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CHILDREN & FAMILY SERVICES / SPRING 2018 / VOL 10 ISSUE 2

Fostering Purpose in Youth

By Helen Lindsey, Senior Social Worker
Resource Family Approval Program

In the Greater Good Magazine article, “Five Ways to Foster Purpose in Adolescents” by Kendall Cotton Bronk, Ph.D., it is suggested that adolescents in our society need help in discovering a sense of purpose in life.

Cotton Bronk shares two important findings from the work of her team in more than a decade of research about purpose in the lives of young people. First, they learned that purpose offers improved physical and psychological health; such as better sleep, increased hopefulness and life satisfaction. Secondly, they were struck by how rare it is that youth actually have the experience of living a purpose-filled life.

She led her team to begin searching for methods to help develop purpose in this population. Here are five suggested approaches that caregivers may utilize with youth in care:

1. Model Purpose

As caregivers, it is important that we share about what gives our life meaning and that we set a good example for youth to think about purpose for their own life.

2. Focus on Strengths & Values

Encourage youth to identify their strengths and apply them to what they value most.

3. Foster Gratitude

Help youth reflect on the good around them; the people, experiences and gifts they have received that can help develop a desire for them to give back to others.

4. Encourage Youth to Reach Out

Individuals in the young person’s circle of influence can share personal views and reactions that bring enlightenment about their true purpose. Youth may ask them questions such as, “What do you think I’m good at? What do you think I enjoy doing?”

5. Focus on the Far Horizon

Engage in conversations that focus on the bigger picture; beyond the here and now. Encourage youth to hope and imagine years ahead about what they want out of their life.

Strong, supportive relationships with parents and caregivers can be one of the most significant factors in developing young people’s purpose in life. Tips for students, educators and parents (caregivers) to purpose related activities, a tool kit, a purpose challenge for eligible young people, and more information can be found at <https://purposechallenge.org/>.

**Article adapted from “Five Ways to Foster Purpose in Adolescents,” published December 2017, Greater Good Magazine.*





The Recruitment and Training Team Welcomes Francisco Perez

In December 2017, Francisco "Paco" Perez became the new supervisor of the Recruitment and Training team in the Resource Family Approval Program. Paco comes to the team with a wealth of experience he acquired over his 27 years with the Agency. Starting in reception with Family Self Sufficiency, Paco rose through the ranks and welcomed each new assignment with enthusiasm. "I've been fortunate to have worked in many programs, wearing different hats and gaining insight into many aspects of the work that is done within the County," Paco said.

With his background in managing the Senior Santa and Friends store and his work with Healthy Tomorrows and Differential Response, Paco knows all-too-well the value of community involvement. "Seeing people welcoming children into their homes, giving freely of their time, mentoring, providing for basic needs, encouraging...what better daily motivator for me to get up in the morning, put a smile on my face, and come to work and give as much as I can. I get to experience daily miracles. How much more exciting can it get?" said Paco.

Paco's dedication to strong partnerships will serve the team well as relationships continue to expand throughout the community in an effort to better serve children and families involved in the foster care system. Paco added, "What chokes me up at the end of the day are the altruistic acts. Neither Children and Family Services nor Adult Protective Services could do what they do without the assistance of those in our community."

Spreading Holiday Cheer

This past holiday season was a busy one for so many of our Faith in Motion and community partners. They hosted events, provided holiday meals and gave gifts to our children and families in need. A special thank you goes out to all of our partners in recognition of the many ways they blessed our children and families.

Adopt a Family

Chapman Hills Elementary School
Foothill Ranch Elementary School
Harvest Christian Fellowship
Los Angeles Chargers - Offensive Line
YHC Wealth Management

Annual Christmas Party

Mariners Church

Fall Horseback Riding Event

The Shea Center

Holiday Extravaganza

Foster Care Auxiliary of Orange County
Graceworks
Olive Crest Kinship Support Services Program
Sole to Soul Ministries
St. John's Lutheran Church Orange

Meeting Basic Needs

BB&T Insurance Services of California
Congregation Or Ami
Eastside Christian Church
Precept Group
Redemption Through Jesus

Snuggle Day

Christ Our Savior
Cornerstone Church
Dare To Be Project
Exemplis
Friends Church Yorba Linda
OC Quilter's Guild
Pantsuit Nation
Project Unstoppable
Saddleback Church
St. Bonaventure Church
The Give Back Pack
The Rock Church
Together We Rise
Young Life

Thanksgiving & Christmas Dinners

Orange Hills Assembly





EMPOWERED TO CONNECT SIMULCAST

APRIL 13-14, 2018

The Empowered to Connect Conference is a two-day event presented by Show Hope and the Karyn Purvis Institute of Child Development.

Come experience practical teaching in a safe and supportive community as families, churches and professionals become better equipped to serve children from a variety of "hard places," including foster care, adoption, early life attachment disruptions, and other

childhood traumas. The conference features Trust-Based Relational Intervention methods developed by Dr. Karyn Purvis and Dr. David Cross from the Karyn Purvis Institute of Childhood Development at Texas Christian University to help bring attachment and connection to families.

Simulcast locations:

The Rock Church

295 E. Orangethrope
Anaheim 92801

Free to attend.

CEU's may be available for professionals.

To register, e-mail FFM@solidlives.com or dicklandis@att.net.

Rose Drive Friends Church

4221 Rose Drive
Yorba Linda 92886

8:45 a.m. to 5 p.m.

There is a \$10 per person fee to attend.

To register, visit www.rdf.org/empoweredtoconnect



Free Saint City Session for Youth

Saint City Session is an urban arts outreach for youth interested in learning more about hip-hop music, dancing and art. Saint City partners with First Presbyterian Church Santa Ana and is open to all youth in the community.



LEARN FROM DEEJAYS, BREAK DANCERS, POETS, AND URBAN ARTISTS FROM ALL BACKGROUNDS AND AGES! BE INSPIRED ON WHO YOU CAN BECOME AND HELP OTHERS DO THE SAME.

600 N. MAIN STREET - SANTA ANA

4 TO 6 P.M.

EVERY THIRD SATURDAY OF THE MONTH

CONTACT SCOTTOVERPECK@GMAIL.COM FOR QUESTIONS.



Non-Medical Transportation Benefit for CalOptima Members

Effective July 2017, CalOptima members may obtain necessary covered services through the Medi-Cal managed care benefit, Non-Medical Transportation (NMT). NMT includes use of CalOptima pre-approved transportation, such as private transportation, taxis, buses, and OC Access, for roundtrips to obtain Medi-Cal covered services. These services include dental and mental health appointments, drug prescriptions and picking-up medical supplies and equipment such as prosthetics and orthotics.

NMT does not include transportation of the sick, injured, invalid, convalescent, infirm, or otherwise incapacitated members who need to be transported by ambulances, litter vans, or wheelchair vans licensed, operated and equipped in accordance with state and local regulations.

Members interested in utilizing NMT services may call the CalOptima Customer Service Department at (714) 246-8500. Note that members must attest over the phone, in person or electronically that they have exhausted all reasonable transportation resources.

After Hours Assistance Available to Youth and Caregivers

Throughout the day and evening, children and youth experience things that can cause stress and caregivers may need help in handling situations as they arise. The Connect-A-Counselor Help Line is a phone number established for caregivers and/or youth to call and get immediate emergency telephone counseling during after hours by the counseling staff at Orangewood Children and Family Center. Additionally, youth may ask to speak to a specific group counselor.

Need advice? Call (714) 935-6262 between 8 p.m. and 7 a.m.



SUPER SATURDAY TRAINING UNDERSTANDING THE COURT PROCESS MARCH 31, 2018

8:30 A.M. TO 12:30 P.M.

**CHILDREN & FAMILY SERVICES
744 N. ECKHOFF ST., ORANGE 92868**

**REGISTER WITH RFA TRAINING AT (888) 871-5437 or
RFATraining@ssa.ocgov.com by March 26th.**

**Training open to all resource families.
Four hours of training credit will be given.
Childcare will not be available.
Registration is limited to the first 90 people.
Refreshments will be served.**

****Adults only, please. Infants and children
are not permitted at the training.***

Services for Foster Youth Experiencing Homelessness

Nationally, approximately 50 percent of youth will experience housing instability after they transition out of the foster care system. With this in mind and with a five year grant from the California Governor's Office of Emergency Services, Orangewood Foundation has begun to reach out to foster and community youth experiencing homelessness.

Three times a week, Orangewood Foundation Youth Support Specialists Francisco Martinez and Michael Arrieta visit the homeless at The Courtyard (the former Santa Ana Transit Terminal). They team up with City Net, an Orange County based nonprofit working to end homelessness, to identify youth ages 18 to 25 who are experiencing homelessness.

"We meet these youth where they're at," Arrieta said, "both physically by going to their community and emotionally. Our initial goal is to build rapport and meet their immediate needs by giving them a water bottle or blanket." Arrieta and Martinez also share about Orangewood's services that can help the youth (hot meals, toiletries, a shower, computers, laundry, etc.) and encourage them to come to the Foundation's resource center. At the Orangewood Resource Center, Foundation staff create a welcoming, non-judgmental environment and help these youth create a plan to transition out of homelessness.

One example is a young man Francisco and Michael recently met at the Courtyard. The same day they spoke with him he came to the Orangewood Resource Center. His goal was to get a job. Within one week, Orangewood staff helped him apply for a job at a local gym, bought him interview and work clothes and drove him to the interview. He got the job. Now staff is helping him transition from his current emergency housing to long-term housing. "Orangewood Foundation opens the door for these individuals, helping them see what is possible," says Arrieta.

If you would like information on Orangewood Foundation's outreach to young adults experiencing homelessness, please call (714) 619-0200.

Did you know Orangewood Foundation now offers a weekly men's group for young men currently or formerly in foster care? The group meets every Wednesday from 1 p.m. to 2 p.m. at Orangewood's offices in Santa Ana. The group is open to men of all ages but tends to attract young men ages 20 to 22. It is free and participants are welcome to enjoy a free lunch beforehand or during the group. Raffle prizes are given out each week, with raffle tickets awarded based on participation.

Man Up is facilitated by Orangewood Foundation Resource Center staff members Francisco

Martinez and Michael Arrieta. However, the youth themselves make the rules and decide the content. It's their opportunity to talk about anything (relationships, work, school, etc.), share struggles (including substance abuse and death), ask questions, and get advice.

"Our message to these young men is that they have a purpose in life. We encourage them to stop living in the past and 'man up' in order to move forward in their lives. We want them to grow into who they were meant to become. Plus, that peer-to-peer advice is so important and helpful." said Martinez.

Those interested are encouraged to attend the group and an RSVP is not required. For questions or more information, please call Francisco Martinez at (714) 619-0232 or Michael Arrieta at (714) 619-0258.





ILP Event Calendar

As Orange County's Independent Living Program (ILP) provider, Orangewood Foundation hosts a variety of workshops and special events throughout the year. Workshop topics focus on education, employment, housing, family/social support, financial responsibility, and mental, physical and sexual health.

MARCH 7 - 5:30 P.M. TO 8:30 P.M. GET BY WITH A LITTLE HELP FROM YOUR FRIENDS

This new workshop is open to all community youth, ages 16 to 21, including but not limited to foster and non-foster youth, friends and siblings. We'll be kicking off our first-ever Community Youth ILP Workshop with an evening of food, fun team building activities and giveaways.

MARCH 8 - 5:30 P.M. TO 8 P.M. TRANSITIONAL HOUSING OPTIONS

This workshop for youth ages 17 to 24 will bring together representatives from a variety of transitional housing programs for an interactive session designed to help youth find the best fit for their lives. Learn about the different perks and requirements of each program and ask questions to help decide which option is best.

MARCH 24 - 8 A.M. TO 12:30 P.M. BELLE OF THE BALL

Do you know a young lady currently or previously in foster care and between the ages of 16 and 19 who could use a dress for her prom or a special event? Belle of the Ball participants can receive a formal dress with all the accessories, one-on-one make-up tips from professionals and a goodie bag with tons of stuff...all for FREE! Light breakfast and lunch will be provided. RSVP by March 14.

MAY 12 INDEPENDENT CITY

ILP eligible youth ages 16 to 21 are invited to test their independence skills in a mock environment that represents the "real world." They'll have to rent an apartment, get a job, open a bank account, and challenge themselves to live on a budget. For participating, they'll get a free light breakfast, an Independent City t-shirt and earn ILP dollars for each activity completed.

RISING TIDE

Orangewood Foundation's Rising Tide Communities transitional housing program has spots available in its apartment complexes and Beverly's House. Youth are encouraged to apply early as the Foundation likes to work with them up to six months before their release from foster care to ensure a smooth transition. Please visit <https://www.orangewood4you.org/rising-tide-communities/>.

For more information on ILP and the full schedule of activities, please visit <https://www.orangewood4you.org/ILP/>.

Samueli Academy Information Night

Please join Samueli Academy and Orangewood Foundation staff at this special session exclusively for youth in foster care, caregivers, Court Appointed Special Advocates, social workers, foster youth agencies, and anyone interested in learning more about Samueli Academy Charter High School for a teen in the foster care system.

Samueli Academy is open to all students. However, as an educational program of Orangewood Foundation, priority enrollment is given to youth in care who also receive dedicated support from a Student Success Coordinator. Pizza will be provided and presentations are in English and Spanish. Please RSVP by April 4 to Bob Theemling, Chief Program Officer, at rtheemling@orangewoodfoundation.org or (714) 619-0208.



Information Night Details

When: Wednesday, April 11
6 p.m. to 7:15 p.m.

Where: Samueli Academy
1901 N. Fairview St.
Santa Ana 92706

RSVP: By April 4



DIRECTORY

FOSTER CARE INFORMATION LINE
(888) 871-KIDS (5437)

CHILDREN & FAMILY SERVICES RECEPTION
(714) 704-8000
(714) 935-7171 (emergencies & after hours)

ADMINISTRATION

Mike Ryan
Social Services Director

Anne Bloxom
Children & Family Services Director

Scott Burdick
CFS Deputy Director

Denise Churchill
CFS Deputy Director

Ken Santini
CFS Deputy Director

Christine Smith Snapper
CFS Deputy Director

RFA & SERVICES PROGRAM

Norean Lubchenko, Administrative Manager II

*Victor Chavez, Administrative Manager I

Susan Collins-Rogers, Administrative Manager I

Marlene Telegadas, Administrative Manager I

RECRUITMENT & TRAINING

Marlene Telegadas, Administrative Manager I
(714) 704-8853

*Francisco Perez, Senior Social Services Supervisor
(714) 704-8952

Roylyn Burton, Community Program Specialist
(714) 746-2778

*Nena Casis, Recruiter/Trainer
(714) 833-0179

*Elizabeth Hutchinson Cervantes, Recruiter/Trainer
(714) 704-8911

Geeta Karir, Recruiter/Trainer
(714) 697-6098

*Yazmin Leal, Staff Specialist
(714) 704-8828

Helen Lindsey, Recruiter/Trainer
(714) 704-8997

*Lorena Rodriguez, Information Processing Technician
1-888-871-5437 (RFA Training Hotline)

*Andres Torres, Information Processing Technician
(714) 704-8921

RESOURCE FAMILY LIAISON

*Joanna Hussey (714) 704-TALK (8255)

LICENSING

Brent Payne, Supervisor
(714) 704-8887

Stephanie Aspgren, Analyst
(714) 746-6038

*Paul Sanchez, Analyst
(714) 697-2895

FOSTER CARE ELIGIBILITY

Manuel Roa (714) 704-8441

BIRTHDAY GIFTS FOR FOSTER CHILDREN

(714) 679-2438
Call for an appointment

TRANSITIONAL PLANNING SERVICES

*Jaime Muñoz, Administrative Manager II

*Lourdes Chavez, Supervisor (714) 704-8058

Robert Kelekian, Supervisor (714) 940-5704

Leslie Gould, Supervisor (714) 940-3936

*Guadalupe Juarez-Castillo, Supervisor (714) 940-5609

TREATMENT FOSTER CARE OREGON OC

Dr. Mary Eason, Program Supervisor
(714) 704-8238

Terry Maher, Program Supervisor
(714) 704-4122

Michelle Medina, Recruiter/Trainer
(714) 746-1774

SPECIAL MEDICAL PROGRAM

Karen Werno, Placement Coordinator
(714) 704-8533

Mary Ewart, Medical Intake Coordinator
(714) 704-8531

Cindy Hutchison, Medical Intake Coordinator
(714) 704-8531

TIME OUT FOR PARENTS (TOPS)

Pat Reese, Program Coordinator
New Alternatives, Inc. (714) 245-0045

WORKING CAREGIVER CHILDCARE

*Karen Pinkerton (714) 704-6145

FOSTER & KINSHIP CARE EDUCATION

Saddleback College
Martine Wehr, Program Director
(949) 582-4217

Gail Janisch, Program Assistant
(949) 582-4884

RESOURCE FAMILY SUPPORT GROUPS

Open Arms Adoption Resource Group
Meets at Keller Williams Realty in Tustin
Darren & Guiselle Scott (714) 599-4473

Spanish-Speaking Resource Parent Support
Meets at OCSSA Eckhoff Office in Orange
*Joanna Hussey (714) 704-8255

THE LINK

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(714) 746-2778.

ORGANIZATIONS

California Children's Services (CCS)
(714) 347-0300

CONGRATULATIONS

Lianne Vu, Social Services Supervisor I, and Angelica Zikoor, Senior Social Worker, with the Recruitment and Training unit were both promoted to Senior Social Services Supervisors with our Specialized Family Services Program. Thank you both for the years of service with the Resource Family Approval Program.

We will keep you updated as we welcome new team members.