

## Table of Contents

Table of Contents.....	1
COCAF News.....	4
Adobe Acrobat Reader 9.0 Download.....	4
Disclaimer.....	4
February: The Month of Love.....	4
Help COCAF Without Spending a Cent.....	4
COCAF Changes: More to Come.....	5
Donate to COCAF!.....	5
COCAF Services.....	5
COCAF Newsletter.....	5
Adoption-Related Information.....	6
Post Adoptive Services.....	6
Income Taxes & Adoption.....	6
Adoptive Families Denver.....	6
Foster Care and Adoption Self-Assessment Guide.....	6
Larimer County Alliance for Grandfamilies (LCAG).....	7
Adoption Subsidy Information.....	8
Adoption Subsidy Information.....	8
Expanding Title IV-E Adoption Assistance.....	8
NACAC Report on Adoption Subsidies.....	9
Colorado Subsidy Information.....	9
National Subsidy Information.....	9
Conference Calls/Discussion Boards.....	10
NAMI Children's Conference Calls.....	10
Child Welfare League of America.....	10
"Listening to Parents" Project Discussion Board.....	11
Conscious Connections Talk Radio.....	11
Conferences.....	12
2009 Conference on Inclusive Education: Energizing Learning.....	12
Parents Encouraging Parents (PEP) Conference.....	12
Spotlight on Families.....	13
NAMI 2009 Conference.....	14
Education.....	15
Reducing Behavior Problems in the Classroom.....	15
Mobility Issues & Special Education.....	15
Foster Youth Internship (FYI) Program.....	15

## COCAF E-Newsletter February 2009

Expanded Access to College Financial Aid for Former Foster Youth.....	16
Online Educational Advocacy Resource.....	16
Spanish-Language Child Welfare Resources.....	17
Financial Assistance & Information.....	18
United Way's 2-1-1 Service.....	18
LEAP.....	18
Financial Classes.....	20
Free Family Events.....	21
Denver Area Free Events.....	21
Rocky Mountain Wildlife Refuge.....	21
Health Care.....	22
Give Kids a Smile -- Free Dental Care February 6 <sup>th</sup> Only.....	22
What is EPSDT & Why Is It Important to Behavior Health Providers?.....	22
Medication Disposal & Information Program.....	24
Medicaid Waiver Information.....	24
Denver Options.....	25
UHCCF Grants for Child Health Care Services.....	25
Legislative Information.....	27
Upcoming Colorado Legislation.....	27
Nebraska Law Shines Light on Bigger Problem.....	27
Colorado Child Welfare Action Committee.....	28
Current Child Welfare Legislation Information.....	28
Mental Health Care.....	29
COPARC Therapist Database.....	29
Mental Health Websites.....	29
NAMI Connections Link.....	30
New Guide on Bipolar Disorder in Children and Teens.....	30
E.R.I.C. Program.....	30
Therapeutic Services for Jefferson County Victims.....	30
New Parents and Teachers as Allies Resources.....	30
Yoga for Adolescents with Health Concerns.....	31
Considering Residential Treatment Programs for Children.....	31
Children's Help and Assistance for Residential Treatment (CHART).....	32
CO Medicaid Community Mental Health Services Program.....	32
ZAC Browser: Zone for Autistic Children.....	32
Attention Deficient Disorder Association (ADDA).....	32
Services & Resources.....	33
Give Me a Break Respite Program.....	33

## COCAF E-Newsletter February 2009

Respite Care Services .....	34
Grandfamilies State Law & Policy Resource Center .....	34
Kinship Program at Catholic Charities .....	35
C.A.S.E. Services.....	35
Online Catalog of Child Welfare Resources .....	35
Community Services Locator.....	35
Surveys/Studies .....	36
National Transracial Adoption Study .....	36
Colorado Respite Coalition Survey.....	36
Adopted from Foster Care Study .....	37
Training Resources .....	38
Colorado Department of Human Services (CDHS).....	38
Evan B. Donaldson Adoption Institute.....	38
Foster Parent College (FPC).....	38
Washington Learning Systems Website .....	38
COCAF Calendar.....	39
EMPOWER COLORADO Listserv Training Courses.....	39
Training Opportunities .....	40
PREP 2009 Schedule .....	40
Attachment Therapy with Adult Clients Developing Healthy Emotional Intimacy.....	42
Bruce Perry (Free Training).....	43
Effective Matching Practices: Matching Practices that Promote Permanency.....	44
Helping Children Cope: Reducing Trauma During Placement Moves.....	44
Transitioning From Foster to Adoptive Parenting: Helping Kinship and Foster parents prepare for the Changes Adoption Brings.....	45
Guided by the Law: ICWA, ADA, MEPA, ASFA .....	45
Just for Fun.....	46
Colorado-for-Free .....	46
Beauty & The Beast Auditions.....	46
Black History Month: Breaking Away .....	46
Mile High Mardi Gras Masquerade Ball .....	47
Google on the Go! .....	47
Outdoors Survival Classes for Adults .....	47

## COCAF News

### *Adobe Acrobat Reader 9.0 Download*

If you have problems with any of the links in the COCAF newsletter, try downloading Adobe Acrobat Reader version 9.0. Click on the link below, then select “download.” The product is free. <http://get.adobe.com/reader/?promoid=BUIGO>

### *Disclaimer*

Please note that the purpose of the COCAF newsletter is to provide families with potential resources. These newsletters are for general informational purposes only and shall not constitute legal, medical, educational, or parenting advice. COCAF does not recommend or endorse any specific provider of services.

### *February: The Month of Love*

February is that month after the holidays and before spring break. February would probably go unnoticed if it wasn't for Valentine's Day – the holiday of love. During the craziness and crankiness of everyday life, it's easy to get caught up in your daily tasks. So in February, stop for a minute and remember all the reasons you love the people in your life, especially your children. Then let those around you know why you love them. Tell them in a card, or better yet, tell them face to face. But tell them. It'll make their day, and it will probably make your day better, too.

Frank Bennett, PhD, COCAF Board of Directors, President  
[frankbennettphd@comcast.net](mailto:frankbennettphd@comcast.net)

### *Help COCAF Without Spending a Cent*

Applewood Plumbing, Heating & Electrical is giving away \$12,000 in 12 months. Applewood is going to give back to the community by donating \$1,000 a month for the next 12 months to local nonprofit companies. They will be accepting nominations through the mail or on the web and will choose a monthly winner monthly using a random drawing. So the more times COCAF is entered into the drawing, the better our chances of winning. You may re-enter every month (until COCAF wins!), but you may only enter once per month. Charities may receive multiple entries, so refer this site to your friends. Please take the time to enter COCAF into this drawing. If COCAF wins, the \$1,000 will be used to continue providing support services to adoptive families.

To enter online, go to:

<http://www.applewoodfixit.com/cash-give-away.html>

To complete the form for COCAF, enter the following information:

Non-profit name: COCAF

Non-profit phone number: 303-620-5150

Web site: cocaf.org

## COCAF E-Newsletter February 2009

### *COCAF Changes: More to Come*

COCAF is in the process of making changes that will hopefully make our resources more available to those who need them. A new website is under development, and we're hoping to have it online by the end of February 2009. If you have ideas for topics that you'd like to see added to the COCAF website or links that you think would be helpful, please send that information to [cocaf.colleen@tarket.net](mailto:cocaf.colleen@tarket.net).

### *Donate to COCAF!*

COCAF needs to find some reliable financial support to keep providing services for pre- and post-adoptive families. There are several ways you can help:

- If you're financially able, please donate to COCAF. In the upcoming months, we hope to have an online donation function on our website to make donating easy. In the meanwhile, send your contributions to:

COCAF  
c/o COCAF Development Director  
5702 W. 114<sup>th</sup> Place  
Westminster, CO 80020

A receipt will be mailed to you for your records.

- If you know of a business that would like to help COCAF by sponsoring events or helping COCAF financially, please forward that information to Colleen Tarket, at [cocaf.colleen@tarket.net](mailto:cocaf.colleen@tarket.net).

### *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 [cocafcave@yahoo.com](mailto:cocafcave@yahoo.com).

### *COCAF Newsletter*

If you have items you think would be appropriate for the COCAF newsletter, please forward those items to [cocaf.colleen@tarket.net](mailto:cocaf.colleen@tarket.net) by the 20<sup>th</sup> of the month for consideration for the next month.

## Adoption-Related Information

### *Post Adoptive Services*

The Colorado Post-Adoptive Resource Center (COPARC) is a statewide community-based network of services to support adoptive families. COPARC has funds available to pay up to \$500 per grant year per adopted child (for children adopted through the child welfare system). The needed services must be related to the child's adoption or recovery from difficulties the child experienced before removal from his/her home (such as abuse, neglect, separation trauma, and attachment disorders). For more information on COPARC, go to:

[http://www.adoptex.org/site/PageServer?pagename=CO Post Adoption Funding](http://www.adoptex.org/site/PageServer?pagename=CO_Post_Adoption_Funding)

### *Income Taxes & Adoption*

For information on income tax issues related to adoption, go to the NACAC site at: <http://www.nacac.org/adoptionssubsidy/factsheets/taxes.html>.

### *Adoptive Families Denver*

A new website is now available for Denver county adoptive families. The site, developed by the Adoptive Families Initiative (AFI) Grant Team – Denver, is dedicated to providing information about and access to grant referrals, education, counseling opportunities, and other services and resources. Visit the website at:

<http://adoptivefamiliesdenver.org/>.

### *Foster Care and Adoption Self-Assessment Guide*

*Foster Care and Adoption Self-Assessment Guide: A Useful Tool to Help You Make an Informed Decision about Fostering or Adopting a Child* is a new tool to assist prospective foster and adoptive parents with exploring their interest in becoming a resource family. The guide is available online from Iowa KidsNet

(<http://www.iakids.org/>). *Foster Care and Adoption Self-Assessment Guide: A Useful Tool to Help You Make an Informed Decision about Fostering or Adopting a Child* features two questionnaires addressing motivations for foster and adoptive parenting, as well as discussion of the potential responses to each of the questions. The tool can be downloaded at: [www.iakids.org/userfiles/File/KidsNet\\_Assessment\\_Guide.pdf](http://www.iakids.org/userfiles/File/KidsNet_Assessment_Guide.pdf).

*Larimer County Alliance for Grandfamilies (LCAG)*

LCAG is a coalition of grandparents, relative caregivers, professionals, and other community members. Their mission is to work collaboratively to support the health and well-being of grandfamilies through community education, development of support systems, and advocacy for change. For more information, contact :

Josh Rabe

Namaqua Center

669-7550 X11(main)

622-7311(direct)

[josh.rabe@larimercenter.org](mailto:josh.rabe@larimercenter.org)

or

Jacque Miller

CSU Larimer County Extension

970-498-6000 (main)

970-498-6014 (direct)

[jmiller@larimerr.org](mailto:jmiller@larimerr.org)

## Adoption Subsidy Information

### *Expanding Title IV-E Adoption Assistance*

From the NACAC website:

Thousands of children receive no federal adoption assistance, primarily because their birth parents' incomes were higher than 1996 AFDC eligibility levels. Some of these youth get no aid, while others receive less support or lose benefits when they move to a new state. Denying children federal assistance also places an unfair financial burden on states. Since 1987, NACAC has argued that it makes no sense to tie a child's federal adoption assistance eligibility to the income of parents whose legal rights have been severed.

Within 10 years, regardless of their birth parents' income, all children adopted from foster care who meet other IV-E criteria will be eligible for federal adoption assistance—which should increase their chances of being adopted and having adequate support. Beginning federal fiscal year (FY) 2010 (which starts October 1, 2009), children who have been in care for at least 60 consecutive months and youth adopted at age 16 or older will be eligible for IV-E adoption assistance. As shown below, eligibility will be phased in by age.

Age*	Year
16 & older	2010
14 & older	2011
12 & older	2012
10 & older	2013
8 & older	2014
6 & older	2015
4 & older	2016
2 & older	2017
all ages	2018

\*The child must attain this age by September 30 (federal fiscal year end) of the given year.

To read the entire article, go to: <http://www.nacac.org/policy/HR6893summary.html> .



### *NACAC Report on Adoption Subsidies*

For information on adoption assistance and its value to children, families, and governments, refer to the *NACAC Report on Adoption Subsidies*. It is a tool for advocates to use with legislators and policy makers, especially during hard economic times when cut-backs in state government are eminent. To read or download the report, go to: <http://www.nacac.org/adoptionssubsidy/adoptionssubsidy.html> .

### *Colorado Subsidy Information*

Do you know how adoption subsidies are determined in Colorado? For information on how subsidies are handled in Colorado, go to:  
<http://www.nacac.org/adoptionssubsidy/stateprofiles/colorado.html>.

### *National Subsidy Information*

The Children's Bureau at the U.S. Department of Health and Human Services has added a question and answer to the Child Welfare Policy Manual clarifying that states may not include language in Title IV-E adoption assistance agreements stating that the state's obligation to provide federally funded adoption assistance payments or services is subject to the appropriation of state funds, although there is an exception for across-the-board payment rate changes. The full question and answer are available online at:  
[www.acf.hhs.gov/2ee/programs/cb/laws\\_policies/laws/cwpm/policy\\_dsp.jsp?citID=12](http://www.acf.hhs.gov/2ee/programs/cb/laws_policies/laws/cwpm/policy_dsp.jsp?citID=12)

## Conference Calls/Discussion Boards

### *NAMI Children's Conference Calls*

The National Alliance on Mental Illness (NAMI) hosts the Children's Conference Calls with Dr. Ken Duckworth, NAMI's Medical Director and a Child & Adolescent Psychiatrist, the third Friday of each month from 9:00 a.m. to 10:30 a.m. Mountain time. To access the toll-free call, dial 1.888.858.6021; access number 309918#.

**Tuesday, February 3<sup>rd</sup> from 3:00 p.m. to 4:30 p.m. Mountain time:** February Children's Conference Call will be an open discussion with Dr. Duckworth, child and adolescent psychiatrist and NAMI's Medical Director. He will discuss issues of interest to participants and will respond to any questions about child and adolescent mental health issues.

The usual schedule for the Children's Conference Calls will resume in March.

### *Child Welfare League of America*

Tune in weekly to a thought-provoking, interactive radio program focusing on subjects, stories, and strategies of special interest to child welfare policymakers, providers, and practitioners. The program, devoted solely to the welfare of America's vulnerable children, features a forum where numerous points of view and voices of experience within the child welfare universe can be heard. On the Line with CWLA is a production of the CWLA, Arlington, Virginia.

To listen to On the Line with CWLA, go to [www.blogtalkradio.com/CWLA-Radio](http://www.blogtalkradio.com/CWLA-Radio).  
Coming Shows:

February 4: The American Academy Of Pediatrics' Task Force on Foster Care

February 11: The Link Between Juvenile Justice & Child Welfare: The Child Welfare/Juvenile Justice Systems Integration Initiative

February 18: A Conversation with Judge Lynn Toler, author of My Mother's Rules: A Practical Guide to Becoming an Emotional Genius

February 25: On Location at CWLA's National Conference, Children Today...American's Future

### *"Listening to Parents" Project Discussion Board*

The Listening to Parents Project's goal is to increase the number of children being adopted from foster care by making child welfare agencies more responsive to those interested in adopting a child from foster care.

The centerpiece of [ListeningtoParents.org](http://ListeningtoParents.org) is a discussion board for adoptive, waiting, and prospective parents to share their experiences. Each state has its own area where parents can discuss the adoption process in their state—what works, what doesn't work, and changes they would like to see in their state's adoption process.

Go to [www.listeningtoparents.org](http://www.listeningtoparents.org), click on "What parents say in your state" to join the discussion (you need to create a personal account, but your personal information is not shown on the discussion board). Join the mailing list to receive a monthly newsletter on what people are doing to make the adoption process more welcoming of prospective parents.

### *Conscious Connections Talk Radio*

The Attachment Awareness conference calls have become the Conscious Connections Talk Radio program. Participate in these live radio broadcasts discussing attachment issues. Anyone can send in questions to [info@consciousconnectionstalkradio.com](mailto:info@consciousconnectionstalkradio.com), and the moderators will attempt to answer the questions during the show.

Email [info@consciousconnectionstalkradio.com](mailto:info@consciousconnectionstalkradio.com) and you will be sent information for accessing the show, you can call 303-443-1220 and leave your call back number, and you will be phoned or e-mailed with the information.

"Conscious Connections Talk Radio" live schedule:

Monday evenings: 7:00 p.m. (Mountain time zone) for parents & primary Caregivers

Tuesday evenings: 7:00 p.m. (Mountain time zone) for therapists & healthcare professionals

#### **Monday, February 9, 2009, 7 pm MST:**

Robin Grille, from Sydney, Australia, will talk about his book, "Parenting for a Peaceful World." Robin is a father, psychologist in private practice, and a parenting educator. His articles on parenting and child development have been widely published. Robin's book, "Parenting for a Peaceful World," shows parents, teachers, and health professionals what research has taught us about healthy emotional development in early childhood, and how important this is for adult relationships and harmonious societies.

## Conferences

### *2009 Conference on Inclusive Education: Energizing Learning*

Thursday February 12 through Saturday, February 14, 2009  
Hyatt Regency Denver Tech Center, Denver, Colorado

Families, teachers, and community members will benefit from this engaging conference focused on practical strategies that boost the academic success and inclusion of students with disabilities in their classrooms, schools, homes, and communities. Join PEAK and

- Enliven curriculum
- Bring vitality to children's lives
- Facilitate spirited friendships
- Add vibrancy to communication
- Create and implement productive IEPs
- Tap into creative services and supports.
- Get energized and be ready to leave equipped with information and strategies that you can implement in classrooms, homes, and your community
- 

Online Registration Now Available. For online registration, go to <https://www.peakparent.org/registration.asp>.

[Click here to download the conference brochure with full details!](#)

For more information, go to: <http://peakparent.org/conferences.asp>

### *Parents Encouraging Parents (PEP) Conference*

Thursday, February 26, at 5:00 p.m. through Saturday, February 28, at 3:00 p.m.  
Colorado, Springs, CO

The Exceptional Student Leadership Unit and Early Childhood Initiatives' Parents Encouraging Parents (PEP) Conferences are family centered conferences designed to offer support, information, and education to parents and professionals. PEP promotes the partnerships that are essential in supporting and including children with disabilities and their families in all aspects of the school and community.

These conferences are available to persons residing in Colorado who have a child with a disability, ages birth to twenty-one. Administrators, principals, teachers, medical, and other service providers interested in the Family-Professional Partnership are invited to participate in a PEP Conference. The Colorado Department of Education pays for all participant meals (excluding Friday evening) and lodging. Childcare and meals for family members are not provided. With these provisions, the Colorado Department of

## COCAF E-Newsletter February 2009

Educations hopes to provide the opportunity of the PEP experience to all interested families. All topics of discussion flow together from beginning session to the end of the conference. No one can be accepted on a part-time basis.

The purpose of this conference is to bring parents and other professionals together, allowing them an opportunity to share ideas, discuss concerns, celebrate successes, and obtain information relating to parenting, educating and supporting a child with a disability.

Activities include:

- Parenting a Child with a Disability and Rebuilding Dreams
- The Law and the Education of Children with Disabilities
- Early Childhood - Resources and Supports
- The Individualized Education Program (IEP) & Transition IEP
- Advocacy
- Friendships
- Questions for Your Doctor
- Positive Behavior Supports

For more information about PEP, please go to PEP's [Frequently Asked Questions \(FAQ\)](#). (PDF).

Application Options:      [Apply Online](#)      [Downloadable Application](#) (PDF)

### *Spotlight on Families*

Presented by The Adoption Exchange

May 2, 2009, 8:30 a.m. to 4:00 p.m.

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

This year's theme is "Spotlight on Families: Recognizing and supporting the varied needs of adoptive families." Two internationally recognized keynote speakers – Richard Delaney and Arleta James – will share their expertise. There will be a professional/clinical track with information for therapists, caseworkers, and other professionals wanting to improve their expertise working with adoptive families. The family track will provide options to add to your skills and to strengthen your families. Exhibit tables, door prizes, networking, good food, and opportunities to communicate with adoptive families are all part of what is special about COPARC's Spotlight Conference.

For more information, go to: [www.adoptex.org](http://www.adoptex.org).

## *NAMI 2009 Conference*

July 6-9, 2009

San Francisco, California

NAMI's 2009 Annual Convention, celebrating their 30th year, will be held July 6–9, 2009, in San Francisco, California, at the Palace of Fine Arts and The Exploratorium. "The Palace" was originally designed by architect Bernard Maybeck as a temporary structure for an exhibition in 1915.

Speakers will include Dr. Marsha Linehan, creator of dialectical behavioral therapy, a revolutionary treatment for people with borderline personality disorder. Dr. Linehan will present at the Research Plenary during the upcoming convention. Dr. Linehan is a professor of psychology at the University of Washington in Seattle and director of the Behavioral Research and Therapy Clinics. She originally developed the therapy to help chronically suicidal people. It has since been adapted for a variety of settings as well as for a number of other seemingly intractable behavioral disorders.

NAMI will feature special programming for children at the convention. In the program, children will have the opportunity to learn and talk about the challenges that come with being the child or sibling of a person with a serious mental illness. There will be an excursion to the Exploratorium: The world's coolest hands-on science museum - art projects. The 2-day program is designed for children and teens aged 10 to 17. The registration fee is \$75.00. (If you are bringing your child or teen to the convention but are not planning to have them participate in this program, there is no need to pay the \$75.00 registration fee.)

For more information, go to:

[http://www.nami.org/Content/NavigationMenu/Inform\\_Yourself/Upcoming\\_Events/Convention/Functions/Schedule.htm](http://www.nami.org/Content/NavigationMenu/Inform_Yourself/Upcoming_Events/Convention/Functions/Schedule.htm)

## Education

### *Reducing Behavior Problems in the Classroom*

The U.S. Department of Education has developed a new guide for elementary school educators and school and district-level administrators that offers prevention, implementation, and school-wide strategies that can be used to reduce problematic behavior that interferes with the ability of students to attend to and engage fully in instructional activities. The guide is part of their "What Works Clearinghouse," which is a source of scientific evidence for what works in education. To access the guide, go to: [http://ies.ed.gov/ncee/wwc/pdf/practiceguides/behavior\\_pg\\_092308.pdf](http://ies.ed.gov/ncee/wwc/pdf/practiceguides/behavior_pg_092308.pdf) .

### *Mobility Issues & Special Education*

Meeting the needs of special education students who must move while in the child welfare system is the topic of a resource available from the ABA Center on Children and the Law. *Questions and Answers: Mobility Issues and Special Education for Children in Out-of-Home Care* is a two-page document in a question-and-answer format addressing such issues as:

- Does special education law address the issue of children who move schools?
- What happens if a child enrolls in a new school district after a special education evaluation has begun, but before the old school district has completed the special education evaluation?
- How do you ensure that the old school sends the education records to the new school as quickly as possible?

To see the full fact sheet, go to:

<http://www.abanet.org/child/education/Q%20%20A%236%20Mobility%20FINAL.pdf>.

### *Foster Youth Internship (FYI) Program*

The Congressional Foster Youth Internship (FYI) Program provides talented college students, who have spent their formative years in foster care, an opportunity to intern in Congressional offices for the summer. These young adults, who have beaten the odds and thrived in spite of difficult circumstances, bring their unique perspectives and resilient spirits to serve in the offices of the U.S. Congress. The FYI Program raises awareness about the 517,000 children in foster care, and specifically the 114,000 currently available for adoption, by bringing members of Congress in direct contact with those who have personal experience of the foster care system. Supplemental to the interns' work on Capitol Hill, CCAI enhances the experiences of the interns by organizing an orientation and training program, bimonthly educational sessions, and a mid-summer retreat. In addition, CCAI provides a stipend, covers all housing and travel expenses, and acts as an ongoing support network for the FYI program participants.

Applicants must meet the following eligibility criteria:

- The applicant was in U.S. foster care system at the time of their 18th birthday or be adopted after their 14th birthday from the U.S. foster care system.

## COCAF E-Newsletter February 2009

- The applicant has completed at least 2 years of college in a 4-year degree program.
- Good writing and research skills accompanied by an interest in the legislative process are required, and students in every degree program are encouraged to apply.

For more information about the Congressional Foster Youth Internship program, contact Chelsea Cathcart at (202) 544-8500.

### *Expanded Access to College Financial Aid for Former Foster Youth*

A new law will make it possible for teens in foster care to be adopted without losing access to college financial aid. The Fostering Adoption to Further Student Achievement Act became law as an amendment to the College Cost Reduction and Access Act (Public Law 110-84). This law includes a revised definition of an “independent student.” Currently, youth who were still in foster care as of their 18th birthday are considered independent students, meaning that they do not need to count parental income for determining their eligibility for college financial aid. The revised definition of “independent student” will extend to youth who were in foster care on or after their 13th birthday, even if they have subsequently been adopted. This expanded definition of “independent student” will go into effect in July 2009, to apply for the 2009-2010 school year. The provision will apply to youth even for adoptions that were finalized before the law was passed in 2007. Youth who meet the new definition will need to indicate their status as an independent student when they fill out the Free Application for Federal Student Aid (FAFSA) form for college financial aid.

For more information, go to [www.voice-for-adoption.org](http://www.voice-for-adoption.org) . To download *Voice For Adoption's* fact sheet on the college financial aid provisions for former foster youth, go to: <http://www.voice-for-adoption.org/downloads/FAFSA%20factsheet.pdf> .

### *Online Educational Advocacy Resource*

K12 Advocates has developed an ebook that covers a wide array of topics and issues related to IEPs and special education needs to assist you in creating a vision of success and positive educational experiences for your child with special learning needs. The ebook is \$27. For more information, go to: <http://www.k12advocates.com>.



### *Spanish-Language Child Welfare Resources*

Child Welfare Information Gateway has launched its new **Resources in Spanish** web section at <http://www.childwelfare.gov/spanish/> , replacing the En Español web section. Designed for child welfare professionals who work with Spanish-speaking families, the section includes our glossary of English-to-Spanish and Spanish-to-English child welfare terms, as well as topically organized resources on:

- Child abuse and neglect
- Preventing and responding to child abuse and neglect
- Supporting and preserving families
- Out-of-home care
- Adoption

Resources are available in both Spanish and English, and many can be viewed, downloaded, or ordered for free. To find a complete list of titles that Information Gateway produces or distributes, go to: [www.childwelfare.gov/catalog](http://www.childwelfare.gov/catalog).

For more information, call 800.394.3366 or email [info@childwelfare.gov](mailto:info@childwelfare.gov).

## Financial Assistance & Information

### *United Way's 2-1-1 Service*

United Way's 2-1-1 is a free, multilingual service that is available 24 hours a day/7 days a week and refers callers to non-emergency health and human services. You can dial 2-1-1 to make a donation to the community or look for volunteer opportunities.

Referrals you can access by dialing 2-1-1 :

- [Licensed child care providers in 9 county metro Denver area](#) (click to go to site)
- Rental/Utility bill assistance
- Housing/Emergency shelter
- Food/Clothing banks
- Mental health assistance
- Dealing with and preventing abuse
- GED and ESL classes
- Suicide intervention and prevention
- Medical clinics
- RX assistance
- Senior services
- Youth programs
- Support groups
- Legal assistance

For more information, go to:

<http://www.unitedwaydenver.org/site/pp.aspx?c=rwL8KjNULrH&b=4119499>

### *LEAP*

LEAP is a federally funded program administered by the Colorado Department of Human Services and is designed to *assist* with your winter heating costs. The LEAP Program eligibility period runs from **November 1st through April 30th**.

*LEAP is not intended to pay the entire cost of home heating.* If you are applying for LEAP assistance, you should continue to pay your home heating bill.

**Eligibility Requirements:** You may qualify for LEAP assistance if:

- You are a U.S. Citizen and a legal resident of Colorado
- You pay heating costs directly to an energy provider or you pay the cost of heating your home with your rent

## COCAF E-Newsletter February 2009

- Your gross monthly household income falls within the guidelines set annually and posted November 1st of each year. "Household" means people who live with you and for whom you, as an applicant, are financially responsible

### 185% Of Federal Poverty Income Limits

Household Size	Maximum Gross Monthly Income
1	\$1,604
2	\$2,159
3	\$2,714
4	\$3,269
5	\$3,824
6	\$4,379
7	\$4,934
8	\$5,489
Each Additional Person	\$555

For more information, go to: <http://www.cdhs.state.co.us/leap/> .

### *Financial Classes*

The Denver Community Credit Union offers free classes on a variety of financial topics throughout the year. Classes are open to the public; you do not have to be a member of the credit union to attend. All classes are held at their 1075 Acoma Street Denver, CO 80204, location.

2009 classes include:

January 27 at 10:00 a.m.	Wills and Trusts
February 10 at 6:00 p.m.	Basic Investing
February 24 at 6:00 p.m.	ID Theft
March 10 at 6:00 p.m.	Basic Insurance
March 24 at 6:00 p.m.	Credit
April 14 at 6:00 p.m.	Auto Buying
April 28 at 6:00 p.m.	Couples and Cash
May 12 at 6:00 p.m.	Home Buying
May 26 at 6:00 p.m.	Money Myths
June 16 at 5:00 p.m.	Wills and Trusts
June 30 at 10:00 a.m.	Investing for College
July 14 at 6:00 p.m.	ID Theft
July 28 at 6:00 p.m.	Home Buying
August 11 at 2:00 p.m.	Basic Investing
August 25 at 6:00 p.m.	Credit
Sept. 15 at 6:00 p.m.	Financial Services
Sept. 29 at 5:00 p.m.	Wills and Trusts
October 13 at 6:00 p.m.	Basic Insurance
October 27 at 6:00 p.m.	Credit Cards
November 10 at 2:00 p.m.	Wills and Trusts

For more information, go to:

[http://www.denvercommunity.coop/DCFCU\\_difference\\_education.html](http://www.denvercommunity.coop/DCFCU_difference_education.html).

You may also contact the Denver Community Credit Union at 303-573-1170 Ext. 754, or by email at [hstroof@denvercommunity.coop](mailto:hstroof@denvercommunity.coop).

## Free Family Events

### *Denver Area Free Events*

February 1: **Denver Museum of Miniatures, Dolls and Toys**, 1880 Gaylord St, Denver (303) 322-1053 Free admission from 1:00-4:00.

February 2: **Denver Museum of Nature and Science**, 2001 Colorado Blvd., Denver (303) 973-3705

For a comprehensive list of things to do for free in the Denver area, go to:

<http://www.denver.org/events/free-events>.

### *Rocky Mountain Wildlife Refuge*

5650 Havana Street, Denver 80022; from I-70, take the Havana Street exit north to 56<sup>th</sup> Avenue, then follow posted directions. Open Tuesday, Wednesday, Saturday, and Sunday, from 7:00 a.m. to 5:00 p.m. and is free to the public. For more information, go to [www.fws.gov/rockymountainarsenal](http://www.fws.gov/rockymountainarsenal) or call (303) 289-0930.

*Please note that while free, all programs require reservations in advance.* Below is a list of upcoming events:

**Wild Rides:** Every Tuesday, Wednesday, Saturday, and Sunday. Viewing Tours from 10:00 am to 12:00 pm. Advance reservations are required (303) 289-0930.

**Tuesday Tots:** Offered the first Tuesday of each month from 10:00 a.m. to noon, this one-hour program is for the young naturalist 2 to 5 years old. Parent or guardian must accompany all children.

## Health Care

### *Give Kids a Smile -- Free Dental Care February 6<sup>th</sup> Only*

February is National Children's Dental Health Month, sponsored by the Colorado Dental Association. Imagine having a mouthful of toothaches and no place to go for help. This is the situation for nearly half of all children, ages 2-9, suffering from untreated tooth decay. **Give Kids a Smile Day** is held annually to:

- Provide free dental services to local, uninsured children who would otherwise not receive dental care.
- Raise awareness of the epidemic of untreated dental disease occurring in Colorado and across the country.

Over 200 dentists across Colorado have registered for *Give Kids a Smile Day* to provide free dental attention to children who are without dental insurance and from low-income families. *Give Kids a Smile Day* is a national program that provides kids with free dental treatment and education. This is an event to help children without access to dental care. Treatment and education will be provided in private dental offices, dental clinics, and schools across the state.

**Who Qualifies:** Children WITHOUT dental insurance and/or CHP coverage from families without the ability to afford dental care.

**When:** Friday, February 6, 2009

**Where:** Dental offices all over the state

**Appointments:** To reserve an appointment for your child or grandchild, call the School of Dental Medicine at 303-724-6909

The largest, most easily accessible event will be held at the University of Colorado School of Dental Medicine on the Fitzsimons campus in Aurora, located at 13065 E. 17th Ave.

### *What is EPSDT & Why Is It Important to Behavior Health Providers?*

Taken from the Colorado Access website:

[https://www.coaccess.com/providers/EPSDT\\_behavioral.jsp](https://www.coaccess.com/providers/EPSDT_behavioral.jsp)

Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) is Medicaid's comprehensive benefit package for children ages birth through 20 years. It is designed to enhance primary care with emphasis on prevention and early intervention. EPSDT goes beyond the scope of the adult Medicaid benefit package. EPSDT includes well-child check-ups, sick care, treatments, care coordinators, and wrap-around benefits.

## COCAF E-Newsletter February 2009

In 1989, Congress expanded the scope of EPSDT services. States must now cover regular and periodic examinations for all children covered by Medicaid younger than 21 years of age. They also must provide any medically necessary services indicated by the examination findings; even services that may not be covered by a member's Medicaid health plan. Treatments and services that are not included in a Medicaid HMO's plan but are covered by the State Medicaid program are called wrap-around benefits, such as dental care, orthodontia for severe malocclusion, and behavioral health care.

Under EPSDT, children who have Medicaid are entitled to evaluation and treatment of mental health issues. The EPSDT program facilitates mental health care by means of the comprehensive health screening, performed by the child's PCP. When the PCP identifies a member who is in need of behavioral health care the member should be referred to the appropriate Behavioral Health Organization (BHO) for follow-up evaluation and appropriate treatment. BHO providers are required to accept referrals of children and adolescents screened through the EPSDT program, and to coordinate services with the child's primary care physician.

As part of an initial mental health assessment, Access Behavioral Care providers should attempt to determine whether a child or adolescent has received a comprehensive EPSDT health screening. If so, the provider should obtain a release of information from the parent or guardian to obtain and review the results of EPSDT screening, and coordinate medical and behavioral health care. If not, the provider should attempt to refer the consumer to a PCP to perform an EPSDT screening. Access Behavioral Care Resource Coordinators can help facilitate this linkage. They can be reached at 303-751-9030 or 1-800-984-9133.

The periodic schedule for EPSDT screenings, adopted from the American Academy of Physicians (AAP), is as follows:

- At birth
- 2 to 4 days, if the newborns left the hospital < 48 hours after delivery
- by 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- Once every year for ages 2 to 20

A comprehensive EPSDT screening should include, but is not limited to, the following:

- Unclothed physical examination
- Immunizations as needed

## COCAF E-Newsletter February 2009

- Lab tests as needed
- Mandatory blood lead testing at 12 and 24 months (or up to age 6 if not previously screened)
- Health and developmental history
- Nutritional assessment
- Developmental assessment
- Mental/behavioral health assessment
- Adolescent family planning
- Dental screening
- Vision screening
- Hearing screening
- Health education and anticipatory guidance
- Diagnosis, treatment and referrals

If you would like more information concerning EPSDT, please contact Colorado Access' [Health Outcomes Coordinator](#) by clicking on this email link, or calling 720-744-5514.

### *Medication Disposal & Information Program*

Saturday, February 21, 2009, 7:00 a.m. - 1:00 p.m.  
Exempla Good Samaritan Medical Center Conference Center  
200 Exempla Circle, Lafayette, CO 80026

Bring your expired, excess, or unwanted medications for proper disposal. Prescription and over-the-counter medications, including pills, liquids, patches, and inhalers will be accepted. You will also be provided with information on how to dispose of medications in your home.

*Cost:* Free.

*For further information:* 303-689-4595 to schedule an appointment.

### *Medicaid Waiver Information*

Medicaid is a health care program for low income Coloradans. Applicants must meet eligibility criteria for one of the Medicaid Program categories in order to qualify for benefits.

Major program categories include Aid to Families with Dependent Children/Medicaid Only, Colorado Works/TANF (Temporary Assistance for Needy Families), Baby Care/Kids Care, Aid to the Needy Disabled, Aid to the Blind, and Old Age Pension.

To apply for Medicaid, contact your local County Department of Social/Human Services. Waiver programs provide additional Medicaid benefits to specific populations who meet special eligibility criteria. For some people, a waiver is the only way to qualify for Medicaid.



## COCAF E-Newsletter February 2009

Clients must meet financial, medical, and program criteria to access services under a waiver. The applicant's income must be less than \$1,986.00 (300%, or three times, the Supplemental Security Income allowance) per month and countable resources less than \$2,000 for a single person or \$3,000 for a couple. The applicant must also be at risk of placement in a nursing facility, hospital, or ICF/MR (intermediate care facility for the mentally retarded). To utilize waiver benefits, clients must be willing to receive services in their homes or communities. A client who receives services through a waiver is also eligible for all basic Medicaid covered services except nursing facility and long-term hospital care. When a client chooses to receive services under a waiver, the services must be provided by certified Medicaid providers or by a Medicaid contracting managed care organization. The cost of waiver services cannot be more than the cost of placement in a nursing facility, hospital, or ICF/MR.

Each waiver has an enrollment limit. There may be a waiting list for any particular waiver. Applicants may apply for more than one waiver, but may only receive services through one waiver at a time. Anyone who is denied Medicaid eligibility for any reason has a right to appeal. Talk to your County Department of Social/Human Services if you wish to exercise your right to appeal. For more information, go to: <http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1223894303509>.

### *Denver Options*

Children, birth to age 3, who have a suspected developmental delay, may be referred to early intervention services for a free developmental assessment. Areas assessed include Communication, Motor Sensory, Cognitive, Social/Emotional, and Adaptive. Infants and toddlers who have a mental or physical diagnosis known to be associated with delays in development and who may or may not be exhibiting delays at the time of diagnosis, are categorically eligible. Conditions associated with developmental delays include chromosomal syndromes and conditions, congenital syndromes and conditions, and sensory impairments. Infections, conditions, or events occurring during prenatal development through 36 months resulting in significant medical problems associated with delays are eligible; these may consist of recurring seizures, ongoing neurological injury, APGAR score of 5 or less at five minutes, evidence of significant exposure to known teratogens, and low birth weight infants weighing less than 1200 grams (2 lbs, 10oz.). Postnatally acquired problems resulting in delays in development including, but not limited to, attachment and regulatory disorders based on the Diagnostic Classification: 0-3 are also eligible. Call Denver Options about services in Denver County 303-BIRTH 2 3 (247-8423). Call Early Childhood Connections statewide number 1-888-777-4041 to obtain the referral number for the county where the child resides.

### *UHCCF Grants for Child Health Care Services*

Children who have medical needs are sometimes under-insured for all of their medical treatments. The United Healthcare Children's Foundation (UHCCF) provides grants to families to help pay for child health care services such as speech therapy, physical

## COCAF E-Newsletter February 2009

therapy, occupational therapy sessions, prescriptions, and medical equipment such as wheelchairs and eyeglasses. Parents and legal guardians may apply for grants of up to \$5,000 each for child medical services and equipment by completing an online application at the UHCCF web site. If a grant is approved for the child, the grant will help pay for approved medical services/items after the child's commercial health benefit plan submits payment for services provided, if any. The grant funds are not paid to the parent or child directly – invoices/bills are submitted to UHCCF for approved medical services/items after the commercial health benefit plan submits initial payment (if any) to the health care provider.

In January 2006, the United Healthcare Children's Foundation was expanded to all 50 states. To be eligible for a grant, children must be 16 years of age or younger. For more information, go to: <http://www.uhccf.org/>

## Legislative Information

### *Upcoming Colorado Legislation*

The Department of Human Services has submitted proposed rules or amendments to existing rules concerning: #08-11-4-1: Independent Living and Chafee Foster Care Independence Program to Include Emancipation Services and Identification Documents.

The proposed rules or amendments may be found at:

[http://www.dora.state.co.us/pls/real/SB121\\_Web.Show.Rule?p\\_rule\\_id=3043](http://www.dora.state.co.us/pls/real/SB121_Web.Show.Rule?p_rule_id=3043).

The rulemaking hearing is set for Friday, March 6, 2009, at 10:00 am at Colorado Department of Human Services (DHS), 1575 Sherman St., Conf. Room 4A/B, Denver CO 80203. For more information about the proposed rules or amendments, contact Shirley Dodd, Division of Child Welfare at 303-866-4539 at the Department of Human Services.

DHS will be analyzing the proposed rule or amendment to determine if it may negatively affect Colorado's small businesses, job creation, or economic competitiveness. If initial research indicates possible negative impact in one or more of these areas, DHS will request that the entity submitting the proposed rules or amendments perform a cost-benefit analysis. If you want to provide feedback on the proposed rule or amendment to help DHS make that determination or to let DHS know how the proposed rules positively affects these areas, please email [opr@dora.state.co.us](mailto:opr@dora.state.co.us).

### *Nebraska Law Shines Light on Bigger Problem*

In 2008, Nebraska's "safe haven" law drew national attention when the law was enacted, allowing parents to "drop off" children of any age. More than 30 children, mostly teenagers, were abandoned by distressed parents at Nebraska hospitals. Some parents came from faraway states. In response, Nebraska revised its "safe haven" child drop-off law to make it only applicable to newborns.

Many hope that the Nebraska problem will shine a light on the lack of services available for troubled children and their families. H. Thomas Wells, Jr. and Judge Patricia A. Macías, respectively, presidents of the American Bar Association and the National Council of Juvenile and Family Court Judges, wrote an excellent article, ***Families in Crisis Need a Bailout***, addressing the need for widespread changes to address these problems. To read the article, go to:

<http://www.abanet.org/abanet/media/oped/oped.cfm?releaseid=504>

### *Colorado Child Welfare Action Committee*

Governor Ritter issued an executive order creating a Child Welfare Action Committee to begin making immediate improvements to Colorado's child-protection system. The move follows a comprehensive review by the Colorado Department of Human Services into 13 recent child deaths. For more information, go to:  
<http://www.cdhs.state.co.us/CWActionComTempPage.htm>.

### *Current Child Welfare Legislation Information*

Voice for Adoption (VFA), a US lobbying organization, has a list of proposed child welfare legislation in the US on their website at:  
[http://www.voice-for-adoption.org/assembled/advocacy\\_updates.html](http://www.voice-for-adoption.org/assembled/advocacy_updates.html) (click on the link at the bottom of the page). This chart has the name of the each bill, the bill number, a short description of it, and if the VFA board has voted to support it.

## Mental Health Care

### *COPARC Therapist Database*

The Colorado Post-Adoption Resource Center (COPARC) has a database of licensed therapists in Colorado with adoption experience. The therapists on the COPARC list have registered with the Colorado Post-Adoption Resource Center, furnished copies of their licensure, disclosure statements, and professional insurance, as well as completed an application. The Colorado Post-Adoption Resource Center of The Adoption Exchange does not recommend any particular therapist. The purpose of the therapist database is to make you aware of those therapists in Colorado who state that they have special training to work with adoptive families and who have completed an application. It is still important for you as adoptive parents to check out any professional you choose.

To access the therapist database go to:

[http://www.adoptex.org/site/PageServer?pagename=CO\\_PostAdoptionServices\\_MainPage](http://www.adoptex.org/site/PageServer?pagename=CO_PostAdoptionServices_MainPage)

Click on the question Who Else is There to Help? (bottom right side of the screen). Then click on the green “click here” oval; next to “Adoption Competent Therapists.” This will take you to a screen where you can enter your preferred county, licensure, and speciality. After you click on “search,” you will be provided with a list of therapists meeting those requirements.

### *Mental Health Websites*

For information on mental health issues, there are a variety of websites available for Colorado residents. For general information, try:

Aurora Mental Health Center: <http://www.aumhc.org/>

Jefferson Center for Mental Health: <http://www.jeffersonmentalhealth.org/>

Mental Health America of Colorado: <http://www.mhacolorado.org/>

The Federation of Families for Children’s Mental Health~Colorado Chapter (FFCMH~CC): <http://www.coloradofederation.org/>

For teen suicide prevention, check out the Second Wind Fund of Metro Denver (SWFMD) at: <http://www.thesecondwindfund.org/> .

### *NAMI Connections Link*

NAMI Connection is a consumer run weekly recovery support group for people living with mental illness in which people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding.

Wednesdays 7:00 p.m. – 8:30 p.m.

Location: S.T.A.R. Reach Club House, 2531 W. Church Street, Littleton

Contact: 303-788-0776; jdmcw@interfold.com or 303-790-1055; kyvilla@aol.com

### *New Guide on Bipolar Disorder in Children and Teens*

The National Institute on Mental Health (NIMH) has posted on their website a new easy-to-read booklet on bipolar disorder in children and teens that explains what it is, when it starts, and how to get help. The booklet is available at:

<http://www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens-easy-to-read.shtml>.

### *E.R.I.C. Program*

Families dealing with children affected by bipolar disorder may want to look into the support groups offered by the Everyone Remains in Control (E.R.I.C.) Program. Founded by Rael Reddick, whose son Eric was diagnosed with bipolar disorder at an early age, the program helps with age specific support groups as well as one-on-one assistance in some cases. For more information, contact Rael at [ericcontrol@hotmail.com](mailto:ericcontrol@hotmail.com).

### *Therapeutic Services for Jefferson County Victims*

Denver Children's Advocacy Center [www.denvercac.org](http://www.denvercac.org) can assist up to 55 children aged 0 to 17 who have been victims of sexual abuse, and or any other potentially traumatizing experiences, and who at the time of the crime lived in Jefferson County. Assistance with outpatient mental health counseling to children, siblings, and all the non-offending family members services may be available. Families needing these services should call Raquel Hernandez at 303-825-3850 ext 300 and indicate that they are living or have lived (at the time of the crime) in Jefferson County.

### *New Parents and Teachers as Allies Resources*

*Parents and Teachers as Allies* is NAMI's 2-hour, in-service mental health education program to help school professionals identify the warning signs of early-onset mental illness in children and adolescents. The program focuses on the specific, age-related symptoms of mental illness in youth, how school professionals can best intervene and share concerns with families, and it shares the lived experiences of consumers and families. NAMI leaders in 31 states have been trained in the program, and it has been delivered to over 80 schools around the country with outstanding results.

## COCAF E-Newsletter February 2009

If you are interested in becoming trained in Parents and Teachers as Allies so you can implement the program in your state or community or if you would like additional information about the program, please contact Bianca Ruffin, Program Assistant, at [biancar@nami.org](mailto:biancar@nami.org).

### *Yoga for Adolescents with Health Concerns*

The Children's Hospital is accepting referrals for adolescents ages 13-19 with a diagnosed physical or mental health concern to participate in a yoga research study. Classes are held at The Children's Hospital. You may also go to the website at: <http://www.thechildrenshospital.org/conditions/psych/yoga.aspx>.

For more information, call (720) 777-6200 or contact Dr. Lisa Kaley-Isley by email at [kaley-isley.lisa@tchden.org](mailto:kaley-isley.lisa@tchden.org).

### *Considering Residential Treatment Programs for Children*

NAMI has developed *A Resource for Families Considering Residential Treatment Programs for Their Children* to help families make an informed decision about sending their child to a residential treatment program.

Although most children with mental illnesses respond to standard treatments, some children with more serious mental illnesses continue to struggle. Residential treatment programs, including wilderness therapy programs, boarding schools, academies, behavioral modification facilities, and boot camps, are often considered once families have exhausted all community mental health care resources. While some residential programs offer nurturing and caring environments and use evidence-based interventions, others are highly dangerous and damaging. The most concerning programs are those that operate under the philosophy that young people must be broken before they can be helped. These programs use disciplinary techniques such as degrading confrontation, deprivation of basic physical needs, and alienation from family. These abusive methods can confer permanent psychological damage and divide the young person from his or her family.

NAMI's new web resource is intended to help families distinguish between residential treatment programs that are safe from those that may be dangerous and damaging. The resource guide can be accessed at:

<http://www.nami.org/Template.cfm?Section=CAAC&Template=/ContentManagement/ContentDisplay.cfm&ContentID=66549>

### ***Children's Help and Assistance for Residential Treatment (CHART)***

A new non-profit organization called CHART (<http://www.chartrtc.org>) exists to help families of children who are adopted and need residential treatment. Children must be between the ages of 9 and 13. CHART staff deal with everything from suggesting questions to ask when looking for residential treatment to ideas on how to finance placement. In addition, CHART has formed a coalition with other organizations that have information on wilderness programs and other types of therapies. For more information, contact Mary Ann Mulligan at 520-749-2151 or by email at [maryannchart@msn.com](mailto:maryannchart@msn.com).

### ***CO Medicaid Community Mental Health Services Program***

Colorado's Mental Health Program is a capitated managed care program. Bidders selected to operate the Mental Health Program in each of the five service areas throughout the state will become the Behavioral Health Organizations (BHOs) responsible for delivering, providing or arranging for the provision of all medically necessary mental health services for clients enrolled in the Program.

The Public Comment Period for the Draft Request for Proposal (RFP) closed on July 3, 2008. For more information on this process or to see stakeholder comments, go to: <https://hcpf.cdhs.state.co.us/HCPF/web/draftfrp.asp>.

### ***ZAC Browser: Zone for Autistic Children***

ZAC is the first web browser developed specifically for children with autism and autism spectrum disorders such as Asperger syndrome, pervasive developmental disorders (PDD), and PDD-NOS. This browser is for the children: for their enjoyment, enrichment, and freedom. For more information, go to <http://www.zacbrowser.com/>.

### ***Attention Deficient Disorder Association (ADDA)***

The ADDA provides information for both adults and children with ADD/ADHD. Members receive free access to their 2008 Teleclass Series, subscription to ADDA's bi-monthly eNewsletter *ADDA eNews*, and access to the members' only section of the website. To join ADDA, visit [www.add.org](http://www.add.org), contact the ADDA office at (856) 439-9099, or email [adda@add.org](mailto:adda@add.org).



## Services & Resources

### *Give Me a Break Respite Program*

Respite Funding & Family Orientation  
Hosted by the Autism Society of Colorado

Faced with the need to take occasional breaks from the intensive care and support of loved ones with autism spectrum disorders, family caregivers often come up short with being able to find competent individuals equipped with the knowledge to be able to care for and supervise their loved one. Funding to pay good respite providers may also present obstacles to families being able to take a break. With these two factors in mind, the Autism Society of Colorado crafted its new respite program, the Give Me a Break Respite Program.

Benefits of the GMAB Program to Families:

- Allocations of funding to pay respite care providers
- Opportunity to hire trained providers
- Support to hire and build successful respite relationships
- Organizing tool for individualizing orientation to person with ASD
- Connections to other family members with loved ones with ASDs
- Family orientations tailored to the time constraints of participants

All families interested in participating in the GMAB Program are asked to attend a 2-hour orientation session. The sessions will be set up based on need, number and the availability of families to participate on days and at times that work for them. Families will learn some basics about successful hiring practices, building rapport, and adequately individualizing respite provider orientation to the strengths and needs of the family member with ASD, the home environment and other pertinent factors. Families will be expected to complete a respite notebook with support and materials provided by the GMAB. The notebook will help to prepare and inform respite care providers about the individualized needs, preferences, and pertinent interventions that the person with ASD might have. Details about the payment of providers and program rules will be explained.

Please register with Lorri Park (lorri@autismcolorado.org) or download the Family Application at:

<http://www.autismcolorado.org/applications/DocumentLibraryManager/upload/Family%20Application%20%20agreemt.pdf>

### *Respite Care Services*

North American Council on Adoptable Children in collaboration with AdoptUsKids recently co-facilitated a multi-day training on creating Respite Care services. The Collaboration to AdoptUSKids also released "Taking a Break: Creating Foster, Adoptive and Kinship Respite in Your Community," a comprehensive manual funded through a federal Children's Bureau Grant.

The manual is available for your use. You can call 1-888-200-4005 to order a copy, with a charge of \$20., or go to [www.adoptuskids.org](http://www.adoptuskids.org) to download and customize forms. You can download the entire manual in PDF by going to: <http://www.adoptuskids.org/resourceCenter/publications/respitemanual.aspx>.

### *Grandfamilies State Law & Policy Resource Center*

Casey Family Programs, the ABA Center on Children and the Law, and Generations United have partnered to create the Grandfamilies State Law and Policy Resource Center, found at [www.grandfamilies.org](http://www.grandfamilies.org). This website educates caregivers, legislators, advocates, policymakers, and attorneys on state laws and legislation in support of grandfamilies. The easy-to-use database allows for a search of laws and legislation that address common legal questions surrounding relative caregiving both within and outside the child welfare system. Each topic is analyzed and accompanied by a story to show key concepts. In addition, there is a list of related resources to learn more. In the future, the site will expand to include state policies, regulations, and best practices. Technical assistance and training is also available.

In addition, there is a new webpage dedicated to the exciting new child welfare and foster care law, the [Fostering Connections to Success and Increasing Adoptions Act of 2008](#). The bill is a significant recognition of the contribution grandparents and other relatives make in raising the nation's children. On this page you can find everything you will need to know about what the new law will mean for you, whether you are a caregiver, child advocate, or child welfare professional.

Currently you can find several summaries of the legislation, including a fact sheet on what the new law means for relative caregivers. More information will be added shortly on all the different provisions of the bill and the steps you can take to help implement the new law in your state.

Technical assistance and training are available. For more information, contact Ken Bryson at [kbryson@gu.org](mailto:kbryson@gu.org) or Heidi Redlich Epstein at [redlichh@staff.abanet.org](mailto:redlichh@staff.abanet.org).

### ***Kinship Program at Catholic Charities***

Kinship families looking for support groups or wanting to sign up for the Catholic Charities kinship newsletter may contact:

Tray Dubray, MSW Kinship Case Worker

Catholic Charities, 4045 Pecos St., Denver, Co 80211

(303) 742-0823 ext. 2072

(303) 742-4373 fax

[tdubray@ccdenvver.org](mailto:tdubray@ccdenvver.org)

### ***C.A.S.E. Services***

The Center for Adoption Support and Education (C.A.S.E.) is a non-profit organization dedicated to providing support and education to everyone in the adoption community.

C.A.S.E.'s website covers a variety of topics for adoptive families. For more information, go to: <http://www.adoptionsupport.org/>.

### ***Online Catalog of Child Welfare Resources***

This online catalog has 200+ titles produced or distributed by the *Child Welfare Information Gateway*, listed by topic, title, and information series. The new topic list categorizes titles according to nine child abuse and neglect, child welfare, and adoption topics. For more information, go to <http://www.childwelfare.gov/catalog/>.

### ***Community Services Locator***

The online directory at [http://www.mchlibrary.info/KnowledgePaths/kp\\_community.html](http://www.mchlibrary.info/KnowledgePaths/kp_community.html), produced by the Maternal and Child Health Library, can be used by service providers and families to find available health, mental health, family support, parenting, childcare, and other services for children and families in the communities in which they live. Topics include education and special needs, health and wellness, mental health and well-being, family support, parenting, childcare and early childhood education, and financial support. A new *A-Z Resources and Services Index* offers another avenue for navigating the locator and the library's Web site.

## Surveys/Studies

### *National Transracial Adoption Study*

The University of Maryland Department of Family Sciences and The Center for Adoption Support and Education (C.A.S.E.) are working together to facilitate a national study of transracial adoptive families.

If you're an adoptive parent of a teen, this might be your opportunity to be part of a national, cutting-edge research project that could lead to improved services and resources for families like yours. The specific focus of this study is to examine the impact of family characteristics on the overall adjustment, self-esteem, and racial identity of racial minority youth adopted by Caucasian parents.

Who can participate? If you are a white adoptive parent of at least one racial minority child who was placed or adopted by the age of 4 and who is now between the ages of 14-18.

What will I have to do? Both parent and child will be asked to complete a completely confidential 20-minute survey.

For more information or to participate, contact Dr. Leigh Leslie at 301-405-4011 or by email at [lleslie@umd.edu](mailto:lleslie@umd.edu).

### *Colorado Respite Coalition Survey*

The Colorado Respite Coalition (CRC) is a group of parents and professionals who joined together to create a variety of respite programs in Colorado. These programs will serve children with special health care needs who may be at a higher risk for abuse and neglect than the typical population of children. CRC hopes to provide safe, affordable, interactive, stimulating, center-based programs for planned and emergency respite that address the physical, emotional, and cognitive needs of each child. For more information or to be added to the CRC list serve, contact Val Saiz by email at [saizhm@comcast.net](mailto:saizhm@comcast.net).

In an effort to learn about the respite needs in the state, CRC has prepared a survey for families who have children with special health care needs, specifically those who have, or are at increased risk for having, a chronic physical, developmental, behavioral, or emotional condition and who also require health and related services of a type or amount beyond that required by children generally.

The survey is available online at: <http://fs8.formsite.com/cohealth/respitecaresurvey>.

### *Adopted from Foster Care Study*

If you adopted a child from foster care, you may be eligible to participate in a study that seeks to better understand how adult personality and adult relationship style impact parent-child relationships in adoptive families.

You are eligible if:

1. You have adopted a child from U.S. state custody (e.g., out of foster care, group home care), or you have a child living with you whose parental rights have been terminated, and adoption proceedings have been initiated (i.e., you are actively working with an adoption agency to adopt the child).
2. You have been parenting your adopted child in your home for at least 6 consecutive months.
3. Your adopted child was placed with you between the ages of 36 months and 12 years of age (i.e., the child was not placed with you younger than 36 months of age or older than 12 years), and your child is currently in this age bracket.

The adoption field will benefit from more research on the factors that lead to positive outcomes in adoptive families. By participating, you have the ability to directly contribute. No face-to-face contact is required. You can participate in the study in the privacy of your own home if you have internet access. Participants will complete three questionnaires, all available online, and completion time is about 30-45 minutes. Your participation in the study is completely confidential. Your individual results will not be revealed.

If interested, please contact Greta Zuck at 919-784-0205, Ext. 2.

## Training Resources

### *Colorado Department of Human Services (CDHS)*

CDHS offers ongoing classes for foster and adoptive parents and professionals. The courses, information on how to register, dates and times, can be found on the new [CDHS training web site](http://www.cocwtraining.com/) (<http://www.cocwtraining.com/>). The web site allows you to register for classes online (you must create an account prior to registering for your first class, but creating an account is free and easy instructions are provided).

### *Evan B. Donaldson Adoption Institute*

The Evan B. Donaldson Adoption Institute, a nationally recognized leader in research and policy development, is extending its efforts to implement systemic change through the training of adoption professionals with the aim of educating adoptive parents about the issues they and their children may face. The Institute is well known for its research on critical issues in adoption and foster care, and for its high-quality and high-impact initiatives to inform the public and professionals; promote ethical practices; and support legal, policy and practice reforms. Now they have developed research-based training materials to improve the preparation of adoptive parents, with the goal of helping families succeed. Training is available in a variety of formats, including webinars. For more information, go to: <http://www.adoptioninstitute.org/education/training.php>

### *Foster Parent College (FPC)*

FPC currently offers the following online trainings: Anger Outbursts, Fire Setting, Eating Disorders, Sexualized Behavior, Lying, Sleep Problems, Wetting & Soiling, Stealing, Running Away, and Self-Harm. The site includes free previews of each of the courses. Courses are developed and taught by nationally recognized experts, including Dr. Rick Delaney. Each course is \$8, is worth two hours of certified training, and can be accessed for 30 days. Registrants can participate in online discussion boards. For more information, go to: <http://www.sociallearning.com/fpc/?partner=6>. FPC may also be reached at 1.800.777.6636 or by email at [fpc@SocialLearning.com](mailto:fpc@SocialLearning.com).

### *Washington Learning Systems Website*

Free parent-child activity materials are available for downloading at the Washington Learning Systems website. The development of these materials was supported by Grant H324M020084 from the U.S. Department of Education, Office of Special Education Programs, and developed by Angela Notari-Syverson, Ph.D. and colleagues. The site offers free reproducible language and early literacy activities in English and Spanish. To download materials go to [www.wlearning.com](http://www.wlearning.com) and click on the purple button that says "Free Parent Education Handouts" on the home page. The materials are made available by Angela Notari-Syverson and colleagues, and may be copied and distributed as long as they are not sold.

***COCAF Calendar***

Check out the COCAF website and try our training calendar at [http://www.cocaf.org/te\\_sc\\_calendar.asp](http://www.cocaf.org/te_sc_calendar.asp) . Click on any event and a pop-up will provide you with additional information on the class.

***EMPOWER COLORADO Listserv Training Courses***

EMPOWER COLORADO is an organization run by families that provides support, education, advocacy, and resources to families with children and youth who have social, emotional, or mental health challenges. For more information, go to: <http://www.empowercolorado.com/>.

## Training Opportunities

### *PREP 2009 Schedule*

Presented by COCAF, AFI Grant Teams, and The Adoption Exchange

COCAF, AFI Grant Teams, and The Adoption Exchange, through a federal Adoption Opportunities grant, are presenting 1½ day retreats for parents who have adopted through the child welfare system. These Adoptive Parents Retreats are designed to help strengthen and re-establish the communication skills we used so naturally at the start of our relationships, using the PREP® curriculum (Prevention and Relationship Enhancement Program). You will meet other families experiencing similar feelings and challenges as your family, in a non-judgmental, supportive, and understanding environment.

These weekends are free of charge to adoptive parents! Generally, the workshops begin at 8:00 a.m. on Saturday morning and end by noon on Sunday. The retreats include accommodations for Saturday night, meals, and the PREP curriculum. Respite funds will also be available.

You will learn how to:

- Communicate with each other more gently and effectively;
- Discuss problems and resolve conflict in a safe way;
- Listen to and be heard by your partner;
- Respond to your children as a unified team;
- Show respect for your partner and have fun as a couple.

You must attend as part of a pair – single parents please bring an adult who is significant in your child's life (parenting-partner, teacher, faith-based person, etc.). If you have adopted from, or currently live in one of the counties listed below, please contact the identified person to register for one of these respite weekends. Rejuvenate yourself, your relationship, and your family!

This workshop is provided by the Colorado Coalition of Adoptive Families (COCAF) and The Adoption Exchange through a grant from the Administration for Children and Families. The Adoptive Families Initiative (AFI) Grant will use information throughout the retreat process for ongoing program evaluation and improvements and assures that all information will be kept strictly confidential.

2009 PREP schedule, with registration information, is on the next page.



## COCAF E-Newsletter February 2009

<b>Dates</b>	<b>Team</b>	<b>Registration Contact Person/ #</b>
April 18 & 19, 2009 Quality Suites Evergreen	Jefferson	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
April 18 & 19, 2009	Broomfield	Ronda Burgin, 720-887-2238 rburgin@broomfield.org
May 2 & 3, 2009	Denver	Linda Trantow, 720-944-2484 Linda.trantow@denvergov.org
May 16 & 17, 2009 Inn of the Rio Grande	Alamosa & Adoption Exchange	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
June 6 & 7, 2009 AmericInn	Mesa	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
July 18 & 19, 2009	Delta/Montrose	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
August 1 & 2, 2009 Hampton Inn, Fort Collins	Larimer County & Adoption Exchange	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
Sept 12 & 13, 2009	Boulder	Suzanne Daniels, 303-441-1533 sdaniels@co.boulder.co.us

*Attachment Therapy with Adult Clients Developing Healthy Emotional Intimacy*

Presented by FRI Counseling & Associates  
Margaret Meinecke and Forrest Lien

February 9, 2009 6:00-8:30  
Columbine Library, 7706 W. Bowles Ave. Littleton, CO

February 23, 2009 6:00-8:30  
Arvada Library, 7525 W. 57th Avenue, Arvada, CO

This 2 1/2 hour workshop will highlight:

- Barriers to healthy attachments
- Clinical approach of the intensive treatment model

Margaret Meinecke and Forrest Lien have worked intensely with children and adults for a combination of 45 years.

*Cost:* Free , but must RSVP by email at [forrestlien@comcast.net](mailto:forrestlien@comcast.net).

To register: RSVP at [forrestlien@comcast.net](mailto:forrestlien@comcast.net).

## COCAF E-Newsletter February 2009

### *Bruce Perry (Free Training)*

Presented by Garfield County Department of Human Services Child Care Quality and Licensing Program

February 20, 2009, 7:00 p.m. to 9:00 p.m.

February 21, 2009 9:00 a.m. to 4:00 p.m.

Glenwood Springs High School, 1521 Grand Avenue, Glenwood Springs, CO 81601

Bruce Perry is a nationally recognized expert on developmental neuroscience and child development with a special interest in the effects of trauma on the developing brain. He is a Senior Fellow at The ChildTrauma Academy, a not-for-profit organization based in Houston that promotes innovations in service, research, and education in child maltreatment and childhood trauma ([www.ChildTrauma.org](http://www.ChildTrauma.org)). Dr. Perry's work includes the book *The Boy Who Was Raised as a Dog: What Traumatized Children Can Teach Us About Life, Love and Healing*.

Dr. Perry has consulted in situations involving traumatized children, including the Branch Davidian siege, the Oklahoma City bombing, the Columbine school shootings, the September 11th terrorist attacks, and the Katrina and Rita hurricanes. He has been featured on national media, including NPR, PBS, Nightline, and Good Morning America.

His presentation on Friday night will focus on strategies for helping children through traumatic experiences and is especially recommended for child care and education professionals. Saturday's presentation will focus on the effects of trauma on brain development. Both presentations are free and open to the public, although registration is required. Lunch will be provided on Saturday.

*Cost:* Free

*For further information:* Contact Dana Damm at 945-9191 ext 3066 or by email at [ddamm@garfield-county.com](mailto:ddamm@garfield-county.com).

*To register:* Registration is due by Feb. 9. Mail your registration information to:

Dana Damm  
195 W. 14th St.  
Rifle, CO 81650

or email Dana at [ddamm@garfield-county.com](mailto:ddamm@garfield-county.com).

## ***Effective Matching Practices: Matching Practices that Promote Permanency***

Presented by CDHS & The Adoption Exchange

Denise Leffingwell

Wednesday, March 18, 2009, 9:00 a.m. -12:00 p.m.

Logan County DSS, 508 S. 10th Ave, Sterling, CO 80751

The course is designed to:

- Help child welfare professionals identify the crucial elements needed for successful matches
- Show you why matching can be an art
- Explain what a successful match involves
- Identify different parental paradigms
- Identify what tools are currently being used for matching

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

**For further information:** Contact Charmaine Jiner at 303-755-4756, ext. 222 or go to <http://www.adoptex.org/site/Calendar?view=Detail&id=103001> .

**To register:** Go to [www.cocwtraining.com](http://www.cocwtraining.com).

## ***Helping Children Cope: Reducing Trauma During Placement Moves***

Presented by CDHS & The Adoption Exchange

Enita Kearns-Hout

Thursday, April 2, 2009, 5:30 p.m. - 8:30 p.m.

Logan County DSS, 508 S. 10th Ave, Sterling, CO 80751

This course includes information on the affect of loss and multiple placements on a child's development; the special needs of children who are moved on an emergency basis; helping a child deal with fears and anxieties about placement; and a timetable of steps for the first weeks and months of placement that help reduce the unintentional trauma caused by a transition from one home to another.

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

**For further information:** Contact Charmaine Jiner at 303-755-4756, ext. 222 or by email at [charmaine@adoptex.org](mailto:charmaine@adoptex.org).

**To register:** Go to [www.cocwtraining.com](http://www.cocwtraining.com).

***Transitioning From Foster to Adoptive Parenting: Helping Kinship and Foster parents prepare for the Changes Adoption Brings***

Presented by The Adoption Exchange, funded through a grant from the Colorado Enita Kearns-Hout

Thursday, April 9, 2009, 9:00 a.m. - 12:00 p.m.

Adams County DSS, CFC Building (conf. rooms C & D)

7401 N Broadway, Denver, CO 80221

This 3-hour training focuses on:

- What you need to know to prepare
- Benefits of open adoption and preserving important connections
- Integrating children's history and their understanding of adoption
- Pre-finalization jitters and loss issues

Trainer Enita Kearns-Hout has over 30 years of child welfare experience placing children in foster care and adoption.

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

**For further information:** Contact Charmaine Jiner at 303-755-4756, ext. 222 or by email at [charmaine@adoptex.org](mailto:charmaine@adoptex.org).

**To register:** Go to [www.cocwtraining.com](http://www.cocwtraining.com).

***Guided by the Law: ICWA, ADA, MEPA, ASFA***

Presented by CDHS & The Adoption Exchange

Enita Kearns-Hout

Thursday, April 23, 2009, 9:00 a.m. - 12:00 p.m. (Main Conference Room)

Morgan County DHS, 800 E. Beaver Ave., Fort Morgan, CO 80701

This half-day course covers Federal legislation that affects child placement practices. Participants learn how the ICWA, ADA, ASFA, and MEPA laws affect adoption and foster care agency practice.

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

**For further information:** Contact Charmaine Jiner at 303-755-4756, ext. 222 or by email at [charmaine@adoptex.org](mailto:charmaine@adoptex.org).

**To register:** Go to [www.cocwtraining.com](http://www.cocwtraining.com).

## Just for Fun

### *Colorado-for-Free*

Looking for things to do on a limited budget? Try the Colorado-for-Free website at <http://colorado-for-free.com> for some great ideas.

### *Beauty & The Beast Auditions*

The Northglenn Arts and Humanities Foundation will be holding auditions for Disney's "Beauty and the Beast," February 10-12, 2009. Auditions are for youth ages 8-18. Approximately 30 roles are available. For more information, go to: <http://www.northglennarts.org/calendar/auditions.html>.

### *Black History Month: Breaking Away*

February 14, 2009, 10:00 a.m., 12:00 p.m., and 2:00 p.m.  
Turnhalle in the Tivoli, 900 Auraria Pkwy., Denver, CO, 80204 (303) 722-5800

The Democratic National Convention celebrated its centennial in Denver. Students from The Denver School of the Arts (DSA) re-created an historic event that took place during this time. With the help of a DSA parent and faculty member, the students wrote, directed, and performed a play called **Breaking Away**.

The story re-creates the "Negro National Anti-Taft League Rally" which took place at the Turnhalle in the Tivoli 100 years ago (the play was performed in the Turnhalle, which still stands today as part of the Auraria Campus), one month after the Democratic National Convention in 1908. After the Emancipation Proclamation was signed in 1863, granting slaves their freedom from involuntary servitude, Negro men obtained the right to vote in 1868. Out of loyalty to Abraham Lincoln, they became members of the Republican Party. The assassination of Lincoln combined with other issues (specifically, the Brownsville, Texas incident in 1906, which resulted in the dishonorable discharge of 167 Negro soldiers) created divisions within the Republican Party, between Negroes and Whites.

*Breaking Away* chronicles those divisions and the League's first attempt to persuade Negro men of voting age to leave the Republican Party and join the Democratic Party. The play also includes provocative dialogue from suffragettes, journalist, and Deerfield's (an African American community established in Colorado in 1912) founder. It is truly a historical production worth viewing. After the performance, we have invited two African Americans to share their views as Republicans, which will be followed by a talk-back.

The Black Student Alliance of the Auraria Campus has sponsored the re-creation of this historic event in honor of Black History Month. **Seating is limited; please call Jay Clark for reservations at 720-429-5266.**

## *Mile High Mardi Gras Masquerade Ball*

Dress up and celebrate Mardi Gras in style at the 3rd Annual Mile High Mardi Gras Masquerade Ball. Enjoy a live performance by Chris Daniels and the Kings, delicious Cajun food, and unlimited drinks.

**When:** Friday, February 20th, 2009 8:00 p.m. - midnight

**Where:** Mile High Station, 2027 W Colfax Ave, Denver, CO

**Attire:** Business Formal or Cocktail Attire with Mask

### **Ticket Prices:**

- Early Registration: \$60 through 2/16/08
- Regular Registration: \$70 from 2/17/08 through day of the event
- VIP Patron: \$80 online only, include Mardi Gras party favors, reserved space, and a private bar and buffet.
- VIP Table: \$500 online only, includes 6 VIP Patron tickets

**To Purchase Tickets Go To:** [Blacktie-Colorado](#) (RSVP Code: SAFEHOUSEMB)

## *Google on the Go!*

Here's a number worth putting in your cell phone, or your home phone speed dial: **1-800-goog411**. This is a new service from Google, and it's **free** --great when you are on the road.

Dial 1-800-goog411. The voice at the other end says, "City & State." You say the name of the city and state you want to find a service in, for example, "Denver, Colorado." The automated service says, "Business, Name, or Type of Service." You can say "museums," for example, and the automated service will read you a list of museums in the Denver area. When you hear the name of museum you want, say the name of the museum, and the system automatically connects you to that museum (no dialing on your part). This is nationwide, and it is absolutely free. Click on the link below and watch the short clip for a quick demonstration.

<http://www.google.com/goog411/>

## *Outdoors Survival Classes for Adults*

The Cottonwood Institute, a local 501(c)3 educational nonprofit, is offering 1-2 day survival workshops for busy adults to practice winter survival, survival shelters, survival fires, and an opportunity to apply those skills during an overnight trip. These workshops are a professional development opportunity for environmental/outdoor educators looking to expand their skill set or curious outdoor enthusiasts that go skiing, snowshoeing, hiking, backpacking, or drive in the mountains.

The Cottonwood Institute is offering the following Survival Workshops for 2009:

## COCAF E-Newsletter February 2009

Winter Survival Skills Workshop: March 14, 1-day workshop focusing on winter survival skills, winter survival priorities, quinzhee snow shelters, snow trench, winter fires, and winter survival scenarios.

Survival Shelter Workshop: May 9, 1-day workshop focusing on survival scenarios, survival priorities, survival kits, pine needle shelters, lean-to shelters, and debris shelters.

Survival Fire Workshop: May 23, 1-day workshop focusing on survival scenarios, survival priorities, survival kits, survival fires, 1-match fires, striker and cotton ball fires, and friction fire.

Essential Survival Skills Overnight: June 6-7, 2-day overnight course applying survival skills in 24-hour survival scenario.

Workshop Discount: If you register for more than one workshop, you will receive a 10% discount on each additional workshop you register for in 2009.

For more information or to register for a course, call 303-447-1076 or go to <http://cottonwoodinstitute.org/register/>.

For questions, contact Ford Church at 303-447-1076 or by email at [ford@cottonwoodinstitute.org](mailto:ford@cottonwoodinstitute.org).