



Kids & Families Together

April 2012

April: Taxes on Time, Peace of Mind

Resources to help make this tax season the easiest one yet



Finding a positive tagline for this month's topic was a little difficult, but as it reads the sooner your taxes are filed, the easier you can start breathing... until next year of course. To help you out in filling your taxes, the IRS has a slew of programs to help those in the community with anything from questions to even

free tax preparation. The Free Tax Return Preparation by Volunteers program from the IRS is a program with a handful of different programs that have been set up to help certain sectors of the population file their tax returns.

VITA and TCE are the two main branches of the program under the IRS and both have two different qualification guidelines. VITA offers free tax help and preparation to people who make less than 50,000 a year, for a VITA site near you, please call 1-800-906-9887. The TCE program offers free tax assistance for all, but gives priority to people who are over 60 years of age and older. The program specializes in questions about retirement issues, pensions, and other questions unique to seniors; for a TCE site near you please call 1-888-227-7669. For more information about

these and more programs, go to IRS.gov [Free Tax Return Preparation by Volunteers](#).

These last few years have been important ones for those in the adoption community with the advent of the Adoption tax credit refund. The refund became available in 2010 and is available for the 2011 and 2012 tax years. Families who adopted during the years of 2005-2009 may also be able to benefit since credits from those years can be carried forward until 2010 but families that have adopted step children are not eligible. This onetime tax credit, \$12,150 per child, not per year, applies to domestic and international adoptions, but the procedure is not the same. Credit for expenses for international adoptions can be claimed only after finalization; for domestic adoptions, the credit can be applied even if the adoption does not go through and the full credit can be taken for domestic special needs adoption even when the qualifying expenses don't reach that limit. To learn more about the adoption tax credit please go to IRS.gov [Adoption Benefits FAQ's](#). The most important thing to remember about tax season, is not to panic and, of course, to turn in your taxes on time.

Having Faith

Dear Faith,

I have a ten year old adopted son and an eight year old adopted daughter. Both children were adopted at three and each was exposed to abuse and neglect in their early lives. Recently, someone was talking about a 60 second scolding. Can you help me to understand what this is exactly? I know that certain behaviors; for example, when one of my children kicks the dog, really make me angry. If you think this 60 second scolding might be useful then I am quite interested in how to use it effectively. I know that anger needs to be used sparingly toward children with early trauma in their backgrounds and so I am interested in how the 60 second scolding is used exactly.

Thanks,
Unclear in Ventura

Dear unclear,
No parent wants to see their beloved pet hurt and it is appropriate to feel anger and express anger when your pet gets hurt intentionally by a member of your family. Children with early trauma often experience pervasive shame. It is important to find ways to reduce their shame and give them experiences that they are of value even when they make mistakes.

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Kids & Families Together's mission is to strengthen relationships and provide safe, supportive help and education to keep family members emotionally connected to one another.

IN OUR COMMUNITY

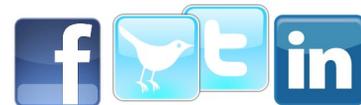
A look at what's happening this month



Keeping up with Kids & Families

There are a number of ways to stay in loop with what's going on at Kids & Families Together. If you are reading this, you're already one step ahead!

You can also Like us on Facebook, send us a tweet on Twitter @KandFT, Follow us on LinkedIn, check out our calendar on our website, give us a call or stop by our center.



April 3, Ben & Jerry's Free Cone Day!

12pm-8pm Pacific View Mall or 523 East Main Street, Ventura, CA Tuesday, April 3rd is Free Cone Day from noon to 8 p.m. at participating Ben & Jerry's scoop shops! Nothing better than FREE ice cream! Downtown Ventura location will be serving up the freebies starting at 11 a.m.! Pacific View Mall (805.654.0069) Downtown Ventura (805.643.9429).

April 7, Easter Eggstravaganza and Arts & Crafts Fair in Camarillo

10am – 3pm Camarillo Community Center, Camarillo, CA Mark your calendars for the Pleasant Valley Recreation & Park District's annual Easter Eggstravaganza and Spring Arts & Crafts Fair on Saturday, April 7th, at the Camarillo Community Center. The event will feature Easter egg hunts, inflatable attractions, pony ride and petting zoo, food and craft vendors, Easter carnival games and entertainment on the stage. Rumor has it that the Easter Bunny will make a cameo guest appearance. Visit www.pvrpd.org or call 805.482.1996 for more information.

April 14, The 14th Chumash Day Powwow and Inter-Tribal Gathering

11am-7:30pm Malibu Bluffs Park, 24250 Pacific Coast Highway, April 14– April 15, Free! This 2 day celebration of Chumash heritage and culture includes native foods, arts and crafts, storytelling, kids' activities and more. Grand entry at 1pm on Saturday and noon on Sunday. Call 310.456.2489 x337 for more information or visit www.malibucity.org.

April 21, Bullying and Cyberbullying Presentation for Parents

3pm-4pm, 251 South A Street, Oxnard, CA. Dr. Elizabeth Brewer will give a presentation designed to educate parents about bullying and its technological counterpart of cyberbullying. There are signs that can alert a parent that their child may be experiencing bullying such as the use of red flag words like "happy slap." Dr. Brewer will also provide strategies parents can use to aid their children with handling this problem. This event is FREE For further information, please call 385-7532.

New Behavioral Health Contract Will Expand Kinship Support Services Program

Kids & Families Together (K&FT) has received a Ventura County Behavioral Health contract to expand its already successful Kinship Support Services Program (KSSP). The new contract seeks to focus upon the un-served and underserved youth and their families in four (4) target areas of Ventura County. Those four areas and their communities are 1) Oxnard, El Rio & Port Hueneme, 2) Simi Valley & Moorpark, 3) Ventura and 4) Santa Paula, Fillmore & Piru.

Known as the Kinship Project, K&FT will be establishing a set of community coalitions both at the community and countywide level. These coalitions will be made up of agencies, organizations and kinship families who seek to raise community awareness and improve access to community services for these families. While other coalitions exist in the social services arena, ours are unique in that they bring together

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family and children services programs with those directed at senior citizens. This is because grandparents make up 60% of all kinship families! This effort is being led by Doug Miller, a former administrator for AspiraNet.

Another component of the Kinship Project grant is the increase in the number of Peer Mentors Kids & Families Together will be adding to its operations. The Behavioral Health contract provides funding for up to 14 additional Peer Mentors, thus enabling K&FT to serve as many as 200 additional families over the course of the year. Sylvia Orozco, the KSSP Program Coordinator, will become even more involved in the training and supervision of the agency's Peer Mentors. K&FT's implementation of these two important kinship contracts have enabled the agency to seek other grants to

complement the program. We have applied for, and received, a \$20,000 grant award from the Samuelsson Foundation for "hard goods" to support Kinship families. "Hard goods" are things like beds, dressers and various types of furniture that will allow a family to care for a related child. This funding can also enable children to participate in after school programs and activities, pay for athletic equipment and uniforms so that they may join sports programs like Little League, YBA or a soccer team. Together with the support of K&FT, its Peer Mentors and financial support, these important items can enable a family to be successful in their new responsibilities.

Having Faith

It is important to find ways to reduce their shame and give them experiences that they are of value even when they make mistakes. Your goal as a therapeutic parent is to decrease your child's shame (I am a bad person) and increase your child's guilt (I did a bad behavior and I need to repair it.) The purpose of the 60 second scolding is to express anger authentically using I messages but the anger lasts for one minute and no longer. The 60 second scolding looks like the following: "I feel angry that you just

kicked the dog. Kicking the dog is not acceptable in our home ever and if you are angry about something you can talk to me about it but it is never OK in this home for you to kick the dog." The parent is firm and is looking directly at the child. After the 60 second scolding the parent re connects to the child and is warm and friendly again. The parent does not stay angry with the child longer than a minute as this will increase the child's sense of abandonment and shame. Over time, the 60 second scolding teaches the

child that a caregiver can get angry without getting out of control and that a caregiver can be upset about his or her behavior while still loving the child and seeing the child as a valuable member of the family.



Thank You!

Kids and Families Together would like to thank the wonderful and gracious people and organizations who generously helped us and our families these past few months.

John Franklin

Member of the Countywide Coalition, for his article on our Simi Valley Kinship Support Group in his newsletter Dark to Dawn.

Ventura County Probation Agency

Pepperdine Student Research Team

Sara Agha, Lauren Sleezer, Hayley Scott, and Lynn Pham



Did you know kids and Families Together has a Food Share pantry available to Kinship Families and Emancipated Youth? Our pantry offers non-perishable & dry-goods. All you need to do is call and make an appointment!
805-643-1446 ext.125

Training Opportunities

from Ventura County Community College District's Foster & Kinship Care Education

Becoming a Professional Foster Parent Thursday, April 5th 6:00-8:00pm @ Kids & Families Together, 856 Thompson Blvd., Ventura. This class is designed to aid in the refinement of foster parents to be seen and respected as Professionals. Topics discussed include the role of a foster parent, role of a social worker, the importance of teamwork, benefits of being a foster parent, communication and how to manage with the process of foster parenting. Sponsor: Oxnard College FKCE.

HEP Notebook Thursday, April 12th 9:30-11:30am @ Channel Islands Social Services 900 Calle Plano Suite K, Camarillo. This class will provide foster parents with strategies to use the Health Education Passport to best organize and document information for their foster child. Discussion will assist foster parents in identifying their roles and the social workers roles in maintaining an effective HEP document. Organizational ideas will be provided. Sponsor: Ventura College FKCE.

CPR Recertification Thursday, April 12th 4:30-8:30pm For pre-registration and location call Carrie McAuliffe 986-5800 x1935

Cornerstone Training Network: I am a Licensed Foster Home, Now What?

Saturday, April 14th 9:00-11:00am @ Cornerstone Church 2080 Winifred St. Simi Valley, Room 10 This class will go into more depth on important topics you need to know more about now that you are licensed. Topics will include boundaries, assessing the needs of the child, documentation, boundaries, communication, and more. The class is taught by two experienced foster parents who know the system very well. Perfect class for first time foster parents!

Sponsor: Oxnard College FKCE

Positive Discipline for Teens

6 Wednesdays: April 18th- May 23rd 6:00-8:30pm @ Ventura College CEED 71 Day Road, Ventura, Conference room Adolescence is often a time of great stress and turmoil, not only for the youth, but for their care providers as well. This series offers techniques to begin working toward greater understanding and communication with adolescents. Highlights include how to tell if a teen's rebellion is normal or excessive, how unresolved issues from one's own teen years may hinder the relationship, and how to gain cooperation without having to threaten. Each week you will be able to ask questions, receive feedback and build upon what you've learned. You'll learn how to: encourage your teen and yourself, develop sound judgment without being judgmental and use follow-through to get things done! Sponsor: Ventura College FKCE

www.kidsandfamilies.org/calendar for more information & registration

K&FT Staff Spotlight: Karina Garcia

Our staff members play a critical role in maintaining the everyday flow of Kids & Families Together. They are kind, nurturing and here to serve their community.



You are the In-Home Program Administrator, how does your work impact

Kids & Families Together?

I bug all the clinicians for the various paperwork and measures that are required for the In-Home programs so that we comply with the contracts. I do the monthly billing for the In-Home programs and help Tricia out with Spanish referrals.

What do you like most about your job?

I like the people I work with and the view from where I sit. I think I'm lucky to work here.

If you were a superhero, what special powers would you have?

I would have the power to chop garlic and onion by simply waving my finger.

Name one thing that not many people know about you?

I don't have my nose pierced... it's a mole.

