



Kinship Quarterly

Strengthening Families

July 2016

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The Success of Turning Point

The Turning Point program began January 1, 2013, in Fort Worth. It was formed to give another option to children and youth in foster care who were being admitted to an inpatient psychiatric facility when it was not always needed. Cenpatico, many local agencies and a Fort Worth-area psychiatrist teamed up to form the program. In addition to Fort Worth, Turning Point is now offered in San Antonio and Houston.

With Turning Point foster parents can talk to someone before going to a hospital if their child's behaviors are getting worse. The program is meant for children and youth ages 10 through 17.

A crisis line is available 24 hours a day, 7 days a week. Foster parents can call to speak with a licensed clinician. This person will set up an assessment of the child. This could be in the home, at the provider's office or at the Turning Point facility. The clinician can do the following after the assessment:

1. Keep the child in the home with more services to manage behaviors.
2. Admit the child to Turning Point crisis residential services for up to 14 days.
3. Refer the child for admission to an inpatient psychiatric facility.

Crisis residential services are provided in a home-like setting. Admission depends on the foster parent's agreement to accept the child back into the home after leaving the facility. Children will still go to school in the morning and get behavioral health services in the afternoon. This includes individual and group services.

During the child's stay, foster parents will be able to learn how to better handle the child's behaviors. A psychiatrist will also be able to address medication needs.

Please note the crisis line is still available for children younger than 10. They may also be able to get in-home crisis intervention and emergency medication changes.

Call one of the numbers below for more information:

Turning Point – Tarrant County (Fort Worth)

Local: (817) 909-117

Turning Point – Harris County (Houston)

Toll Free: (888) 483-0831

Local: (713) 429-5992

Turning Point – Bexar County (San Antonio)

Toll Free: (800) 619-5291
Local: (210) 399-3060

Respite: Taking Time for Yourself

Sometimes the best thing you can do for your child is take some time for yourself.

What is respite?

The word respite means "break" or "relief." Respite services offer families a break from caring for their child with developmental delays or disabilities. Respite allows parents time to take part in activities that they find relaxing, entertaining, or restful while a respite provider cares for their child.

A respite break can mean an hour to take a walk while a respite provider stays in your home to care for your child. It may be a weekend away while your child is cared for outside of your home. It can also mean time to take a nap or see a friend while the respite provider takes care of your child.

How is respite different from day care?

Day care and traditional child care are provided on a daily or regular basis so parents can go to work or school. Respite, on the other hand, is typically provided on an irregular or short-term basis to provide the parent with a break from caring for their child with developmental delays or disabilities.

How can respite help my family?

Parenting is difficult and every parent can benefit from a break. Caring for a child with

developmental delays or disabilities presents additional challenges beyond the everyday stresses of parenting. As a result, you may need longer rest periods or more down time. In addition, it may also be more difficult to find a qualified person to care for your child. Respite services can provide you with the needed support.

There are several resources you can access to support your families' respite needs. The [Take Time Texas](#) website administered by the Texas Department of Aging and Disability services provides many tools and a searchable provider database to access help and support for families.

If you are a family receiving Early Childhood Intervention (ECI) services, your ECI program may have funds to help you pay for respite services. Ask your ECI service coordinator about:

- ➔ Availability of ECI respite funds
- ➔ Levels of funding based on level of care needed
- ➔ Process for prioritizing requests
- ➔ Wait list policy
- ➔ Annual hourly limit
- ➔ Annual total dollar limit

Also, ask your ECI service coordinator to help you find providers in your circle of friends and family or in your community. Respite can help strengthen your whole family. It can help decrease stress and help increase your family's health and well-being. In addition to giving you and other caregivers some rest, it may help free up time to spend with other members of your family.

Additional tips for finding a respite provider:

- ➔ Ask family members, friends, other parents, or your child's doctor, teacher, or therapist for recommendations.
- ➔ Find providers in your community on the following website: www.taketimetexas.org
- ➔ Call the 2-1-1 information and referral line.
- ➔ Search for child care providers through the state's Child Care Licensing website: www.dfps.state.tx.us/child_care.
- ➔ Contact local college for students studying in fields such as child development, education, nursing, physical, occupational, or speech therapy.

- ➔ Contact your local children's hospital.

The HIP Program

The Helping through Intervention and Prevention Program (HIP) is an initiative of DFPS Prevention and Early Intervention Division (PEI) that began in 2014. It is a free, voluntary program that provides support services to high-risk families with newborns. HIP services include evidence-based parenting education through home visiting and also basic-needs support for the family.

HIP services are provided to foster youth who are pregnant, who have recently given birth and are parenting a child up to 2 years old. This can include single teen fathers who are foster youth. HIP services are also available to foster youth who have aged out of care, those who are receiving Preparation for Adult Living (PAL) services, residing in Kinship placements and those who are a part of the Extended Care Program.

The benefits of HIP services include helping parents with:

- Bonding and attachment with their baby.
- Understanding the ages and stages of child development.
- Creating a safe environment for their baby.
- Strengthening family support systems.
- Managing stress.
- Increasing protective factors.
- Reducing the risk of child abuse.

HIP Services are offered by local community service program providers that contract with Prevention and Early Intervention. Home visits are usually once a week for one hour to 90 minutes but are generally based on the needs of the family. The family can receive services for three to four and a half months, depending on how frequently the provider visits the home.

Home Visiting Program services may be provided for up to 12 subsequent home visit sessions, not to exceed a maximum of 18 subsequent home visits.

HIP services currently provided:

- A home based assessment of the family will be conducted to determine:
 - The overall family functioning

- Parental and family resilience
- Knowledge of parenting and child development
- Social supports
- The home environment
- The overall well-being and safety of the child

The home visiting program will provide:

- Parent Education and Basic Needs Support up to \$200. Approved basic needs support can consist of:
 - Diapers, formula and clothing
 - Cribs, pack-n-play and bassinets
 - Toiletries
 - Emergency assistance with rent or utilities

Current HIP Provider Service Areas as of July 2016:

Region 1
Lubbock County

Region 2
Mitchell, Runnels and Taylor

Regions 3 and 6
All counties

Region 7
Williamson, Burnet, Travis, Hays, Blanco, Caldwell and Bastrop

Region 8
Bexar County, St. Jude's Children Ranch

Region 9
Reeves, Pecos, Ward, Winkler, Crane, Ector, Upton, Midland, Andrews, Gaines, Dawson, Martin, Tom Green and Howard

For more information about the HIP program or to make a referral, please email: HIP@dfps.state.tx.us.

Fireworks Safety

Tips for a Safe Summer

- Fireworks can result in severe burns, blindness, scars and even death.
- Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1,000 degrees, and can burn users and bystanders.
- Families should attend community fireworks displays run by professionals rather than using fireworks at home.

Bug Safety

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, Chikungunya virus and other viruses.

Traveling by Car

- Make sure each passenger is buckled and that children use the appropriate car seat.
- All infants and toddlers should ride in a rear-facing car seat until 2 years of age or until they reach the highest weight or height allowed by the car seat manufacturer.
- Never place a rear-facing car seat in the front seat of a vehicle that has an airbag.
- Plan to stop driving and give yourself and your child a break about every two hours.
- Never leave your child alone in a car, even for a minute. Temperatures inside the car can reach deadly levels in minutes.

Resources

Summer Food Program Site Locator

www.squaremeals.org/Programs/SummerFeedingPrograms/SummerFeedingInteractiveMap.aspx

Looking for Childcare? Check Daycare State Records at this Link on the DFPS website

www.dfps.state.tx.us/Child_Care/Search_Texas_Child_Care/

Summer Camp Locator

www.kidscamps.com/summer_camps/texas-summer-camps.html

Fun Summer Trips to Take the Kids

<http://www.texasoutside.com/texas-kids-activities/>

Activities to Keep Kids' Brains Active this Summer

www.educationworld.com/a_curr/profdev073.shtml

Scholastics Summer Reading Challenge 2016

www.scholastic.com/parents/resources/collection/more-reading-resources/keep-your-kids-reading-all-summer-long

Fun and Free Summer Learning Resources

<http://www.edutopia.org/blog/summer-learning-resources-matt-davis>



Please visit us at www.facebook.com/TexasKinshipCaregivers and don't forget to like us!



Kinship Worker Spotlight - Elizabeth Mynar

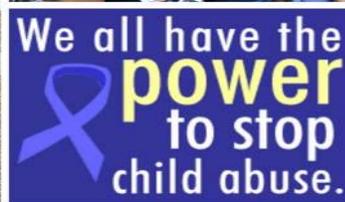
Submitted by: Thea Burns, Kinship Supervisor

Elizabeth "Betsy" Mynar has been a Kinship worker since December 2013 and is located in the Waco DFPS Office. Betsy

goes above and beyond to ensure that the needs of her families are met and the children are safe and secure. Betsy assists her families by referring them to community resources, requesting needed items such as beds, clothing, and furniture and helps them complete needed paperwork for other agencies/services.

Betsy also ensures that her families have the needed items in order to become licensed foster parents and/or adopt the children so that the children can have permanency. Betsy has also been instrumental in the monthly kinship support meetings being a success. Betsy communicates well within the agency and with the community. She is always willing to assist and help with other tasks as needed. Betsy is an asset to the Kinship Program.

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Report abuse, neglect, or exploitation of children, the elderly, or people with disabilities at (800) 252-5400 or www.txabusehotline.org.

