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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>

March: Wearin' O' the Green!

March gives us the first hints of spring and an excuse to wear green – even if it isn't the most flattering color for your skin type. The stories about Saint Patrick may not be historically accurate (that's what historians tell us), but the celebration of any “holiday” – be it Saint Patrick's Day or Passover or Ramadan – is not about the precise history as it is about the family tradition. Creating your own family traditions around holidays, even “minor” holidays like St. Patrick's Day, gives your family “cement” to help hold it together. So if you don't already have a family tradition for St. Patrick's Day, create one and do it every year. It doesn't have to be something big, just consistent. Try making green spaghetti for dinner (just add a couple of drops of green food coloring to the water when you're cooking the pasta) or making your own tie-dyed green shirts. Make it fun and make it a family event that everyone looks forward to every year.

Frank Bennett, PhD, COCAF Board of Directors, President
frankbennettphd@comcast.net

Make a Difference at COCAF: Become a Board Member

COCAF believes that all children have the right to a permanent loving family. We are dedicated to improving services for every pre- and post-adoptive family and to increasing the knowledge and accountability of public systems. We are committed to advocacy in state and local service planning and delivery, in support of all pre- and post-adoptive families.

If you share this mission, we would love you to join us! COCAF is currently recruiting **volunteer** Board Members who have skills and expertise in one or more of the following areas: law, accounting, advocacy, fund raising, marketing, computer science, human resource services, and proposal writing.

Candidates must be at least 18 years of age and be residents of the State of Colorado. Candidates who are members of an adoptive family (as either an adoptee or an adoptive parent) and candidates who have experience with either foster-adopt or kinship families are preferred. COCAF does not discriminate on the bases of age, ethnicity, ancestry, national origin, gender, sexual orientation, gender identity, religion,

and physical abilities, and welcomes candidates with varied backgrounds and experiences.

Board meetings are held quarterly, and the time commitment is between 2-20 hours each month. For more information on COCAF Board Member expectations and duties, go to <http://www.cocaf.org/jobdescription> and click on Board Member Job Description.

Please submit your resume indicating your area of interest to: Board@cocaf.org or mail it to COCAF, P.O. Box 270398, Louisville, CO 80027-0398.

Help COCAF!

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: 303-562-9864

Web site: cocaf.org

COCAF Changes: Website, New Email, Phone Numbers

COCAF's new website is up and available at <http://www.cocaf.org>. Please check it out, and let us know what we can do to make the site easier to use. Or 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, we'd like to hear about those, too. Please send any website comments or suggestions to webmaster@cocaf.org.

We also have new email addresses. To email Deborah Cave, Executive Director, use deborah.cave@cocaf.org. To email Colleen Tarket, Development Director, use colleen.tarket@cocaf.org. COCAF's new phone number is 303-562-9864. COCAF's fax number is 303-562-9865. Hopefully all these new tools will help COCAF provide better service to all the adoptive families needing our services.

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. 114th 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 colleen.tarket@cocaf.org.

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.

Donate \$500 to COCAF - Using Someone Else's Money!

For the months of March and April, Prosperity Financial, LLC, a local mortgage broker, is going to donate \$500 to COCAF for COCAF newsletter recipients who use them to refinance their current home loan or to finance a new home purchase. **To get the \$500 donation for COCAF, you have to complete the loan process before the end of April 2009, and you need to let them know that you want the donation to go to COCAF!** So if you're interested in refinancing or in the process of purchasing a new home, contact Prosperity to see if they can give you a competitive loan and COCAF a much needed donation. For more information, contact Greg Selters at 303-666-6550 or by email at gselters@myprosperityfinancial.com.

Adoption-Related Information

Post Adoptive Services - COPARC

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

Income Taxes & Adoption

NACAC has updated their fact sheet about the Federal Adoption Tax Credit for families who have just finalized. The information is for families who finalized in 2008, but does include the amounts of the credit and income restriction for 2009. All of the information about how to do the adoption tax credit applies to both 2008 and 2009.

This fact sheet is for families that have adopted special needs children from the US foster care system with adoption assistance. These families often think (or are told) that they must have incurred adoption expenses to receive the federal adoption tax credit, which is not true.

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.

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

Jacque Miller
CSU Larimer County Extension
970-498-6000 (main)
970-498-6014 (direct)
jmiller@larimerr.org

The Adoption Exchange Support Groups Listing

If you are looking for an adoption-related support group, check out The Adoption Exchange COPARC support group listing at:

http://www.adoptex.org/site/PageServer?pagename=CO_Post_Adoption_Support

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 cutbacks 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/j2ee/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#.

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 <http://www.blogtalkradio.com/CWLA-Radio>.

"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 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, 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, and the moderators will attempt to answer the questions during the show.

Email info@consciousconnectionstalkradio 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

NRCOI Child Welfare Teleconferences

The National Child Welfare Resource Center for Organizational Improvement (NRCOI) is providing the following teleconferences on child welfare topics:

March 5, 2009: Experiences with Systems Change: Building Systems of Care Co-sponsored by the National Technical Assistance and Evaluation Center for Systems of Care. This session will highlight the lessons learned through the Children's Bureau grant program: "Improving Child Welfare Outcomes through Systems of Care," and explore two key principles: family involvement and interagency collaboration.

April 7, 2009: Improving Agency/Court Collaboration: Strategies for Success Co-Sponsored by the National Child Welfare Resource Center on Legal and Judicial Issues. Learn about the free technical assistance services available to courts and agencies to help overcome barriers to collaboration, and to hear from sites that have developed successful agency/court partnerships.

May 7, 2009: Evidence Based Practice In Child Welfare: A national expert will provide an introduction to evidence based practices in child welfare and advice for child welfare agencies. Child welfare leaders will share the benefits and challenges they have faced as they have worked to adopt evidence based practices.

May 28, 2009: Supporting Effective Child Welfare Supervision #1: A Framework Co-Sponsored by the National Resource Center for Family-Centered Practice and Permanency Planning. This call will highlight a recently published framework, which describes the components of child welfare supervision and identifies the supports required to empower supervisors to function effectively.

June 16, 2009: Supporting Effective Child Welfare Supervision #2: Moving Forward Co-Sponsored by the National Resource Center for Child Welfare Data and Technology. Presenters will highlight the technical assistance services available from the National Resource Centers to help agencies make improvements in child welfare supervision, and agency representatives engaged in these efforts will share their successes and lessons learned.

For complete descriptions of these sessions, go to www.nrcoi.org/tele.htm. Register online for these free sessions at: <http://tatis.muskie.usm.maine.edu/pubs/TeleReg.asp>.

Conferences

Colorado Child and Adolescent Mental Health Conference

Presented by Colorado Child & Adolescent Mental Health Coalition (CCAMHC)

April 5-7, 2009

Hilton Hotel, 425 W. Prospect Road, Fort Collins, CO

The 21st Annual Colorado Child and Adolescent Mental Health Conference, “Green System of Care,” will focus on trying to deliver efficient, effective, and resilience-focused services to children, adolescents, and families with mental health issues.

The conference will feature a track of workshops on resources and advocacy for children and adolescents (birth to 21) with developmental disabilities. Presentations will be provided on adoption, developmental disabilities, juvenile justice, and implementing effective treatments. Go to www.CCAMHC.org for registration materials.

Spotlight on Families

Presented by Colorado Post-Adoptive Resource Center (COPARC) and COCAF

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.

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

Education

Orphan Foundation of America Scholarships

Applications for the OFA scholarships will be accepted until March 31, 2009. For more information, go to <http://orphan.org/index.php>.

Casey Family Program "Foster Parent College" Scholarships

For a limited time, caregivers who qualify can receive up to four Foster Parent College classes for free, courtesy of Casey Family Programs. The Casey Family Programs Scholarships are available to self-registered foster, adoptive, and kinship parents for whom the cost of parent training poses a financial challenge.

If you do not receive FPC training units through your agency and would like to enroll in classes, you can apply for a scholarship. You must already have a self-registered account to be approved; if you are not registered, registration is free and easy. For additional details and to apply, visit FosterParentCollege.com.

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. To access the guide, go to:

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.
- 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 . 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.

For more information, call 800.394.3366 or email info@childwelfare.gov.

Parents of Adults with Disabilities

Parents of Adults with Disabilities in Colorado (PAD-CO) maintains a modest web site with parent resources, including articles by PAD-CO parents of older children in the "Documents - Book" section and the 2007 comprehensive "Survey" completed by 239 parents in Colorado. Check out their website at: <http://ourwebs.info/indexpad.htm>.

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

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- 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:

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

For more information, go to:

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.

Free Family Events

Denver Area Free Events

Information provided by Catholic Charities, Kinship Chronicles:

March 1: Denver Museum of Miniatures, Dolls and Toys, 1880 Gaylord St has free admission from 1:00-4:00. For more information, please call Wendy at (303) 322-1053.

March 3: The Children's Museum of Denver 2121 Children's Museum Dr. has free admission from 4:00-8:00 pm. This is made possible by a generous sponsorship from Target.

March 6: Denver Botanic Gardens at Chatfield, 8500 Deer Creek Canyon Rd in Littleton has free admission. For more information, please call (303) 973-3705.

March 7: Denver Art Museum, 13th Ave and Acoma St.- Free general admission for Colorado residents. For more information, please call (720) 865-5000.

March 16: Denver Botanic Gardens, 1005 York St has free admission. For more information, please call (720) 865-3500. (Special note: Parking is under construction.)

March 18: Denver Museum of Nature and Science, 2001 Colorado Blvd has free admission. For more information, please call (303) 973-3705.

March 19: Denver Center for the Performing Arts 1101 13th St. has a free performance of the theatre event "August Wilson's Radio Golf" at 6:30 in the Space Theatre. For more information, call (303) 893-4000. Rules for tickets: 1) available the day of the event at the theatre box office only; 2) box office opens at 4:30 (lines form earlier); 3) no reservations; 4) first come-first served; 5) one ticket per person; 6) seating is general admission; 7) no children under the age of six; 8) house opens ½ hour before curtain.

March 26: Denver Center for the Performing Arts 1101 13th St. has a free performance of the theatre event "A Prayer for Owen Meany" at 6:30 in the Stage Theatre. For more information, call (303) 893-4000. Rules for tickets: 1) available the day of the event at the theatre box office only; 2) box office opens at 4:30 (lines form earlier); 3) no reservations; 4) first come-first served; 5) one ticket per person; 6) seating is general admission; 7) no children under the age of six; 8) house opens ½ hour before curtain.

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 56th 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 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

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

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.

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.

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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
- 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.

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.

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 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.

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 affect these areas, please email opr@dora.state.co.us.

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 (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

Medicaid, SSI, and Disability Eligibility

1st Tuesday of every month, 4:00 p.m. – 5:00 p.m.

5500 S. Sycamore Street, Rayburn Room – 2nd floor, Littleton, CO 80120

Arapahoe/Douglas Mental Health Network can help you explore your options for eligibility for Medicaid, Social Security Insurance (SSI), disability, or other benefits. No reservation needed.

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

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 specialty. 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 ericontrol@hotmail.com .

Therapeutic Services for Jefferson County Victims

Denver Children's Advocacy Center 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.

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.

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.

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.

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.zacbrower.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 , contact the ADDA office at (856) 439-9099, or email adda@add.org.

Services & Resources

Special Needs Recreational Opportunities & Camps

March 3, 2009, 4:00 p.m. – 6:00 p.m.

Fletcher Miller School cafeteria, 200 Kipling St., Lakewood, CO 80226

The Jeffco Adapted Physical Education Team is sponsoring an informative night with 22 different organizations and camps from the Denver area that can provide your child with quality recreational opportunities. Each organization or camp will have a table and representative available to answer your specific questions. They will also provide you with the necessary literature and information specific to their area of expertise.

Recreational Opportunities and Camps that will be attending:

- Jeffco Medicaid Office
- Broomfield Recreational Services
- North Jeffco Park and Recreation
- Wheat Ridge Parks and Recreation
- Denver Parks and Recreation
- Evergreen Park and Recreation District Special Needs Program
- Wheel Chair Sports Camp
- South Suburban Parks and Recreation
- Colorado Avalanche Sled Hockey
- Colorado Special Hockey
- Colorado Rush / Thunder soccer teams
- Adams Camp
- Colorado School for the Deaf and Blind
- Special Olympics Colorado
- Breckenridge Outdoor Center
- Community Sailing of Colorado
- Assisted Cycling Tours
- Peak Parents Center
- Soe's National Karate
- Kids Mobility Network

For more information or questions, call 303-982-3860!

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 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. 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@qu.org or Heidi Redlich Epstein at 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@ccdenvr.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, 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

Domestic Adoptive Camp Survey

Domestic adoptive families wanting to provide input on potential camps to be offered to their families may do so at:

<http://survey.constantcontact.com/survey/a07e2ejgtw1fnp43z6d/a00ifrnqra5r/greeting>

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.

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 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/event/>. Click on any event and you'll be given 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 March 2009

Dates	Team	Registration Contact Person/ #
April 18 & 19, 2009 Quality Suites Evergreen	Jefferson & & Adoption Exchange	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 Glenwood Springs, AmerInn Glenwood Springs	Mesa & Adoption Exchange	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
July 18 & 19, 2009 Telluride The Peaks Resort	Delta/Montrose & Adoption Exchange	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

Childhood Sexuality From Normal to Problematic & Abusive

Presented by Denver Children's Advocacy Center

Gizane Indart, PsyD, Executive Director, DCAC

Tuesday, March 17, 2009, 9:00 a.m. -12:00 p.m. **or** 1:00 p.m. – 4:00 p.m.

United Way, Founders Room, 2505 18th St., Denver CO 80211

Topics include:

- What constitutes normal sexual behaviors
- Continuum of sexual behaviors
- Sexual behaviors assessment
- Functions & motivations of sexualized behaviors
- Why do children act out sexually and what you can do

Cost: \$45 individual; \$40 groups of 4 or more; \$25 w/ valid student ID; \$55 day of event. Free for Jefferson County city/county employees

For further information: Email training@denvercac.org.

To register: Go to: <http://www.denvercac.org/Linked%20Docs/registration.pdf>

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 professionals identify the crucial elements needed for successful matches
- Explain what a successful match involves and why matching can be an art
- 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.

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.

To register: Go to www.cocwtraining.com.

Brain Development and Trauma

Presented by CDHS & The Adoption Exchange

Aaron Wiemeier, MS, LPC

Thursday, April 2, 2009, 6:00 p.m. - 9:00 p.m.

Rockrimmon Branch Library, 832 Village Center Drive, Colorado Springs, CO

This workshop will focus on:

- Recognizing signs early trauma
- Latest research on the brain as affected by trauma
- Behavior typically seen in at-risk children
- Practical application and interventions for behavior in the home

Trainer Aaron Wiemeier, MS, LPC, has been working exclusively with traumatized adults and children since 1996. Aaron specializes in working with patients who have PTSD, anxiety, anger, attachment disorder, depression, and conduct/oppositional defiant disorder.

Cost: Class fee is \$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.

For further information: Tanya Hammar at 1-800-451-5246 or by email at tanya@adoptex.org.

To register: Go to www.adoptex.org.

Finding Inner Resiliency for Secondary Trauma F.I.R.S.T.

Presented by HealthBridge Alliance

Thursday & Friday, April 2-3, 2009, 6:00 p.m. - 9:00 p.m.

This workshop focuses on:

- Better understand how and why you are being impacted by your work
- Recognize the things that stand in the way of taking care of yourself
- Learn concrete tools and skills to better manage the emotional stress of your job
- Reconnect with your passion for your work

Cost/Information/Registration: Go to www.hballiance.org or call (303) 643-5995 x103.

Living Anxiety Free in Anxious Times: Helping Men Help their Families

Presented by Adoptive Family Resources

Jeff Cotton MFT

Saturday April 4, 2009, 9:30 a.m. - 4:30 p.m.

Denver Therapy and Consultation Group, 701 South Logan St. Suite 104 Denver, CO

Objectives of the workshop include:

- Recognizing anxiety factors in how we see what we see
- Developing critical tools in recognizing their own lens of fear
- Developing critical tools in freeing themselves from their own lens of fear
- Become less entangled in being in relationship with others while learning to care for themselves in a more skillful, balanced, and interdependent manner

Jeff Cotton, MFT (of Jeff Cotton Trainings) has worked with families with over 30 years. For the past 20 years he has conducted seminars for post-adoption and foster family agencies, group homes, residential treatment programs and schools throughout the United States.

Cost: \$75 for the day including continental breakfast and lunch. For information about scholarships, contact Jan Tomski at 303-881-7630 or by email at jantomski@msn.com.

For further information: Contact Jan Tomski at 303-881-7630 or by email at jantomski@msn.com.

To register: Mail the following information to Adoptive Family Resources 8745 W. 14th Ave., Suite 100, Lakewood, CO 80218:

- Your name
- Complete address
- Phone number
- Email address
- Dietary restrictions
- \$75 payment

Techniques to Enhance Adoptive Family Attachment

Presented by Adoptive Family Resources

Cathy Goodman, LPC

Monday April 6, 2009, 6:00p.m. - 9:00 p.m.

Church of Christ, 260 Soccer Field Rd, Glenwood Springs, CO 81601

Topics will include:

- Development and characteristics of both overly attached and under attached children
- How to help the overly attached child learn how to separate and feel secure
- How to help under attached children connect and form healthy relationships
- Common parenting techniques to avoid

Cathy Goodman, LPC, specializes in working with adoptive families. She has over 30 years experience working with children as a therapist, trainer, and adoptive mother.

Cost: Class fee is \$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.

For further information: Tanya Hammar at 1-800-451-5246 or by email at tanya@adoptex.org.

To register: Go to www.adoptex.org.

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 Department of Human Services

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.

To register: Go to 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 .

To register: Go to www.cocwtraining.com.

Empowered Adoptive Family Parenting Series

Presented by Parker Adventist Hospital's Family to Family Adoption Support Program & The Adoption Exchange

This series of classes is designed to provide valuable information for families who have adopted (or plan to adopt) children internationally or domestically through a private agency (outside the child welfare system).

Got Tools?

March 19, 2009, 6:00 p.m. - 8:30 p.m.

Come learn about the post adoption resources available in Colorado and get an overview of behavioral concerns most frequently asked about by adoptive parents.

It's a Package Deal: Your Child, Their Trauma

April 20, 2009, 6:00 p.m. - 8:30 p.m.

This class will address how trauma affects the developing brain in international and domestic infant adoption. We will discuss the impact of trauma on child development, attachment, and sensory integration, as well as the effects of neglect.

We Don't Match, But Our Hearts Do

May 14, 2009, 6:00 p.m. - 8:30 p.m.

Transracial and cross cultural parenting and addressing the common question, "Do I belong here?"

The Current Trends in Infant Adoption

June 18, 2009, 6:00 p.m. - 8:30 p.m.

This class will address the new face of infant adoption, issues around openness, and newborn transition and bonding.

Cost: \$20 per person or \$30 per two adults from one family and the classes are designed to stand alone.

For further information: Contact [Michelle Cannon](mailto:Michelle.Cannon@parkerhospital.org) at 303.755.4756, extension 203.

To register: [Register Here](#) or go to:

http://www.parkerhospital.org/index.php?s=861&parent_id=1836#empowered

Just for Fun

All About Kids Expo 2009

Saturday, February 28 (10 a.m. – 6 p.m.) & Sunday, March 1 (10 a.m. – 5 p.m.)
Colorado Convention Center, 700 14th Street, Denver, CO

The All About Kids Expo provides free activities like pony rides, petting zoo, face painting, roaming clowns, as well as live performances on the main stage.

Ticket Prices: Adults \$10; children 2-14 \$5; children under 2 free. Tickets Available At: King Soopers, at the door of the Expo, or online at <http://www.ticketswest.com>.

For more information, go to : <http://www.all-about-kids.org/>

Denver Restaurant Week 2009 through March 6

Presented by VISIT DENVER, The Convention & Visitors Bureau and the Denver Newspaper Agency, Denver Restaurant Week is a celebration of the culinary scene in Denver. Participating restaurants will offer a multi-course dinner for the fixed price of \$52.80 for two, or \$26.40 for one (not including tax or gratuity). Nearly 200 restaurants are participating across the city. For more information, go to: <http://www.denver.org/denverrestaurant/default.aspx>

Soup for the Soul

Thursday, March 26, 2009, 5:30 – 9:00 p.m.
Sheraton Denver, Hotel (formerly the Adam's Mark)

This 9th annual event benefits end-of-life services at St. Anthony Hospice. It's not a sit down dinner, just great soup, bread, and dessert stations all around the room.

Earth Hour March 28 from 8:30 p.m. to 9:30 p.m.

March 28, 2009, 8:30 pm local time

World Wildlife Fund is asking individuals, businesses, governments, and organizations around the world to turn off their lights for one hour – Earth Hour – to make a global statement of concern about climate change and to demonstrate commitment to finding solutions. So turn out the lights and play a game of flashlight tag with your kids while you save the environment!

Laugh With COCAF

Saturday, April 4, 2009, 8:00 p.m.

Bovine Metropolis Theatre, 1527 Champa Street Denver, Colorado 80202
303-758-4722

Help COCAF make a little money and help yourself to an evening out and lots of laughs!

The Bovine Metropolis Theatre presents: Comedy for a Cause – On The Spot – a fundraising event for COCAF.

In the style of "Whose Line is it Anyway," four actors and a moderator use audience suggestions to make for an action-packed night of hilarity. "On The Spot" remains a local favorite, using the audience's unique suggestions to improvise scenes, games, and songs to make newcomers or regulars laugh themselves silly! See as many as 25 games performed in one show. Watch our masters of improv madness under the white-hot light until your sides hurt from laughing.

Tickets are \$25 and can be purchased by calling 303-758-4722.

From more information: Go to www.BovineMetropolis.com.

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.

Free Colorado Vacation Guide

Get a free copy of the all-new virtual edition of the 2009 Colorado Official State Vacation Guide at <http://www.nxtbook.com/nxtbooks/weaver/coovg108/>. Completely searchable and including hundreds of links, the online guide is filled with great articles, insightful trip ideas, and planning tips.

Free Car Seat Checks

Wednesdays 9:00 a.m. – noon

North Metro Station 64, 13515 Lowell Blvd. Westminster, CO 80020-5519

The North Metro Station 64 firefighters will provide a free check your vehicle for proper installation of infant, convertible, and booster seats. Arrive with the car seat installed prior to arrival and bring both the instructions for the car seat and your vehicle's owner manual. If possible, bring your child, too.

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. The Cottonwood Institute is offering the following Survival Workshops for 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.

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://www.cottonwoodinstitute.org/register/>.

For questions, contact Ford Church at 303-447-1076 or by email at ford@cottonwoodinstitute.org.

Adoption Exchange Events

The Adoption Exchange has a variety of upcoming events:

April 8, 2009: A Day for Wednesday's Child; all day on CBS4

April 28, 2009: Wednesday's Child Connection Guild; Spring Membership Event at Glenmoor Country Club

June 24-25, 2009: Champions for Children Golf Tournament at Sanctuary Golf Course

November 2009: 22nd Annual Fantasy Ball

For more information on any of these events, go to www.adoptex.org.

SHARE Colorado

The goal of SHARE is to help families save about 50% on their groceries, while encouraging the building of relationships with their neighbors in the community. There are no qualifications...if you eat, you qualify.

Who can participate? Any one from the affluent to those with struggling budgets can participate in SHARE. Even those who can afford to spend more for food are being good stewards with their money by simply being more frugal. What's more, the minimal profits in each share of food sold go to support this program and sometimes those who can't even afford to buy a share. And if you're really not interested in participating for whatever reason, they do take donations, and the donation for what they call a "sponsored share." That means your donation goes to buy food for a neighbor in your community that needs help.

How do I participate? Look at their website at <http://www.sharecolorado.com/> or their SHARE newspaper and find your zip code, or one close to it. Find a host site location in or around your zip code area. You can go to that host site during the listed registration//sign up times to place and pay for your order. If you've missed the registration times listed, call the numbers for the host site and see if they have another time. If not, you can always call the Share main offices for help in signing up or just information. You can also place your order over the phone at the SHARE main office and they can add your order to the site where you want to pick up. Their number is (303) 428-0400, or 800-933-7427. The host site locations accept cash, Quest cards, and most take checks. If placing an order over the phone with the main office, you can use a credit card (Visa, M//C), Quest card, or check by phone.

After you place your order, go back to your selected host site to pick up your order during the designated distribution//pick up day and time. (These days and times are also listed in the newspaper and website.)

How does SHARE achieve this? They select about twenty items that you're most likely to buy at the grocery store, including fresh fruits, vegetables, and frozen meats. Then through a national affiliate network, they purchase massive quantities of these items at very low prices. They do not accept donated food for distribution. Then through a network of volunteers at their warehouse and distribution centers known as "host sites," they deliver the food to these host sites where you pick up your order.

As a non-profit organization, SHARE relies heavily on volunteers and passes on the huge savings by our reduced expense. Unlike a traditional grocery store, they don't maintain inventories, expensive stores, large employee bases, etc. They rely primarily on word of mouth advertising.