



Volume 10 Issue 7

July 2013

Kids Grow Better in Families



**Happy
Independence
Day**

The Star-Spangled Banner

By Francis Scott Key, September 3, 1814

O say can you see by the dawn's early light,
 What so proudly we hailed at the twilight's last gleaming,
 Whose broad stripes and bright stars through the perilous
 fight,
 O'er the ramparts we watched, were so gallantly streaming?
 And the rockets' red glare, the bombs bursting in air,
 Gave proof through the night that our flag was still there;
 O say does that star-spangled banner yet wave,
 O'er the land of the free and the home of the brave?

Executive Director:
 Jermaine H. Johnson, MS, LMFT

Director of Operations:
 Marianne L. Werth, LCSW

Director of Clinical Services and Training:
 Randall O'Toole, LCSW

Supervisor of Placement Services:
 Charity I. Reiter, LCSW

Adolescent Programs Clinical Supervisor:
 Nikkiah Wyatt Smith, LPC, LMFT

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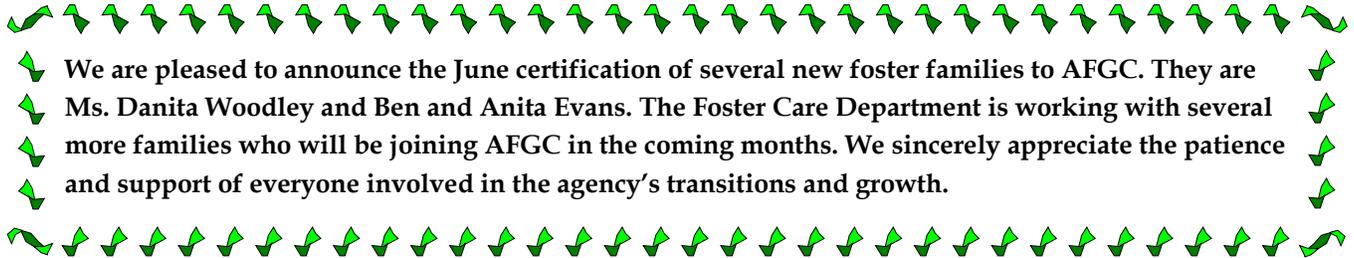


TREATMENT FOSTER CARE



AFGC Foster Parents and Staff Making A Difference Then and Now

Thank you Kesha Taffe and Kathleen Rose for helping make AFGC's participation at the *Gum Springs Community Day* such a success. Attendees and vendors alike were treated to a steel drum band, free food, and a beautiful sunny day in the park. We had the privilege of meeting a young woman, now a wife, mother, and career woman, who was once a TLP teen. She approached our booth and shared that she and several of her TLP peers remained friends through high school graduations, attending college, and growing their own families. She remembered being "quite a handful" back then and was grateful for the support she received and the positive path she chose.


 We are pleased to announce the June certification of several new foster families to AFGC. They are Ms. Danita Woodley and Ben and Anita Evans. The Foster Care Department is working with several more families who will be joining AFGC in the coming months. We sincerely appreciate the patience and support of everyone involved in the agency's transitions and growth.

July Foster Parent Training

PLEASE NOTE PLEASE NOTE PLEASE NOTE

Our regular "3rd" Thursday training is being rescheduled for the month of July. We will hold our monthly foster parent training on the 4th Thursday in July instead. Please join us for trainings with the twist! Test your knowledge on topics such as Emergency Procedures and Preparedness and Medication Administration while enjoying a friendly game of JEOPARDY.

Date: Thursday, July 25th, 7:00-9:00pm

Food and fun will be served. Don't miss an opportunity to satisfy training requirements and have some laughs too!

SEE YOU THEN!!

Be there for others, but never leave yourself behind. ~Dodinsky

Prioritize Self Care

*PLEASE NOTE * PLEASE NOTE *PLEASE NOTE*

AFGC's answering and on call system has changed. When calling "on call" you will no longer speak to an answering service but will instead hear a recorded message directing your call. If you are calling after hours to speak with the on-call staff member, the recorded message directs you to "dial 1" to be connected to the on-call staff member. If the **on-call staff member does not answer your call directly you will hear** another message with further instructions. This message includes a second phone number and the name of the manager on-call. If your call is not returned by the original staff member in 15 minutes OR your call is URGENT, please call the manager on call.

ADOLESCENT PROGRAMS

Adolescent Programs News

Teen Living Program Summer 2013

We are now in to the third week of the summer program. The teens are doing well and are having fun during the community activities. In addition to groups and community activities, we will have guest speakers come to AFGC to talk about topics and careers that were requested by the teens. Following is the schedule of guest speakers to date:

Thursday, July 11th: Matt Harris will talk about job skills, including job searching, interviewing, and on-the-job do's and don'ts.

Thursday, July 18th: Trooper Pambid will talk about careers with the VA State Police, including education and skills required as well as what the work is like.

Thursday, July 25th: Special Agent William Woodson will provide an overview of careers with the FBI.

Thursday, August 1st: MariaElena Guevara of Planned Parenthood will give a presentation on sexually transmitted infections and birth control.

Thursday, August 15th: Jennifer Zeigler will give a presentation on nursing as a career.

Thursday, August 22nd: MariaElena Guevara of Planned Parenthood will return to give a presentation on HIV/AIDS.



Summer TLP Reminders

Transportation: On Mondays, pick-ups start at 10:30 a.m. following the staff meeting. Tuesdays through Fridays, pick-ups start at 9:00 a.m. Teens should be ready at these times, but it is possible that they will be picked up later depending on who else is on the pick-up route. Drop-offs start at 4:15 p.m. Mondays through Thursdays. Drop-offs start at 4:00 p.m. on Fridays due to weekend traffic.

Lunch: Please make sure to check your summer schedule to know when your teen is supposed to bring in a bag lunch, a non-microwaveable bag lunch, or money to purchase lunch. It is important that the teens bring in a bag lunch when designated, as they will not have an opportunity to purchase lunch.

Dress Code: Adolescent Programs staff members have been giving reminders that teens are expected to dress appropriately at TLP. This means wearing clothing that is not too tight, short, or revealing, or clothing that has inappropriate images or language.

End-of-Summer Beach Trip: One of the highlights of the summer program is the trip to Ocean City, MD during the last week of August. Teens who have demonstrated that they can emotionally and behaviorally handle an overnight trip are approved to go. Adolescent Programs staff have informed the teens that they are expected to be respectful, follow program rules, attend groups, and make percentage regularly in order to earn going to Ocean City. We hope that everyone will be able to go! Anyone who is not able to participate will attend TLP groups and activities that week.



GUIDING ADOLESCENTS TOWARD EMPOWERMENT

GATE and GATE-Prep



Cultural Competency and Migrant Children or Unaccompanied Alien Children (UAC) in the U.S. Foster Care System

“Which Way Home” viewed by AFGC Foster Parents June 20, 2013

Last month, staff and foster parents attended a powerful presentation on cultural competency and specifically on Central American and Mexican youth that enter the United States unaccompanied. The youth are making this harrowing journey under horrifically dangerous conditions most often in an attempt to earn money to improve their family’s living conditions, to have a better life, or to escape abuse and neglect. Those that survive the journey and are not detained and deported, may enter the foster care system. AFGC has worked with several of these youth and expect there will be many more.

It is difficult to fathom the experience of the migrant child. In addition to the traumas of a treacherous journey, they face language barriers and legal issues, in addition to the grief and loss at leaving loved ones, their home, and their way of life.

The importance of cultural competency in the service of youth in foster care cannot be overstated. Whether the youth placed in foster care come from other countries or across town, they all have unique experiences and traditions. Joining a new family with different customs can be traumatic.

Becoming culturally competent is a process that involves self awareness, recognizing diversity, and being open to learning about different cultures. Listed below are ways foster parents can become more culturally competent and help the youth placed in their home feel unique, not different, accepted, not judged, proud of their heritage, not ashamed.

- * Begin where they are, not where you want them to be.
- * Learn to correctly pronounce the name of someone from another culture. Do not abbreviate or change their names. Their names may be an important link to their past and family history. Honor their names and you honor their ancestors and heritage.
- * Learn about the important figures in someone’s place of origin such as artists, dances, writers, etc.; not just foods and holidays.
- * Share your culture so folks from other cultures don’t think they are the only ones who are different.
- * Notice and appreciate the colors, rhythms, and spirituality of other cultures.

- * Avoid making fun of other cultures or telling ethnic jokes.
- * Try to understand how someone’s past affects who they are and how those experiences might affect their relationship with you.

Cultural Competency training is a mandatory requirement for AFGC foster parents. If you missed the training in June, or would like more information on this thought provoking and moving topic, please contact your foster home case manager to ensure you fulfill this requirement.

Information for this article was provided by AFGC’s Marita Duran, AP Counselor, and Alex Pilotti, Case Manager, in their presentations to staff and foster parents June 1, 2012 and June 21, 2012.

Reprinted from July 2012 Foster Parent News





Hear Ye!

AFGC's Recruitment Committee will meet on Tuesday, August 20th at 12pm in the downstairs conference room. Please let Mary or Charity know if you will be attending or if you are interested in joining as a new member. Lunch will be provided.

Foster Parent participation is much desired. Training hours are given for attendance!

Word of mouth and foster parent referrals is our best recruitment tool. Please remember that successful referrals of new foster parents earn the referral source a \$500.00 bonus once the newly certified foster parent receives their first placement!

Thank You!



WATER SAFETY

Experts say most drownings are quiet incidents and don't match our preconceived notions of victims yelling for help and frantically waving their arms in the water.

Drowning is silent and people really must watch their children in the water.

There's no screaming or yelling or flailing. And it only takes a second for someone to slip under the surface unnoticed.

- 97% are confident about their teens' ability to stay safe around water, however 47% have either

never taken swimming lessons or took swimming lessons more than five years ago

- Less than half (46%) say they worry very little or not at all about their teens' safety around water, despite the fact that one in five (19%) say their teens will participate in water activities unsupervised this summer, and nearly half (48%) say their teens will participate in both supervised and unsupervised water activities this summer



Even the best swimmers need someone to watch them swim. Always go with a buddy or let people know where you're going, what beach or pool you're going to, how many people are going with you.

Earn Training Credits by reading the Newsletter. Take advantage of this opportunity to make sure you satisfy the 24 hour per year requirement.

Read this month's newsletter, answer the following questions, and return to your Foster Home Case Manager for credit.

T or F Becoming culturally competent is a process that involves self awareness, recognizing diversity, and being open to learning about different cultures.

T or F Cultural Competency training is a mandatory requirement for AFGC foster parents.

T or F A foster child joining a new family with different customs can be traumatic. Becoming culturally competent is a process that involves self awareness, _____, and being open to learning about different cultures.

T or F It is okay to abbreviate a foster child's name if it is difficult to pronounce.

T or F Learning about foods and holidays is enough when getting to know a foster child's culture.

List two of the traumas unaccompanied alien children experience.

T or F Whether you are building a relationship with a youth of similar or different culture, trying to understand how someone's past affects who they are and how those experiences might affect their relationship with you is instrumental.

UAC is an acronym for _____.

T or F TLP Monday morning pick-ups start at 10:30am.

T or F TLP Tuesday through Friday pick-ups begin at 9:00a.m.

T or F TLP teens who have demonstrated that they can emotionally and behaviorally handle an overnight trip are approved to go to: _____ in late August.

We are excited about the following guest speakers:

_____ and/or _____

We wish the TLP teens could hear a guest speaker talk about:

_____ or _____.



Earn your Training Hours



The Foster Parent News is distributed monthly through email and traditional mail. Please let Mary know if you would prefer the paperless version only.
THANKS!

Name _____



Adolescent & Family Growth Center, Inc.

8000 Forbes Place
Springfield, VA 22151
Phone: (703) 425-9200
Fax: (703) 425-9206
Email: afgc@afgcinc.com

We're on the web
www.afgcinc.com



CREDIBILITY • INTEGRITY • ACHIEVEMENT

July 2013

Thursday, July 4th – Independence Day-AFGC office closed

Friday, July 5th – AFGC office closed

Tuesday, July 16th, 12:00pm – AFGC Recruitment Committee reconvenes, lower level conference room

Thursday, July 25th, 7:00-9:00 pm, Foster Parent Training – “JEOPARDY” THE 4TH THURSDAY

Web sites that offer Foster Parent Training Certificates:

www.Fosterparenttraining.com

www.fosterparentcollege.com

www.Fosterparents.com