



Youthful Times

www.focusonyouth.com

February 2009

Dear Families,

On February 5, 2009, Focus on Youth, Inc. will be 16 years old. When I think of all we have accomplished over the last 16 years it makes me very excited. Beginning in 1992 in my basement in Blue Ash and growing into our beautiful building in West Chester has certainly been a journey worth the efforts! 2008 has been a difficult year for Ohio, particularly in economic terms and we have certainly felt that crunch. However, in thinking of our 2008 accomplishments there are some I want to **mention....**

- * Expansion of our space to include the annex across the parking lot
- * Child care opportunities while attending training
- * Groups for birth and permanent kids

of our foster parents

- * Completion of contracting to open placements with Hamilton County
- * Increased recruitment efforts for homes for teens
- * Recruitment incentive program for foster parents
- * Fundraising and public awareness efforts bringing in over \$13,000.00
- * Successful implementation and publicizing of Outcomes Data Project
- * Expansion of QI department to include QI coordinator
- * Administrative and Board successes with development of a Code of Regulations
- * Placement of 10 children with adoptive families within

Focus on Youth and transition 2 outside Focus on Youth

- * Addition of 6 new foster homes

Focus has enjoyed many successes this year despite a reduction in our placements. Some families have taken sabbaticals enjoying the down time. Staff are catching up on paperwork and taking on committee duties to strengthen our services. Kim Brown and her committee are developing a parenting education series for birth families of our kids. We have met with the majority of our placing agencies in an open house type meeting to share our accomplishments of 2008 and goals for 2009.

We are doing amazing things at Focus on Youth, Inc. and our foster families and staff are the backbone of it all.

For all that you do...for all that you are...you are making a difference... one child at a time!

Cindy



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Foster Parent Honor Roll


<u>10+ Years</u>	
Sylvia Pagliaro	1/95
Tonda Lyons	3/95
Rosalind Hedges	4/95
Spencer & Cynthia Doughman	8/95
Alta Music	11/95
Stan & Gerri Bengé	2/96
Freeman & Patsy Grogg	5/96
Pat Hawkins-Burley	8/96
Vernon & Brigitte Montgomery	5/97
Charles & Linda Carney	6/97
Kevin & Kimberly Bennett	10/97
Theresa Spain	2/99
<u>5+ Years</u>	
Rodney & Melissa Began	8/99
John & Crystal Moore	9/99
Derek & Susie Wagner	3/00
Amy Richburg	8/02

<u>2 years to Less than 5 years</u>	
Rodney & Elaine Berry	9/04
Billie & Randy Walters	8/05
Michael & April Muth	9/05
Steve & Dianne Connell	11/05
Tim & Karen Lehmkuhl	2/06
Jim & Diana Matthews	3/06
Kim & David Feck	11/06
Doug & Anita Outcalt	11/06
Cheryl Carney	12/06
Tanyika Prather	2/07

<u>Up to 2 years</u>	
Bob Weireter	3/07
Scott & Jennifer Sharrett	4/07
Shemeca Spain	5/07
Brett & Allison Harpel	7/07
Joe & Heather Osborne	8/07
Marc & Rebecca Corsmeier	8/07
Mark & Kathy Warner	8/07
Gwen Johnson	12/07
Stephen & Dawn Jones	12/07
Dan & Krystal Marsh	2/08
Eric & Sheila Kluesener	5/08
Tom & Cynthia Anglin	7/08
Tremaine & Tracy Davis	8/08
Chris & Jennifer Johnsen	9/08
Vernon & Ann Fleming	10/08

Birthday Corner

Megan S.
Sueann B.
Diana Matthews
Kevin Bennett



Robert Weireter
Elaine Berry
Patsy Grogg
Melissa Began
Kathy Warner

Good Byes

Families who said Good Bye *Goodbye* to a youth this month



Stephen & Dawn Jones
Theresa Spain

CONGRATULATIONS

It gives Focus on Youth, Inc., great pleasure to announce our **newest "Forever Family"**

Congratulations to the Richburg Family

Amy, Amanda, Brett and Brittany

February Foster Parent Meeting- **What's Happening with Referrals ?**

Don't miss the February foster parent meeting! This meeting promises to be a very informative look at the changing nature of referrals on children to our agency, and challenge parents to consider how their skills can be used to meet the needs of sometimes challenging children. A panel of foster

parents will be at the meeting to share their experiences of treatment foster parenting, and answer your questions.

Bryan





Nurtured Heart Moments

As you read these special Heart Moments, take a moment to be encouraged by this glimpse at the difference you are making.

Tanyika: What an amazing job you are doing with the kids. It brings me true joy to see how you have bonded with them. You are an excellent foster parent who is capable of working with such a wide variety of kids & needs. Thank you for your openness & your commitment. ~Shana

John and Crystal: the two of you have such creativity, patience, and understanding in your interactions and interventions with the youth in your care, thank you for all you do. ~Kim

Logan: Congrats on making the honor roll in school. All of your hard work and listening skills really show how responsible you can be. ~Alicia

Anna, Isaac, & Andrew: It is wonderful seeing the affection you all have for Shelbee. It is obvious that she feels loved by all of you. ~Patty

Sheyenne: I love to see how your face lights up when you talk about school. Your education will bring so much to you as you go through life so hang on to it & continue to work hard. ~Shana

Lauren: You are really doing an excellent job in school. I appreciate how you are modeling positive behavior to your siblings and peers. ~Alicia

Stacy: You have made decisions that show maturity & responsibility. Keep it up! ~Patty

Jim and Diana: I see the two of you showing great understanding and knowledge about the needs of your children, showing a willingness and vulnerability to grow yourselves, and **respecting your children's underlying feelings** has helped them to feel more secure and safe. ~Kim

Maurice: I am so proud of your progress report. Your hard work & good behavior shows you value your education. Keep up the good work, buddy! ~Shana

Aguoyea: You are really working hard to succeed in school. This really shows how determined you are to model good behavior and succeed. ~Alicia

Nurtured Heart Corner - Avoiding Negativity Leaks

Avoiding Negativity Leaks

What does leaking negativity mean relative to the Nurtured Heart Approach? Leaking negativity is doing or saying something in relationship with the child that has a negative feeling for you and/or the child. Usually leaks of negativity occur when consequences need to be given or children may be about to break a rule. Often when practicing the techniques of the Nurtured Heart Approach leaking negativity may not always be clear, **although in many cases, your child's negative behavioral and emotional response will indicate a negative leak.** A few of the most common negativity leaks according to Glasser and Block include:

Often when practicing the techniques of the Nurtured Heart Approach leaking negativity may not always be clear,

- * A stern look of warning
- * **Saying, "You're doing great, but I need you to.... (Do even**

better than you're currently doing with the message to child being **"you're not doing great enough."**)

- * Comparing siblings to one another in a way that is denigrating to one **sibling for example "your brother has HIS homework done."**
- * Giving a time-out in a stern, accusatory, or angry tone.
- * Making statement such as **"Wow, even Tommy is helping with the chores today" (the message the child receives is Tommy never helps with chores)**
- * **Come on kids we're almost done** (for the child this may be an invitation to break a rule or as if you are bargaining with them to continue behaving and not misbehave)
- * Telling the child you are sorry you have to give a time-out or other consequence; or patting the child on the back or comforting the child when a consequence is delivered.

- * Threatening the child you will give them a time-out, this statement is negative relationship with your child, it avoids being clear with your consequence, does not energize positive choices.
- * Having different standards for **different children's needs.**

When you catch yourself in any of the **above negativity leaks, you don't need** to correct what has been said or done, stop what you are doing and saying, reset yourself, and return to **reflecting your child's positive behaviors**, withdrawing your energy from negative choices, and strictly enforcing the rules.

Resource

Block, Melissa Lynn, M. Ed, and Howard Glasser, M.A. All Children Flourishing: Igniting the Greatness of Our Children The Nurtured Heart Approach- A Parenting Paradigm for the New Millennium. Nashville, TN: Vaughan Printing; 2007

- Kim Brown, MSW, LISW-S



Foster Parents - Making a Difference

It was during Sunday morning Bible study this past Sunday when the teacher read the following poem that I thought of our network of foster parents and their love for the children who come into their homes. Day after day, 24-hours a day, 7 days a week, you provide love and care for the all children who come through the doors at Focus on Youth, Inc. February is the perfect month to let each of you know how much you are appreciated and loved. The terrific example you provide day in and day out, the nurturing environment you provide, the stable routine, and most of all the unconditional love you share with each youth in your home. Thank you for making a difference to the youth of today and our future.

Sermons We See

Edgar Guest

I'd rather see a sermon than hear one any day;
I'd rather one should walk with me than merely tell the way.
The eye's a better pupil and more willing than the ear,
Fine counsel is confusing, but example's always clear;
And the best of all the preachers are the men who live their creeds,
For to see good put in action is what everybody needs.

I soon can learn to do it if you'll let me see it done;
I can watch your hands in action, but your tongue too fast may run.
And the lecture you deliver may be very wise and true,
But I'd rather get my lessons by observing what you do;
For I might misunderstand you and the high advise you give,
But there's no misunderstanding how you act and how you live.

When I see a deed of kindness, I am eager to be kind.
When a weaker brother stumbles and a strong man stays behind
Just to see if he can help him, then the wish grows strong in me
To become as big and thoughtful as I know that friend to be.
And all travelers can witness that the best of guides today
Is not the one who tells them, but the one who shows the way.

One good man teaches many, men believe what they behold;
One deed of kindness noticed is worth forty that are told.
Who stands with men of honor learns to hold his honor dear,
For right living speaks a language which to every one is clear.
Though an able speaker charms me with his eloquence, I say,
I'd rather see a sermon than to hear one, any day.

WORKING WITH YOUR ATTENTION DEFICIT HYPERACTIVITY DISORDER CHILD

* Avoid using labels with your child. Look at your child as an individual who has a different temperament. You may be missing events or problems that could be the cause of some of your **child's ADHD symptoms.**

* Give your child positive feedback, encouragement, and energize **your child's small successes.** Build upon your **child's small success to help increase your child's self esteem.**

* Make a commitment to spend one-on-one time with your child and truly enjoy the time spent with your child. Be sure to notice and celebrate successes of any size, and **encourage your child's** areas of interest.

* Be willing to help your child according to his needs, based on what your child actually does as opposed to what may be expected for his age group or intelligence level. Every child develops at his/her own pace, use creative solutions in order to help your child learn according to his/her own needs.

* When giving instructions give directions one step at a time using as few words as possible. For children who are easily distracted be sure you have your

child's full attention when giving directions and make the directions simple. It is better to have the child do tasks in small steps then come back to you for the next step rather than describing a long list of steps to accomplish. Or write out a short list of steps he can cross off when achieved.

* Allow your child to have control over homework time by allowing simple choices. Allow your child to choose the location and time. Avoid overwhelming or over stimulating your child.

* Drug therapy may be beneficial to your child but before you ask for drug therapy, ensure that other approved alternatives have been explored in conjunction with medication or prior to medication being prescribed including behavioral interventions and mental health services.

* Being organized around the house helps children who are disorganized, distractible, and short on the attention span. Having an organized daily routine helps make life a little easier for children. Teach your child to use a calendar. Post the calendar in a central location. Help your child

keep track of assignments and daily tasks.

* Focus on healthy habits and good nutrition for your child. Many children improve drastically when nutritional needs are met.

* Help your child discover a talent. All kids need to experience success to feel good about themselves. Finding out what your child does well — whether it is sports, art, or music — can boost social skills and self-esteem.

* Change your interactions with your child to emphasize being positive and remaining calm. Be direct, brief and concise when talking to your child avoiding long complex explanations.

Ezine Articles (2009). ADHD in Children - Tips for Dealing with Childhood ADHD. Retrieved January 10, 2009 from <http://ezinearticles.com/?ADHD-in-Children---Tips-For-Dealing-With-Childhood-ADHD&id=1641627>.

Glenn, Stephen, Lott, Lynn, Nelsen, Jane. Positive Discipline A-Z: from toddlers to teens- 1001 solutions to everyday parenting problems. 2nd ed. United States, Prima, 1999

Kids Health (2009). What is ADHD. Retrieved January 10, 2009 from <http://kidshealth.org/parent/medical/learning/adhd.html>



Article written by : Christina Kappen, BSW, LSW. Christina is currently completing her MSW and doing her internship in the Clinical Department at Focus on Youth, Inc.



Quality Improvement - Annual Surveys

Quality Improvement (QI) is a program that monitors and oversees the **quality of an agency's** services. The goal is to **provide "best practice."** By collecting data from all areas of service, QI can **identify the agency's** strengths and weaknesses. Sometimes a corrective action is identified to improve performance.

At this time of year, Focus on Youth, Inc. conducts an annual survey. The forms are given to all foster parents, youth 5 years of age and older, and county workers. This

year we are adding a fourth survey for new foster parents. This survey will provide us with their level of satisfaction during the licensing process.

Our annual survey is your opportunity to let us know how satisfied you have been this past year with all our services to you. We are also interested in any additional comments you want to share with us.

Please take a few minutes to complete it and return. Your responses will be kept anonymous.

-Diane Brown

Recruitment

Thank you! Thank you! Thank you! Thank you!

Recruitment of new foster parents depends greatly on a word of mouth recommendation. What better way is there to learn about foster parenting than from someone who is a foster parent! Thank you for telling your relatives, friends, and neighbors about Focus on Youth, Inc. Keep up the great work!

Currently there are 8 families attending pre-placement training. This is a very exciting time for Focus on Youth, Inc. to have such a nice group of prospective foster parents. They are very interested in learning about foster care and have lots of questions **about what it's like to be a foster parent.**

If you are interested in helping with a training session such as **"Effects of Caregiving on the Caregiver Family," "Permanence for Children," or Permanence for Families,** please give Diane Brown a call. Your support will greatly encourage a prospective foster parent.



Foster Parent

Advisory Board

The next Foster Parent Meeting is scheduled for February 19. This meeting is scheduled to be held at the Northeast Church of Christ. There will be a FPAB meeting at 12:45, right after the morning training. This meeting is open to anyone who is interesting in support and encouragement. If you are interested but cannot attend this meeting, let Kim Feck, Rodney Began, or Diane Brown know.

Top 10 Places Germs Lurk in Your home

Where are all those germs lurking in your home? Here is a list of the top 10 **"hot spots" for germs** in your home:

1. Kitchen sponge
2. Kitchen sink
3. Faucet handles
4. Home office (keyboard, mouse, phone & desktop)
5. Toilet bowl
6. Bathtub
7. Shower curtain
8. Wet laundry
9. Vacuum cleaner (also **known as "meals on wheels for bugs"**)
10. Beds, mattresses

The entire article can be viewed at: www.webMD.com

Read how to get rid of the germs.

Condensed from an article by Kathleen Doheny



President's Day is February 16, the third Monday of the month. Originally it **was known as Washington's Birthday.**



Because every child
deserves a family

We're on the Web:
www.focusonyouth.com

Quarterly Training Calendar

February 2009:

Topic: Focus on Youth, Inc. FP Policies ODJFS Rules, and MEPA Standards
 Presenter: Diane Brown
 Date: Monday, February 2, 2009
 Time: 5:30 p.m. – 9:30 p.m.

Topic: TAPS
 Presenter: Bryan Forney
 Date: Saturday, February 7, 2009
 Time: 9:00 a.m. – 4:00 p.m.

Topic: Dynamics of the Sexually Abusive Family, Tier I
 Presenter: Bryan Forney
 Date: Tuesday, February 10, 2009
 Time: 9:30 a.m. – 12:30 p.m. OR
 6:00 p.m. – 9:00 p.m.

Topic: Reparenting the Sexually Abused Child, Tier II
 Presenter: Bryan Forney
 Date: Tuesday, February 17, 2009
 Time: 9:30 a.m. – 12:30 p.m. OR
 6:00 p.m. – 9:00 p.m.

****You must have completed "Dynamics of the Sexually Abusive Family" to attend this class****

Topic: FP Meeting – What's Happening With Referrals?
 Presenter: Chrissy Staggs & Bryan Forney
 Date: Thursday, February 19, 2009
 Time: 9:30 a.m. – 12:30 p.m. OR
 6:00 p.m. – 9:00 p.m.

(See a special message about FP Meeting—page 2 of newsletter)

Topic: Permanency For Children
 Presenter: Diane Brown
 Date: Saturday, February 21, 2009
 Time: 9:00 a.m. – 12:00 p.m.

Topic: Permanency For Families
 Presenter: Diane Brown
 Date: Saturday, February 21, 2009
 Time: 1:00 p.m. – 4:00 p.m.

Topic: Education Advocacy
 Presenter: Bryan Forney
 Date: Thursday, February 24, 2009
 Time: 10:00 a.m. – 12:00 p.m. OR
 6:00 p.m. – 8:00 p.m.

March 2009:

Topic: Focus on Youth, Inc. FP Policies ODJFS Rules, and MEPA Standards
 Presenter: Diane Brown
 Date: Monday, March 2, 2009
 Time: 9:00 a.m. – 1:00 p.m.

Topic: The Nurtured Heart Approach, Part I
 Presenter: Bryan Forney
 Date: Tuesday, March 3, 2009
 Time: 5:30 p.m. – 9:30 p.m.

Topic: The Nurtured Heart Approach, Part I
 Presenter: Bryan Forney
 Date: Saturday, March 7, 2009
 Time: 9:00 a.m. – 1:00 p.m.

Topic: Heartsaver First Aid
 Presenter: Bryan Forney
 Date: Monday, March 9, 2009
 Time: 9:00 a.m. – 3:00 p.m.

Class Limit: 10 participants

Due to the nature of this course, participants who arrive late will NOT receive credit. Please remember to dress appropriately for this class as you will be on the floor demonstrating on manikins.

Remember to register with Andy at least 2 days in advance

Quarterly Training Calendar

March 2009:

Topic: Cultural Competency
Presenter: Bryan Forney
Date: Tuesday, March 10, 2009
Time: 9:30 a.m. – 12:30 p.m. OR
6:00 p.m. – 9:00 p.m.

Topic: FP Meeting – Professionalism
Presenter: Alicia Ajiboye
Date: Thursday, March 19, 2009
Time: 9:30 a.m. – 12:30 p.m. OR
6:00 p.m. – 9:00 p.m.

Topic: The Nurtured Heart Approach, Part II
Presenter: Bryan Forney
Date: Tuesday, March 31, 2009
Time: 9:00 a.m. – 1:00 p.m. OR
5:30 p.m. – 9:30 p.m.

****Participants must have completed "The Nurtured Heart Approach, Part I" to take this course.****

April 2009:

Topic: Focus on Youth, Inc. FP Policies, ODJFS Rules, and MEPA Standards
Presenter: Diane Brown
Date: Monday, April 6, 2009
Time: 5:30 p.m. – 9:30 p.m.

Topic: Permanency For Children
Presenter: Myndee Miller
Date: Thursday, April 9, 2009
Time: 6:00 p.m. – 9:00 p.m.

Topic: Child Development, Tier I
Presenter: Bryan Forney
Date: Saturday, April 11, 2009
Time: 9:30 a.m. – 12:30 p.m.

Topic: Child Development, Tier I
Presenter: Bryan Forney
Date: Tuesday, April 14, 2009
Time: 6:00 p.m. – 9:00 p.m.

Topic: FP Meeting – Autism
Presenter: Jess Thompson
Date: Thursday, April 16, 2009
Time: 9:30 a.m. – 12:30 p.m. OR
6:00 p.m. – 9:00 p.m.

Topic: Child Development, Tier II
Presenter: Bryan Forney
Date: Tuesday, April 28, 2009
Time: 9:30 a.m. – 12:30 p.m. OR
6:00 p.m. – 9:00 p.m.

****You must have completed "Child Development, Tier I" to attend this class****

Remember to call Andy at least two days in advance of each training you plan to attend

