

DAY One

DAY One of 21st Century Caregiving: Foster VC Kids Resource Family Training serves as an introduction to fostering and our system of care. Each member of the team is an important partner in assisting the child and family through this trying time in their lives. As a Resource family, you must understand the system of care, be honest about why you are here and realistic about your expectations. In Day One, we will cover the goals, mission and values of Children & Family Services and Foster VC Kids, key information about legal statutes that govern child welfare and introduce the process and partners involved in the system of care. Homework has been designed to support training and to prepare you to foster.



Today's OBJECTIVES

1

Goals of Child Welfare. Demonstrate a clear understanding of Children & Family Services (CFS) goals and how they relate to your role as a resource family.

2

Mission and Values of Foster Care. Explain CFS and Foster VC Kids mission, vision and values and how your role as a resource family fits into the system of care.

3

Foster Care and the Law. Discuss the key elements of the statutes that govern child welfare and our dependency process.

4

Understanding the Court System. Identify the County of Ventura's dependency court process and the key partners in the system of care.

5

Identify Dealbreakers. Articulate any attributes or issues that children may have that you would not be able to accept in your home.

Mission

The overarching goal of Children and Family Services is **Protecting Children by Strengthening Families.**

Foster *VC Kids* is a program of The County of Ventura Human Services Agency, Children and Family Services (CFS). Foster *VC Kids* is the resource family information, resource and support arm of the county, working with community partners to ensure that our resource families have the support they need to offer quality care.



Vision

Through engagement and meaningful relationships, Foster *VC Kids* supports families to enhance safety, permanency, and well-being for their children. Preserving the primary family and support relationships is our priority. When this is not possible, Foster *VC Kids* strives to ensure their children will maintain and establish safe and nurturing relationships.

Beliefs

- ✓ We believe families can keep their children safe with support; and if families cannot, we believe children should be cared for in a familiar, nurturing and safe environment; and while they are in care, we believe every child is entitled to thrive through stability, family connections, quality treatment, and a voice in planning; and we believe, through partnership and support, parents can grow and change in order to safely parent their children; and if the children cannot return home, we believe all children deserve a sense of belonging and a permanent and unconditional commitment in a lifelong family.
- ✓ Safely stabilize and preserve families; and if that is not possible, then safely care for children and reunify children to their families of origin; and if reunification is not possible, safely support the development of permanency and lifelong, unconditionally committed relationships for children and youth.
- ✓ We also value teamwork, respect, nurturing, and committed partners within the entire system.
- ✓ Ventura County is a Quality Parenting Initiative (QPI) county!



**Resource Families are valued
and respected partners
within our community!**

Resource Families' responsibilities to the child



When a child comes into your home, you hold a deep responsibility for that child's well-being. You must be prepared to treat the child as if he is your own while also providing the care needed for child who is dealing with trauma and loss. Additionally, you must be prepared for co-parenting and understand that the best outcome for this child, if possible, is reunification with his biological parent(s).

As a Resource family, you must use your judgment and common sense but you must also adhere to Foster VC Kids policies, as well as California law involving:

- **Safety and Discipline**
- **Commitment**
- **Well-being**
- **Comfortable Home Environment**
- **Health Care and Medication**
- **Biological Family**
- **Normalcy**
- **Education**
- **Advocacy**
- **Food and Nutrition**
- **Religion and Ethnic Heritage**
- **Children's Rights**

Your job as part of the care team involves, among other things is the critical role of providing that child with committed, involved, attentive parenting and advocacy.

PARTNERSHIP AGREEMENT

All of us are responsible for the well-being of children in the custody of Children and Family Services. The children's caregivers, along with the agency and professional team, undertake this responsibility in partnership, aware that none of us can succeed by ourselves. Children need healthy childhoods as well as loving and skillful parenting which honors their loyalty to their biological family. The purpose of the Ventura County Partnership Agreement is to articulate a common understanding of the values, principles and relationships necessary to fulfill this responsibility.

*Every child deserves a champion—
an adult who will never give up on them, who understands the
power of connection and insists that they become the best they can possibly be.*



Partnership Agreement

All of us are responsible for the well-being of children in the custody of Children & Family Services. Foster VC Kids recognizes that none of us can succeed by ourselves.

Children need healthy childhoods as well as loving and skillful parenting which honors their loyalty to their Biological Family. The purpose of this document is to articulate a common understanding of the values, principles and relationships necessary to fulfill this responsibility. The following commitments are embraced by all of us. This document in no way substitutes for or waives statutes or rule; however we will apply these laws and regulations in a manner consistent with these commitments.

The Commitments

RESPECTFUL PARTNERSHIP. To ensure that the care we give our children supports their healthy development and gives them the best possible opportunity for success, caregivers and Foster VC Kids staff will work together in a respectful partnership

PROFESSIONAL BEHAVIOR. All members of this partnership will behave professionally, will share all relevant information promptly, and will respect the confidentiality of all information related to the child and his or her family.

CASE PLANNING. All members of the team will work together to implement this plan. This includes caregiver participation in team meetings or court hearings related to the child's care

and future plans. Foster VC Kids will support and facilitate caregiver participation through timely notification, an inclusive process and providing alternative methods for participation for caregivers who cannot be physically present.

EXCELLENT PARENTING. Excellent parenting is a reasonable expectation of caregivers. Caregivers will provide and Foster VC Kids will support excellent parenting. This requires: a loving commitment to the child and the child's safety and well-being, appropriate supervision and positive methods of discipline, encouragement of the child's strengths, respect for the child's individuality and likes and dislikes, providing opportunities to develop the child's interests and skill, awareness of the impact

of trauma on behavior, equal participation of the child in family life, involvement of the child with the community and a commitment to enable the child to lead a normal life.

RESPONSIBLE PLACEMENT. Children will be placed only with caregivers who have the ability and are willing to accept responsibility for the care of a child in light of the child's culture, religion and ethnicity, special physical or psychological needs, unique situation including sexual orientation and family relationships. Foster VC Kids will provide caregivers with all available information to assist them in determining whether they are able to appropriately care for a child. Caregivers must be willing and able to learn about and be respectful of the child's religion, culture and ethnicity, and any special circumstances affecting the child's care. Foster VC Kids will assist them in gaining the support, training and skill necessary for the care of the child.

PROFESSIONAL DEVELOPMENT. Caregivers will have access to and take advantage of all training they need to improve their skills in parenting children who have experienced trauma due to neglect, abuse or separation from home, to meet these children's special needs and to work effectively with child welfare agencies, the courts, the schools and other community and governmental agencies.

SERVICES AND SUPPORT. Foster VC Kids will provide caregivers with the services and support they need to enable them to provide quality care for the child.

AVOIDING DISRUPTION FOR CHILD. Once a caregiver or fostering family accepts the responsibility of caring for the child, the child will be removed from that family only when the family is clearly unable to care for him or her safely or legally, when the child and his or her Biological Family are reunified, when the child is being placed in a legally permanent home in accordance with the case plan or court order, or when the removal is demonstrably in the child's best interest.

SMOOTH TRANSITIONS. If a child must leave the caregiver's home for one of these reasons and in the absence of an unforeseeable emergency, the transition will be accomplished according to a plan which involves cooperation and sharing of information among all the persons involved, respects the child's developmental stage and psychological needs, ensures they have all their belongings, and allows for a gradual transition

from the caregiver's home and, if possible, for continued contact with the caregiver after the child leaves.

FAMILY MENTORING AND CONTINUITY FOR CHILD. When the plan for the child includes reunification, caregivers and agency staff will work together to assist the Biological Parents in improving their ability to care for and protect their children and to provide continuity for child.

RESPECT FOR CHILD'S CONNECTIONS. Caregivers will respect and support the child's ties to his or her Biological Family (parents, siblings and extended family members) and will assist the child in visitation and other forms of communication. Foster VC Kids will provide the information, guidance, training and support necessary for fulfilling this responsibility.

OBTAINING AND MAINTAINING RECORDS. Caregivers will work in partnership with Foster VC Kids staff to obtain and maintain records that are important to the child's well being including child resource records, medical records, school records, photographs, and records of special events and achievements

CHILD ADVOCACY. Caregivers will effectively advocate for the children in their care in their care with the child welfare system, the court, and community agencies, including schools, child care, health and mental health providers, and employers. Agency and will not retaliate against them as a result of this advocacy.

FULL PARTICIPATION IN CHILD'S MENTAL AND PHYSICAL WELL-BEING. Caregivers will participate fully in the child's medical, psychological and dental care as they would for their biological child. CFS will support & facilitate this participation. Caregivers and Foster VC Kids will share information with each other about the child's health and well-being.

SUPPORTING SCHOOL SUCCESS. Caregivers will support the child's school success by participating in school activities and meetings, including IEP (Individualized Education Plan) meetings, assisting with school assignments, supporting tutoring programs, meeting with teachers and working with an educational surrogate if one has been appointed and encouraging the child's participation in extracurricular activities. Foster VC Kids will facilitate this participation and will be kept informed of the child's progress and needs

Partnership *for* Children



Resource Family Partner Strengths and Needs

1

**Respectful
Partnership and
Professional
Behavior**

2

**High Quality
Parenting**

3

**Responsible
Placement**

4

**Professional
Development**

5

**Supporting
School Success**

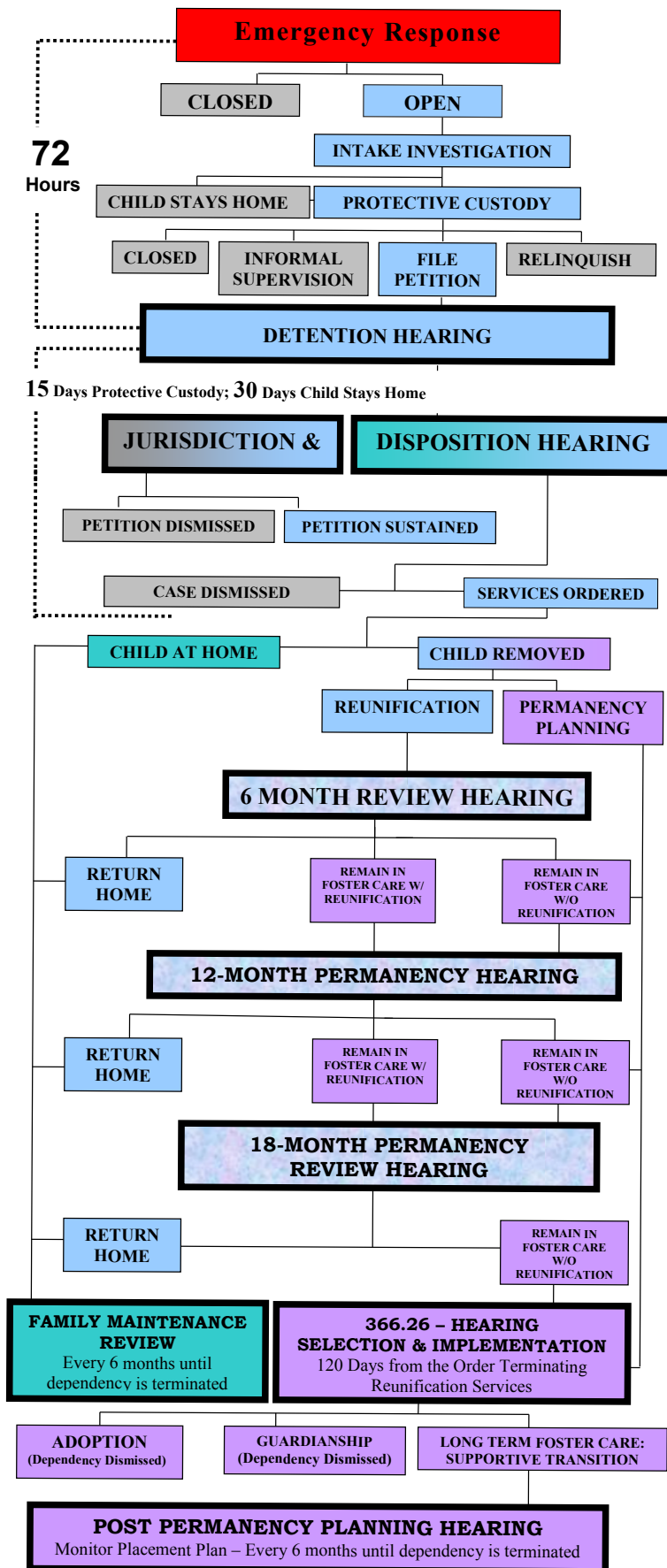
“Individual commitment to a group effort-that is what makes a team work, a company work, a society work, a civilization work.”

-Vince Lombardi, Football Coach

WORKSHEET

		STRENGTHS	NEEDS
6	Avoiding Disruption and Providing Smooth Transitions		
7	Family Mentoring and Respect for Child's Connections		
8	Obtaining and Maintaining Records		
9	Child Advocacy and Case Planning		
10	Full Participation in Child's Mental and Physical Well-Being		
11	Services and Support		

JUVENILE DEPENDENCY PROCESS



300 Flowchart

JUVENILE COURT DEPENDENCY HEARINGS

DETENTION HEARING:

Legal Considerations: The minor shall be released to the parents unless legal grounds are established to temporarily detain the minor. CFS files a petition with the Court alleging child abuse or neglect.
Time Lines: A minor may be detained in protective custody for 15 court days pending a jurisdictional hearing.

JURISDICTION & DISPOSITION HEARING U&D:

NOTE: In Ventura County the Jurisdictional and Dispositional Hearings are combined

Legal Considerations for Jurisdiction: Whether the child comes within the provisions of WIC 300 as a result of abuse or neglect. Additionally, unexplained non-accidental serious injuries while in the care/custody of parent are presumed to be the result of abuse or neglect.

Placement: The minor shall be placed in the custody of the parents unless clear and convincing evidence of detriment. If the Court removes a minor from a custodial parent:

- The minor will be placed with a previously non-custodial parent unless such placement would be detrimental.
- Preferential consideration for placement will be given to a request by certain relatives.

Reunification: Some cases may be recommended for a By-pass of Services based on specific criteria; however, most cases will usually receive reunification services. The initial case plan is submitted along with the report which outlines objectives, goals and services. Out of home cases require a concurrent plan for permanency, should reunification efforts not succeed.

Time Lines: 15 court days after the Detention hearing if child is out of home, 30 calendar days if child remains home.

SIX-MONTH REVIEW HEARING:

Legal Considerations:

- The minor shall be returned to the parents unless there is a substantial risk to the minor's physical or emotional well being or when the parents have failed to participate regularly in any Court ordered treatment programs.
- If minor remained home, terminate dependency unless continued supervision is necessary.
- A case may be recommended for Termination of Services, (proceeding with permanency planning) based on specific criteria.

Time Lines: 6 months from the "entry into foster care". "Entry into foster care" is defined as date of Jurisdictional Hearing or 60 days after initial removal, whichever comes first.

TWELVE-MONTH PERMANENCY HEARING:

Legal Considerations:

- The minor shall be returned to the parents unless there is a substantial risk to the minor's physical or emotional well being or when the parents have failed to participate regularly in any Court ordered treatment programs.
- If minor remained home, terminate dependency unless continued supervision is necessary.
- When the minor is not returned to the parents, services will be terminated unless there is a substantial probability that the minor will be returned to the custody of the parents within six months or unless reasonable services have not been provided.

Time Lines: 12 months from the "entry into foster care". "Entry into foster care" is defined as date of Jurisdictional Hearing or 60 days after initial removal, whichever comes first.

EIGHTEEN-MONTH PERMANENCY REVIEW HEARING:

Legal Considerations:

- The minor shall be returned to the parents unless there is a substantial risk to the minor's physical or emotional well being or when the parents have failed to participate regularly in any Court ordered treatment programs.
- If minor remained home, terminate dependency unless continued supervision is necessary.

Time Lines: In no event later than 18 months after the Detention Hearing.

SELECTION AND IMPLEMENTATION HEARING:

Legal Considerations: If an adoptive home is identified, parental rights will be terminated unless adoption would be detrimental to the child.

Time Lines: 120 days from Order Terminating Reunification Services.

POST PERMANENCY PLANNING HEARING:

This hearing determines if progress is being made to find a permanent home for the child and if the case can be dismissed.

Legal Considerations: Agency must continue permanency efforts for the child and assist Non-Minor Dependents with supportive transition services.

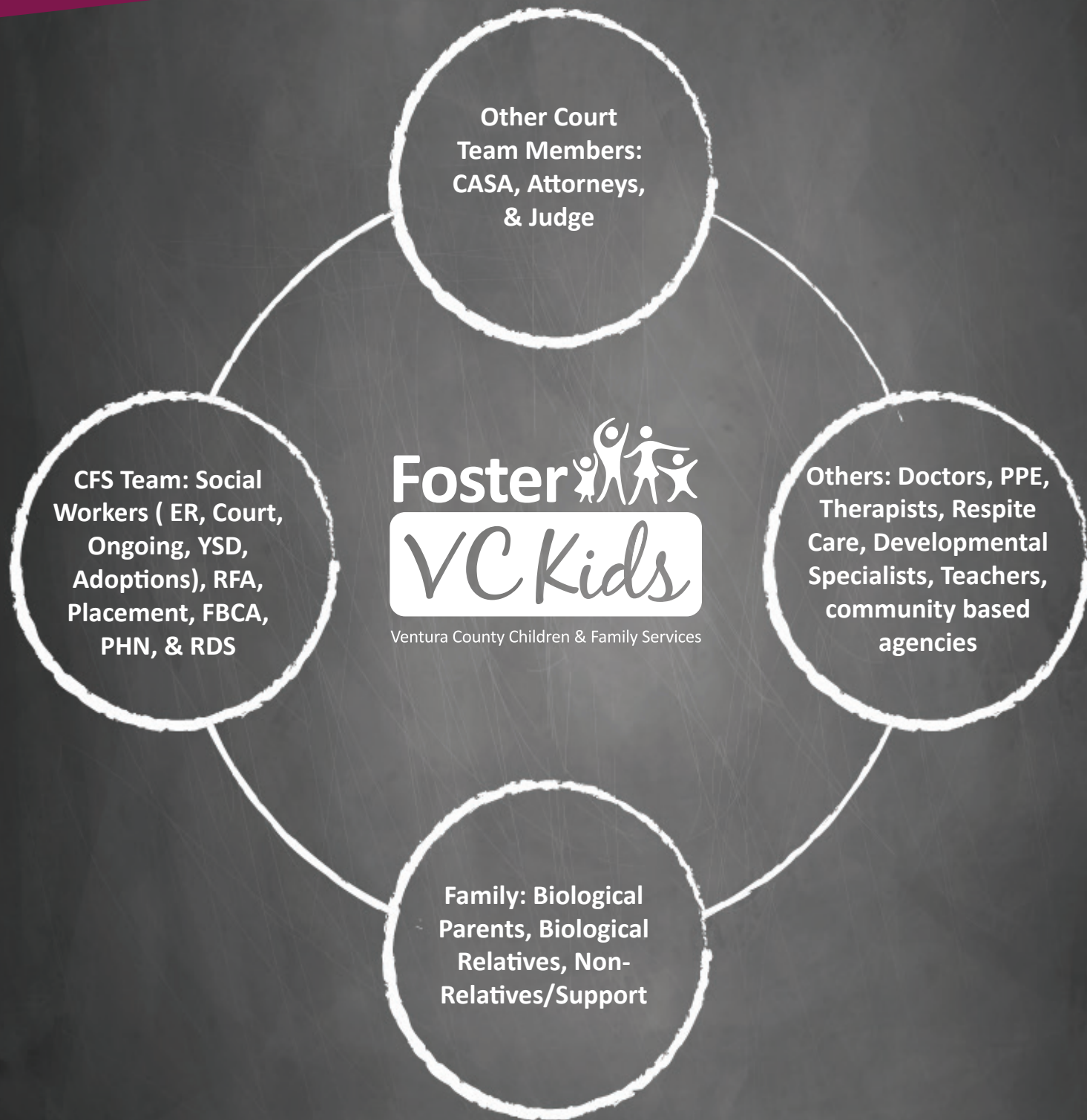
Time Lines: Every six months until case is dismissed.

CALIFORNIA'S FOSTERING CONNECTIONS TO SUCCESS ACT: AB12, AB212

This mandate, originating from Federal legislation, permits youth with placement orders at age 18 to remain in care until age 21 as "Non-Minor Dependents" (NMD) if they meet specific participation criteria.

Adapted from Fresno County Superior Court, Juvenile Dependency Division continuum flowchart
 2nd Revised October 2013 Ventura County

The Foster VC Kids Team





Family

Child. Once the child has been adjudicated, the court has jurisdiction over the child until his 18th birthday and/or until the court releases jurisdiction over the child. Some youth will opt to stay in the foster care system through their 21st birthday for additional support. He has the right to go to court and should always try to attend. He can also speak to the judge by telephone or through a letter. The child may include feelings and information in the Judicial Review Report. Court resources for the child include Hearing Your Voice: A Guide to Your Dependency Court Case.

Biological Parent(s). Biological parents receive services that allow them to work through tasks on their case plan in order to be reunified with their child. They should be involved in the co-parenting of their child and visit their child unless otherwise ordered by the court. In court, they have a right to be represented by or appointed a lawyer. They must be notified about all court hearings and be present at them. Court resources for the parents include A Parent's Guide to Juvenile Dependency Court.

Biological Relatives. The extended birth family of a child in foster care should maintain a relationship with the child as long as it is a safe and healthy relationship. The birth family can be a helpful part of the team by giving family health information and helping keep the child connected to their culture.

Foster VC Kids team

Emergency Response Social Worker. Completes investigation and attends detention hearing. After initial investigation and detention hearing, the case is transferred to the court worker.

Court Social Worker. Completes more in-depth assessment of the family and attends J&D hearing. After this hearing, the case is transferred to an ongoing social worker.

Ongoing Social worker. Conducts ongoing case management for the child, family, and resource family and attends review hearings.

Youth Services Division (YSD) Social Worker. Specialized social workers who work with adolescents and their families to develop independent living skills and support the youth's transition into young adulthood.

Adoptions Social Worker. If reunification was not successful the adoptions social worker case manages the case through the adoption.

Resource Family Approval (RFA) Social Worker. Each home is assigned to a RFA social worker who is the worker that can support a resource family in completing all steps of the approval process and with complying with regulations. RFA workers are also responsible for investigating alleged complaints (violations of RFA written directives) made against an approved home.

Placement Coordinator. CFS has specialized team members who work with our social workers and foster homes to identify the best placement for a child in care. Placement coordinators will be contacting you after you receive your license when there is a need for placement and your home appears to be a match for the child. Resource families always reserve

the right to say to a placement request and should say no if they feel they cannot meet the needs of the child.

Recruitment, Development & Support (RDS). The Foster VC Kids team has RDS specialists who are assigned to Resource Families. RDS will work to get to know you through an in-home welcome visit, will share resource information and provide linkage to relevant support programs, help you navigate the system, and provide support as you continue to develop as a Resource family.

Eligibility. Eligibility workers are team members who can answer questions about your foster care payments, your child's Medi-cal/Gold Coast Health Care Plan card, and other benefits questions.

Field Based Case Aides (FBCA): CFS staff that can assist with family visitation.

Public Health Nurse (PHN): Nursing staff who may be assigned to cases where there are medical or developmentally challenges present. Nurses are also always available to answer your medical questions and assist you in seeking needed care.

Court

Court Appointed Special Advocate (CASA). A CASA is assigned to a child at a court hearing, if the court deems one necessary. The CASA works for the child's best interest in court and is an additional resource for the Resource Families, biological parents and the child.

Attorneys. The parent's attorney provides legal advice and guidance to the parent at every stage of the court process. The child's attorney (Attorney ad Litem) is appointed by the judge to advocate for the child and represents only the child. The



county will also be represented at hearings by County Counsel.

Judge. The judge decides what is in the best interest of the child and how to keep the child safe. After listening to everyone involved in the case and reading the reports, the judge determines if removal is in the best interest of the child, if the case should be adjudicated, if supervision should be terminated and if parental rights should be terminated. The judge approves the case plan and conducts a judicial review every 6 months to review the status of the case plan until permanency is achieved.

Others

Doctors/Therapists/Developmental

Specialists. Their role is to help determine the physical and mental health of a child and help improve or maintain that health and development.

Teachers. Teachers are an important part of the team. Teachers can help with identifying behavior and developmental problems. By having open communication with your child's teachers, you can work together to help the child adjust to their new surroundings. If your foster child struggles in school, their teacher is the best person to link you to the help that they need in a school setting including a request for an IEP (Individualized Education Plan).

Other Community Resources.

This may include: Your Resource family Peer Partner & Educator (PPE) can offer training and education you in your first two years of fostering.

Formal Respite Care through Channel Islands Social Services can offer limited

free babysitting in the resource family home. Kids & Families Together is a local nonprofit agency that offers a range of programs and services to foster, relative, and adoptive caregivers. One of these programs (Support, Education, & Training or SET) can offer you up to 18 weeks of in-home education and training to support you in continuing your growth.

Community Based Agencies/ Other Support Programs includes:

Community-based Agencies, Child Development Resources, Children's Services Auxiliary, Ventura County Foster Parent Association, RaisingHOPE, WIC, local clothing closets, VC Resource family Association Faith in Motion partners, and support groups.

RECOGNIZING Deal Breakers

& Possible Challenges



APPROVAL REQUIREMENTS (check all you will clear)

<input type="checkbox"/> Age	<input type="checkbox"/> Financial Security	<input type="checkbox"/> Background Checks
<input type="checkbox"/> Clean/Safe Home	<input type="checkbox"/> Adequate Space/Privacy	<input type="checkbox"/> Transportation
<input type="checkbox"/> Medical Clearance	<input type="checkbox"/> Motivation/Willingness to to Partner	<input type="checkbox"/> Completion of comprehensive assessment

The following are deal-breakers for me (explain):

SEX, AGE, NUMBER of CHILDREN (check all you would accept)

<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> One Child <input type="checkbox"/> Two Children <input type="checkbox"/> Three Children <input type="checkbox"/> Four or More Children <input type="checkbox"/> Teen Parent with Child <input type="checkbox"/> Siblings
<input type="checkbox"/> 0-2 Years of Age <input type="checkbox"/> 3-5 Years of Age <input type="checkbox"/> 6-8 Years of Age <input type="checkbox"/> 9-11 Years of Age <input type="checkbox"/> 12-15 Years of Age <input type="checkbox"/> 12 or Older	

The following are deal-breakers for me (explain):

HEALTH of CHILD**(Check all you would accept)** No Significant Health Problems Allergies or Asthma (may require treatment) Hyperactivity (may require treatment) Speech Delays (may require treatment) Hearing Problems (may require treatment) Legally Deaf (may require treatment) Orthopedic Disorder (may require treatment) Legally Blind Dental Problems (may require treatment) Mental Health Diagnosis (may require treatment) Seizure Disorder (may require treatment) Traumatized Child (may require treatment) Other Medical Conditions that may require treatment

The following are deal-breakers for me (explain):

EDUCATION of CHILD**(Check all you would accept)** High Achiever Achieving at Grade Level Achieving Below Grade Level Needs Special Education Needs Tutoring in One or More Subjects

The following are deal-breakers for me (explain):

RECOGNIZING

Deal Breakers



CHARACTERISTICS and BEHAVIOR of CHILD

(check all you would accept)

<input type="checkbox"/> Generally Quiet and Shy	<input type="checkbox"/> Generally Outgoing and Noisy	<input type="checkbox"/> Has Emotional Issues Requiring Therapy
<input type="checkbox"/> Has a Tendency to Reject Father Figures	<input type="checkbox"/> Has a Tendency to Reject Mother Figures	<input type="checkbox"/> Tends to Form Mostly Superficial Relationships
<input type="checkbox"/> Has Difficult Making Friends and Relating to Other Children	<input type="checkbox"/> Frequently Wets Bed	<input type="checkbox"/> Frequently Wets During the Day
<input type="checkbox"/> Frequently Soils Him/ Herself	<input type="checkbox"/> Masturbates Frequently and/or Openly	<input type="checkbox"/> Has Poor Social Skills
<input type="checkbox"/> Has a Problem with Lying	<input type="checkbox"/> Has a Problem with Stealing	<input type="checkbox"/> Frequent Physical Altercations with Other Children
<input type="checkbox"/> Tends to Abuse Animals	<input type="checkbox"/> Tends to Be Destructive of Personal Property	<input type="checkbox"/> Frequently Uses Language You Would Consider Inappropriate
<input type="checkbox"/> Has Frequent Temper Tantrums	<input type="checkbox"/> Has Difficulty Accepting and Obeying Rules	<input type="checkbox"/> Has a History of Inappropriate Sexual Behavior
<input type="checkbox"/> Has Sexual Identity and/ or Trans-Gender Issues	<input type="checkbox"/> Has a History of Running Away	<input type="checkbox"/> Has a History of Setting Fires
<input type="checkbox"/> Is Sexually Active		

The following are deal-breakers for me (explain):

FAMILY HISTORY/CULTURE

(check all you would accept)

<input type="checkbox"/> Has Strong Ties to Birth Family	<input type="checkbox"/> Has Strong Ties to Former Foster Family	<input type="checkbox"/> Will Need Continued Contact with Siblings in Adoptive Placement
<input type="checkbox"/> Has Had a Previous Adoption Disruption	<input type="checkbox"/> Has Been Sexually Abused	<input type="checkbox"/> Has Been Physically Abused
<input type="checkbox"/> Has Been Exposed to Promiscuous Behavior	<input type="checkbox"/> Was Conceived as a Result of Rape	<input type="checkbox"/> Was Conceived as a Result of Prostitution
<input type="checkbox"/> One or Both Biological Parents Has Alcohol Addiction	<input type="checkbox"/> One or Both Biological Parents Has Drug Dependency	<input type="checkbox"/> One or Both Biological Parents Has a Criminal Record
<input type="checkbox"/> One or Both Biological Parents Is/Are Mentally Handicapped	<input type="checkbox"/> One or Both Biological Parents Has a Mental Illness	<input type="checkbox"/> Agency Has No Information on One or Both Biological Parents
<input type="checkbox"/> Different Ethnicity Than Your Own	<input type="checkbox"/> Different Language Spoken At Home	<input type="checkbox"/> Different Religious Beliefs Than Your Own

YOUR FEELINGS TOWARD OPENNESS

(check all you would accept)

<input type="checkbox"/> Willing to Meet Biological Parents	<input type="checkbox"/> Willing to Have Contact with Biological Parents through Intermediary	<input type="checkbox"/> Willing to Send Correspondence to Biological Parents
<input type="checkbox"/> Willing to Receive Correspondence from Biological Parents	<input type="checkbox"/> Willing to Have Child Continue Visitation with Siblings	<input type="checkbox"/> Willing to Have Child Continue Visitation with Extended Relatives
<input type="checkbox"/> Willing to Have Continued Visitation with Biological Parents	<input type="checkbox"/> Willing to Receive Demographic Info. about Biological Parents	<input type="checkbox"/> Willing to Distribute Demographic Info. to Biological Parents

The following are deal-breakers for me:

DAY One

Thoughts, Feelings & Actions NOTES



Day One Homework

Before Day Two, please complete the Casey Family Homes Applicant Inventory.

This will be useful for a handful of reasons. Firstly, it will give us an idea of where you are starting in terms of skills related to parenting in the foster care system, working in partnership, and helping your family adjust to fostering. We will complete it again at the end to see how this training has helped you grow in these areas. Secondly, this will help us identify a plan to build on your strengths and support you in continuing to grow and learn as a Resource family. ***Before the end of your first year (but the sooner the better) you will want to complete these 10 tasks to help you understand the system and its resources.***

1. Visit www.fostervckids.org to learn more about Foster VC Kids and to review the event calendar and resource sections.
2. Attend a Networking Group or meet with your Peer Partner & Educator.
3. Research Doctors and Dentists in your area that accept Medi-Cal/Gold Coast Health Care Plan
4. Learn about the Respite Care Program
5. Research Women, Infants and Children (WIC) Nutritional Program
6. Complete in-service training-remember you need 8 hours of annual training!
7. Join iFoster.org
8. Complete the Foster Health Link online training to learn more about the medical database.
9. Visit www.qpicalifornia.org to learn more about QPI and Just In Time Training
10. Create your Self-Care Plan