

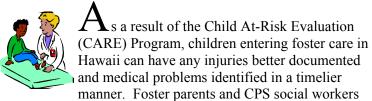
E PŪLAMA NĀ KEIKI

"Cherish the Children"

June 2003 VOLUME 8, ISSUE 2

Kapi'olani CARE (Child At-Risk Evaluation) Program

Victoria Schneider, M.D.



have better information on the health needs of the children under their care.

Operating two child-friendly clinics—one in the Ewa office of the state's Child Welfare Services agency and one in downtown Honolulu near Kapiolani Hospital—CARE provides free physical examinations for children brought in by CPS social workers, foster parents, and others. Each child receives a book or a toy at the clinic and is treated with great compassion.

(Continued on page 3)

Foster Parents Qualify for Legal Aid Advocacy Program

Lynne Youmans



If you are a foster parent who needs legal advice about foster children in your home, Legal Aid may be your answer. There is no income restriction

(you don't have to be low-income), but your legal issue has to be about a foster child who is currently in your home.

To seek assistance, foster parents on Oahu should call **527-8064**. Neighbor islands should call **1-800-499-4302** and ask for the Foster Parent Advocacy Project. In most situations, you will need to leave us a message with your name and phone number. You will receive a callback from an attorney, usually within 48 hours.

Legal Aid can provide you with legal advice and/or representation about the legal issue involving foster children in your home. Questions we have received so far include: *How does the CPS system work? Should I go to court? What are my*

(Continued on page 10)

Questions Judges, Lawyers, Social Workers, and Foster Parents Should Ask

This information was taken from the article *Questions* Every Judge and Lawyer Should Ask about Infants and Toddlers in the Child Welfare System which can be found in its entirety at **www.pppncjfcj.org.** Click on Permanency Planning for Children, then Publications, then Technical Assistance Briefs.

Increasing numbers of infants and young children with complicated and serious physical, mental health, and developmental problems are being placed in foster care. The following checklists have been developed for use by judges, attorneys, child advocates, and other child welfare professionals in meeting the wide range of health care needs of this growing population. (The main headings are provided here. Please go to the website listed above for the reasoning behind each question).

PHYSICAL HEALTH

- Has the child received a comprehensive health assessment since entering foster care? (to receive one, call the CARE Clinic-Honolulu at 592-3255 to schedule an appointment)
- Are the child's immunizations complete and up-to-date for his or her age?
- Has the child received a hearing and vision screen?
- Has the child been screened for lead exposure?
- Has the child received regular dental services?
- Has the child been screened for communicable diseases?

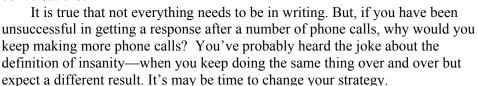
(Continued on page 6)

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The Art of Advocacy

FPA receives many phone calls from foster parents asking for advice on how to advocate for their needs or the needs of the children in their homes. For example, a foster parent called recently (we'll call her Susie) and described the numerous phone calls she has made to the social worker regarding her request to take her child on a trip to a neighbor island for a family gathering. She has yet to get a return call. Susie knows she shouldn't make the trip without the social worker's knowledge. Also, she isn't sure if maybe the court needs to be involved, since the child would miss two visits with the birth parents. But now it is less than a month before the trip and she doesn't know what to do to get a response.

Our first question is, "Have you put the request or information in writing?" Advocates know that if a question or statement isn't written down, it wasn't said. Now this may sound a bit extreme, but it is an important concept to understand and believe if you are really interested in making sure your requests are documented. And, quite frankly, it often makes it easier for the social worker to have something in writing that clearly spells out what you want, rather than having to keep track via her notes on phone messages and conversations.



"Ok," you say, "maybe you have a point about the importance of putting information in writing, but I'm not all that good at writing, so how do I do this?" Well, that's what the rest of this article will help you with.

12 Rules for Writing Great Letters

You want your letters to create a good first impression. This article, adapted from 12 Rules for Writing Great Letters, found at **www.wrightslaw.com**, will help you accomplish your objectives. Because this website focuses on special education, there is heavy emphasis on advocating with school system. But the same strategies apply to working with DHS, DOH, or any other agency.

1. Before you write a letter, answer these questions.

Why am I writing? What am I trying to accomplish? What do I want? What are my goals? Get three blank sheets of paper.

- On the first sheet write "WHY? Why am I writing this letter?"
- On the second sheet write "WHAT? What are my goals in writing this letter?"
- On the third sheet write "Other Thoughts."

Brainstorm. Write down your thoughts. Make lists. Don't worry about writing in sentences or prioritizing. **Your goal is to dump your thoughts from your brain onto these sheets of paper**. Write down any additional ideas and thoughts on the third sheet of paper. You will write down your important thoughts in less than ten minutes. Do not allow yourself to obsess about details. You are interested in the Big Picture.

(Continued on page 3)

The mission of HFPA is to educate, support and nurture caregivers, empowering them to provide quality care to children in Hawaii affected by foster care.

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The HFPA Bulletin is published quarterly by HFPA for foster parents, friends, and supporters of HFPA. It is made possible through grants and donations.

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The comments of individuals are not necessarily those of HFPA.

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The Art of Advocacy (Continued from page 2)

2. First Letters are Always Drafts

You write letters to:

- (1) make a request
- (2) clarify an event
- (3) decline a request
- (4) express appreciation
- (5) create a paper trail



Some letters have more than one purpose. Because letters you write to the agency, the court, or the school are so important, you need to do it right.

3. Allow for "cooling off" and revision time.

After you write the first draft, put your letter away for a few days. **DO NOT SEND IT!** Firing off a letter is one of the most common mistakes parents make. You must give "cooling off" and revision time. A "cooling-off period" allows you to look at your letter more objectively. If you send a letter without allowing for "cooling off" and revision time, you'll probably damage your credibility and your position. Sometimes, this damage is impossible to repair.

4. You are always negotiating for services.

As you are learning, you negotiate with the school for special education services or with DHS for foster care services. Whether you are negotiating with the school for special services or with a car dealer for a car, the principles are the same. You never begin negotiations by telling the other side what your "bottom line" is.

In negotiations, parents often make the mistake of being too open. Parents think they have to share everything with the school - immediately. They hope that by sharing everything, they'll be rewarded with the help their child needs. This doesn't happen.

You need to share the results of all evaluations and any other new information with the school, as soon as you receive it. However, you do not need to share your wish list or your bottom line.

5. Never threaten. Never telegraph your punches!

If you make threats (i.e., "we're going to call our lawyer"), you may experience temporary relief but you'll pay a high price later.

As a negotiator, one of the most powerful forces you have on your side is the "Fear of the Unknown." When you threaten, you are telling the other side what you plan to do. If you tell them what you plan to do, you have told them how to

(Continued on page 5)

CARE Program (Continued from page 1)

CARE's specially trained pediatricians, nurse practitioners and partners:

- Examine each child;
- Document injuries;
- Refer the child for any necessary additional medical services;
- Provide on-site screenings for developmental and mental health problems;
- Connect each child with a "medical home"—that is, a caring primary care provider that is given the child's complete medical history by CARE

For an evaluation, contact

CARE Clinic-Honolulu

1314 S. King Street Ste 415 Honolulu HI 96814 Phone (808) 592-3255 Fax (808) 592-3266

CARE Clinic-Ewa Beach (pre-placement only)

91-1821 Fort Weaver Ewa Beach, HI 96706 Phone (808) 681-8210



PAGE 4 E Pulama Na Keiki

Editorial

(this letter was published on the editorial page of the Star Bulletin on May 8, 2003)



y hat goes off to Mr. Haia for caring enough about children to step up to the plate and become a foster parent to children he knew through his work as a guardian *ad litem*. Many children who come into the foster care system are separated from their siblings, move from home to home, and, if parental rights are terminated, never end up in a permanent home. Why? Because there are

not enough families in our state willing to turn their life upside down because of a child in need. There are not people lining up at the door offering to open up their home to foster children, particularly older ones who have experienced abuse and are not cute little babies with little memory of birth parents.

No doubt Angela Valdez, whose children are now under Haia's care, loves her boys. However, an entire team of players determined that Ms. Valdez could not provide a safe home now or in the foreseeable future. The court made this decision with input from many different sources, none of which came into this very difficult work because they were looking to take children into their homes. But, sometimes, when you know the option is that the children might be separated from one another, move from home to home, or perhaps, experience overcrowded and overburdened foster homes, you just can't help caring enough to open your home to these children.

Credit should go to Mr. Haia for caring. He realized that he had an ethical and moral responsibility to remove himself from the case and to obtain a legal opinion from the Office of Disciplinary Counsel.

Certainly, it is not easy for a mother to face the fact that she has made some decisions in her life that led to the removal of her children. And it may ease the pain if the blame can be pinned on someone else. But perhaps she can gain some comfort in the knowledge that her children are with someone she knows, someone who genuinely cares about them, and someone who will respect their right to privacy and confidentiality.

Contrary to reports from the mainland, it is not unprecedented for guardians *ad litem* or social workers to become the foster or adoptive parents for children on their caseload. Is it common? No. Is it encouraged? No. But it does happen. What is the crime for which they are guilty? Caring about children.

What our state needs are more people like Haia, people who care enough about children to do the hard work. The number of children coming into care is rising, and the abuse and neglect they have experienced is increasing in severity, yet, the number of people willing to care for other people's children is decreasing.

The real issue here is not Haia caring too much. Instead, it is our state not caring enough. Our state does not commit

the money to pay for adequate resources for birth parents, foster parents, social workers, guardians *ad litem*, etc. Everything is being done on a shoestring (or less). Until our state addresses the bigger issue of our commitment to children and families, pointing our finger at people like Haia is just rearranging the chairs on the Titanic.



Signed,

Sarah T. Casken, Executive Director Hawaii Foster Parent Association

Child services agency needs major overhaul (published in Star Bulletin June 15, 2003)

We would like to respond to Sarah T. Casken's article published on May 8, 2003. From her position as executive director of the Hawaii Foster Parent Association, one can surely understand her concern for the need for good foster parents and homes for abused children, but her opinion supporting Thomas Haia in his questionable motives and actions in the procurement of the two Valdez children is another matter. She tries to justify one by the other – what he is doing from his heart so these children can have a "good home." One has to wonder how she obtained so much confidential material to postulate her overall expertise in this case.

Rather than commending Haia for his compassion and caring for others, we believe he should be called to account as an officer of the court system of Hawaii for recusing himself as the children's guardian *ad litem* after the Valdez's parental rights were taken away. To recuse oneself long before the outcome of a case is one thing, but to wait until after the end of the

case is quite another, this must be investigated beyond the letter of the law.

Child Protective Services hides behind the confidentiality that has been granted them by the state of Hawaii. Injustices must be brought to light, corrected and people held accountable. We're glad there will be a statewide audit of CPS. The entire system needs to be investigated and reworked to make it more effective in its major responsibility of restoring children to their parents along the Waianae Coast. CPS has all too often made it a practice to place children permanently in foster homes or for adoption.

Signed,

Harry and Faye Simons Waianae **VOLUME 8. ISSUE 2** PAGE 5

The Art of Advocacy (Continued from page 3)



protect themselves. At that moment. you lose your advantage which is the wonderful, powerful Fear

of the Unknown. Never telegraph your punches – you will destroy their power and effectiveness.

EXAMPLE of Fear of the

Unknown. You went to the doctor to get the results of your annual physical, including your lab work. As your doctor, I come in and tell you that:

The results of your blood work are very concerning. However, I'm behind schedule right now. We need to admit you to the hospital as soon as bed space is available - probably tomorrow or the next day. I don't have time to discuss the results with vou right now. I'm behind schedule and have other patients waiting. I'll be in to talk with you after you are admitted.

Fear. Panic. What happens now? You'll imagine the worst-case scenario.

Now, let's change the facts. You are at the doctor's office to get the results of your physical. As your If you are writing a letter about a doctor, I come in and tell you that: Some of your blood work is not clear. It's probably only ABC and if it is ABC, we have nothing to worry about. The worst-case scenario is that you have XYZ. XZY is inconvenient but it's certainly not life threatening. Nine times out of ten, people have ABC. However, it's still important for us to rule out XYZ. Unfortunately, we can't run the additional tests here. We just aren't equipped to do it. So, we need situation as unique, it won't be listed school. When you write business to send you to the hospital where they have more sophisticated

equipment. We can schedule your admission tomorrow or the next day. rule-bound. By presenting your

Can you feel the difference? When you know what you're facing, is your fear as intense? No. If you don't fill in answers - if you don't telegraph your punches - then the fear of the unknown will force the other side to attribute more power to you. Because they'll be in the "fear of the unknown," they'll wonder what you're going to do – and they'll imagine a worst-case scenario.

6. Assume that you won't be able to resolve your dispute. A special education due process hearing will be held - and you will not be able to testify or tell your side of the story.

These are important assumptions. These assumptions are one of the keys to successful letter writing. Assume things will get worse. Assume that success in securing services for your child depends on how well you describe the events that cause you to write to the school.

in your child's file for months or years. If things blow up later, these letters can be the most compelling evidence in your favor.

7. Make your problem unique.

specific problem (i.e., a teacher's refusal to follow an IEP), present your situation as unique. You want the person who reads your letter to see your problem as different. You want them to think "Wow! We've never had this problem before!"

By presenting your problem as unique, you're trying to avoid "We ALWAYS handle ABC situations this way. We can't make exceptions for you." If you present your in the Bureaucrat's Big Book of Rules and Procedures. Remember:

bureaucracies are inflexible and situation as unique, you can sometimes get people in the system to see things differently. If they see things differently, they may be able to handle things differently.

8. You ARE writing letters to a **Stranger.** You are NOT writing letters to the school or DHS. You are really writing a "Letter to the Stranger." Why? You have to assume that someone outside your school or DHS system will decide this issue. This person will have no personal interest in you or your child. This person won't care what "program" your child is enrolled in.

When you write letters, keep this Stranger in your mind's eye. Who is this Stranger? What does he look like? How does he think? The Stranger is an older person who has worked hard all his life. He's conservative, fair, and open minded. He knows that life is often difficult and unfair. He doesn't have much patience with complainers. He's A letter you write today may sit more sympathetic to people who have a plan to solve problems. He dresses casually. When he sits down to read your letter, he sips a cup of tea and lights his pipe.

> The Stranger doesn't know you, your child, or your situation. Your letter gives you the chance to sell the Stranger on the justice of your cause. You can describe the problem and tell the Stranger what should be done to make things right.

Judges are Strangers. Most judges aren't knowledgeable about special education or children with disabilities. When you write letters, you are also trying to educate and inform this person.

9. You write business letters to the letters, you use tactics and strategy

(Continued on page 7)

PAGE 6 E Pulama Na Keiki

Questions to Ask (Continued from page 1)

• Does the child have a "medical home" where he or she can receive coordinated, comprehensive, continuous health care?

DEVELOPMENTAL HEALTH

- Has the child received a developmental evaluation by a provider with experience in child development?
- Are the child and his or her family receiving the necessary early intervention services, e.g., speech therapy, occupational therapy, educational interventions, family support?

MENTAL HEALTH

- Has the child received a mental health screening, assessment, or evaluation?
- Is the child receiving necessary infant mental health services?

EDUCATIONAL/CHILDCARE SETTING

- Is the child enrolled in a high-quality early childhood program?
- Is the early childhood program knowledgeable about the needs of children in the child welfare system?

PLACEMENT

- Is the child placed with caregivers knowledgeable about the social and emotional needs of infants and toddlers in out-of-home placements, especially young children who have been abused, exposed to violence, or neglected?
- Do the caregivers have access to information and support related to the child's unique needs?
- Are the foster parents able to identify problem behaviors in the child and seek appropriate services?
- Are all efforts being made to keep the child in one consistent placement?

To develop into a psychologically healthy human being, a child must have a relationship with an adult who is nurturing, protective, and fosters trust and security...Attachment to a primary caregiver is essential to the development of emotional security and social conscience.

What happens during the first months and years of life matters a lot, not because this period of development provides an indelible blueprint for adult well-being, but because it sets either a sturdy or fragile state for what follows.

2003 Oahu Child pecific Training

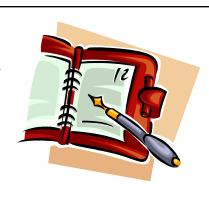
NANAKULI

July 26, and August 2, 9, 16, & 23 Kamehameha Schools Community Learning Center 87-2070C Farrington Highway

HONOLULU

Monday Evenings, 6 – 9 pm July 21, 28 and August 4, 11, & 18 Kamehameha School-Kapalama Campus

For more information and to sign up, please call Barbara Wright at 261-9569



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The Art of Advocacy (Continued from page 5)

(your brain). You do not demand, threaten, ventilate anger or frustration son entered your program because . . (your emotions).

If you are writing an important letter to the school, you want it to be smooth, polished, and professional. Begin your letter chronologically and develop it chronologically. A letter might begin like this:

Dear Mr. So and So:

We received a letter from you dated February 1, and were very perplexed by the content. To put my letter into the proper context, let me go back to the beginning . . .

Do not attack or express anger. Resist the urge to take cheap shots.

10. NEVER make judgments.

"What a jerk you were! You didn't have enough guts to be straight-up with us!" NO! NEVER be judgmental. You want the Stranger to be interested, not anxious. Provide information logically, then let the Stranger draw conclusions. You want your Stranger to conclude "What a jerk!"

11. You are telling a story.

Write your letter chronologically. Don't broach the main issue in the



first paragraph of your letter. Tell your story chronologically, weaving in your facts. Your objective is to write a letter that is interesting, and easy to follow.

Remember, when you write a letter to the school, this is your chance our writing skills need improving. to "present your case" and tell your story. The Stranger won't understand the background or history unless you provide this information. You can provide background information very naturally and easily by going back to

the beginning and writing a chronological story.

For example: "On DATE, our

. You can move the clock earlier if this helps you tell the story. "We realized that our daughter's problems were serious when she was unable to communicate with others by her third birthday."

Where should you begin? Begin wherever you want. In your mind, you tone the letter know when things "began." Then, continue to tell your story: "Then this happened . . . When she started school . . . " You are telling a story and you are using your facts. Select your facts carefully and keep your opinions to a bare minimum. As you tell the story, you're planting seeds in the memories of Strangers who read your letter later. Let these Strangers water the seeds using their own imaginations!

There is another reason to write chronologically. If you jump from issue to issue, the reader will get confused, then frustrated. Readers have negative reactions to people who write letters that are hard to follow. The Stranger may get angry at you if he can't figure out your point. If the Stranger gets frustrated, he will quit reading – and he'll blame you for this frustration. You don't want this to happen to you.

12. Write letters that are clear and easy to understand.

Letters provide you with an opportunity to make your case while you create a positive impression. An important part of the impression you make will depend on how you express yourself. We don't like to think that Unless you are a professional writer or editor, you will need to spend time improving your writing skills in four areas: clarity, brevity, interest, accuracy.

ALWAYS read your letters aloud. This is a valuable tip from professional editors. ALWAYS have at least one outside person read your letters. Your "reader" should be

someone who will tell you the truth, especially when you don't make things clear or you need to down.



Ask your "reader" to pretend that he or she is a Stranger. You want your reader to tell you if you answered the three questions we listed at the beginning of this chapter:

What am I trying to accomplish? What do I want? What are my goals?

The answers to these questions must be clear. After your "Stranger" has read the draft of your letter, ask the person to answer these questions. If the reader cannot answer these questions clearly, it means you haven't expressed yourself clearly. Remember: your letter is to the Stranger, not the special ed supervisor or the social service administrator. If you find yourself explaining your real point to the reader, stop, and write down the explanation. Incorporate this into your letter.



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News from the Neighbor Islands

2003 Cast Hawaii Foster Parent Mahalo Luncheon

Ellen Yasukawa

n Saturday, May 10, 2003, the East Hawaii Friends of Foster Families and East Hawaii Foster Parent Association sponsored their third annual inter-agency mahalo luncheon. Over 100 foster parents from the Department of Human Services, Catholic Charities – Na 'Ohana Pulama, Hawaii Behavioral Health Services, Child and Family Service, and Casey Family Programs attended the event held at the Hilo Hawaiian Hotel.

Our featured speaker was Mervlyn Kitashima, who had just been named the National Mother of the Year. She gave a poignant and inspirational presentation about her experiences and the importance of supporting our "at promise" youth. Mayor Harry Kim was also on hand to share some of his own insights and present a proclamation designating May as Foster Care Month for the County of Hawaii. A talented group of young musicians, Waiolama, donated their time as entertainment for the luncheon.

The Big Island business community showed their gratitude and support to foster parents by their overwhelming response to our request for door prize donations. Over 30 individuals and businesses donated a wide range of products and services, including restaurant gift certificates, glass mugs, Tupperware, floral arrangements, plants, juice coolers, and more. The grand prize, a two night stay at the Hilton Waikoloa Village, was won by Ben and Sherie McMillan of Catholic Charities – Na 'Ohana Pulama. A special recognition was made to Hawaiian Airlines for generously donating individual travel kits filled with toiletry items for each of the parents, and to Friends of Foster Kids and Hawaii Behavioral Health for donating bottles of aromatherapy shower gel for each family and other door prizes.

MAHALO to all our East Hawaii foster parents! We truly appreciate your dedication and hard work every day of the year.









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Kauai Recognition Luncheon

Rauai foster parents were honored recently at the annual recognition luncheon attended by over 100

people. Speakers included Family Court Judge, Calvin Murashige; DHS Deputy Director, Henry Oliva; Hale Opio Kauai Executive Director, Mary Lou Barela; HFPA Executive Director, Sarah Casken; & Kaui Tanaka from Mayor Bryan Baptiste's office. The emcee of the event was Kauilani Edens.

Special guest speaker was Pamela Woolway, who was a former foster child. Interestingly, her birth family later became emergency shelter foster parents to more than 400 teens.

After a delicious lunch at the Terrace Restaurant, guests were entertained by a group of foster parents and staff led by DHS Deputy Attorney General Christobel Kealoha and DHS supervisor Lucy Douthitt.



Each foster family received a recognition gift provided by their licensing agency and a door prize that was donated by various community businesses.

The Kauai Foster Care Training Committee hosted the luncheon. This committee of private and public human service agencies and foster parents has been in existence since 1996. The mission of the committee is to enhance the lives of foster children by providing nurturing, support and training to their caregivers.

Mahalo to our partners

hank you for partnering with us to make a difference. Your support helps HFPA meet its mission to educate, support and nurture caregivers.

Thanks for caring about quality care for children in Hawaii affected by foster care.

\$1,000+

Mark and Debi Rolfing *In honor of the mothers* of the infants we have cared for

\$100 - \$499

John Casken Sherri and Frank Giron Margaretha Lum Thalia Murphy Parents and Children Together Oueen Liliuokalani Children's Center Rachel Soma Gay and Ron Tsukamaki

Up to \$99

Kevin Adaniva Bruce and Maxine Angell Aysha Arrington Margaret Bartelt Meredith Blaz Ernest and Helen Caravalho Kathy and Chuck Clarke Steven and Dana Christiansen Madeleine and Antonio Cuello Edita and Pacifico Domingo Paul and Rebecca Freebairn Frank Haines Malcolm Hong Ken Johnson Phil and Lynn Luttrell Beryl and Manuel Smith Cathy Troy

Nida Ugale Barbara and Conklin Wright Richard and Vicky Yagi Gloria Zane



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HAWAII FOSTER PARENT LISTSERVE

hawaiifosterparent@yahoogroups.com

The Legal Aid Society of Hawaii (Legal Aid) in partnership with HFPA has created a list serve that will allow foster parents, caseworkers and interested individuals to access immediate advice on foster parent issues as well as resources for assistance.

How do I join?

Send a blank e-mail message to **hawaiifosterparent@yahoogroups.com**. You will receive a response with instructions on how to join and your participation will be accessible that day! If you need assistance in joining the list serve, please call Stephen Duck at **527-8029**.

What is a list serve?

A list serve is similar to a chat room that will allow important information to be immediately disseminated and facilitate problem solving on foster parent issues. Since the widest possible use of our list serve will generate the best results, we urge you to join. **It's FREE**.

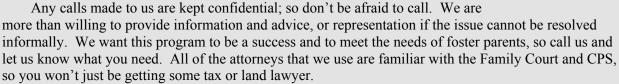
You may expect to find information on:

- Forms, requirements and responsibilities in becoming a foster parent;
- Tax issues:
- Relationships with and responsibilities of DHS and CPS social workers;
- Adoption assistance;
- Court Review Hearings;
- Special Education;
- Records & confidentiality;
- Resources, and other relevant issues.

After joining, your questions about fostering or child protective cases can be emailed to the group (keeping the child's family name confidential) seeking advice and support from other foster parents, HFPA and Legal Aid guardian *ad litem* attorneys.

Legal Aid Advocacy Program (Continued from page 1)

permanency options? How soon will an adoption be granted? How long does an appeal take and is there any way to speed up the process? How do I get special education services for my child? I am having a problem with my foster care license—can you help?



Give us a call—527-8064. Neighbor islands—1-800-499-4302



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Hawaii Foster Parent Association, PMB 261, 111 Hekili St., Suite A, Kailua, HI 96734 Phone: (808) 263-0920 Fax: (808) 263-0921

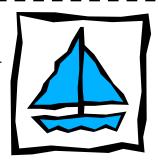
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Did you know.....

- ? The Hawaii Belt Law requires
 every child under the age of 4
 years be properly restrained in a federally approved safety seat when traveling in a motor vehicle. You could be fined up to \$100 \$500 if your child is not in a safety seat when traveling.
- ? The Waianae Coast Comprehensive Health Center offers tips on purchasing the right safety seat for your child. We will also show you how to install your car seat at no cost. For more information, contact Ivy Johnson, Certified Child Passenger Technician at 696-1548 Monday through Friday.

Sail Away

The *FREE SPIRIT CAPTAIN'S CLUB* is looking for children with a love for the ocean and a desire to learn to sail. The program is open to children ages 10 through 14 who are in foster care or who live with foster children (the foster family's birth children).

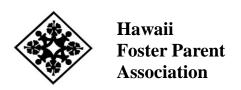


The program begins **July 29 and runs through August 26**. The classes are from 4 to 6 p.m. each Tuesday. The *Free Spirit* sails out of the Ala Wai Yacht Harbor.

All children will complete the course with knowledge of basic sailing skills, ocean safety, and teamwork development. They will be provided a t-shirt, cap, backpack, camera, and sailing manual.

There is no cost for this program, just the commitment to show up. Upon completing this class, graduates are welcomed back each month to sail with the "Mates Program."

For an application, call Rich Marshall at 456-5103 or go on-line at: sailfreespirit.com



PMB #261 111 Hekili Street, Suite A Kailua, HI 96734

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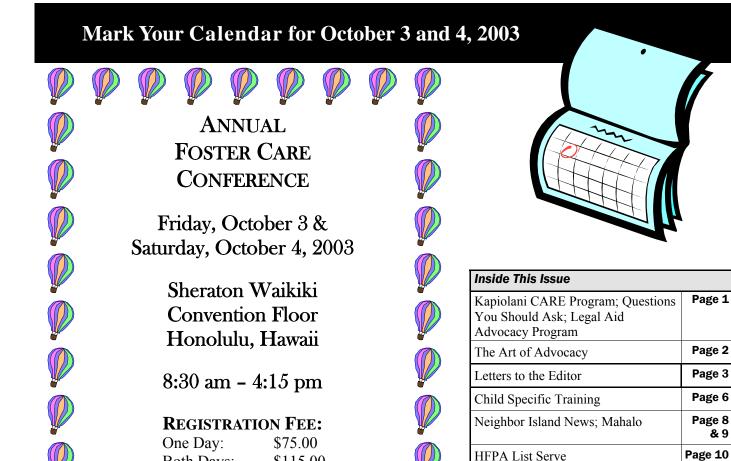
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Your Support is Appreciated;

Sailing Club Sign-Up Conference Alert

&9



\$115.00

Both Days:

Fee includes continental breakfast, lunch, and

materials in addition to the fabulous workshops.