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COCAF News

Important News in This Edition!

There are two college scholarship opportunities for foster children. See pages 11 & 12 for more information.

Springtime Is Around the Corner

...at least I hope it is! Which means that summer break will be here before you know it. Now is the time to start making plans to keep your children happily occupied this summer. Check into summer camps, enrichment activities, and day camps early; most fill up quickly.

Colleen Tarket, COCAF Development Director

Colleen.tarket@cocaf.org

COCAF Has 43 Facebook Friends

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

Has COCAF Helped You? It's Time for You to Help COCAF

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

COCAF has three simple ways you can donate:

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

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

COCAF Services

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

COCAF Newsletter

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

Gizane Indart Receives Prestigious Award

Denver Children's Advocacy Center's (DCAC) Executive Director, Gizane Indart, has received the National Children's Advocacy Center's Outstanding Service Award for her work in building and supporting an outstanding Multidisciplinary Team. She will be presented this award at the 26th National Symposium on Child Abuse next month in Huntsville, AL.

Gizane has been an outstanding supporter of COCAF, providing her expertise to help resolve issues being faced by adoptive families.

The National Children's Advocacy Center's 2010 Outstanding Service Award recognizes the contribution of professionals who demonstrate excellence in the collaborative approach to protecting children from the devastating impact of child sexual abuse and exploitation by demonstrating outstanding professional qualities in working collaboratively with colleagues from a variety of disciplines, in a multidisciplinary team and improving the community's response to child sexual abuse and exploitation and exhibiting significant contributions to the development, continuation, and enhancement of the Children's Advocacy Center model.

The Denver Children's Advocacy Center was founded in 1996 in response to a 1992 survey of professionals from Denver's city and county agencies sharing their concern of a breakdown in communication between investigators, prosecutors, human services, and mental health agencies. Today DCAC is a hub where representatives from many disciplines meet to discuss and make decisions about the investigation, assessment, treatment, and prosecution of child abuse cases. They work together in the best interests of the children, providing an immediate response and ongoing support to help children and families recover from the trauma of abuse or violence.

For more information on the Denver Children's Advocacy Center go to www.DenverCAC.org.

Children with Disabilities Information

KEJI College Fair

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

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

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

Conferences

Engaging Special Needs Community Conference

Presented by Nurturing Our Village Association (N.O.V.A.)

Saturday, March 6, 2010, 9:00 a.m. – 1:00 p.m.

Northeast Academy Charter School, 4895 Peoria Street, Denver, CO 80239

N.O.V.A. is proud to present a community exchange designed to provide families and professional with resources, gain knowledge, and solicit feedback to assist this under-served community.

Cost: \$10 includes materials, resources, refreshments, and supervised childcare

To register: Call 303-371-2273 or go to www.novalism.org.

2nd Annual Adoption Research Conference: Linking Research with Practice

Presented by The Rudd Adoption Research Program and the Evan B. Donaldson Adoption Institute

Wednesday, April 7, 2010, 8:00 a.m. – 5:30 p.m.

Campus Center Auditorium, University of Massachusetts Amherst

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

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

2010 Colorado Special Education Legal Conference

April 12, 2010

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

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

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

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

Tuning Up Your Skills: Improving Services to Children and Families

22nd Annual Colorado Child and Adolescent Mental Health Coalition Conference

Friday, April 16, 2010

University of Phoenix, Lone Tree, CO

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

Spotlight on Healing: Creating Healing Families & Resolving Childhood Trauma

Presented by Colorado Post-Adoption Resource Center (COPARC)

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

Aurora, CO

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

2010 NAMI National Convention

Washington Hilton, Washington, D.C.

Wednesday-Saturday, June 30-July 3, 2010

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

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

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

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

NACAC 2010 Conference in New England

Hartford, Connecticut

Wednesday-Saturday, August 4 - 7, 2010

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

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

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

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

Keynote speakers:

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

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

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

COCAF E-Newsletter March 2010

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

Registration will be available in April 2010. If you would like to receive occasional e-mail messages from NACAC about the conference, click on <http://mapnp.communityforum.net/mailman/listinfo/nacac-conference> to join the NACAC conference e-mail list.

Register by July 10 to receive discounted fees:

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

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

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

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

Education

Former Foster Youth College Scholarships, Now Accepting Applications

Casey Family Programs and The Orphan Foundation of America announced the scholarship application process for the 2010-2011 academic year is underway. The Casey Family Scholars Scholarships and the Foster Care to Success Scholarships are awarded based on a combination of merit and need and funding levels are determined based on cost of attendance and other resources. **Applications are being accepted now until March 31, 2010.**

Applicants must meet the following requirements:

- Have been in foster care for one consecutive year at the time of their 18th birthday OR have been adopted or taken into legal guardianship out of foster care or upon death of their parents after their 16th birthday OR subsequently adopted or taken into legal guardianship.
- Be enrolled in or accepted into an accredited post-secondary program at the undergraduate level 3.
- Be under the age of 25 on March 31, 2010.
- Have been in foster care or orphaned while living in the United States. U.S. (citizenship is not required).

Some graduate applications are being accepted, see website for more information.

To access the application and to obtain more information visit:

<http://orphan.org/index.php?id=30>

Hopes for Higher Education Scholarship

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

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

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

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

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

Mental Health

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

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

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

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

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

March 18, 2010, 3:00 - 5:30 p.m. Mountain Time: Healthy Children and Families: Reducing Behavioral Health Disparities in Rural and Frontier Areas

Rural and small town communities are home to over 60 million Americans. Persistent poverty, geographic isolation, socio-economic status, educational status, health risk behaviors, and limited job opportunities contribute to health disparities in rural communities and impact the behavioral health outcomes of children and their families. It is likely that long-standing barriers to mental health services contribute to disparities, these include stigma, cultural differences, and insufficient mental health infrastructure. Many in states and communities are working to diminish these disparities and keep rural America's rural children healthy and strong. This call will focus on strategies in States to improve conditions that lead to enhanced quality of, and access to behavioral/mental healthcare services and supports for children and families in rural and frontier America.

Facilitators are **Joyce Sebian, M.S.Ed.**, Senior Policy Associate, National TA Center for Children's Mental Health, Georgetown University Center for Child and Human Development, Washington, DC and **Vivian Jackson, Ph.D.**, Senior Policy Associate, National TA Center for Children's Mental Health *and* National Center for Cultural and Linguistic Competence, Georgetown University Center for Child and Human Development, Washington, DC.

New Building Bridges Initiative Website

The Building Bridges Initiative is a national initiative working to identify and promote practice and policy that will create strong and closely coordinated partnerships and collaborations between families, youth, community- and residentially-based treatment and service providers, advocates and policy makers to ensure that comprehensive mental health services and supports are available to improve the lives of young people and their families.

The new Building Bridges Initiative website includes resources and products on promoting partnerships and improving the lives of children and adolescents living with mental illness and their families. The website also provides opportunities to get involved with the initiative.

To access the website, visit <http://www.buildingbridges4youth.org/>.

Resources

New Support Group

Louise Haimowitz at the Parenting Place will begin facilitating a special group for adoptive parents with children ages 0 - 5, as well as waiting parents, beginning the morning of Monday, March 1st.

For more information please contact Louise Haimowitz at the Parenting Place at <http://www.boulderparenting.org/>.

New Resources from NACAC

The North American Council on Adoptable Children (NACAC) recently uploaded two new resources to their website:

- A series of [state-by-state adoption fact sheets](#) (based primarily on 2007 AFCARS data) — Designed to be a tool for local adoption advocates, each sheet highlights the number of waiting children, number of children adopted, race and ethnic background of waiting children, data on who adopted foster children, and much more.
- A [flyer for recruiters about our adoption subsidy program](#) — Adoption recruiters, parent group leaders, and other adoption professionals can use this flyer to help inform prospective adopters about the support and information NACAC can provide related to adoption assistance.

Training Opportunities

Nurturing Fathers

Presented by Aurora Mental Health Center

Saturdays, March – April 2010, 9:00 a.m. – 11:30 a.m.

Aurora Mental Health Center, Viewpoint Building, 11059 East Bethany Dr., Aurora, CO

This class is for fathers who have custody of their children (there is a parent/child interactional component to every session) and have children aged 5-13. This is a closed group, and will be male only for fathers by fathers (this applies to the adults only, the children can be of either gender). This 14 week group will fill the requirements for court ordered parenting.

Child care and breakfast will be provided for attendees at each session.

Cost: Free

For more information: Contact Chris Wilson at 303-627-2052 or by email at ChrisWilson@AuMHC.org.

To register: Contact Nancy Regalado at 303/617-2041 or by email at NancyRegalado@aumhc.org.

Step Up Into Your Life

Presented by Arc of Arapahoe & Douglas

Mondays, March 1, 8, 15, 29, and April 12 & 26, 2010, 6:00 p.m. – 8:00 p.m.

Southbridge Recreation Center Senior Lounge,
4800 McArthur Ranch Road, Highlands Ranch, CO 80130

The evening will begin with dinner, introductions, and networking. Then speakers will present on the topic for that evening. After the presentation there will be time for questions and more networking.

Topics will include:

- Person Centered Planning: Discuss the concept of “Person Centered Planning” with overview of the PATH Planning and Essential Life Planning.
- How do I pay for it: Provide in-depth information about SSI, Medicaid, Medicaid waiver programs, and financial planning.
- What are you doing all day: Explore a variety of employment options, day programs, and vocational rehabilitation services, as well as discussing recreation and transportation.
- Where will I live: Overview of group homes, host homes, personal care alternatives, apartments, and home ownership.
- Who makes decisions: Guardianship, power of attorney, medical power of attorney, and conservatorship.
- What about health care: Transitioning from pediatricians to primary care physician, medical records, dental, and mental health will be discussed along with current Medicaid benefit packages.

All curriculum materials and dinner will be provided at each session. Childcare reimbursement provided, if needed. Call to discuss your specific needs. Both parents or a parent and a support person are encouraged to attend.

Cost: Free, but you must reserve a space to attend. This class is supported by a grant from the Douglas County Mill Levy Funds, Douglas County Human Services.

To register: Contact Pam at 303-220-9228 or by email at pam@arc-ad.org.

Outreach Conferences 2010

Presented by the Department of Health Care Policy and Financing

March 3 and 4, 2010 – Lamar

March 17 and 18, 2010 – Greeley

March 30 and 31, 2010 – Colorado Springs

This conference is designed for individuals interested in better assisting Coloradans in applying for public health insurance, and stakeholders interested in providing input on the new programs for Adults without Dependent Children and People with Disabilities (expansion populations under the Colorado Health Care Affordability Act).

Conference topics include:

- Department updates
- Introduction to Family Medicaid and CHP+ Policy
- Certified Application Assistance Site training
- Presumptive Eligibility (PE) and Medical Assistance (MA) site application process
- How to assist a client with the Redetermination, Recertification, and Reassessment (RRR) process
- Health Insurance Portability and Accountability Act (HIPAA) overview, including HITECH/ARRA updates
- Family Medicaid and CHP+ for non-citizen groups overview
- Introduction to Single Purpose Application (SPA) Assistance
- Overview of Colorado's new online application and benefit tool: Colorado PEAK
- How to add-a-baby to a Medicaid and/or CHP+ case
- Breast Cervical Cancer Prevention (BCCP) Overview
- Public Forums about the Colorado Health Care Affordability Act (House Bill 09- 1293) Medicaid Buy-In Program for people with disabilities and the Adults without Dependent Children expansion populations

Locations can be found on: <http://hcpftraining.gosignmeup.com/>

For more information: Send an email to outreach@hcpf.state.co.us

Autism Spectrum Disorders: Practical Applications of Classroom and Intervention Strategies for Children with Autism Spectrum Disorders

Presented by the Rocky Mountain Autism Center and The Tiny Tim Center
Thursday, March 4 and Friday, March 5, 2010, 8:00 a.m. - 3:30 p.m.
Xilinx Retreat Building, 3100 Logic Drive, Longmont CO 80503

This workshop is designed for professionals who work with children with ASD in early intervention and primary grade settings AND who have attended introductory level ASD workshops. This workshop is highly recommended for multi-disciplinary teams and autism support teams.

Thursday topics include:

- Training on the Implementation of the SCERTS® Assessment Process
- Linking core challenges of ASD to the SCERTS® assessment and curriculum
- Core components of the SCERTS® Assessment Process (SAP), a criterion-based, curriculum-based assessment tool
- Implementation of the 10-step SCERTS® Assessment Process
- Goal prioritization and program planning using the SAP curriculum-based assessment and planning grids
- Transactional Supports (Families and Professionals)

Friday topics include:

- “Nothing But Practical”: Strategies for Implementing the SCERTS® Model Curriculum in Educational Settings
- SCERTS® Practice Guidelines, Principles, and Goal Setting
- Interpersonal and Learning Supports
- Practical intervention strategies for social, communication, emotional regulation for social, language, and conversational partner stages of development
- Emotional Regulation and Behavior Challenges
- ASD Program Quality Indicators
- Case-studies of selected students

Cost: 2-day workshop \$200; 2-day workshop with 2-volume SCERTS® manual \$300

For more information: Go to www.rockymountainautismcenter.com; email elizabeth@rockymountainautismcenter.com ; call 337-322-7776.

Creating Trauma-Informed Systems of Care for Human Service Settings

Presented by CDHS, Colorado Division of Behavior Health, Behavioral Health Care, & RISE University

Tuesday, March 9, 2010, 9:00 a.m. - 4:00 p.m.

Community Reach Center Northglenn, 11285 Highline Drive, Northglenn, CO 80233

This statewide training has been brought to Colorado courtesy of the Colorado Division of Behavioral Health and through the Substance Abuse and Mental Health Services Administration's National Center for Trauma-Informed Care and the National Association of Statewide Mental Health Program Directors. This training is intended for providers, clinicians, consumers, first responders, hospital staff and administrators, police and sheriffs' departments, financial officers, policy makers, and advocates.

This training is free and open to all statewide. A light continental breakfast will be provided; lunch is on your own. Peers who require transportation or lunch should contact their local mental health center, drop-in center, or clubhouse. RISE University credits are available for this training.

Cost: Free

For more information or to register: Call 720-490-4401.

In-Home Interventions For Children With Autism And/Or Another Developmental Disability

Presented by The Autism Society of Colorado & Towers Behavior Services LLC
Saturdays, March 13, 20, 27, April 17 & 24, 2010, 9:00 a.m. - 4:00 p.m.
First Bank building, 550 S. Wadsworth Blvd., Lakewood, CO, level 1

This class is designed for parents and others who wish to provide in-home educational and behavioral interventions to children with autism and/or another developmental disability. This course will provide the participants with the skills and knowledge necessary to help build skills and decrease problem behavior in children with disabilities. It will also provide them with the skills and knowledge necessary to work with professionals who provide Applied Behavior Analysis (ABA) interventions in the home.

Topics will include:

- The core characteristics of autism and related characteristics of autism.
- Common characteristics of developmental disabilities.
- How to understand why problem behavior occurs and how to intervene.
- How to identify and change interactions of yours that might be triggering problem behavior.
- How to identify and change situations in the environment that might be triggering problem behavior.
- How to understand what your child is communicating through problem behavior and how to respond to this communication so that you don't encourage further problem behavior.
- How to help your child build the skills necessary to function as independently as possible.

Cost: \$395 per person if registered by March 11; \$450 for registrations after March 11.

For more information: Contact Sam Towers at 303-803-0045 or by email at sam@towersbehavior.com.

To register: Go to www.towersbehavior.com and click on "Public Courses."

Limited scholarships are available through the Autism Society of Colorado. To apply for a scholarship, contact Bridget by phone at 720-214-0794 or by email at bridget@autismcolorado.org.

Weekend Marriage Retreat

Presented by The Healthy Marriage Initiative
Saturday March 13 & Sunday, March 14, 2010
Glen Eyrie Castle, 3820 North 30th Street, Colorado Springs, CO 80904

Spend a weekend away with your spouse and enhance your marriage by learning:

- Communication skills
- Conflict resolution
- Personality strengths
- Keeping fun and romance in your relationship

Retreat includes 1 night stay (if you pick the more expensive package), lunch and dinner on Saturday, and breakfast and lunch on Sunday. Military discounts and partial scholarships are available.

Cost: \$200-265 depending on room choice or \$125 if you choose to commute

To register: Go to <http://www.regonline.com/Checkin.asp?EventId=780134> or call 720-488-8888.

For more information: Contact Rico Figueroa, Colorado Healthy Marriage Project, at 720-488-8888 ext 211 or by email at Rico@waittraining.com.

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

Presented by CDHS and The Adoption Exchange

Enita Kearns-Hout

Friday, March 26, 2010,, 9:00 a.m. - 12:00 p.m.

The Adoption Exchange, 14232 E. Evans Ave., Aurora, CO 80014

This 3-hour training focuses on:

- What you need to know to prepare for the transition
- 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 Denise Leffingwell at 303-755-4756, ext. 264, or go to <http://www.cocwtraining.com/>

To register: Go to www.cocwtraining.com, CDHS Course Code TFAP032610D

Special Needs Approach to Teaching Personal Safety

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

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

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

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

Topics will include:

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

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

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

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

Helping Children Cope: Reducing Trauma During Placement Moves

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

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

and

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

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

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

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

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

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

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

Presented by CDHS & The Adoption Exchange

Rhonda Miescke, trainer

Friday, May 28, 1:00 p.m. – 4:00 p.m.

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

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

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

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

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

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

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

Peak Parent Center Training List

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

March 1. *Clinical Assessment of Dyslexia: Case Studies and Resources.* 6:30-8:30 p.m. at The Children's Hospital. For more information, ida_rmb@yahoo.com. **FREE for IDA members.**

March 3. *Special Needs Open House.* 7:00-8:30 p.m. at Front Range Christian School. For more information, 303-531-4541. **FREE.**

March 4. *Douglas County SEAC presents 'Project Eye to Eye'.* 7:00-9:00 p.m. at Mainstreet Center, Parker. For more information, c4hurt@aol.com. **FREE.**

March 4-5. *Practical Applications of Classroom and Intervention Strategies for Children with Autism Spectrum Disorders.* 8:00 a.m.-3:30 p.m. at Xilinx Retreat Center, Longmont. For more information, 303-985-1133 or Elizabeth@rockymountainautismcenter.com. **\$.**

March 4-6. *Sensory Processing Disorder Foundation Tenth Annual Conference* at Denver Marriott South, Littleton. For more information, 303-794-1182 or www.spdfoundation.net. **\$.**

March 6. *Engaging Special Needs Conference.* 9:00 a.m.-1:00 p.m. at Northeast Charter Academy School. For more information, 303-371-CARE or www.novalism.org. **FREE.**

March 6. *Denver Parent Transition Training.* 8:00 a.m.-4:00 p.m. at Tivoli Conference Center. Lunch and translation services. For more information, 303-636-5700 or Maryanne_linzmeier@dpsk12.org. **FREE.**

March 6. *Challenging Behavior and Boys.* 9:30 a.m.-12:30 p.m. in Lakewood. For more information, 303-646-7741 or te@relationshiproots.org. **\$.**

March 6. *Refresh-Renew-Refocus: Advanced Survival Guides for Teachers to Support Students with Challenging Behaviors.* 10:00 a.m.-1:00 p.m. at Denver Center at Lowry. To register, <http://cccdbrownbag.eventbrite.com/> or KMcGough@adams50.org. **\$10.** Free for CEC/CCBD members.

March 6. *Collaborative Problem Solving: Parenting Inflexible Children.* 8:30 a.m.-3:30 p.m. at Red Hawk Ridge Elementary. Cherry Creek School District families. For more information, 720-554-4247 or sgardenhire@cherrycreekschools.org. **FREE.**

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March 9. *Communication That Really Works with IEP Teams.* 6:30-7:30 p.m. To register for webinar, 800-284-0251 or www.peakparent.org/workshopsTrainings.asp **FREE.**

March 9. *Creating Trauma Informed Systems of Care for Human Service Settings.* 9:00 a.m.-4:00 p.m. at Community Reach Center, Northglenn. For more information, 720-490-4401. **FREE.**

March 10. *Central Auditory Processing and Autism.* 6:30-8:00 p.m. at Autism Society of Colorado. For more information, 720-214-0794 x10 or bridget@autismcolorado.org. **FREE.**

March 10. *Augmentative Communication: Communication Through Technology.* 7:00-8:30 p.m. at Imagine, Boulder. For more information, 720-272-8231 or www.autismboulder.org. **FREE.**

March 10. *Biomedical and Alternative Treatments for Autism.* 7:00-8:30 p.m. at Imagine, Boulder. For more information, 720-272-8231 or www.autismboulder.org. **FREE.**

March 11, 18 and 25. *Training for Parent Volunteers to Attend IEP Meetings.* 5:30-8:30 p.m., location to be determined. Light dinner/childcare. To register, 303-365-2772 or jeannettec@denvermetroprc.org. **FREE.**

March 11. *Ergonomic Solutions for Computer Access.* 2:30-4:30 p.m. at Assistive Technology Partners Denver office. For more information 303-315-1280 or ATP@ucdenver.edu. **FREE.**

March 15. *Supporting Strong Organizational Skills.* 6:00-8:00 p.m. at Boulder Valley School District Education Center. For more information, 720-561-5918 or anna.stewart@bvsd.org. **FREE.**

March 17. *Ask the Experts About Dyslexia.* 7:00-8:30 p.m. at Lone Tree Library. For more information, dyslexiaresourcegroup@comcast.net or 303-721-9425. **FREE.**

March 17. *My Child Qualifies for Special Education-Now What?* 5:30-7:30 p.m. at Doull Elementary School. Dinner, Spanish translation. DPS families only. To register, call Max at 720-423-8292 or Piero at 720-423-8013. **FREE.**

March 17. *Give Me A Break Parent Respite Training.* 6:30-8:30 p.m. at Autism Society of Colorado. For application, bridget@autismcolorado.org or 720-214-0794 x10. (complete training and receive \$150 towards respite care, must apply). **FREE.**

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March 18. *My Child Qualifies for Special Education-Now What?* 5:30-7:30 p.m. at Anchor Center. Dinner, Spanish translation. DPS families only. To register, call Max at 720-423-8292 or Piero at 720-423-8013. **FREE.**

March 18. *RDI Training: From Youth to Adulthood (youth ages 14-21).* 6:00-9:00 p.m. at Autism Society of Colorado. For more information, 720-214-0794 x10 or bridget@autismcolorado.org. **FREE.**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

New Online Mobilizing Families Series.

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

Transitioning to Adulthood

Aging Out of EPSDT and Olmstead

This article was written by Steve Gold, a Philadelphia attorney.

Parents of low-income children under 21 years old with disabilities know how critical Medicaid's Early and Periodic Screening Diagnosis and Treatment (EPSDT) services are. Children under EPSDT have received home health, respiratory care, personal attendant care, private duty nursing services, prescription drugs, PT, prosthetic devices - any "medically necessary" services the pediatrician has prescribed. Some states also have Waiver services for children under 21.

What about when the disabled child turns 21? She/he becomes an adult. Given our splendid health care system, watch out!

Many of the Medicaid services which a State must provide to children under 21 are considered "optional" for persons over 21. Institutional services - nursing homes and intermediate care facilities - are "mandatory" under Medicaid for persons over 21. These classifications are what Congress has decided. Whether your over 21 adult/child receives the "optional" Medicaid services by and large depends on the State in which you live.

Remember that the U.S. Supreme Court in the Olmstead decision in 1999 held that unnecessary institutionalization was discrimination under the ADA. So let's imagine, one day before the 21st birthday, your child receives a whole range of needed services to keep him/her out of the institution, but the day after the birthday these optional services end.

If you've planned well ahead, your child has applied for Waiver services in a Waiver for persons 21 and over. But what if there are no Waiver services available because of the dreaded "waiting list"? What if without those services your now adult/child is at risk of institutionalization?

Under Olmstead, each State is supposed to "plan" to avoid unnecessary institutionalization. We assume that CMS has explained to States that planning includes knowing which child under 21 will be at risk of institutionalization when the optional Medicaid services end and there is no Waiver slot available. That's not asking for too much, is it?

Parents should make sure the State Medicaid office knows:

1. the birth date of your child;
2. the anticipated services needed to keep the child at home after the 21st birthday;

3. that an application for Waiver services has been made well in advance of the 21st birthday - e.g., on the 18th, 19th, and 20th birthdays, just to make sure the State gets the message.

Then make sure the State Medicaid office has "planned" for a Waiver slot for your child with funded services. Do not let them tell you either there may be or will be a "wait list." A "wait list" is NOT A PLAN! If your State hides behind the "wait list," tell them to apply to CMS for an amendment to the Waiver in order to increase the number of people 'including your soon to be adult-child' who do not want to be placed in an institution.

Also, remember that Congress in the Deficit Reduction Act of 2005 changed the Medicaid law to allow states to target home and community-based services as a state plan option for persons becoming 21. This eliminates the need for states to obtain a waiver to provide these services for children aging out of EPSDT. Don't let your state hide behind the excuse that there's a "wait list" for waiver services. Does your state use the DRA to provide LTC in-home services specifically for the targeted population of people aging out of EPSDT? Why not? If your State does not, make sure none of the new 21 year old has to enter an institution, a blatant violation of Olmstead.

There should be a written narrative specifically for your under 21 year old child by the case manager listing what services will be needed to keep the soon to be over 21 year old person with a disability at home. If those services are not or will not be available on the day your child turns 21, there should be in writing a plan to obtain the services immediately. There should be a written transition plan from EPSDT to receiving appropriate Waiver services so that the over 21 person will continue "in the most integrated setting." CMS thinks these "should be" are what States do!

One would hope/assume/want to believe that CMS has instructed States to plan for people transiting out of EPSDT to avoid the risk of institutionalization. One would also hope/assume/want to believe that each State would and could so plan.

Let's remember that the ADA requires reasonable modifications of policies and programs and the Olmstead decision is now more than 10 years old! Keeping 21 year olds out of nursing homes and ICFs does not require much planning. Just make your State does it!

To read more of Gold's informational bulletins, go to <http://www.stevegoldada.com/>.

Just for Fun

Free All The Time!

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

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

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

Fun Things & Coupons

For coupons for local Colorado activities, try these websites:

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

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

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

Website Topics

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

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

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

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

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

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

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

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

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

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

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

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

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