



OCTOBER 2021



Resource Family Approval Newsletter



www.Yoloforkids.com

Happy Fall RFA Community,

I am happy to say we are moving into one of my favorite times of year, sweaters and colder weather. We have a lot coming up for you this fall, particularly our Yolo County RFA Web Page. We encourage you to start looking as it is slowly beginning to be updated with a lot of good information. In addition, we are going to be holding a Pumpkin Patch DRIVE-THRU event at Bobbie Dazzler's on October 28, 2021 from 5:00pm to 7:00pm.

Finally, we are going to be holding our annual Holiday Event on December 18, 2021, as a Drive-Thru event as well from 4:00pm to 6:00pm with Santa, gifts, and snow.

Please RSVP to these events by emailing: Mariah.Lopez@yolocounty.org

Thank you,

Alicia Wasklewicz, MPA

Upcoming Events

October

10/28/2021- Pumpkin Drive
Thru Event

November

11/10/2021- Caregiver
Forum 6pm-8pm (Zoom)

December

12/18/2021- Holiday Event



The Yolo County Resource Family Approval program is still looking for your feedback on your experience & for suggestions about how the agency can improve!

Please take our feedback survey
We want to hear from you!

**Copy & paste this link to take
our survey!**

<https://forms.gle/sPobDSnv2FagGtRBA>



Training

Yolo RFA is hosting Orientation

10/6/2021 - Orientation 6pm-9pm (Zoom)

10/27/2021- Orientation 1pm-4pm (Zoom)

11/3/2021- Orientation 6pm-9pm (Zoom)

11/16/2021- Orientation 1pm-4pm(Zoom)

12/1/2021- Orientation 6pm-9pm (Zoom)

12/16/2021- Orientation 1pm-4pm (Zoom)

CPR/ First Aid Training

If you are in need of renewing your First Aid/ CPR certification you may renew online.

Cost is \$35 and it is not reimbursable:

<https://www.simplecpr.com/adult-child-infant-cpr-first-aid>

Contact your RFA Social Worker if you have any questions.



Friendly Reminder

Not sure if you're updated on training hours or if your CPR/ First Aid certification is up to date?

Contact your RFA worker!

Family Urgent Response System

This system is a 24/7 phone and in-person support for Resource Families and youth in foster care.



Call (833) 939-3877 or visit cal-furs.org for more information .

Attachment Informed De-Escalation Techniques

by Melanie Schmidt, LMSW

Parenting children who have experienced trauma and who have had attachment interruptions drives families to embrace new, creative strategies to help children heal, attach, and thrive. Problematic behaviors are often symptoms of an underlying unmet need that will not resolve until the root cause is addressed. This unmet need is often a need for felt safety that stems from a deep sense of abandonment and rejection. To satisfy the need, child must develop an internalization of a permanent parental commitment. The internalization of a permanent commitment requires: 1) the unconditional and forever commitment of one or more stable adult and 2) time for the parent(s) to prove—over and over again, through the attachment cycle—that they are following through on their unconditional commitment. There must be time to demonstrate the parent(s) are following through, even—and especially—when the child is communicating hurt and pain through out-of-control behaviors.

Preventative De-Escalation Interventions

Consider the structure of the day

Throughout each day, it is beneficial to ensure that time is built in for each family member to have: 1) physical activity, 2) down time, and 3) connection. Increasing opportunities for movement and play will improve one's ability to manage difficult emotions, improve focus, and retain information (Gobbel, 2018). On the other hand, we need to balance activity with down time to recharge and relax so that we don't burn out.

Identify triggers & warning signs of escalation

Paying attention to a child's body language will help us identify when they could be becoming dysregulated

Talk to the child when they are calm

When they are calm, it is also a good time to debrief about challenging times and provide simple, clear steps for planning to access coping skills, putting words to their feelings



Caregiver Spotlight

Meet the Pikes



Our October Spotlight goes to the Pike Family! Stephanie and Micah Pike are seasoned Yolo care providers & recently participated in our last RFA Orientation to provide insight and advice for new caregivers. Thank you much for all that you do!! Please read below for more!

To introduce the fall season we asked the Pikes the following questions:



What has been a summer highlight event or activity for your family this year?

This summer we were able to go on a family vacation. This was our first family vacation post adoption. It was so beautiful for our family to be able to take this time to slow down and deepen our bond. We spent the days by the beach, walking the pier and eating good food and spent our evenings lounging in the pool. It was truly needed and so special!

Any advice on back-to-school structure/fall schedule changes for the family?

Keep a calendar! Each month we sit down and plan out our extracurricular, visitations, court dates, etc. I then take this calendar to plan our dinners. It helps to take the stress off of our busy evenings. If anyone is adventurous, preplanning 5-10 freezer meals is a LIFE SAVER. Especially for back to school and the upcoming holiday rush.

What is your favorite family fall time activity or tradition?

Every year we go to Apple Hill and visit local pumpkin patches!

If you could have any one special skill or superpower, what would it be?

Micah said this best, she would clone herself so we had more help chasing the littles after bath time and to help fold & put away laundry!



Keep a look out in your emails to be featured on the next Caregiver Spotlight!