10, fees increase by \$55 US/\$60 CDN.

Full registration fees cover institutes, workshops, general sessions, Saturday's awards luncheon, and a CD with handouts. For those who register as non-members, a one-year individual NACAC membership is also included. Registrants can also elect to attend a single day or two.

Current NACAC [members](#) receive discounted registration fees: one for individual and parent group members, up to 20 for enhanced parent group and organizational members, and unlimited for employees of national/corporate members. Registrants can also apply for membership with the registration and use the discounted rate.

NACAC offers a program for youth ages 6 to 18 with workshops and field trips. Space is limited, so register when forms are available this spring.

NACAC is pleased to announce the availability of a limited number of scholarships, funded by Jockey Being Family, to attend NACAC's 36th annual conference in Hartford, Connecticut, August 5-7, 2010.

Scholarships are available to parent group leaders if (1) your **parent group** is or becomes a current parent group member of NACAC and (2) the applicant has **not** previously attended an annual NACAC conference. **The application deadline is May 14.**

For more information on the scholarships, contact Mary Boo at maryboo@nacac.org.

Education

Fostering a Future Scholarship Application

The Children's Action Network teamed with the Dave Thomas Foundation for Adoption to create a national scholarship program called *Fostering a Future*. This targeted scholarship is sponsored by Capital One and will benefit youth adopted from foster care who want to pursue their higher education goals.

Applications are now being accepted, through **Tuesday, April 20, 2010**. Applicants must have been adopted from the U.S. foster care system after the age of 13, be graduating high school seniors, maintain (or improve) a qualifying grade point average throughout their senior year, and demonstrate financial need.

To access more information visit: <http://www.childrensactionnetwork.org/scholarship.htm>

The Fostering Adoption to Further Student Achievement Act

The Fostering Adoption to Further Student Achievement Act (P.L. 110-84) revised the definition of "independent student" to expand to youth who were in foster care on or after their 13th birthday, even if they have been adopted.

Effective July 2009, students who meet this definition can indicate their independent status when filing for the Free Application for Federal Student Aid (FAFSA) form for college financial aid.

To access the Voice for Adoption fact sheet, go to:
<http://voice-for-adoption.org/downloads/FAFSA%20factsheet.pdf>

Hopes for Higher Education Scholarship

The Hopes for Higher Education Scholarship is awarded to youth in foster care for the purposes of obtaining professional certification or to attend a post secondary institution (undergraduate only). Scholarships range in amount from \$500 to \$1,000, and the number awarded each year varies depending on funding. Scholarship funds may be used for tuition, fees, and school room and board.

A complete application and supporting documentation must be received on or before May 15, 2010.

Candidates for the scholarship must demonstrate the following to be considered:

1. Applicants must be legal residents of the United States.
2. Applicant may reside in a foster home, group home, or kinship care or be an emancipated foster youth under age 25 (proof of age required with submission of application).
3. Are not receiving 100% tuition reimbursement from another source.
4. Submit a complete, signed application, together with all supporting documentation, if any, by the deadline date listed under the Selection Process section. The completion of the application form does not create an obligation to award a scholarship to applicant.
5. Submit an essay to address the following question: How will you utilize your college education to contribute to society? High importance will be placed on the applicant's desire to advance in their education, with an emphasis on furthering their careers, and their impact in the community for which they reside. To be considered, the essay must meet the following requirements:
 - MAXIMUM of 1,000 words
 - Double spaced
 - 12 point font
 - 8 x 11 white paper
 - Two letters of recommendation (one must be from Social Worker or Foster Parent)
 - Proof of enrollment & acceptance to program
 - All materials must be emailed to: scholarship@hopesforhighereducation.com

For more information, go to www.hopesforhighereducation.com or email scholarship@hopesforhighereducation.com.

Denver Preschool Program

The Denver Preschool Program (DPP) is the result of a voter approved initiative to provide tuition credits for parents, and quality improvement grants to preschools. DPP is open and voluntary for all Denver children the year before they are eligible for kindergarten. A Denver family may use the tuition credit with any preschool provider who is licensed by the state and enrolled with the Denver Preschool Program, regardless of where that preschool is located.

For more information, go to <http://dpp.org/>.

Medical

9Health Fair

Anyone 18 and older can participate in a 9Health Fair. With over 25 screenings available, your 9Health Fair results, along with an explanation on how to read your results, are delivered directly to you within 3 to 6 weeks of your visit. The team of volunteer registered nurses and physicians will contact you within 72 hours of your 9Health Fair visit and, if necessary, provide you with local follow up resources if your results indicate that a critical or alert health situation is occurring.

Attending a 9Health Fair does not replace your regular check-ups with your physician, and you are encouraged to share your results with your primary care physician for further diagnosis and treatment.

To find a 9Health Fair site near you, go to: <http://www.9healthfair.org/find/find.aspx>.

HPCF Orthodontic Program Changes

The Colorado Department of Health Care Policy & Financing (HCFP) has made changes to their orthodontic program.

To see the current policy, go to: <http://www.cocaf.org/epsdt-ortho>.

Mental Health

National TA Center for Children's Mental Health 2010 Conference Call Series

The National Technical Assistance Center for Children's Mental Health, at the Georgetown University Center for Child and Human Development, is again sponsoring a series of topical calls. The conference calls cover important and emerging trends in the mental health field. Presentations from expert resource persons are followed by open discussion in order for all participants to ask questions and enrich the conversation.

Conference calls are held the third Thursday of every month from 3:00 p.m. to 4:30 p.m. Mountain Time. Long distance charges may apply.

Visit the link below for registration information and the full 2010 calendar of calls.

<http://gucchdtacenter.georgetown.edu/resources/2010calls.html>

April 15, 2010, 3:00 - 4:30 p.m. Mountain Time

Family Engagement and Its Impact

The presentation will examine growing knowledge on the impact of family peer support initiatives around the nation. The presenters will focus on the characteristics of successful family-to-family programs and the measurement tools available to track the impact of these initiatives on families. Descriptions of the participatory process used to develop assessment tools will be provided and how it is informed by the experiences of family members who have experienced the journey toward self-efficacy and self-advocacy and who have provided support to other families. The presenters will also discuss ways in which evaluation can be used to promote program sustainability.

Presenters will be Bruno Anthony, Ph.D., Senior Policy Associate, National TA Center for Children's Mental Health Director of Research & Evaluation, Center for Child and Human Development at Georgetown University, Washington, DC and Shannon CrossBear, Technical Assistance Specialist and Co-Director of Evaluation and Training National Federation of Families for Children's Mental Health.

Equine Therapy for Foster and Adopted Children

Zuma's Rescue Ranch offers Experiential Learning Programs (ELP) for children and teens (up to age 19).

The cost is \$460.00 for 15.5 hours of therapy. Zuma's offers a sliding scale and some scholarships. Go to <http://www.zumasrescueranch.com/96497.html> for more information or contact Jodi Messenich at 303-346-7493 or jodi@zumasrescueranch.com.

Young Adults Living With Mental Illness

The National Alliance on Mental Illness (NAMI) has launched StrengthofUs.org, a new online community for young adults living with a mental health condition and those who have a family member or friend affected by a mental health problem.

Developed by young adults, Strengthofus.org is a user-driven social networking community where young adults can connect with peers and share personal stories, creativity, and helpful resources by writing and responding to blog entries, engaging in discussion groups and sharing videos, photos and other news, and much more. The site also includes an online resource center that addresses topics young adults identified as being critically important to them.

For this project, NAMI conducted a national survey of young people in the 18 to 25 year old age group living with mental health conditions on their social networking habits, resource preferences, and support needs. They received 284 responses from a cross section of young people, and the survey report became the blueprint for this project. They also worked in close consultation with a young adult Expert Advisory Group who were involved with the project from the very beginning to the end and provided great feedback, thoughts, and ideas on all aspects of the site.

The site offers resources on issues important to young adults, including:

- Healthy relationships
- Family and friends
- Campus life
- Independent living
- [Finances](#)
- Employment
- Housing
- Mental health issues

NAMI Hearts & Minds

The National Alliance on Mental Illness (NAMI) Hearts & Minds program is an online, interactive, educational initiative promoting the idea of wellness in both mind and body. Wellness is an ongoing process of learning how to make choices that support a more successful, healthy life.

Engaging in a wellness effort can make a huge difference in the quality of your life. One study, published in the *Journal of the American Medical Association*, showed that taking the wellness approach can result in a 17 percent decline in total medical visits and a 35 percent decline in medical visits for minor illnesses.

Wellness is about the individual; you can decide what parts of your life you would like to change and you can determine your own success.

For more information on the NAMI Hearts & Minds program, go to http://www.nami.org/template.cfm?section=Hearts_and_Minds.

Resources

Federal Adoption Tax Credit

Families who adopt a child with special needs from foster care can claim a federal adoption tax credit without needing to incur or document expenses. The per-child tax credit is \$12,150 for adoptions finalized in 2009, and families have six years to use the entire credit.

As described in a recent Child Trends analysis

(<http://org2.democracynaction.org/dia/track.jsp?v=2&c=PCi2myEPPP4Q6Uloj6fgCrV2PBvWH2bd>), in 2004, taxpayers claimed the tax credit for less than 1 in 4 foster children adopted.

To address the underuse of this benefit for children adopted from foster care, the Fostering Connections act requires states, as of October 1, 2008, to inform prospective adopters about the credit (see P.L. 110-351

(<http://org2.democracynaction.org/dia/track.jsp?v=2&c=tvBNZI2rZUcfZbMb8O0AObV2PBvWH2bd>), Sec. 403). States must also document assurance of informing families about the tax credit in their Title IV-E plans.

The North American Council on Adoptable Children (NACAC) created a helpful resource (<http://org2.democracynaction.org/dia/track.jsp?v=2&c=Zwi4pcEII%2FEZkn43SjuscbV2PBvWH2bd>) for child welfare staff and adoptive (or prospective adoptive) families that outlines eligibility criteria for the credit, provides instructions on how to claim the credit, and reviews special circumstances and questions families may have. The IRS summary and instructions

(<http://org2.democracynaction.org/dia/track.jsp?v=2&c=8B7lt0VsRbxrINW93QgNxbV2PBvWH2bd>) provide more detail on the federal adoption tax credit and specific guidelines.

Looking For Colorado Parenting Classes?

Ever know what kind of parenting class you're looking for, but not how to find it? Check out <http://colorado.parenthood.com/calendar.php>. This website allows you to enter in date parameters and then select a general subject type, and then it returns available classes in Colorado meeting the criteria you entered.

Denver Adoption Website

For those who live in Denver County or adopted from Denver County, you might find this website useful: <http://adoptivefamiliesdenver.org/>.

Boys & Girls Clubs

The Boys and Girls Clubs are an invaluable community resource, providing children and teens with affordable, quality youth development activities during after-school hours.

Thanks to a team of community leaders, the first Boys and Girls Club in Jefferson County is being planned. The club will be located at O'Connell Middle School in Lakewood.

Attend a meeting to learn more on Thursday, April 8 from 5:30-7:30 p.m. at O'Connell Middle School. Enjoy punch, cookies and a tour of the club's new home. RSVP to Kathy Luna at 303-892-9200 or kathyl@bgcmd.org.

Respite Program Mini-Grants

AdoptUsKids and the North American Council on Adoptable Children (NACAC) have partnered to create an opportunity for support groups and associations to apply for a mini-grant, in awards up to \$5,000, to start a respite care program in partnership with local public agencies.

To be eligible, your organization must, primarily serve families who have adopted/foster/kinship children from the child welfare system, be a support group, partner with a public agency for the respite program, and have tax exempt 501(c)(3) status. The **deadline** to apply for this grant is **July 1, 2010**. To learn more or to apply for this grant visit: <http://www.nacac.org/parentgroups/respitgrantcoverletter.pdf>.

Love & Logic® Classes

Looking for Love & Logic® classes in your area? Here are a few links for L&L classes in Colorado:

- <http://headandheartparent.com/>
- <http://www.loveandlogic.com/>
- <http://www.clearchoices.net/love-logic.htm>
- <http://www.pikespeakparent.com/profiles/blogs/love-amp-logic-classes-in-the>

Surveys

Community Mental Health Services Program

The Department of Health Care Policy and Financing needs your input. They would like to learn about stakeholder perceptions of the Medicaid **Community Mental Health Services Program** (the BHO program) both prior to and since 2007. They are especially interested in any changes in perception about our Program that have occurred since the new administration in 2007.

This survey is entirely confidential, no names or computer IP numbers are collected. The results will be shared within the Department and used for quality improvement. Anyone interested in a summary of the results may request the results from Marceil Case after May 1st. The survey closes on **Tuesday, April 6th, at 5:00 p.m.**, so please take a few minutes to respond before then.

Access the survey at: <http://www.surveymonkey.com/s/RJYHRRH>

For more information, contact **Marceil Case**, Behavioral Health Specialist
Department of Health Care Policy and Financing
1570 Grant Street, Denver, CO 80203-1714
(303) 866 - 3054 (303) 866 - 2803 fax

CCN Survey

The Community Champions Network (CCN) Coalition is conducting this survey to learn how adopted children are doing in different aspects of their lives and what services their families might need.

This information will be used in creating advocacy messages regarding post-adoption supports and services in Colorado and nationally. We hope you will take the time to complete it. It is important to hear from as many families as possible, both those who are experiencing challenges as well as those who are not. If you have any questions, please contact Kim Stevens, CCN Project Manager, at kimstevens@nacac.org or 508-254-2200.

Access the survey at: <http://www.surveymonkey.com/s/LSHLNF6>

Kim Stevens, Project Manager
Community Champions Network
508-254-2200 - cell phone
Visit Community Champions Network blog at <http://communitychampions.wordpress.com/>

Training Opportunities

Respite Care Training for Adoptive, Foster, & Kinship Families

Presented by COPARC

Denise Leffingwell, MSW, LCSW, Trainer

Thursday, April 8, 2010, 9:00 a.m. – 4:00 p.m.

Adams County DHS, 7401 Broadway, Denver, CO 80221

Learn how to be part of the solution to the respite problem. Topics include:

- Becoming part of a team that supports adoptive family stability and prevents disruptions
- Positive approaches that will head-off issues before they become crises
- Concrete skills and techniques for managing challenging behaviors
- Unique needs of children who have been adopted or are in kinship or foster care
- Ideas for creating and sustaining group respite care programs
- Self-care tips
- Tools that will help you work successfully with adoptive families and their children

Participants should bring their own lunch and snacks.

Cost: Free to adoptive and foster families and professionals who work with them.

For more information: Contact Tanya Hammar at 303-755-4756 or 800-451-5246 or by email at tanya@adoptex.org.

Multi-Racial Families & Cultural Identity in Adopted Children

Presented by Weld County Department of Human Services & Forever Families Ministry
Heidi Hendricks, Trainer
Saturday, April 10, 2010, 9:00 a.m. - 12:00 p.m.
Christ Community Church, 1301 15th Street, Greeley, CO

Heidi Hendricks is Vice President of Programs with Lutheran Family Services of Colorado. A former foster parent and clinician, Heidi has worked as a special education classroom teacher and therapist specializing in child/adolescent development and developmental repair with high risk youth and families and adoptive families and youth. She has trained both nationally and regionally on the impact of adoption on child development.

Free reserved childcare will be offered for birth to age 5 only, and refreshments will also be provided.

Cost: Free.

To register: Call Lori at 970-339-8545

Attachment

Presented by The Adoption Exchange/COPARC

Margaret Meinecke, MSW, LCSW, CAS III, Trainer

Tuesday, April 13, 2010, 6:00 p.m. – 9:00 p.m.

Colorado Community Church, 2220 S. Chamber Road, Aurora, CO 80014

This workshop will address how to enhance healthy family attachments as you learn:

- To understand your child's attachment needs
- Neurological issues affect relationship skills & styles
- Brain chemistry affects on personality & behavior
- How your family's relationship culture influences your child's attachment
- Leading children & adolescents to responsible decision making

Margaret Meinecke, MSW, LCSW, CAS III, specializes in working with children who have emotional disturbances, and their families, around attachment issues.

Cost: \$5.00. Fee is waived for parents who have finalized adoptions through the child welfare system, and registration preference will be given to these families. Foster parents and professionals are welcome.

For more information: Contact Tanya Hammar at 303-755-4756 or 800-451-5246 or by email at tanya@adoptex.org.

Register online at: www.adoptex.org.

Special Needs Approach to Teaching Personal Safety

Presented by Denver Children's Advocacy Center (DCAC) and Project Pave

Wednesday, April 21, 2010, 9:00 a.m. – 4:00 p.m.

PPA Event Center, 2105 Decatur Street, Denver, CO 80211

This workshop is for educators, caregivers, parents, therapists, healthcare professionals, and daycare providers, and is designed to increase awareness and comfort around the topic of personal safety and abuse prevention within the special needs community. Also, it will build participants' understanding of sexual development and safety for those in their care, and demonstrate how to adapt that information to meet the unique needs of each individual. All workshop information will be divided into development specific categories: early childhood, adolescence, and early adulthood.

Topics will include:

- A working knowledge of the continuum of sexual development from child/adolescent to early adulthood
- Understanding when your child is ready to learn about personal safety
- What every child needs to know when starting elementary school
- Building stranger awareness without building fear
- Preparing adolescents and teens to recognize manipulation and exploitation tactics
- Recognizing red-flag behaviors within peer-to-peer relationships
- The Boyfriend-Girlfriend Factor: What to say when asked about relationships
- Learning common techniques of deception used by perpetrators
- Building your own prevention plan based on each individual's unique learning abilities
- Studying the different brain structures to determine how to best support the learning process
- Creating visual supports and buzz words to teach body awareness
- Strategies for incorporating this information into your daily routine
- How to share this information with others in the special needs community

Cost: Early registration \$110 individuals; \$85 per person for groups of 4 or more; \$40 students with valid ID; \$130 per person day of event registration

For more information: Call DCAC at 303-825-3850

To register: Go to <http://www.denvercac.org/EducationAndTraining.html> or register by email at Training@DenverCAC.org.

*Fetal Alcohol Spectrum Disorders (FASD):
When Good Parenting Doesn't Work*

Presented by The Adoption Exchange/COPARC

Thursday, April 22, 2010, 6:00 p.m. – 9:00 p.m.
Gay & Lesbian Fund for Colorado, 315 E. Costilla St, Colorado Springs, CO 80903

and

April 27, 2010, 6:00 p.m. - 9:00 p.m.
Mesa County Department of Human Services
510 29 1/2 Road, Room 1060, Grand Junction, Colorado 81504

This workshop will focus on:

- How Fetal Alcohol Spectrum Disorders are recognized and diagnosed.
- Beginning to understand children with FASD and other pre-natal exposures.
- Interventions that successfully affect the behavior of children with FASD.
- Learning why traditional parenting methods may cause more difficult behavior.
- Learning new ways to create more positive outcomes with your child.

Eileen Bisgard, J.D., is the Project Director of the 17th Judicial District FASD Initiative and an adoptive parent of children with FASD. She has been offering training in the management of children with Fetal Alcohol Spectrum Disorders for over 10 years.

Cost: \$5.00. Fee is waived for parents who have finalized adoptions through the child welfare system, and registration preference will be given to these families. Foster parents and professionals are welcome.

For more information: Contact Tanya Hammar at 303-755-4756 or 800-451-5246 or by email at tanya@adoptex.org.

Register online at: www.adoptex.org.

Helping Children Cope: Reducing Trauma During Placement Moves

Presented by CDHS & The Adoption Exchange
Enita Kearns-Hout, trainer

Friday, April 30, 2010, 1:00 p.m. – 4:00 p.m.
Larimer County DHS, 2573 Midpoint Dr., Suite 108, Room 124, Fort Collins, CO 80525

and

Wednesday, May 26, 2010, 9:00 a.m. – 12:00 p.m.
Broomfield Health & Human Services, Broadlands Conference Room
6 Garden Center, Broomfield, CO 80020

This half-day course helps foster and adoptive parents work with children to reduce the fear, anxiety, and trauma of a new placement. It includes:

- What are the effects of placement moves on children
- What can I do as a parent to help reduce a child's fear and anxiety when he is placed in my home
- How can I work with other members of the placement team so the placement move does the least amount of harm to the child

Cost: Free to county employees and associated parents; \$7.50 for FCAAC (formerly CPA) network members; \$15 for all others.

For further information: Contact Denise Leffingwell at 303-755-4756, ext. 264, or go to <http://www.cocwtraining.com/>

To register: Go to www.cocwtraining.com, CDHS Course Code HCC052610D

Promoting Placement Stability: Using Home Visits to Prevent Foster Care and Adoption Disruption

Presented by CDHS & The Adoption Exchange

Rhonda Miescke, trainer

Friday, May 28, 1:00 p.m. – 4:00 p.m.

Larimer County DHS, 2573 Midpoint Dr., Suite 108, Room 124, Fort Collins, CO 80525

This course includes a toolbox you can use in your practice, and the following issues will be explored:

- Best practice approaches to relationship building
- Ongoing training opportunities with resource families
- Structured homework between visits
- Easy progress record keeping for home visits
- Children's challenging behaviors and interventions

Instructor Rhonda Miescke has over 20 years of child welfare experience.

Cost: Free to county employees and associated parents; \$7.50 for FCAAC (formerly CPA) network members; \$15 for all others.

For further information: Contact Denise Leffingwell at 303-755-4756, ext. 264, or go to <http://www.cocwtraining.com>

To register: Go to www.cocwtraining.com, CDHS Course Code PPSU052810NE

Peak Parent Center Training List

The following list of classes has been provided by the Peak Parent Center.

April 3 and 10. *Things They Never Teach You About Autism with Dr. Goresko.* 9:30 a.m.-12:30 p.m., Niwot. To register, 720-290-2707 or stacy@help-autism.com. \$.

April 5. *Helping Your Child Transition Through School.* 7:00-8:30 p.m. at Meadows Branch Library, Boulder. For more information, www.boulderpsychologicalservices.com. **FREE.**

April 5. *Giftedness and Autism with Temple Grandin.* 7:00-8:30 p.m. at Fairview High School, Boulder. For more information, 720-272-8231 or programming@bvgt.org. **FREE.**

April 6 and 13 (2 week series). *Guardianship and Options When A Person Turns 18.* 4:00-6:00 p.m. at Arc of Jefferson County. RSVP to Megan Martin at 303-462-6590. **FREE.**

April 7. *Give Me A Break Parent Respite Training.* 6:30-8:30 p.m. at Autism Society of Colorado. For application, bridget@autismcolorado.org or 720-214-0794 x10. (complete training and receive \$150 towards respite care, must apply). **FREE.**

April 8. *Computer Use for Toddlers with Special Needs.* 2:30-4:30 p.m. at Assistive Technology Partners Denver office. For more information 303-315-1280 or ATP@ucdenver.edu. **FREE.**

April 12. *Accommodations and Modifications to Curriculum.* 5:30-8:30 p.m. at Adams 12 Training Center. Sponsored by PEAK Parent Center. Dinner, Spanish translation. To register, 800-284-0251. **FREE.**

April 12. *Parenting Through Divorce.* 7:00-8:30 p.m. at Meadows Branch Library, Boulder. For more information, www.boulderpsychologicalservices.com. **FREE.**

April 12. *The Special Education Legal Conference.* 8:00 a.m.-4:00 p.m. at Red Lion Hotel, Denver Central. To register, 303-866-6645 or kochevar_l@cde.state.co.us. **FREE.**

April 17. *Understanding Temperament to Help Manage Challenging Behavior.* 9:30 a.m.-12:30 p.m. in Lakewood. To register, 303-646-7741 or te@relationshiproots.org. \$.

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April 17. *Strategies for Supporting Students with Mental Health Challenges.* 10:00 a.m.-1:00 p.m. at Denver Center at Lowry. To register, KMcgough@adams50.org. or <http://cccbdbrownbag.eventbrite.com/>. **\$10.** Free for CEC/CCBD members.

April 20. *Transition: Grade to Grade.* 6:30-7:30 p.m. To register for webinar, 800-284-0251 or www.peakparent.org/workshopstrainings.asp. **FREE.**

April 21. *Let's Talk About It: Special Needs Approach to Teaching About Personal Safety.* 9:00 a.m.-4:00 p.m. at PPA Event Center, Denver. To register, training@DenverCAC.org or www.DenverCAC.org. **\$.**

April 27. *KEJI College Fair.* 6:00-8:00 p.m. at Community College of Aurora. For more information, 303-751-3033 or forkeji@pgdworks.org. **FREE.**

April 28. *Toilet Training: Is It That Time?* 9:00-11:00 a.m. at Developmental Disabilities Resource Center. To register, 303-233-3363. **\$.**

April 28. *Give Me A Break Parent Respite Training.* 6:30-8:30 p.m. at Autism Society of Colorado. For application, bridget@autismcolorado.org or 720-214-0794 x10. (complete training and receive \$150 towards respite care, must apply). **FREE.**

New Online Mobilizing Families Series.

<http://www.arcarapahoedouglas.org/workshops/mob1/session1/cover/index.php>

Just for Fun

Foster Youth Talent Show

Friday April 9, 2010
3875 York Street, Denver, CO

Meet some of Denver's finest youth as they share their talents with you. Art, poetry, skate boarding, sculptures – something for everyone.

For more information, contact Elvis Nunez at 720-404-8101.

Parenting Place's 18th Annual Gala

Friday, April 9, 2010, 6:30 p.m.
Hotel Boulderado, 2115 13th Street, Boulder, CO 80302 (303-442-4344)

Help the Parenting Place celebrate 25 years of providing parenting support by attending their 18th annual gala. Special guest will be U.S. Representative Jared Polis.

Tickets are \$85 each or \$700 for a table of 10. To buy tickets, go to <http://www.boulderparenting.org/events.html> and click on Buy Tickets Online.

Earth Day Free Day at the Denver Museum of Nature & Science

Enjoy a free day at the Denver Museum of Nature & Science on April 18.

9th Annual UPC Colorado Mother's Tea

Saturday, May 8, 2010, 11:00 a.m. - 2:30 p.m.

The Westin Tabor Center, 1672 Lawrence Street, Denver CO

This remarkable celebration is all about honoring the spirit and devotion of some very special moms. Held in the grand ballroom of the Westin Tabor Center in downtown Denver, this year's Mother's Luncheon will feature a champagne reception complete with grand pianist and complimentary portraits by Scott T Photography. Attendees will enjoy a sumptuous luncheon and relaxing day of entertainment, which will include a very exciting fashion show and fabulous giveaways. The event will conclude with Celebrity Host, Dr. Stephanie Clements, announcing the winners of pamper packages for six, community-nominated, very deserving mothers. These elegantly prepared packages, which include spa services, dinner, and an overnight getaway, are the perfect gift for mothers, who so often place the needs of their children ahead of their own.

For tickets: <http://www.cpcoco.org/mttickets.html>

To nominate a "Mom": <http://www.cpcoco.org/nominate.html>

Free All The Time!

Aurora History Museum, 15051 E. Alameda Parkway Aurora, CO. (303) 739-6666.
Tuesday-Friday 9:00 a.m.- 4:00 p.m., Saturday & Sunday 11:00 a.m. - 4:00 p.m.

Bluff Lake Nature Center, off of Havana near Stapleton. For more information or clear directions call (303) 945-6717. Open sunrise to sunset.

For a comprehensive list of things to do for free in the Denver area, go to:
<http://www.denver.org/events/free-events>.

Fun Things & Coupons

For coupons for local Colorado activities, try these websites:

<http://www.coloradokids.com/listings.php?category=funthings&type=funcenter®ion=colorado>

<http://www.coloradokids.com/coupons.php>

http://www.familyfriendlyamerica.com/colorado_activities.html

Website Topics

This section contains the headings from some of the previous COCAF newsletter items. Rather than reprint these items in every newsletter, we're providing the name of the article and a link to the information on the COCAF website.

- Adoption-Related Information http://www.cocaf.org/adoption_topics
Adoption Exchange Support Groups Listing <http://www.cocaf.org/support>
Adoptive Families Denver <http://www.cocaf.org/adoptive>
COPARC <http://www.cocaf.org/coparc>
Encouraging Adoption and Helping Families: The Case for Refocusing Federal Funding on Post-Adoption Services
<http://voice-for-adoption.org/downloads/VFA%20postadopt%20paper%20FINAL%207.9.09.pdf>
Foster Care and Adoption Self-Assessment Guide <http://www.cocaf.org/adoption-foster>
Income Taxes & Adoption <http://www.cocaf.org/tax>
Larimer County Alliance for Grandfamilies (LCAG) <http://www.cocaf.org/kinship-larimer>
Starting/ Managing Parent Support Groups
<http://nysccc.org/family-supports/parent-groups/parent-group-management/>
Supporting Children Exposed to Violence <http://endabuse.org/content/features/detail/1314/>
- Adoption Subsidy Information <http://www.cocaf.org/subsidies>
Colorado Subsidy Information <http://www.cocaf.org/adoption-subsidy>
Expanding Title IV-E Adoption Assistance <http://www.cocaf.org/adoption-titleiv>
NACAC Report on Adoption Subsidies <http://www.cocaf.org/adoption-nacac-report>
National Subsidy Information <http://www.cocaf.org/adoption-national>
- Conference Calls/Discussion Boards <http://www.cocaf.org/current-conference>
Child Welfare League of America <http://www.cocaf.org/conference-welfare>
Conscious Connections Talk Radio <http://www.cocaf.org/conference-conscious>
"Listening to Parents" Project Discussion Board <http://www.cocaf.org/conference-listening>
NAMI Children's Conference Calls <http://www.cocaf.org/conference-nami>
- Education <http://www.cocaf.org/education-menu>
Casey "Foster Parent College" Scholarships <http://www.cocaf.org/scholarships-casey>
Expanded Access to College Financial Aid for Former Foster Youth <http://www.cocaf.org/college-aid>
Foster Youth Internship (FYI) Program <http://www.cocaf.org/youth-internship>
Mobility Issues & Special Education <http://www.cocaf.org/mobility>
Online Educational Advocacy Resource <http://www.cocaf.org/edu-advocacy>
Parents of Adults with Disabilities <http://www.cocaf.org/edu-parents>
Reducing Behavior Problems in the Classroom <http://www.cocaf.org/behavior-problems>
Spanish-Language Child Welfare Resources <http://www.cocaf.org/edu-spanish>
- Financial Assistance & Information <http://www.cocaf.org/financial>
Financial Classes <http://www.cocaf.org/financial-classes>
LEAP <http://www.cocaf.org/financial-leap>
United Way's 2-1-1 Service <http://www.cocaf.org/financial-united>
- Health Care <http://www.cocaf.org/healthcare>
Denver Options <http://www.cocaf.org/health-denver>
EPSDT: What It Is & Why It Is Important to Behavior Health Providers? <http://www.cocaf.org/epsdt>

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Medicaid Waiver Information <http://www.cocaf.org/health-medicaidwaiver>
UHCCF Grants for Child Health Care Services <http://www.cocaf.org/health-uhccf>

Legislative Information <http://www.cocaf.org/laws>

Colorado Child Welfare Action Committee <http://www.cocaf.org/legislation-cowelfare>
Emancipation Documents Colorado Legislation <http://www.cocaf.org/legislation-upcoming>
Nebraska Safe Haven Law <http://www.cocaf.org/legislative-nebraska>
Voice for Adoption Child Welfare Legislation Information <http://www.cocaf.org/voice>

Mental Health Care <http://www.cocaf.org/mental-health>

Attention Deficient Disorder Association (ADDA) <http://www.cocaf.org/mental-adda>
Autistic Children: ZAC Browser: Zone for Autistic Children <http://www.cocaf.org/mental-zac>
CHART: Children's Help and Assistance for Residential Treatment <http://www.cocaf.org/mental-chart>
Considering Residential Treatment Programs for Children <http://www.cocaf.org/mental-residential>
COPARC Therapist Database <http://www.cocaf.org/mental-nami>
E.R.I.C. Program <http://www.cocaf.org/mental-eric>
Guide on Bipolar Disorder in Children and Teens <http://www.cocaf.org/mental-bipolar>
Mental Health Websites <http://www.cocaf.org/mental-websites>
NAMI Connections Link <http://www.cocaf.org/mental-nami>
NAMI Guide to Crisis Intervention Programs for Youth <http://www.cocaf.org/nami-crisis>
New Parents and Teachers as Allies Resources <http://www.cocaf.org/mental-allies>
Resources for Youth With a Parent or Sibling Living with a Mental Illness
<http://www.cocaf.org/nami-resources>
Therapeutic Services for Jefferson County Victims <http://www.cocaf.org/mental-therapeutic>
Treatment of Children with Mental Disorders
<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders/index.shtml>

Services & Resources <http://www.cocaf.org/community>

C.A.S.E. Adoption-Related Services <http://www.cocaf.org/services-case>
Disability Information www.disability.gov
Family Unification Program Housing Choice Vouchers <http://www.cocaf.org/fup>
Grandfamilies State Law & Policy Resource Center <http://www.cocaf.org/grandfamilies>
Kinship Program at Catholic Charities <http://www.cocaf.org/kinship-catholic>
Respite Care Services <http://www.cocaf.org/respice-care>
Respite: Give Me a Break Respite Program <http://www.cocaf.org/respice-break>

Training Resources <http://www.cocaf.org/trainers>

COCAF Calendar <http://www.cocaf.org/event/2009/04/30/month/all/all/1>
Colorado Department of Human Services (CDHS) <http://www.cocaf.org/trainers>
Evan B. Donaldson Adoption Institute <http://www.cocaf.org/trainers>
Foster Parent College (FPC) <http://www.cocaf.org/trainers>
Washington Learning Systems Website <http://www.cocaf.org/training-washington>

Free-For-All <http://www.cocaf.org/free-for-all>

Colorado-for-Free: Things to Do for Free <http://www.cocaf.org/free-colorado>
Free Car Seat Checks <http://www.cocaf.org/carseat>