



Youth Service Bureau of Illinois Valley



Foster Parent Quarterly

January 2019

These winter months can really test our patience with all the hustle and bustling that goes on this time of year.

This quarter's article will touch on some pointers to keep in mind when children are in crisis.

Crisisprevention.com has listed the top 10 tips on de-escalation.

Happy New Year!

Did you make any resolutions this New Year's? Ever wonder why we even make them? Are any of them about the care of the children? What about the care of yourself to keep refreshed?

About 4,000 years ago, the ancient Babylonians celebrated a 12-day festival for their new year, which, by their calendar, coincides with mid-March on our calendar. It was a rebirth and a time to be planting. They would ask their gods for favorable treatment by promising to pay off debts and to return borrowed items.

Julius Caesar adopted these practices but moved it to January 1st after playing with the calendar and naming the months after Roman gods. The god Janus (for January) was a 2-faced god with one face looking back toward the past and the other looking at the present and forward to the future. Romans made sacrifices and promises to Janus of their future good conduct.

Early Christians, in an effort to avoid the revelry of non-believers, have held solemn services referred to as "watch night" services to reflect on the coming year. Some churches still practice that today. Part of the service includes making resolutions for the upcoming year and praying for them to God, the Father.

Despite the varied religious (and cultural) roots, making resolutions has become a common tradition of making a promise to oneself instead of to gods/goddesses. Many of these are for self-improvement. Recent polls show that about 45% of Americans make resolutions but only 8% keep them. Yet, we still keep making them every year. After all, it has been our habit for approximately 4000 years.



"Like" the agency wide Facebook page, Instagram (ysbiv17), or Twitter (YSBofILValley), or visit our agency website at www.ysbiv.org.

If you would like to join our Foster Parent Facebook page please contact Kelley Lumpkin for an invite. She can be reached at kelleyl@ysbiv.org



CPI's Top 10 De-Escalation Tips

Whether you work in education, healthcare, human services, business, or another field, you might deal with angry, hostile, or noncompliant behavior every day. Your response to defensive behavior is often the key to avoiding a physical confrontation with someone who has lost control of their behavior. These Top 10 De-Escalation Tips will help you respond to difficult behavior in the safest, most effective way possible.

Tip 1: Be Empathic and Non-judgmental

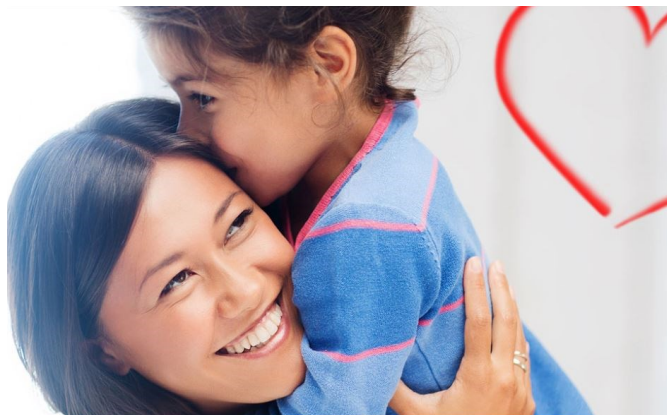
When someone says or does something you perceive as weird or irrational, try not to judge or discount their feelings, whether or not you think those feelings are justified, they're real to the person. Pay attention to them.

Tip 2: Respect Personal Space

If possible, stand 1.5 to 3 feet away from a person who's escalating. Allowing personal space tends to decrease a person's anxiety and can help you prevent acting-out behavior.

Tip 3: Use Non-threatening Nonverbal

The more a person loses control, the less they hear your words...and the more they react to your nonverbal communication. Be mindful of your gestures, facial expressions, movements, and tone of voice.



Tip 4: Avoid Overreacting

Remain calm, rational, and professional. While you can't control the person's behavior, how you respond to their behavior will have a direct effect on whether the situation escalates or defuses.

Tip 5: Focus On Feelings

Facts are important, but how a person feels is the heart of the matter. Yet some people have trouble identifying how they feel about what's happening to them.

Tip 6: Ignore Challenging Questions

Answering challenging questions often results in a power struggle. When a person challenges your authority, redirect their attention to the issue at hand.

Tip 7: Set Limits

If a person's behavior is belligerent, defensive, or disruptive, give them clear, simple, and enforceable limits. Offer concise and respectful choices and consequences.

Tip 8: Choose Wisely What You Insist Upon

It's important to be thoughtful in deciding which rules are negotiable and which are not. For example, if a person doesn't want to shower in the morning, can you allow them to choose the time of the day that feels best for them?



Tip 9: Allow Silence for Reflection

We all experienced awkward silences. While it may seem counterintuitive to let moments of silence occur, sometimes it's the best choice. It can give a person a chance to reflect on what's happening, and how he or she needs to proceed.

Tip 10: Allow Time for Decisions

When a person is upset, they may not be able to think clearly. Give them a few moments to think through what you've said.

The Surveys are Coming, the Surveys are Coming...

We are tweaking the surveys about the services you receive from the staff of YSB. Why do we even do them? Because we need to know if we are accomplishing what we are trying to do for you, the children, their parents, etc. in providing services to all and in finding other services for all. You can provide us with valuable information. What is working? What is not working? What is missing? What is just right? If you receive a survey, please complete it fully and quickly so we know what is going well and what is not.

Immunization Requirements



DCFS requires youth-in-care to be immunized according to the recommendations of the Center for Disease Control and Prevention (CDC) and the American Academy of pediatrics unless the youth's health care provider considers one or more specific immunizations to be contrary to the youth's health. Current immunizations recommendations are listed on the CDC website: <https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>.

Yearly influenza vaccines should be administered to all youth in care ages 6 months and older. Children under 8 years of age may require a 2 dose series of the influenza vaccine (spaced 4 weeks apart) at the beginning of each flu season—follow your health care providers instructions in this regard. Influenza vaccines generally are given in the Fall however, if a child does not receive it in the Fall, it should be administered as soon as possible.

Lastly remember to get a copy of the documentation to your caseworker!

Trainings

Starting in January 2019, **Swedish American YMCA**, 200 Y Blvd., Rockford, IL will be hosting **Training/Support Group** every 4th Tuesday of the month. Free childcare is included. There will be two sessions 9:30 am-11:30 am and 5:30 pm-7:30 pm. You will have to RSVP to Tracy or Ann in Rockford office at 815-316-1977. Below are listed the monthly topics.

January—SASS Services
February—0-5yr. Panel
March—Lifebooks
April—FP Self-care
May—Human Trafficking

DCFS-VTC training,
new online courses posted.

Recruiting:

Do you know anyone interested in an Informational meeting about fostering? Possibly a church group, social group or just a group of friends to learn more about foster care? Call Tasha at 630-820-6303 ext. 107

Support Group Resources

WILL COUNTY

Love Moves Us Ministries, Will County. Contacts through jason@lovemoves.us or www.lovemoves.us or PO Box 732, New Lenox IL 60451 or 312-588-6700 (call or text).

WAFFLE (Will County Area Friends of Fostering Life Experience) Meets 3rd Wednesday, 6 to 8 pm, SOS Village, Lockport IL. Contact is Donna Gregory at beegees5@sbcglobal.net.

NACHUSA AND OTTAWA

Lutheran Social Services of IL Foster Parent Group meets 4th Monday of month from 6 to 8 pm in Nachusa, IL. Contact is Cathy Heng at 815-284-7796.

Crossbridge Community Church at 4161 Columbus St., Ottawa IL 61350 has a foster parent support group that meets the 1st Sunday of the month at 12:00 pm. They also have child care.

DEKALB COUNTY

DeKalb Area Friends of Fostering (DAFF), meets 2nd Saturday at 7 pm. Contact Patty Ihms at 815-751-4061.

KANE AND DUPAGE COUNTIES

Homes of Hope, Christ Community Church, St Charles IL, Church phone is 630-485-3300.

DuPage County Foster Parent Support Group meets 4th Sunday at 3 pm. Meeting site is College Church, Wheaton IL. Contact is Diana Blackburn 630-653-1986 or dwblackburn@msn.com.

LAKE AND McHENRY COUNTIES

Vulnerable Children Ministry at Willowcreek Community Church's Care Center, South Barrington IL at justiceservices@willowcreek.org.

Lake County Foster Parent Support Group (LAFS), meets 2nd and 4th Wednesday, 6:30 to 8 pm in Gurnee IL, some child care available, contact Megan at LCFPSG@gmail.com or 224-267-5949.

McHenry County Foster Parent Advocacy Group, meets 1st and 3rd Thursday of every month at 8 pm at Holy Apostles Church, 5211 Bull Valley Road, McHenry IL 60050.

WINNEBAGO AND BOONE COUNTIES

Lifescape Community Services Inc, 708 Kilburn Ave. Rockford IL 61101, 815-963-1609.

Fosters United Family Support Group, meets 4th Wednesday, 6 to 8 pm, New Life Bible Church, Winnebago IL.

Children's Home and Aid Specialized Foster Parents Educational/Support Group, meets 3rd Tuesday, 6 to 8 pm in Rockford IL. Contact Donna Kasper at 815-962-1043, x 2172.

