



## ETTIE LEE YOUTH & FAMILY SERVICES FOSTER FAMILY / ADOPTION AGENCY

October 2010

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HAPPY

THANKSGIVING

*Celebrating*  
**60** years  
1950 - 2010



*Learning is a treasure that will follow its owner everywhere!*

Summertime is over and it is time to prepare your children to get back into the groove with school. Here are some tips for having a successful school year:

- Create a daily routine for school days and nights.
- Have children prepare their clothes and backpacks the night before.
- Have children eat a healthy breakfast.
- Talk to your child about his or her school day.
- Set aside a study hour for children; to be used to reading and completing their homework assignments. This would be a good time for you to review test scores, sign notes and sign permission slips.
- Family dinnertime is one of the most important routines you can establish. Children eat at least one meal with their families at a specific time each night learn the importance of family interaction. Dinnertime routines can integrate peaceful family discussions.
- Set aside time for children to have play time/TV time (try to limit television).
- Keep a nightly routine such as taking a bath, brush hair, brush teeth, and layout school clothes and finally bed time.
- Children need to be rested and refreshed to get the most from their school experience. Maintain a bedtime schedule for the children and make sure they are getting plenty of sleep. Experts recommend 9 to 12 hours of sleep a night.

# *Intensive Treatment Foster Care*

## **ITFC IS HERE!**

Would you like help a child who is troubled and in need of some extra love, care, and nurturing? Ettie Lee Youth and Family Services now offers a new program called Intensive Treatment Foster Care or ITFC. This is a foster parent program that will focus on one child in a home. The child will be in need of extra care due to factors such as emotional stress and physical abuse. It will take a special kind of foster parent to care for these children as they require more supervision and treatment.

If you are already a foster parent, you will need an additional 10 hours of training to qualify. If you are a new foster parent you will need 30 hours of P.R.I.D.E training and additional 10 hours of training on intensive treatment. You must be willing to go above and beyond foster parenting as you will be working with troubled children; mostly teens, who have trouble controlling their emotions.

Many seriously emotionally disturbed DCFS foster children spend too many years in the highest level group homes (RCL 12's, RCL 14's and Community Treatment Facilities). DCFS has created the Intensive Treatment Foster Care (ITFC) Program to provide an alternative to higher level group homes. ITFC does this by placing only one DCFS foster child in a specialized foster home where the child has an individualized treatment program and the foster parents are carefully matched to each child and are specially trained and supported 24/7.

### **Some of the features of the intensive treatment foster care (ITFC) program are:**

- ITFC places one youth at a time with a foster family
- ITFC emphasizes careful foster family-child matching
- ITFC uses a team approach to treatment, with the foster parents as part of the treatment team along with program staff
- ITFC utilizes a unique Support Counselor to offer individualized counseling & emotional support, mentoring and modeling skills for both child and foster parent
- ITFC employs case managers with low caseloads for frequent on-site consultation for individualized problem-solving & treatment planning
- ITFC uses Trauma-Focused Cognitive Behavioral Therapy as its treatment model
- ITFC pays its foster parents a significantly higher rate than traditional reimbursement
- ITFC is designed to offer a more normalizing living environment & better opportunities for permanence

If interested please contact the Foster Family Agency Director, Karen Cash or Trainer/Recruiter Carla Barnes at (626) 967-5082



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## *FFA Halloween Party*

### **YOU ARE INVITED FOR OUR ANNUAL HALLOWEEN EVENT!**

Bring the children and come join us for some Halloween FUN! On Friday **October 29, 2010** from **4:00 pm and 7:00 pm.** at the **Foster Family Agency Office, 754 E. Arrow Highway in Covina.** We will be giving away some Halloween treats. If you have any ideas and/or would like



to volunteer, please contact Carol Tula at (626) 967-5082 or [Carol\\_t@ettielee.org](mailto:Carol_t@ettielee.org)



### **Halloween Safety**

Although Halloween can be fun for children, there can also be some hidden dangers in it. Follow these simple steps to ensure your children's safety:

1. Children should always be accompanied by an adult.
2. Be sure costumes are made with flame retardant fabric.
3. Inform children not to eat candy until you inspect it.
4. Have children walk on sidewalks and cross at the corner or crosswalks.
5. Instruct children not to enter any stranger's home.

## *Foster Parents Needed!*

Help Ettie Lee recruit foster parents. Refer a potential foster parent. They can be a friend, a relative or an acquaintance. Once they become fully certified and a child is placed in their home, you will receive a \$300.00 bonus.

All you have to do is refer them to the agency, be sure they give us your name. That's it! We will do the rest.

If you have additional questions, please contact Carol Tula at (626) 967-5082

## *New Training Offered At Ettie Lee*

Do you have friends who are mono-lingual in Spanish? We now offer P.R.I.D.E. training in Spanish.

P.R.I.D.E. stands for Parent Resources for Information, Development and Education. P.R.I.D.E. is a 30 hour educational training for prospective foster parents that needs to be completed before they can be certified with us as foster parents. It gives prospective foster parents an insight on foster parenting and adoption including: attachment, detachment, developmental needs, family relationships, discipline. Also it helps give prospective foster parents an understanding into what contributes to neglect, emotional maltreatment, physical abuse and sexual abuse.

For more information, please contact Carla Barnes at (626) 967-5082





**ETTIE LEE YOUTH & FAMILY SERVICES  
FOSTER FAMILY / ADOPTION AGENCY**

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**We're on the Web!**

[www.ettielee.org](http://www.ettielee.org)

Since 1950 Ettie Lee Youth & Family Services has been helping children. Today Ettie Lee Youth & Family Services provides a continuum of services for abused, neglected and emotionally troubled boys and girls and their families in Los Angeles, Riverside, San Bernardino and Orange Counties.

We place abused, neglected and abandoned foster children - ages infants up to age 17 - into loving foster families throughout the San Gabriel Valley. We are also an adoption agency that can facilitate the adoptions of children into permanent and loving homes

Our nine Residential Treatment group homes for boys age 8-17 we assist troubled teen boys and their families to develop skills to lead successful lives.

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## ***TRAINING SCHEDULE***

**Tuesday October 12, 2010**

**6:30 pm. to 8:30 pm.**

Topic: *Learn How to Respect Privacy and Be an Important Part of Child's Treatment Team*

Instructor: Patricia Gieselman

**Saturday October 16, 2010**

**9:00 am. To 12:00 pm**

Topic: *Learn to Say no with a Smile*

**12:00 pm to 4:00 pm**

Topic: *Effective Ways to Teach Self Control*

Instructor: Patricia Gieselman

**Tuesday**

**November 2, 2010**

**6:30 pm. to 8:30 pm.**

Topic: *Effects of Trauma on Children*

Instructor: Patricia Gieselman

**Saturday**

**November 13, 2010**

**9:00 am. To 4:00 pm**

Topic: *Managing the Holiday Blues*

Instructor: Patricia Gieselman.

**NOTE:** Please RSVP for the Training class you plan to attend.

Training classes are subject to cancelation or change due to lack of confirmed attendees.

We will also have some fun ways to receive training hours at our Christmas party in December!

**Remember:**

**Foster parents are Required to attend a total of 24 hours of training per certification year.**

For example if you were certified on August 1, 2009 you need to complete 24 hours by July 31, 2010. You will need to continue to take 24 hours yearly as long as you continue to be a certified foster parent with Ettie Lee.



For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad.

~Edwin Way Teale