

Families First

a newsletter for Nebraska Families

N • F • A • P • A

May/June 2008

Inhalants: Dangerous Drugs in Your Own Home

By Gerry Merck, MHDL, PLMHP

They're all over your house. They're in your child's school. In fact, you probably picked some up the last time you went to the grocery store! Most foster parents are in the dark regarding the popularity and dangers of inhalant use. But children are quickly discovering that common household products are inexpensive to obtain, easy to hide and the easiest way to get high.

Although they differ in makeup, nearly all abused inhalants produce short-term effects similar to anesthetics, which act to slow down the body's functions. When inhaled in sufficient concentrations, inhalants can cause intoxication, usually lasting only a few minutes. However, sometimes users extend this effect for several hours by breathing in inhalants repeatedly. Initially, users may feel slightly stimulated. Inhaled chemicals are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. Within seconds of inhalation, the user experiences intoxication along with other effects similar to those produced by alcohol. Alcohol-like effects may include slurred speech, an inability to coordinate movements, euphoria, and dizziness. In addition, users may experience lightheadedness, hallucinations, and delusions.

Repeated inhalations make them feel less inhibited and less in control. If use continues, users can lose consciousness. Chronic abuse of solvents can cause severe, long-term damage to the brain, the liver, and the kidneys. Harmful irreversible effects that may be caused by abuse of specific solvents include:

- Hearing loss: toluene (spray paints, glues, de-waxers) and trichloroethylene (dry-cleaning chemicals, correction fluids)
- Peripheral neuropathies, or limb spasms: hexane (glues, gasoline) and nitrous oxide (whipped cream dispensers, gas cylinders)
- Central nervous system or brain damage: toluene (spray paints, glues, de-waxers)
- Bone marrow damage: benzene (gasoline)
- Liver and kidney damage: toluene-containing substances and chlorinated hydrocarbons (correction fluids, dry-cleaning fluids)
- Blood oxygen depletion: aliphatic nitrites (known on the street as poppers, bold, and rush) and methylene chloride (varnish removers, paint thinners)

Sniffing highly concentrated amounts of the chemicals in solvents or aerosol sprays can directly induce heart failure and death within minutes of a session of repeated inhalations! This syndrome, known as "sudden sniffing death," can result from a single session of inhalant use by an otherwise healthy young person. Sudden sniffing death is particularly associated with the abuse of butane, pro-



pane, and chemicals in aerosols.

According to national surveys, inhaling dangerous products is becoming one of the most widespread problems in the country. It closely rivals marijuana with many young people. Recent statistics tell us that by the time students reach the 8th grade, one in five will have used inhalants.

Knowledge is a foster parents' first line of defense against Inhalant Abuse. It is important to be aware of and recognize the household items that are targeted by inhalant users, and to understand the signs and symptoms of inhalant abuse. It is also important to identify the helping agencies in your area who work with substance abuse and to know what to do in the event of a medical emergency.

There are many resources available to provide information about inhalant and other drug use. Local mental health agencies, NFAPA trainings, community organizations against drug abuse, libraries and drug information web sites are great places to start! Based on SAMHSA's National Survey on Drug Use and Health, Substance abuse is a factor in at least three quarters of all foster care placements, and recent studies indicate high rates of lifetime substance use and substance use disorders for youths in the foster care system. Educate yourself! Find out about inhalants before your children do.

(Come and meet Gerry at the conferences this summer!)

Inside this issue:

- National Foster Care Month .. Page 3**
- Caregiver Information Forms Page 4**
- Car Seat and Seat Belt Laws Page 6**
- Betty Hastings' story Page 8**
- Foster Parent Conference Page 13**

Thank You...

McCook Support Group and Businesses!

The McCook Support group lead by Tracy Hixon held a fund raiser auction for NFAPA and raised \$816!! Thank you for all of your hard work and thank you to the businesses that supported this endeavor!

McCook Businesses: Parker Hannifin, McCook Daily Gazette, Acme Touch Printing, Pizza Hut, Runza, Wendy's USave Pharmacy, Chuckwagon, Frenchman Valley, Wal-Mart, Movie Gallery, Schmick's Market, Sehnerts Bakery, Country Whimsey, Car Quest, John Deere, Aphrodite Hair Design, Fullers Family Restaurant, Country Kitchen, Lawrence and Camilla Orvis, Maxine Stevens, Farrels Pharmacy, Judy Stephen and Sue Ruppert, Tier-One, Hometown Family Radio, KICX/KBRL/K-ROCK/KFNF Radio Station, Green Thumb

Many THANKS to Tracy Hixon and Charlie and Carla Colton for organizing this fund raiser. Thank you to all who attended the auction!

Tracy challenges the rest of you to do the same!

May is National Foster Care Month



By Pamela Allen

with excerpts taken from CWLA America

Every day, some 513,000 children and youth are living in foster care because their own parents can't take care of them. We must address the needs of these children, who need a stable and secure home until they can either return to their parents or establish a lifelong connection to a nurturing adult.

National Foster Care Month in May provides an opportunity for people nationwide to get involved as foster parents, volunteers, mentors, employers, or in other ways. It's also an opportunity to show our appreciation for the dedication of the foster families who care for these children and youth, and the social workers who support them.

Foster Care Month originated in 1988 when the National Foster Parent Association persuaded then-Senator Strom Thurmond to introduce a resolution to proclaim May as National Foster Care Month. The first President Bush issued an annual proclamation during each year of his presidency, providing an impetus for state, county, and city proclamations. The main focus of the early efforts was appreciation and recognition of the tremendous contributions of foster parents nationwide.

The Foster Care Month partnership now comprises 14 national organizations. CWLA invites you to recognize May as National Foster Care Month. Join us in making this a time to recognize and celebrate those who make a difference in the lives of children in the foster care system.

NFAPA wishes to thank all Foster Parents for all you are doing to help children that for one reason or another, cannot live with their birth parents. Those of us who foster know the joys and heartbreaks that accompany these children as we help them grieve their loss and slowly begin to heal. Again, thank you for all you are doing. Thank you for not being afraid to reach out to hurting children and their families. Thank you for making a difference in the life of a child.

As part of National Foster Care Month in Nebraska, Governor Heineman signed a Proclamation recognizing May as National Foster Care Month on May 7.

Nebraska Foster & Adoptive Parent Association

Families First

a newsletter for Nebraska Families

N F A P A

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Health and Human Services Policy Corner

By Pamela Allen

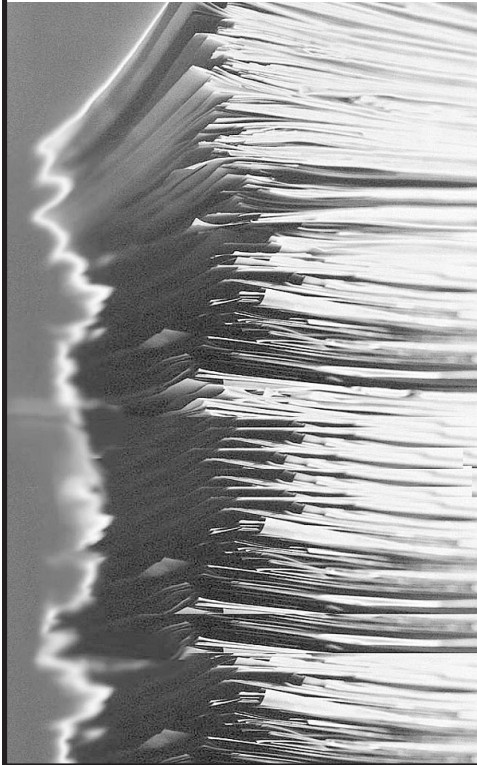
As summer is upon us and families are putting vacation plans in place, it is important to know HHS policy on traveling with state wards. Anytime you are planning on traveling with a state ward, it is important to notify the caseworker, make sure you take Medicaid cards and placement papers with you!

11-002.01V TRAVEL

When a child in out-of-home placement will be leaving the State of Nebraska for more than 72 hours, the parent(s), will be notified of the child's travel plans before departure. If the child will be leaving the State of Nebraska for a substantial period of time, the court or guardian ad litem will be notified of the child's travel plans before the child's departure. If the parent(s) disapproves and the worker supports the travel plans, the worker will contact the guardian ad litem for legal resolution.

All travel will be supervised by the foster parent or responsible adult if travel is a part of an approved activity. The worker will have access to an itinerary of the child's travel including a means of contacting for emergencies, if at all possible.

Juvenile offenders will not leave the state of their residence without written permission of the worker. Juvenile offenders need parental permission to leave the county of their residence.



Attention Foster Parents!

Receive in-service training credit for reading this newsletter! Now you can enjoy reading *Families First* and receive in-service training credit that can apply toward your re-licensure as a foster parent. This in-service training has been approved by HHS. Simply read this issue, write down the answers to the questions below, and mail your answers to your licensing worker (i.e., Resource Development worker). If your answers are satisfactory, you will receive 30 minutes of credit toward your in-service training requirement. If you have questions, contact NFAPA at 877-257-0176 or 402-476-2273.

Questions for in-service training quiz • May/June 2008

1. What ages of children do you have in your home, and what are the seat belt requirements for those children?
2. If you have an after-hour emergency, who do you contact?
3. If you are traveling out of state, you need to contact your caseworker. T__F__
4. It is not important for foster parents to attend court hearings. T__F__
5. If you do not receive a CareGiver Information form in the mail, where can you find one?
6. What is the purpose of NFAPA?
7. Who is a FOCUS Mentor in your area?
8. Where can you meet Betty Hastings?
9. May is National Child Abuse Month. T__F__
10. Is there an in-service training scheduled in your area this summer? If so, what is it, where is it and when is it?
11. What are Inhalants and where can you find out more information on them?

NFAPA DONATIONS



Help NFAPA support and train Foster Parents. General donations are gratefully accepted and tax deductible. Please make checks payable to NFAPA and mail them to 315 South 9th Street, Suite 10, Lincoln, NE 68508.

Caregiver Information Forms: Why Your Participation is Needed

By Kelli Hauptman, Staff Attorney,
Through the Eyes of the Child Initiative

Last year, the Nebraska Legislature approved legislation requiring juvenile courts to provide a caregiver information form to all foster parents and other caregivers who must get notice of dispositional review hearings. The statute, N.R.S. 43-1314.02, became law on September 1, 2007. The purpose of the statute is to encourage courts to obtain information from the caregiver about the child's well-being. Therefore, among other information, the caregiver form attempts to elicit:

- the length of time the child has been in the caregiver's care
- the child's medical, emotional and education status and/or needs
- the child's social skills and peer relationships
- the child's responses to visitation with the parents
- whether the child is receiving all necessary or ordered services
- the known contact the child has had with the caseworker and/or the guardian ad litem, and
- the current wishes of the caregiver to offer a permanent placement for the child

Under federal law and Nebraska law (see N.R.S. 43-1314), foster parents and caregivers have the "right of participation in all court reviews pertaining to a child in a foster care placement." Therefore, caregivers have the right to attend review hearings and "the court may inquire into the well-being of the foster child by asking questions" of the caregiver. See N.R.S. 43-1314. However, often times, the court does not address the caregivers during the hearing and the parties do not call the caregivers as witnesses. Therefore, although caregivers have the right to participate, that right is usually reduced to attendance alone. Furthermore, the thought of testifying in a crowded courtroom can often deter caregivers from requesting to participate.

The caregiver information form was created to address these issues. According to the statute, "the court shall provide a caregiver information form" to all caregivers when giving notice of the hearing. Therefore, courts have the affirmative duty to make the caregiver form accessible to the caregiver. Many courts have satisfied this duty by sending the caregiver forms in conjunction with notice of the hearing. Other courts are sending letters to the caregivers notifying them of the avail-

ability of the caregiver form on the Nebraska Supreme Court website. Most recently, the Project Chair of the Through the Eyes of the Child Initiative, Judge Larry Gendler, sent a letter to every caregiver in Nebraska notifying them of their right to complete and submit a caregiver form to the court.

Although this practice is still in its beginning stages, many judges have praised the quality of the content of the completed caregiver forms. One judge noted that in one case a substantial amount of information about the well-being of the child was brought forth that hadn't been before. Some judges across the state have seen a large increase in the number of caregivers participating in the case from either submitting a caregiver form or attending the hearing. Other courts are still in the process of developing a method to consistently provide notice of the hearing and the caregiver form to the caregiver. However, some judges have been regularly sending the caregiver form to caregivers and yet have received little to no response.

If you have received a caregiver form from your local court, I would encourage you to complete and return it to the court. The information you provide may be useful in the judge's or the parties' decision-making. I would also encourage you to attend the review hearings. The county attorney or another party may want to ask questions or elucidate more information

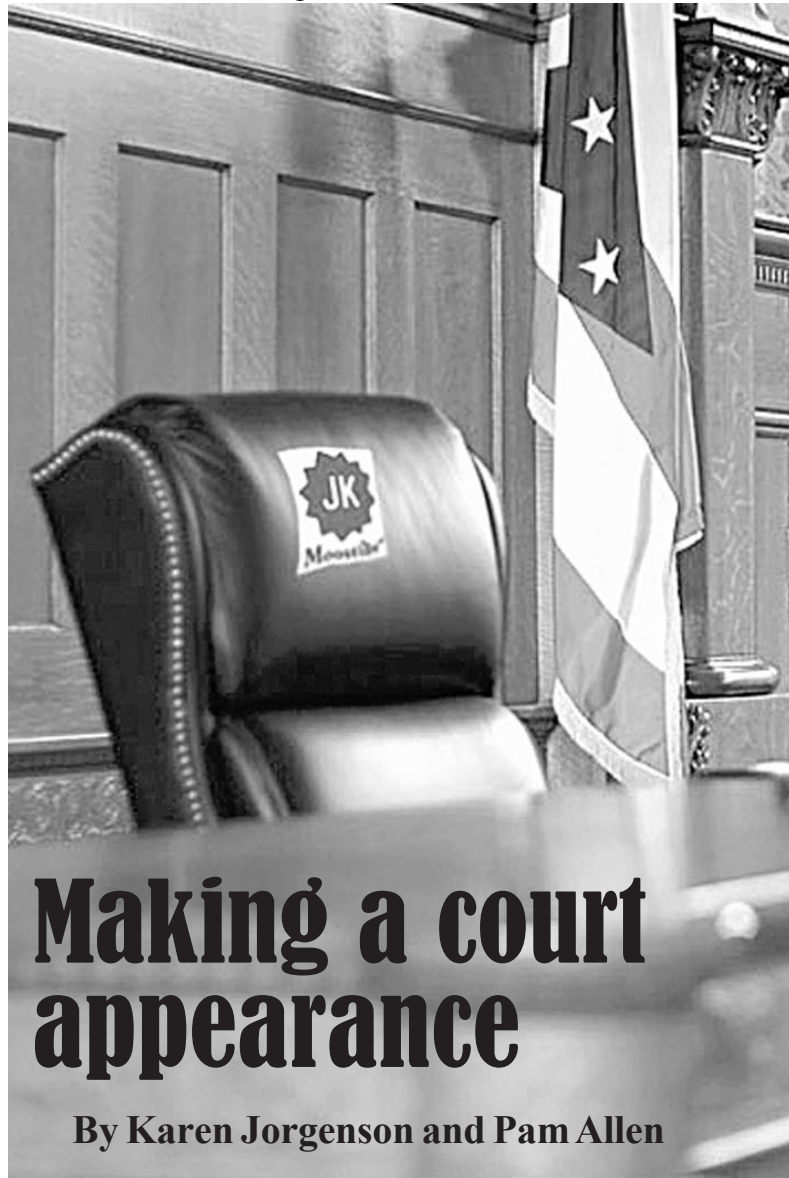
about the content you provided in the caregiver form.

The focus of abuse/neglect court proceedings, from beginning to end, is on the well-being and best interests of the child. Often times, caregivers are in the best place to provide information that establishes what is best for the child. The caregiver information forms are intended to be a simple, useful method to provide this information every time the child's case is reviewed by the court.

Please consider completing a caregiver information form and submitting it to the court before every review hearing. You may be making an even greater difference in improving the life of the child under your care.

For more information, contact Kelli Hauptman at khauptman2@unlnotes.unl.edu or 402-472-3927. To access the Caregiver Information Form, go to supremecourt.ne.gov/forms/juvenile/JC-caregiver-form.pdf. The completed form should be sent to the court with jurisdiction of the juvenile case.





Making a court appearance

By Karen Jorgenson and Pam Allen

Many foster parents will find themselves in a courtroom for an official hearing at some time. Incredibly, most court hearings often last less than 10 minutes. With such little time before a judge, it is critical for foster parents to be properly prepared and ready to state their position before entering the courtroom.

Helpful information for the court includes visits between the foster child and the child's parents or other family members such as:

- Dates of visits
- A brief, factual description of the child's behavior before and after the visits. Carefully describe only the child's behavior or appearance unless a child welfare agency has specified supervision of birth-parent visits as part of your role as a foster parent. In that care, follow the instructions of the child welfare agency on reporting child and birth parent interaction. In general, foster parents should not comment on the *reason* for a child's behavior or appearance.
- A brief description of any arrangements for sibling visitation.
- Dates of contacts between the child and the child's parents or other family members including telephone calls, letters or email.

In general, foster parents should focus on providing first-hand, factual information and not offer opinions about other people involved. For example, offering opinions about the case worker, the child's birth parents or the attorneys. For that reason, the *Caregiver Information Form* is to be mailed to foster families along with the notification of court hearing.

A Letter from the Executive Director

By Pamela Allen

Well, we are in the "home-stretch" as far as the school year goes and looking forward to summer. Summer can mean anything from summer school, swim lessons and ball to summer vacations. Whatever it means for you, it most definitely means finding things to keep the children busy!

For my family and the staff at NFAPA, summer is filled with conference planning and attending them as well! I would encourage all of you to take a weekend to attend one of the three conferences. This is a great way to get your in-service training hours, network with other foster parents from across the state and (if you really leave the children in respite) have a wonderful weekend with just the two of you! We all know that as foster parents we have a hard time finding that "alone time"! We get many calls from foster parents just as their licensing comes up for renewal that need all of their hours for re-licensing. I would encourage you not to let that happen to you! Conferences are a great way to get all of your 12 yearly hours that are required to maintain your license.

I will be at all of the conferences, and I look forward to seeing all of you at one of them!

Nebraska Car Seat and Seat Belt Laws

	Age of Child																		
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Car Seat Restraint	Required							Not Necessary											
Seat Belt Restraint	Not Permissible							Permissible											Req.'d
Front Seat Allowance	Not Recommended*											Permissible							
Booster Seat Law	N/A			Strongly Suggested**					Not Necessary										

* Rear facing seats should never be used in the front seat if the vehicle contains an active passenger-side airbag. Although not mandated, the safest place for your child of any age is in the back seat of the vehicle.

** Independent of regulations, children between the ages of 4 and 8, or weighing under 80 lbs, should sit in a booster seat.

What do these tables mean?

Required: This is an explicit State requirement. **Permissible:** State law won't stop you, but use your judgment; this may not be the best choice. **Permissible/Required:** You're allowed to use this, but there are other factors you should consider. See the hints below for more. **Optional:** Not a requirement, but you might want to use it anyway. **Not Permissible:** Sorry, no can do. State law says it's not allowed. **Not Necessary:** State law doesn't say you need it. **Not Recommended:** State law doesn't say no, but we do - and so does NHTSA. **Strongly Suggested:** State law doesn't say you have to, but we think you should - and so does NHTSA. **RF:** Requires a rear-facing infant seat or convertible child seat. **FF:** Requires a front-facing child seat or convertible child seat. **BP:** Requires a belt positioning seat that allows an adult seat belt to properly secure your child. **Booster:** Requires a booster seat.

NOTE: Some sections have age, weight, or height guidelines as well; for example, "Required (>57in Only)" means that you need this restraint only for children more than 57 inches in height, and "Not Necessary (Except <57in)" means that you don't need this restraint except if your child is less than 57 inches in height. These tables are intended as guidelines. They are a quick reference to help you get an idea of what you might need. We're not the authority, though, so

this may not be the whole story.

Here are some things you can do to make sure you've got it straight:

- If you want more information, you can always check out www.nhtsa.gov or www.highwaysafety.org. These are great resources for everything related to car safety.

- If you're unclear on anything at all, or if you want to be sure you get all the details, you can also contact your state legislature here.

- There are some "common sense" guidelines that you should consider as well, such as never using an infant seat in the front passenger seat when there's a working front airbag. If in doubt, put your child in the rear seat and use a child restraint or booster until your child has definitely grown out of them. It can't hurt.

- One of the best things you can do is to contact the car seat manufacturer of your choice, or flip through your car seat's manual. The seat manufacturers are very interested in keeping your child as safe as possible, so they will always have good suggestions about what kind of seat to use and when. If you prefer to get your advice in live one-on-one conversation, you can visit a car seat inspection station and talk to an NHTSA-certified technician.



KITS FOR KIDS BAGS

IF YOU HAVE NEW CHILDREN COMING INTO YOUR HOME, PLEASE CALL THE OFFICE FOR A KITS FOR KIDS BAG TO BE DELIVERED FOR YOUR CHILD.

877-257-0176

Recipe for a Healthy Child

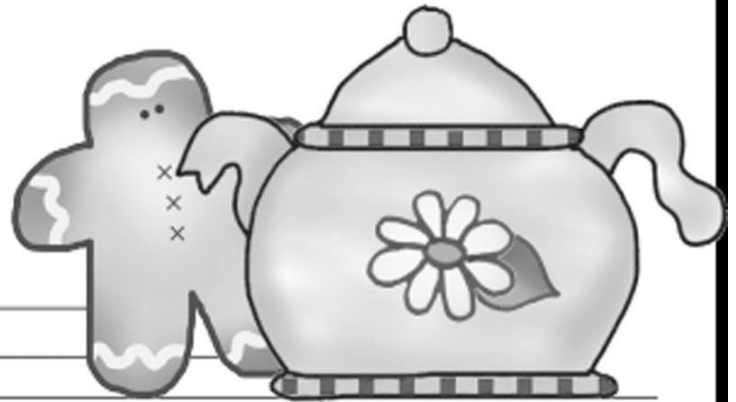
Taken from: *Raising Kids Without Raising Cane*

Basic Ingredients:

1. At least one loving adult whose needs are differentiated from the child's and who puts the child's needs first.
2. Information given liberally so that the child always knows what's going on and what's expected.
3. Feedback given liberally, like a signpost, to keep the child on the right track.
4. Consequences to help the child learn right from wrong, good from bad, the meaning of "no," and respect for one another.
5. Negotiation as a way out of conflicts when it is reasonable for both adult and child to be winners.
6. A clean and safe environment extending from one's home to the community and to the world.
7. Food, water, shelter, clothing, education and freedom from harm.
8. A chance to be special, a zillion times a year.

Directions

Take all the basic ingredients and blend them in equal and generous amounts (like chocolate chip cookies - more is better). Bake in a home warmed by caring and sharing. During the baking process, demonstrate all aspects of appropriate values. Treat each other well. Play with one another. Let your child participate in doing good deeds with you. Be prepared to stand back as the child rises. (You don't want to stifle rising children or they can fall flat. Also you don't want to open



the door too quickly, before they are set to stand on their own. It's important to get it just right.)

If you follow this recipe as closely as you can, you will find that there is room for mistakes because when you use good ingredients the mix develops some forgiveness. (This is a secret ingredient that develops out of the combination effect of the other ingredients.)

When is it cooked?

The really neat thing about this recipe is that a child is always cooked, even when they continue to rise. You can enjoy your child anytime you take the time. Bon Appetit!

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Families
 Offering
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Kin-nect Support

1-888-848-4kin
 (4546)

The Kin-nect Family Support Line is a statewide, toll-free line for kinship caregivers. The Kin-nect Family Support Line provides kinship caregivers with emotional support, information and referrals for training, support groups and other agencies working with grandparents and other relatives. The line is available seven days a week, 24 hours a day.

The Kin-nect Family Support Line is a service of the Nebraska Foster and Adoptive Parent Association. Further information can be found at our website www.nfapa.org or by calling 1 888-848-4kin.



DO YOU HAVE EXTRA "STUFF"?

Often times, when we have children that come into our homes, they come with not much more than the clothes they are wearing. NFAPA has a group of Resource Parents in Lincoln that are storing things such as clothing, car seats, toys, etc. for children in foster care. If you are in the Lincoln area and have items you would like to donate, or if you are a Resource Parent who has children who need items, please call the office and we will get you connected!

476-2273



Getting to know Betty

One woman's winding path to foster care

"Never do I want anything to do with foster care!" This is what Betty Hastings grew up feeling and saying not realizing what the future held for her, and today has proven to have been almost her entire life commitment and involvement.

Betty, at the age of 15, along with her 12-year-old brother was placed in foster care due to the death of her mom and no other relative resource available. With the mysteries of foster care issues, new placements and an insecure future, Betty was able to graduate from Baton Rouge High School in Baton Rouge, Louisiana. She immediately married her high school sweetheart and returned to her home in Tennessee, where her husband attended college and pastored churches until his death, leaving Betty and their three biological children.

Later, Betty remarried and was employed in the County Judge's office in her hometown, Paris, Tennessee. What a shock for her to learn that the County Judge was also the Juvenile Judge and this began a new direction for Betty. The memory of her personal experience with foster care placement was renewed on that day that two little boys were left in the Judge's office, needing a home and placement "just for the weekend," the Judge assured her. Sure, for the weekend! We, as foster parents, know where that can lead to.

But, Betty and her husband along with their four children invited the two boys into their home and thus became involved with emergency juvenile court placements and later they were approved as foster parents for the state of Tennessee. Through their homes, more than 350 children have found temporary placement and two boys were adopted by the Hastings. One of the boys, having been in their home for seven years, was adopted the month before Mr. Hastings died of that dreaded disease, cancer.

Betty's beginning as a foster child has been an invaluable tool for her as she has fostered, spoken to, and worked with

various agencies. She has served in many related areas of foster care, in local, state, and national associations. She worked for five years for the University of Tennessee training foster parents and state workers. She has served as president of local associations, her state association and various positions with the National Foster Parent Association including chair of all the nation's state presidents.

Writing and presenting workshops on needed topics for foster parents who are often struggling with issues relating to children placed in their homes while also helping parents meet the requirement needs for training hours has been a challenge and passion for Betty.

One of the most rewarding and exciting areas for her has been speaking in various state foster parent associations across our nation. She has planned for the year 2008, conferences in Georgia, Nebraska, Nevada, and Missouri as the keynote speaker as well as presenting workshops. Some of the most requested that she's does are: Allegations, Helping Parents to Understand and Survive, Fostering the Teen, I Can Handle it, Working with Birth Parents, Advocating for Children in your home, Dealing with Lying and Stealing in Fostering, and the latest workshop, Dealing with Attachment Disorders in Foster Children.

Now, we can certainly say without question that Betty may not have wanted to have anything to do with foster care, but apparently that was not in God's plan and direction for her life. She says she's like the energized bunny, she'll just keep on going and going and going as long as she has the energy, the health and the opportunity to share her knowledge and speak to others about the importance of being a foster parent and of benefit and help for that child in care.

Betty will be presenting at conferences this summer. She is a small bundle of energy with an enormous amount of experience to share!



Betty Hastings

University of Phoenix First Chance Scholarship!

Through a partnership with University of Phoenix and the National Foster Parent Association, NFPA will be provided with 50 full tuition scholarships redeemable at University of Phoenix for youth in foster care affiliated with NFPA. Recipients may choose any campus they want to attend, including online. The program will be administered under the First Chance Scholarship umbrella, with two application periods per year. The first 25 scholarships will be awarded on July 31, 2008.

For more information and application form, please contact the NFAPA office.



In-Service Training

Licensed Nebraska foster parents are required to have a minimum of 12 in-service training hours per year to maintain their license. While attending these in-service trainings, foster parents receive valuable insight, information and advice on dealing with the day-to-day challenges they face.

Registration is required to attend the three-hour Court 101 workshop and/or six-hour Families Helping Families.

Court 101 Workshop Schedule

Nebraska City - May 29, 6:00 p.m.-9:00 p.m., Morton James Public Library, 923 1st Corso, Nebraska City, NE

Norfolk - June 17, 6:00 p.m.-9:00 p.m., Norfolk Community College ESU Suite, 801 W. Benjamin Ave., Norfolk, NE

Kearney - July 29, 6:00 p.m.-9:00 p.m., First United Methodist Church, 4500 Linden Dr., Kearney, NE

McCook - August 18, 6:00 p.m.-9:00 p.m., Country Kitchen, 606 W. B St., McCook, NE

“Families Helping Families”
The Resource Parents’ Role
Family Centered Practice
Six hours in-service training

Family Centered Practice represents a way of working with people that values people and families. Nebraska Health and Human Services System is committed to providing services that are built on this foundation. Family Centered Practice is based on a core set of values, beliefs and principles that recognize that families can contribute to all aspects of services through their active participation. This workshop provides resource parents an overview of Family Centered Practice and enhances their ability to understand and support birth families, which can lead to speedier resolution of family difficulties and more timely permanence for children.

TRAINERS: Pam Allen, NFAPA Executive Director and Barb Nissen, NFAPA Central/Northern Resource Family Consultant

Families Helping Families Schedule

Plattsmouth - May 31, 9:00 a.m.-4:00 p.m., Plattsmouth State Bank, 446 Main Street, Plattsmouth, NE

Aurora - June 2 and 3, 6:00 p.m.-9:00 p.m., United Methodist Church, 1104 A St., Aurora, NE

Lexington - July 20, 3:00 p.m.-9:00 p.m., St Patrick’s Church basement, 303 E. 6th St., Lexington, NE

Omaha - August 2

Bridgeport - August 9, 9:00 a.m.-4:00 p.m., Prairie Wind Community Center, 428 Main Street, Bridgeport, NE

EMERGENCY CONTACT INFORMATION

By Pamela Allen

It is important for Foster Parents to know who to call in an emergency situation. During an emergency is not the time to be leafing through phone book pages or files to try and find a number of someone to help. Each service area throughout the state has its own protocol for emergency situations. Please find a list of numbers below, get the numbers you need and place them in a prominent place by your phone for easy access.

Western Service Area Contact Numbers

The law enforcement office will contact the on-call worker to assist.

Cheyenne County Sheriff - 308-254-2922

Sidney Police Dept. - 308-254-5515

Deuel County Sheriff - 308-874-3305

Ogallala police and Sheriff Communications - 308-284-2011

Perkins Co. Sheriff - 308-352-4564 or 308-352-4756

Arthur Co. Sheriff - 308-764-2225 or 308-764-2258

Grant Co. Sheriff - 308-458-2396

Sheridan County can call the Sheridan County Sheriff’s office at (308) 327-2161.

Dawes County can call the Dawes County Sheriff’s office at (308) 432-3025 or the Chadron Police Department at (308) 432-0510.

Box Butte County can call the Box Butte County Sheriff’s office at (308) 762-6464 or the Alliance Police Department at (308) 762-4955.

Morrill County can call the Morrill County Sheriff’s office at (308) 262-0408.

Garden County can call the Garden County Sheriff’s office at (308) 772-3540.

Communication Center # for Scotts Bluff County is (308) 436-5880.

Southeastern and Eastern Service Area Contact Numbers

Child Abuse and Neglect Hotline at 1-800-652-1999. This number will be answered and information gathered, then an appropriate on-call worker will be notified.

Northern Service Area Contact Numbers

For Platte, Colfax and Boone counties, the call should be made to the Columbus Police Department - 402-564-3201. Ask to have the on-call person paged, giving the number they are to call.

For Madison, Stanton, Wayne and Pierce counties, contact Pager # 402-644-3855.

For all other counties in the Northern Service area, the local law enforcement dept. should be contacted. Ask to have the on-call person paged, giving the number they are to call. Law enforcement has the updated schedules and knows to call either the pager or cell phone of the staff person on call.

Central Service Area Contact Numbers

Protocol is to contact law enforcement who will then page the worker. Law enforcement may be reached at: (308) 385-5404.

Jana Peterson may also be reached at: (308) 390-9384.

Yolanda Nuncio may be reached at: (308) 390-8218.

Mentoring benefits families and children

NFAPA's mentoring program is unique because it offers two types of mentoring processes: 1) situational mentoring is when families contact a trained mentor to assist with information, guidance and direction when faced with a particular situation, and 2) facilitated mentoring through plan development, expectations of mentors and overall evaluation of mentors.

The program is based on developing, supporting and strengthening families both in short- and long-term. Families who care for children in out-of-home care are a necessary and indispensable part of the human service system. Children in need can benefit from the hope and experience resource parents have to offer them. It is with that same hope and experience that these parents need in order to cope with the daily challenges of parenting.

By contacting an **NFAPA Mentor**, families can:

- Learn to advocate for children and foster care/ adoption services in a positive manner
- Develop an understanding of laws, policies, court, and all aspects of the child welfare system
- Assist families in locating community resources
- Offer information to families as requested
- Offer a listening ear when it seems that no one else wants to hear

All calls to an **NFAPA Mentor** are kept confidential by the Mentor and **NFAPA** through a confidentiality agreement. By contacting **NFAPA Mentors**, families have an opportunity to be heard and to share their viewpoints and perspectives of the child welfare system in a non-threatening manner. By sharing with a Mentor, you are providing **NFAPA** with valuable information so that we can advocate for improved services for children and families.

All **NFAPA Mentors** are foster and/or adoptive parents and receive initial training as well as continued training hours. *If you have fostered for at least three years and would be interested in finding out how to become a FOCUS Mentor, please call us at 1-877-257-0176.*

GREAT OPPORTUNITY FOR LINCOLN YOUTH

If you know a youth who has emotional, behavioral, and/or mental health issues, please share this information with them. The group is being developed by the youth and is youth led with adult supervision. The groups will focus on education, support, socialization and leadership skills.

"TAKING CHARGE"

Youth Group: Ages 12 – 18

Meeting each 1st and 3rd Thursday of the month

For more information and location (locations change each month), please call 402-441-4369. This opportunity is being offered by *Families Inspiring Families*.

NFAPA Mentor Listing

Name	Phone	City
Allen, Pamela & Randy	402-694-6700	Aurora
Alston, Pamela	402-813-0988	Omaha
Anderson, Kim & Joe	308-384-3876	Grand Island
Beringer, Elaine	402-539-2595	Octavia
Blume, Robbi & Norm	402-370-1344	Valentine
Braun, Barb	308-832-1167	Minden
Cass, Vickie	402-334-6286	Omaha
Chramosta, Julie	308-468-6456	Gibbon
Colton, Carla & Charles	308-882-4078	Imperial
Cramer, Rhonda	402-223-2511	Beatrice
Campbell, Basil & Pam	712-301-3379	South Sioux City
Essau, Leigh & Pat	402-617-0667	Lincoln
Evans, Diane	402-968-6041	Omaha
Friesen, Marcia	402-932-6754	Benedict
Ganitch, Sue & Jim	308-436-4249	Gering
Gassman, Tom	402-362-6166	York
Graeve, Theresa	402-397-7205	Omaha
Hageman, Wendy	308-532-0263	North Platte
Hall, Myona	308-635-3450	Scottsbluff
Harris, Deb & Gerald	402-614-3544	Omaha
Hazen, Deb	308-367-8765	Curtis
Herley, Melissa	402-485-2556	Clearwater
Hixon, Tracy	308-345-3030	McCook
Hohman, Joyce & Rick	402-334-3355	Omaha
Jensen, Marie	402-523-4785	Goehner
Jones, Chasity	402-362-6166	York
Kaupe, Shelly	402-332-3697	Omaha
Koubek, Tory	308-534-2560	North Platte
Lange, Robin	308-362-2235	Maywood
Lawson, Donna	308-872-6839	Broken Bow
Nissen, Barb	402-694-3098	Aurora
Pankonin, Dianne	308-352-4573	Grant
Patterson, Glendora	402-431-1422	Omaha
Phillips, Lachelle	402-453-9380	Omaha
Rehbein, Leila	402-682-0905	Omaha
Rice, Pat & Bob	402-296-2621	Plattsmouth
Rogers, Felicia	402-932-4011	Omaha
Ross, Rose	308-926-2222	Omaha
Sheeheen, Lori	402-535-2850	Seward
Taylor, Shelly	402-223-1464	Holmesville
Thorpe, Patricia	308-425-3237	Franklin
Uhland, Connie	308-641-2999	Scottsbluff
Walker, Lisa Ann	402-709-0160	Omaha
Welchel, Laura	308-673-5786	Harrisburg
Welker, Tammy	402-659-4569	Gretna
Wilwerding, Sandy	402-334-7251	Omaha
Whitcomb, Gloria	402-457-5896	Omaha
White, Cathy & Dan	402-274-5533	Auburn
Widener, Lori	308-235-3911	Kimball
Wiedel, Lynne & Jerry	402-768-6803	Belvidere
Wiese, LuAnn	308-732-3478	Mason City
Williamson, Michelle	308-381-2896	Scottsbluff
Wilson, Colleen	308-423-2191	Parks
Wilwerding, Sandra	402-334-7251	Omaha
Young, DeAmbra	402-926-4941	Omaha

SCHOLARSHIP AVAILABLE

The Orphan Foundation of America, which administers the Casey Family Scholars program, is now accepting applications for scholarships for the 2008-2009 academic year. Scholarships up to \$10,000 per year are available to eligible former foster youth who are pursuing postsecondary education. More information, including application instructions, is available online at:

<https://scholarships.orphan.org/index.shtml>



Turn everyday purchases into Cash for NFAPA!

NFAPA has a new program called Simplified SCRIP! It is a gift card program where hundreds of merchants donate money to our organization all year long.

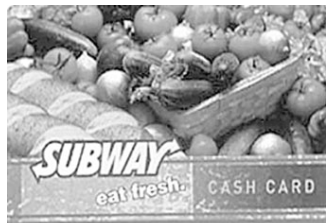
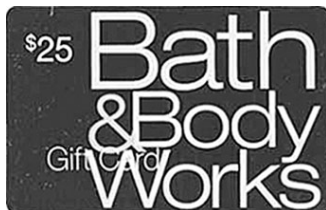
Order gift cards to use for your everyday purchases such as gas, groceries, clothing, or dining out at the businesses you already patronize and our group receives a donation with each gift card purchase from the merchant!

The gift card merchants make the donation and you still spend the *full value* of the gift cards, just like cash!

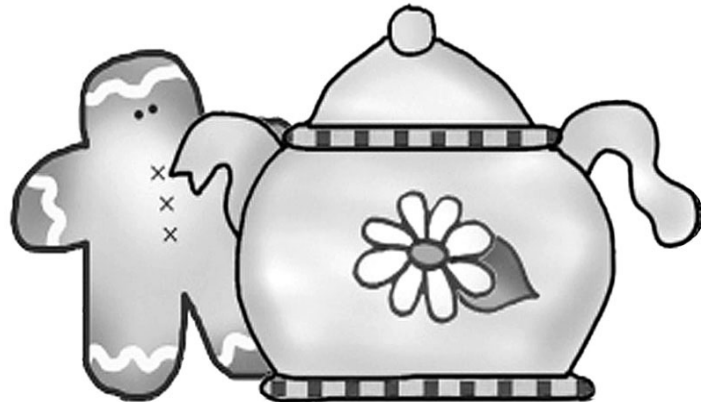
- These are the same gift cards you buy in the store, but when purchased through Simplified SCRIP, NFAPA receives a donation from the merchant.
- Gift cards are delivered directly to your home in about seven business days.
- Order anytime; there are no deadlines!
- Monthly promotions are offered.
- There are hundreds of gift cards to choose from.
- Friends and families can participate too.
- This program works all year long, even in the summer.
- Purchase your gift cards today... Easy ordering anytime!

Four Ways to Order:

- 1) Order online at www.simplifiedscrip.com.
- 2) Order by mail: Complete the form on the back and mail in with your check.
- 3) Auto-Order: Sign up for Auto-Order Subscription Service.
- 4) Call in orders: 1-800-514-1891.



Una receta para el niño sano



Ingredientes básicos

1. Por lo menos un adulto cariñoso cuyas necesidades se diferencian de los del niño y que pone las necesidades del niño arriba de sus propias necesidades.
2. La información que se da liberalmente así que el niño siempre sabe lo que está pasando y lo que se espera.
3. Reacción que se da liberalmente, como una señal, para mantener al niño en el camino correcto.
4. Consecuencias para ayudar al niño a aprender de ser justo contra la injusticia, el bueno del malo, el significado de "no," y el respeto de otros.
5. Negociación como una forma de resolver de conflictos cuando es razonable para ambos adultos y niños a ser los ganadores.
6. Un ambiente limpio y seguro que se extiende de su hogar a la comunidad y al mundo.
7. Comida, agua, refugio, ropa, educación y libertad de daño.
8. Una oportunidad de ser especial, tropecientos veces por año.

Instrucciones

Tome todos los ingredientes básicos y los mezcle en las cantidades iguales y generosas (como galletas de chispas de chocolate - más es mejor). Cocine en un hogar calentado por cuidar y intercambiar. Durante el proceso de cocinar, demuestre todos los aspectos de los valores adecuados. Trate los otros bien. Juegue con uno al otro. Permita que su niño participe en hacer buenas obras con usted. Sea preparado para retroceder como el niño se levanta. (Usted no quiere suprimir los niños que se suben o pueden caer. Además usted no quiere abrir la puerta demasiado rápida, antes de que son preparados ser en sus propios medios. Es importante que es atinada.)

Si siga esta receta tan de cerca como usted puede, usted encontrará que hay espacio para cometer errores porque cuando se utiliza ingredientes buenos, la mezcla desarrolla algún perdón. (Este es un ingrediente secreto que se desarrolla del efecto combinado de los otros componentes.)

¿Cuándo es cocinado?

La cosa interesante sobre esta receta es que un niño es siempre cocinado, aun cuando siguen subir. Puede disfrutar de su hijo en cualquier momento que usted tome el tiempo. ¡Buen Provecho!

NFAPA—Your Organization

By Pamela Allen

The Nebraska Foster and Adoptive Parent Association (NFAPA) began eight years ago as a *paid* membership organization. As NFAPA has grown, we believe that *all* foster/adoptive families are members of NFAPA and no membership dues are required. NFAPA offers mentoring, support and training across the state to assist those who are opening their hearts and homes to hurting children. The goal of healing children and families who come apart so that they may come back together is not always an easy one to achieve. NFAPA is here to help.

What NFAPA offers:

Conferences and Trainings

NFAPA provides conferences and in-service training throughout the year for resource parents. Three resource parent conferences are typically scheduled during the summer months and an adoption conference in November. We also hold a mini-conference in the early spring in western Nebraska. In addition, NFAPA schedules regional in-service training workshops throughout Nebraska.

Newsletter

With a distribution of 4,000 per issue, the *Families First* newsletter is a great source of information for resource parents as well as anyone interested in child welfare topics.

Mentoring

NFAPA created a mentoring program titled FOCUS Mentoring (Families Offering Care Understanding & Support) to support resource families. Experienced resource parents are available to call upon for information and support. A listing of the mentors can be found on the NFAPA website.

Publications

NFAPA has developed four publications with important information for resource parents. If you are interested in receiving one of the publications, please contact the NFAPA



office.

- Adoption: A Guide for Nebraska Foster and Adoptive Families
- Foster Parent Handbook
- Child Abuse and Neglect Out-of-Home Setting Assessment Guide
- Record Keeping Guidebook for Resource Parents \$5

Kits for Kids

This program provides a bag filled with items of comfort to children entering the foster care system. Items can include a blanket, stuffed toy, personal hygiene items, crayons and coloring books, gift certificates to purchase socks, pajamas, or clothing, and a camera to take pictures for their memory books.

Support Group Technical Assistance

NFAPA provides technical assistance for persons interested in organizing a support group in their area or rejuvenating their current support group. These groups provide in-service training and peer-to-peer support for resource families.

Recruitment

NFAPA assists the State of Nebraska with recruitment of new resource families through the management of the 1-800-7PARENT Information Line.

Website

NFAPA has established a website for sharing of information among resource families, in addition to learning more about becoming a resource family. Visit the website at www.nfapa.org.

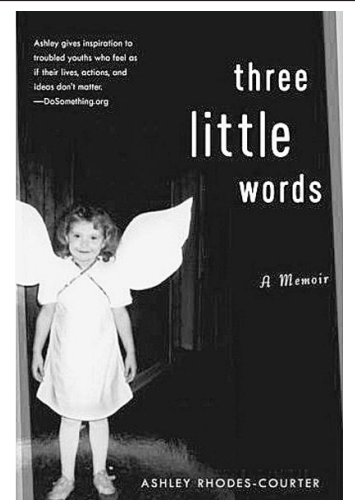
Kin-nect Family Support Line

The Kin-nect Family Support Line is a statewide, toll-free line for kinship caregivers. The Kin-nect Family Support Line provides kinship caregivers with emotional support, information and referrals for training, support groups and other agencies working with grandparents and other relatives. The line is available seven days a week, 24 hours a day - 1-888-848-4KIN.

SCHOLARSHIPS AVAILABLE

If you or someone you know was adopted from foster care as a teen and needs a little extra money for post-high school education, keep reading. In association with the January publication of *Three Little Words: A Memoir* by Ashley Rhodes-Courter, publisher Simon & Schuster is sponsoring two \$2,500 scholarships for youth adopted from foster care. The scholarships, administered by the North American Council on Adoptable Children (NACAC), are intended to help offset higher education tuition costs.

For more information, visit <http://www.nacac.org/scholarship2008/scholarship2008.html> or call Janet L. Walters, Ph.D. at the UNL Center on Children, Families, and the Law at (402) 472-7105.



2008 FOSTER PARENT CONFERENCE



**Families like Ours:
Yesterday is history, tomorrow is a mystery
& today is a gift.**

Saturday & Sunday, June 28-29
Holiday Inn, Kearney

Saturday & Sunday, July 12-13
Cornhusker, Lincoln

Friday & Saturday, July 18-19
Sandhills Convention Center, North Platte

KEYNOTE PRESENTATIONS

Betty Hastings – Kearney and Lincoln

Jodee Kulp – Lincoln

Gerry Merck – North Platte

T. Marney Voss – Lincoln, Kearney and North Platte

(continued on page 14)

(continued from page 13)

CONFERENCE INFORMATION

The Nebraska Foster and Adoptive Parent Association (NFAPA) and the Nebraska Department of Health and Human Services (NDHHS) would like to take this opportunity to thank you for the work that you do in caring for Nebraska's children and families. By opening your hearts and homes, you play a vital role in helping children and families in crisis heal.

We are pleased to announce three conferences for foster parents. You will receive up to 12 in-service training hours by attending ONE conference.

Here is some information that you will find helpful in registering:

- You can register for ONE conference only.
- Licensed foster home providers will have first preference.
- One night's lodging will be provided to those who live 45 or more miles from the conference site. Please be aware, if you are bringing children with you, your hotel room may not be available until after 4:00 p.m. on the day of your reservation.
- Check the schedule for meals provided.
- No mileage will be paid by NFAPA or NDHHS to attend this conference.

- Childcare is not offered on the premises; however, you will be reimbursed respite at a maximum rate of \$20 per day per child. A form will be provided for you to complete at the conference.
- You must mail in your completed registration, along with the \$30 per person registration fee postmarked no later than 3 weeks prior to conference chosen. No phone, fax or email registrations will be accepted. Checks or money orders are accepted. Sorry, no credit cards. A \$30.00 return check fee will be assessed should registration fees be returned to NFAPA with insufficient funds. You may also risk losing your spot at the conference. No reimbursement of conference fees will be paid by NFAPA or HHS.
- Attendance to the conference is on a first-come, first-served basis. We encourage you to mail your registration immediately upon receiving as spots fill up fast (*space is limited at the Lincoln conference*). Please mark your conference preference for first choice and second choice.
- Additional registration fees are required for persons who are *not* licensed or approved foster parents (i.e., employees/staff at child care agencies).

Again, thank you for sharing your heart and home, giving love, encouragement, and hope to children and families.

TENTATIVE CONFERENCE SCHEDULES

Lincoln Conference

Saturday

8:30-10:00 a.m.Registration

10:00 a.m.Keynote (2 hrs)

- Humor and Working with Kids-Betty Hastings
- Fetal Alcohol-Jodee Kulp

Noon.....Lunch & Presentation (2 hrs)-T. Marney Voss

2:15 p.m.Workshop Sessions (1.5 hrs)

- Inhalants: Hidden Drugs in your Home-Gerry Merck
- Non-Physical Intervention Techniques-Cari Allen
- Fostering a Teen (Part 1)-Betty Hastings
- Parenting Other People-Joan Kinsey
- Fetal Alcohol-Jodee Kulp

3:45 p.m.Break (snack & beverage)

4:00 p.m.Workshop Sessions (1.5 hrs)

- Inhalants-Gerry Merck
- Non-Physical Intervention Techniques-Cari Allen
- Fostering a Teen (Part 2)-Betty Hastings
- Parenting Other People-Joan Kinsey
- Fetal Alcohol-Jodee Kulp

Sunday

7:00 a.m.Prayer Service (optional)

7:00 a.m.Breakfast (provided)

8:30 a.m.Workshop Sessions (1.5 hrs)

- New Drugs of Choice-Kim Anderson
- Saving the Discouraged Foster Families-Betty Hastings
- 1184 Teams-Advocacy Center
- Autism-Judy Lauby

10:00 a.m.Break (coffee, tea service)

10:15 a.m.Workshop Sessions (1.5 hrs)

- New Drugs of Choice-Kim Anderson
- Saving the Discouraged Foster Families-Betty Hastings
- 1184 Teams-Advocacy Center
- Autism-Judy Lauby

11:45 a.m.Lunch & Presentation (1.5)

- Disaster Planning-Susan Epps, Red Cross

Kearney Conference

Saturday

9:00-10:00 a.m.Registration begins

10:00 a.m.Keynote (2 hrs)

- Gerry Merck
- T. Marney Voss

Noon.....Lunch & Presentation (2 hrs)

- Be Red Cross Ready by Relena Lyddon Myers

2:15 p.m.Workshop Sessions (1.5 hrs)

- Inhalants-Gerry Merck
- Non-Physical Intervention Techniques-Cari Allen
- Right Brain Parenting-Carla Colton
- Parenting Other People-Joan Kinsey

3:45 p.m.Break (snack & beverage)

4:00 p.m.Workshop Sessions (1.5 hrs)

- Inhalants: Hidden Drugs in your home-Gerry Merck
- Non-Physical Intervention Techniques-Cari Allen
- Right Brain Parenting-Carla Colton
- Parenting Other People-Joan Kinsey

Sunday

7:00 a.m.Prayer Service (optional)

7:00 a.m.Breakfast (provided)

8:30 a.m.Workshop Sessions (1.5 hrs)

- New Drugs of Choice-Kim Anderson
- TBA-Robbie Blume
- Autism-Judy Lauby

10:00 a.m.Break (coffee, tea service)

10:15 a.m.Workshop Sessions (1.5 hrs)

- New Drugs of Choice-Kim Anderson
- TBA-Robbie Blume
- Autism-Judy Lauby

11:45 a.m.Lunch & Presentation (1.5)

- Prescription Meds-Garland Miles

TENTATIVE CONFERENCE SCHEDULES

North Platte Conference

Friday Evening

5:00 p.m..... Registration Begins
 5:30 p.m..... Dinner & Keynote (3 hrs)

- T. Marney Voss
- Gerry Merck

8:30 p.m..... Adjourn

Saturday

7:00 a.m..... Breakfast (Hotel guests)
 8:30 a.m..... Workshop Sessions (1.5 hrs)

- Inhalants: Hidden Drugs in your Home-Gerry Merck
- Making Sense of the Court System-Barb Nissen
- New Drugs of Choice-Kim Anderson

10:00 a.m..... Break (coffee, tea service)

10:15 a.m..... Workshop Sessions (1.5 hrs)

- Inhalants: Hidden Drugs in your Home-Gerry Merck
- Making Sense of the Court System-Barb Nissen
- New Drugs of Choice-Kim Anderson

11:45..... Lunch & Presentation (2 hrs)-

- Disaster Planning-Red Cross-Sherri Lehman

2:00 p.m..... Workshop Sessions (1.5 hrs)

- Non Physical Intervention Techniques-Cari Allen
- TBA-Robbi Blume
- Internet Safety-Cherry Wilson

3:30 p.m..... Break (snack & beverage)

3:45 p.m..... Workshop Sessions (1.5 hrs)

- Non Physical Intervention Techniques-Cari Allen
- TBA-Robbie Blume
- Internet Safety-Cherry Wilson

5:15 p.m..... Adjourn

WORKSHOP DESCRIPTIONS/PRESENTOR BIOGRAPHIES CAN BE VIEWED ON OUR WEBSITE: NFAPA.ORG

CONFERENCE REGISTRATION FORM

Please indicate which conference you will be attending. You may register for ONE conference only. One night's lodging will be provided for persons living more than 45 miles from the conference site. You must mail your completed registration form postmarked no later than May 30, 2007 and your payment to guarantee attendance to the conference. Every effort will be made to meet your registration requests. Attendance is on a first-come, first-served basis. Please mark your conference preference for first choice and second choice. NFAPA will mail you a confirmation letter once we receive your registration. Please print clearly. Contact NFAPA at 402-476-2273, 877-257-0176 or e-mail: nfapaevents@alltel.net with any questions. Check out www.nfapa.org for more information.

I/We would like to attend the **KEARNEY** conference scheduled for June 28-29 (Saturday & Sunday). This is our _____ (mark 1st, 2nd, 3rd) choice for conference preference. I/We will need lodging for Saturday, June 28. I/we prefer a:

- 1 Bed 2 beds

I/We would like to attend the **LINCOLN** conference scheduled for July 12-13 (Saturday & Sunday). This is our _____ (mark 1st, 2nd, 3rd) choice for conference preference. I/We will need lodging for Saturday, July 12. I/we prefer a:

- 1 Bed 2 beds

I/We would like to attend the **NORTH PLATTE** conference scheduled for July 18-19 (Friday & Saturday). This is our _____ (mark 1st, 2nd, 3rd) choice for conference preference. I/We will need lodging for Friday, July 18. I/we prefer a:

- 1 Bed 2 beds

PLEASE PRINT CLEARLY

Name

Name (Spouse)

Address

City/Zip

Home Phone (Including Area Code)

Work Phone (Including Area Code)

E-mail Address (PRINT CLEARLY)

Special Accommodations/Dietary Limitations

I/We have enclosed our registration fee of \$ _____ (# of persons x \$30.00 per person) (\$50 per person who are not licensed/approved foster parents). _____ Number of years you have been a Foster Parent

DON'T FORGET: REGISTRATION AND PAYMENT ARE DUE NO LATER THAN 3 WEEKS PRIOR TO CONFERENCE CHOSEN.

Mail to: NFAPA Conference

315 South 9th Street, Suite 10, Lincoln, NE 68508



315 South 9th Street
Suite 10
Lincoln, NE 68508
www.nfapa.org

NONPROFIT
U.S. Postage
PAID
Syracuse, NE
Permit 6

Nebraska Foster & Adoptive Parent Association

SUPPORT FORM

Name(s): _____

Address: _____

City, State, Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____

_____ \$25 _____ \$50 _____ \$75 _____ \$100 _____ Other

I am a(n): _____ Adoptive Parent _____ Foster Parent _____ Agency Worker _____ Other

I provide foster care for the following agency (list agency name): _____

Please mail support form along with payment to:

NFAPA, 315 South 9th Street, Suite 10, Lincoln, NE 68508

Questions? Call NFAPA at 402-476-2273, toll free 877-257-0176, e-mail: nfapa@alltel.net