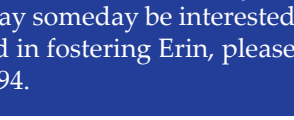


Recruitment - Everyone Has a Role

I am very excited to start a new fiscal year and look forward to the challenges ahead. Youthville plans to continue growth and development of new foster homes across the state. We have some aggressive goals this year in terms of adding new beds, such as 26 new beds each month.

We have been looking back over the last few years to see what has and has not worked in terms of recruiting homes. It is no surprise to me that our current foster parents - ALL OF YOU - are the best source for recruiting new homes. Last year 88 homes that inquired about being a foster parent did so because of contact with a current foster family. That is great!! And of the homes that went through the process and received their license, 16 homes indicated they were referred from a current foster family. We hope to do even better this year!

We really appreciate your help with recruitment! We realize that you are busy and appreciate all that you do. Many of you have already been recruiting, but we want to encourage more of you to work with the recruiter in your area to find ways you can help. Be watching your mail during September for a letter providing more details.

Sincerely,

 Luci Monares, LBSW
 Director of Recruitment

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Foster Care Area Update, Cont.

Child in Need of a Home



Meet Erin, a bubbly, bright 10-year-old in need of a stable place to call home. She is a friendly and polite girl, who enjoys school and playing with dolls. In her short life, Erin has been through a great deal, but with a structured, two-parent home without children or pets, she will flourish. An ideal family for Erin would be a foster family who may someday be interested in adopting her. If you are interested in fostering Erin, please call Youthville at 800.593.1950, ext. 194.

Youthville

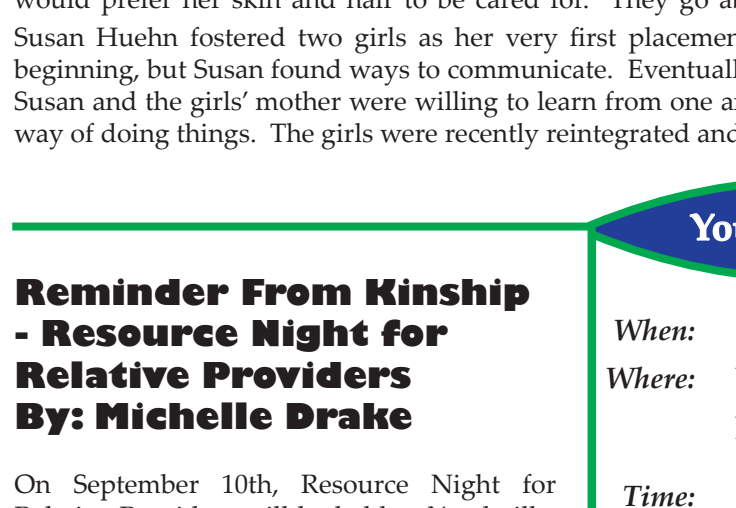
Corporate Headquarters
 4505 E. 47th St. South
 Wichita, KS 67210
Toll free 800.593.1950
Phone 316.529.9100
Fax 316.529.9351

Notice a Difference?

Youthville's foster care newsletter has undergone changes! The newsletter features a training article, questionnaire, training calendars, foster care area updates, and more. Soon, you will find this newsletter online at www.youthville.org. If you have any suggestions, please contact Jennifer Meyer, LBSW, FC Training Coordinator, at 316.283.1950, ext. 323 or jmeyer@youthville.org.

Giving Children Back Their Childhood

www.youthville.org



Changes in South Central By: Tammy Gream

Due to relocating to a different state, South Central has lost a valuable resource home, Donnie and Grace Stark. Some of you may know Donnie from the many MAPP classes he has taught. We wish them the best of luck with their new endeavors.

The Hutchinson office is pleased to announce the addition of Donna Knight, staff assistant. Stop by, say hello, and introduce yourself! Finally, thank you to all resource parents. With the high number of placements this past summer, some of you took children who you may not have otherwise considered. We appreciate your willingness to open your hearts and homes. Thank you!

Foster Parent Highlights From the Wichita and Wellington Areas By: Stacy Winter

An important role of foster parents is working with birth families. Walter and Carrie Rosenkrance and Susan Huehn have shown tremendous strength in this area.

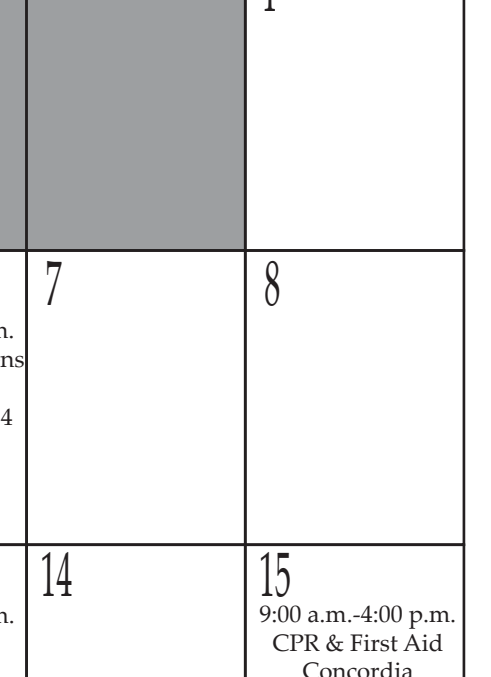
Walter and Carrie Rosenkrance currently foster an infant, who came into custody due to a severe injury. The Rosenkrance's felt that it was important to keep the birth parents informed of ongoing medical appointments and have been open to attending appointments together. The child is from a culture different than their own, so Walter and Carrie have asked how the birth parents would prefer her skin and hair to be cared for. They go above and beyond to keep the birth family connected to their baby. Susan Huehn fostered two girls as her very first placement. The girls' family came across uncooperative and angry in the beginning, but Susan found ways to communicate. Eventually, they talked on the phone and now attend activities together. Both Susan and the girls' mother were willing to learn from one another and were accepting of the other's perspectives and particular way of doing things. The girls were recently reintegrated and contact between the family and Susan will continue.

You're Invited

Reminder From Kinship - Resource Night for Relative Providers By: Michelle Drake

On September 10th, Resource Night for Relative Providers will be held at Youthville. If you are currently a 'placement' for a relative, you're invited! Many resources will be attending to talk about their programs, including Youthville, Angel Food Ministries, Share Colorado, Junior League of Wichita, and KCSL. Pizza, drinks, snacks, and door prizes will be provided. Come and experience the fun, informational, and informal night of connecting with Wichita area resources.

When: September 10
Where: Youthville
 4505 E. 47th St. South
 Wichita, KS 67210
Time: 6:30 p.m. - 8:00 p.m.
RSVP: Lacey Grunden
 316.529.9302
 by September 7.
**Daycare is available to those attending, please let Lacey know ages of children coming.*



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September Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 6:00 p.m.-8:00 p.m. Working with Teens in the System OHOH Part 1 of 4 Wichita	7	8
9	10 6:30 p.m.-8:00 p.m. Resource Night for Relative Providers Wichita 6:00 p.m.-8:00 p.m. CPR Colby	11 6:30 p.m.-8:00 p.m. Resource Parent Training - Newton 6:30 p.m.-8:30 p.m. Partnering with the Schools - Garden City 6:00 p.m.-8:00 p.m. Resource Parents Working with the School - Beloit	12	13 6:30 p.m.-8:30 p.m. Partnering with the Schools Liberal 6:00 p.m.-8:00 p.m. Boundaries & Limit Testing, OHOH Part 2 of 4 - Wichita	14	15 9:00 a.m.-4:00 p.m. CPR & First Aid Concordia
16	17 6:30 p.m.-8:00 p.m. Sibling Relations Wichita	18 7:00 p.m.-9:00 p.m. First Aid Hays	19	20 6:30 p.m.-8:00 p.m. Staying Connected to Your Teen Wellington 6:30 p.m.-8:30 p.m. Equine Therapy - DC 6:00 p.m.-8:00 p.m. Partnering with Birth Parents and Teens OHOH Part 3 of 4 - Wichita	21	22 8:30 a.m.-5:30 p.m. MAB Hutchinson
23 30	24	25 6:30 p.m.-8:00 p.m. Adolescent Chemical Dependency Hutchinson 7:00 p.m.-9:00 p.m. Equine Assisted Psychotherapy Phillipsburg	26	27 6:30 p.m.-8:30 p.m. Stress & Burnout Pratt 6:00 p.m.-8:00 p.m. Protecting Your Home from Allegations OHOH Part 4 of 4 Wichita	28	29

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October Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30 p.m.-8:00 p.m. Juvenile Judicial System Wichita 6:00 p.m.-8:00 p.m. Fostering the Sexually Abused Child Concordia	2	3	4	5	6
7	8 6:00 p.m.-8:00 p.m. First Aid Colby	9 6:30 p.m.-8:00 p.m. Birth Order Newton 6:30 p.m.-9:30 p.m. Social Work Ethics in Foster Care Garden City 6:00 p.m.-8:00 p.m. Staying Connected to Your Teen - Beloit	10	11	12	13
14	15 6:30 p.m.-8:00 p.m. Overview of Child Welfare & System Wichita	16 7:00 p.m.-9:00 p.m. First Aid Great Bend	17	18 6:30 p.m.-8:30 p.m. PTSD in Children & Adolescents Dodge City	19	20
21	22	23 6:30 p.m.-8:00 p.m. Protecting Your Home from Allegations Hutchinson	24	25 6:30 p.m.-8:30 p.m. Bipolar Disorder in Children Pratt	26	27 8:30 a.m.-5:30 p.m. MAB Liberal
28	29	30	31			

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Parenting a Child Affected with Bipolar Disorder By: Rose Alderson, LCSW

Parenting a child affected by bipolar disorder certainly can be a challenge, but it is important to remember that you are not alone and that there are resources available to assist you. Gaining an understanding of the disorder, learning about treatment and medication, and knowing parenting tips are tools for parents when deciding what the next steps may be in caring for a child with this disorder.

Understanding bipolar
 The training article from the July newsletter focused on the basic understanding of bipolar disorder and diagnosis. If you missed that article and would like to read it, please ask your worker for a copy.

Treatment
 The response to treatment and medications varies, and certain factors give the child the best chance for successful treatment. These factors are:

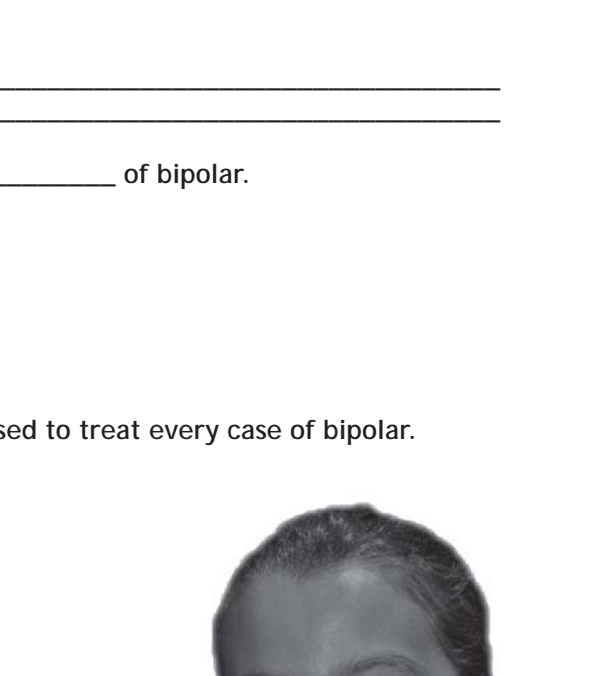
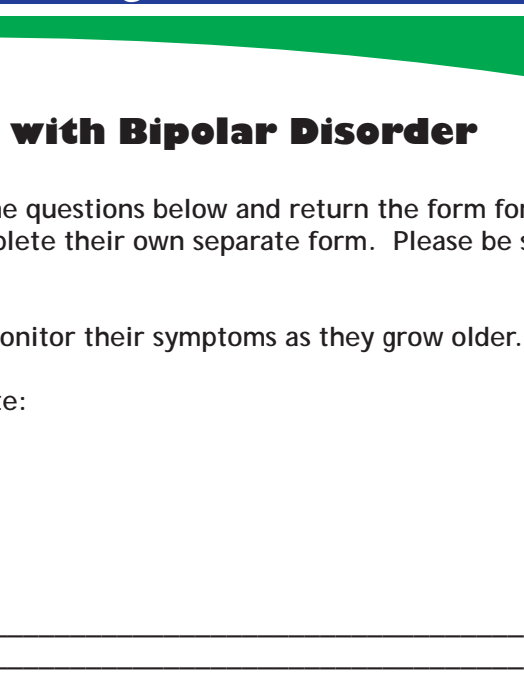
- Access to competent medical care.
- Early diagnosis and treatment.
- Adherence to medication and treatment plan.
- Flexible, low-stress home and school environment.
- A supportive network of family and friends.

Some factors that complicate treatment are:

- Lack of access to competent medical care.
- Time lag between onset of illness and treatment.
- Not taking prescribed medications.
- Stressful and inflexible home and school environment.
- The co-occurrence of other diagnoses.
- Use of substances, such as illegal drugs and alcohol.

It is important for parents to remember that bipolar disorder has a high rate of suicide. Mortality rates of 5-10% from suicide are reported by various studies that also suggest youth are at the highest risk for suicide soon after diagnosis. On the positive side, many children can learn how to manage and monitor their bipolar symptoms as they grow older.

Medication
 Medication is usually a part of the treatment plan. There is not one specific medication that works on all children. Expect a trial and error process, lasting weeks, months, or longer. Doctors tend to try several medications alone or in combination to find the best treatment for the child. Two or more mood stabilizers plus additional medications may be necessary to achieve and maintain stability.



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Parenting Techniques

Parents of children with bipolar disorder have discovered numerous techniques to help calm their children when symptomatic. These techniques can also help prevent and contain relapses.

- Teach and practice child relaxation techniques.
- Prioritize battles and let go of less important matters.
- Reduce stress in home by using good listening and communication skills.
- Use music and sound, lighting, water, and massage to assist child with waking, falling asleep, and relaxation.
- Become an advocate for stress reduction and other accommodations at school.
- Help the child develop coping strategies to prepare for stressful situations.
- Engage the child's creativity through activities that express their gifts and strengths.
- Provide structure and freedom within limits.
- Remove dangerous objects that may be used during a rage, from child's access and/or home.

Other tips for parenting:

- When child is hyper or getting manic, remove strong sources of stimulation. For example, close curtains, turn off televisions, and speak quietly.
- Document everything by means of tapes, medical records, letters from psychiatrists and doctors, old behavior charts, tests, and school evaluations.
- Watch the child's sleep, as regulating sleep can be helpful as a treatment tool. Too much sleep can signal depression, too little can CAUSE mania.
- Be an advocate for your child at school. Educate teachers and faculty about your child's needs and insist that your child has all the necessary resources to get the best education possible. Also, get an IEP and demand the school follows it.
- Do not neglect yourself or your other children. Parenting a bipolar child can be isolating and stressful, and you need to remember to take time off. Use respite foster care, when needed.
- Exercise can be an easy and healthy way to burn off manic energy or focus rage. If child starts showing rage or mania, take them jogging or bike riding.
- Research bipolar and pass that information on to other people.

How can you help a child with bipolar disorder?

- Evaluation - Have the child evaluated by a professional that is familiar with the symptoms and treatment of early-onset bipolar disorder. Because children with bipolar can be charming and charismatic during an appointment, they may initially appear to be functioning well. A good evaluation may take at least two appointments and should include a detailed family history.
- Documentation - Take daily notes of the child's mood, behavior, sleep patterns, unusual events, and statements of concern. Share notes with therapist, case manager, foster care staff, and doctor that prescribes medication.
- Treatment - A good treatment plan includes medication, close monitoring of symptoms, education about the illness, counseling or psychotherapy for the individual and family, stress reduction, good nutrition, regular sleep and exercise, and participation in a network of support.

For more information on bipolar disorder, please contact the following organizations...

- National Foundation for Depressive Illness: Call 212.268.4260 or 800.239.1265 or visit <http://www.depression.org/>
- National Depressive and Manic-Depressive Association: Call 800.826.3632 or 312.642.0049 or visit <http://www.nmda.org/>
- Depression and Related Disorders Association: Call 410.955.4647
- Lithium Information Center: Call 608.836.8070 or fax 608.836.8033
- National Institute of Mental Health: Call 800.421.4211 or visit <http://www.nimh.nih.gov/>
- National Alliance for the Mentally III (NAMI): Call 800.950.6264 or visit <http://www.nami.org/>
- Bipolar Network News: Call 800.518.7326 or visit <http://www.bipolarnetwork.org/>
- Association for the Advancement of Behavior Therapy: Call 212.647.1890 or 800.685.AABT
- National Mental Health Association: Call 800.969.6642 or visit <http://www.nmha.org/>
- Expert Knowledge Systems: Visit <http://www.psychguides.com/>

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Parenting a Child Affected with Bipolar Disorder

After reading the training article on pages 5 and 6, respond to the questions below and return the form for a half-hour training credit. Each parent wishing to receive credit must complete their own separate form. Please be sure to print your name and address at the bottom.

1. True or False Many children can learn to manage and monitor their symptoms as they grow older.
2. If taking daily notes on a child, which is NOT important to note:
 - A. Child's sleeping pattern
 - B. Child's clothing
 - C. Child's behavior
 - D. Child's mood
3. List two parenting techniques suggested.
4. List two components of a good treatment plan.
5. Youth are at the highest risk of suicide soon after _____ of bipolar.
6. What factors may complicate treatment:
 - A. Co-occurrence of other diagnoses
 - B. Not taking prescribed medications
 - C. Time lag between onset of illness and treatment
 - D. All the above
7. True or False There is one, and only one, medication that can be used to treat every case of bipolar.
8. What did you find helpful in this article?
9. How will you use this information in your home?
10. What topics would you like to see future newsletter articles cover?

Print name: _____
 Signature: _____
 Date: _____

To receive credit, please return your form to:
 Youthville, Attn: Jennifer Meyer
 PO Box 210
 Newton, KS 67114

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Case Management Team Highlight

Foster care recently nominated staff who do an outstanding job partnering with resource homes and foster care staff. Charly Hicks and Ginger Hampton were selected as August highlights and were treated to lunch. If you come in contact with either Charly or Ginger, let them know that you appreciate their hard work!

Youthville Attends YFTA Conference By: Misty Harding

Youthville staff members and resource parents, Frank and Retha Ramirez, attended the Foster Family-Based Treatment Association's 21st Annual Conference on Treatment Foster Care. The conference was held at the Disney Coronado Springs Resort in Orlando, Florida. Everyone attended classes from which new ideas were inspired.

Youthville ART GALLERY

SHOWCASING YOUR ART!

E-GALLERY CALLING FOR ART!

ENTRY GUIDELINES:

- ANY CHILD IN YOUTHVILLE'S CARE ARE ELIGIBLE.
- ORIGINAL, TWO-DIMENSIONAL WORKS OF ART NO LARGER THAN 18"x24"
- ORIGINAL ARTWORKS WILL NOT FEATURE PROMINENT MASCOT, GLOBE, OR TRADEMARKED SYMBOLS LIKE NIKES OR DIETHE CHARACTER.
- ORIGINALS THEMES: MY LIFE, MY FAMILY, HOW I SEE KANSAS.
- A PRIZE PACKAGE OF ART SUPPLIES IS AWARDED TO ONE ARTIST EVERY MONTH.
- ARTWORK IN THE E-GALLERY BY SEPTEMBER 14, 2007 ARE CONSIDERED FOR THE 2008 TRAINING GALLERY AND A \$100 PRIZE.
- ALL ARTWORKS IN THE GALLERY WILL BE AVAILABLE BY DONATION AT POSTCARDS, GREETING CARDS, PRINTS, AND ORIGINALS. A PORTION OF EACH DONATION WILL GO TO THE ARTIST.

FOR QUESTIONS, CALL 800.593.1950, EXT. 145.

For submission information, visit: <http://pillars.youthville.org>

www.youthville.org

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QM Connection

Dear Q, I am a new resource parent wanting to take teenagers, but worry that they are more computer/internet savvy than I am. I feel that teens need computer and internet access, but worry about their safety. What resources are out there? - Offline Dear Offline. The internet is a great resource for teens; however, it can be used by predators preying on unsuspecting youth. Websites, such as www.netsmart.com and www.2smrt4u.com, provide online awareness information. These sites also provide education for teens about online safety, and a helpful handbook that decodes terms teens use when 'talking' online. Other resources are your local police or school technology departments. -Q

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