

NORTHERN FOSTERING NEWS



"The Foster Family Coalition of the NWT is a unified voice dedicated to improving the quality of life for children and youth in care by supporting foster families' well-being"

CAMP CONNECTIONS ISSUE!

Welcome to the summer addition of Northern Fostering News! This newsletter is completed a little later than normal in the summer, but that is because we have been so busy with Camp Connections!

Please read on to learn about all of the goings on at Camp Connections as well as the upcoming Canadian Foster Family Association National Conference and the plans for Foster Family Appreciation Week.

Plus tons of extra projects and initiatives of the Foster Family Coalition and the Department of Health and Social Services.

FOSTER FAMILY COALITION OF THE NWT

PO BOX 2022
YELLOWKNIFE NT
X1A 2P5

5125 50th street
Dene Nation Building
PHONE: 867.766.3326
TOLL FREE:
1.866.233.0136
FAX: 867.766.3401

EMAIL:

info@ffcnwt.com
ffc@ffcnwt.com
campconnections@ffcnwt.com

WEBSITE:

www.ffcnnwt.com

OFFICE HOURS
MONDAY TO FRIDAY
8:30 A.M. TO 5:00 P.M.



Foster Family Coalition of
the NWT



@Ffcnnwt



Camp Connections is Hosting a Raffle!!

In efforts to rebuild the cookhouse, the main structure and heart and sole of Camp Connections the FFC-NWT is hosting a raffle until Foster Family Appreciation week.

Check out the AMAZING Prizes and please contact us to purchase(or if you want to sell) tickets!

We accept cash or email money transfers for them.

FIRST PRIZE: \$10,000 Vacation Package with Top of the World Travel + \$2,000 spending money

SECOND PRIZE: \$5,000 gift card to a grocery store of your choice

THIRD PRIZE: \$3,000 gift card to Petro-Canada

HELP RAISE THE ROOF AT CAMP CONNECTIONS!

Ticket No: <input type="text"/>		City of Yellowknife Lottery License No: 26501	
NAME	<input type="text"/>	EMAIL	<input type="text"/>
PHONE	<input type="text"/>	RAISE THE ROOF AT CAMP CONNECTIONS	<input type="text"/>
Raise the Roof at Camp Connections			
First Prize: \$10,000 Vacation Package booked with Top of the World Travel plus \$2,000 spending money			
Second Prize: \$5,000 gift card of groceries to a store of your choice			
Third Prize: \$3,000 gas gift card to Petro-Canada			
All proceeds benefit The Foster Family Coalition of the NWT			
1-866-233-0136 5,000 tickets printed. Grand Prize Draw			
October 21st, 2016 at 12 pm in the FFC-NWT Office			
\$20/ticket		CAMP CONNECTIONS	
Ticket No: <input type="text"/>		City of Yellowknife Lottery License No: 26501	

CONTACT THE FFC-NWT TO PURCHASE TICKETS
867.766.3326 FFC@FFCNWT.COM



EXECUTIVE DIRECTOR REPORT

As usual we are having a very eventful summer with Camp Connections and wildfires. I would like to thank our amazing staff, volunteer foster parents and YHSSA staff as well as our Crisis Management Team for their quick thinking and actions on July 14th, when camp was evacuated within minutes of spotting smoke. The generosity of our community is again was out of this world.

We have entered into a 2-year multi-funding agreement with the Department of Health and Social Services and I am very happy to say that we have been supported in obtaining Legal Defence Insurance for our foster parents in the event of an allegation. Our funding has just come through and we will be starting the process of gathering all the information that we need from foster parents in order to have them registered. We will be given your contact information from social services only if you check off the box on the Foster Home Agreement Form giving permission to release the information to us. You can also contact us directly to make sure that we have you registered.

You have probably been hearing information on the news about the formation of one Health Authority for the NWT. There is still not a lot of information about how this is going to happen and how it will affect foster parents. We will keep you updated as we find out information.

After working with the Department of Health and Social Services over the last few years on increases to foster care per diems and adoption subsidies, we have recently been told that this will not be happening in the near future. This means there has been no increases to the foster care per diems for a number of years, which makes it extremely difficult to recruit new foster homes and retain the ones that we have. The current rate structure that has been in place since 2007 is as follows:

(see next page)



Community

Aklavik	\$43	Behchoko	\$33
Colville Lake	\$47	Deline	\$45
Dettah	\$24	Enterprise	\$26
Ft Good Hope	\$45	Ft Liard	\$32
Ft McPherson	\$39	Ft Providence	\$30
Ft Resolution	\$31	Ft Simpson	\$31
Ft Smith	\$30	Gameti	\$36
Hay River	\$27	Inuvik	\$33
Jean Marie River	\$34	Kakisa	\$34
K'atideeche First Nation	\$27	Lutselk'e	\$42
Nahanni Butte	\$40	Norman Wells	\$44
Paulatuk	\$53	Sachs Harbour	\$47
Trout Lake	\$39	Tsiigehtchic	\$36
Tuktoyaktuk	\$49	Tulita	\$45
Ulukhaktok	\$38	Wekweeti	\$38
Whati	\$36	Wrigley	\$42
Yellowknife	\$24		

When you consider the going day care rate in Yellowknife is between \$45 and \$50 a day, you can see why we are having a hard time getting people to come forward. No, it is not all about the money, but people should not be going behind when taking in foster children. We will continue to advocate for foster cares rates that are on par with the rest of the country.

We are just completing the pilot of the PRIDE online training and it will be ready for foster parents, social workers and the general public in the fall. We are very excited about being able to provide this valuable training so everyone can access it.



The Canadian Foster Family Association Annual Conference is coming up in Saint John, NB from September 18s 25. I have approached all the regions to sponsor foster parents to attend the conference and we have had a positive response from some of the regions. I am very happy that we will have some people representing the NWT at the conference.

We are very happy to be chosen for a second year to distribute Comfort Kits to all foster children that are entering foster care across the territory. If you have feedback on the contents of the backpacks, please let us know as we will be starting to shop for them in September. The backpacks will once again be sent to the regions to be given out by the social workers. If a child or youth that is placed with you has not received a backpack, please let us know.

Although summer is beautiful, I am looking forward to the fall when the kids are back in school and on a routine. Hope to see some of you at the conference in September!

Tammy Roberts
Executive Director
FFC-NWT



CAMP DIRECTOR REPORT

Well Camp Connections has certainly had an eventful summer! With only one session left the summer and camp is slowly coming to a close.

A wildfire right across the road from Camp Connections forced an emergency and immediate evacuation during Session 2 on July 14th.

The Foster Family Coalition is so proud of all the campers and especially the staff for making the process as smooth and safe as possible.

Due to the fire, Camp had to be held in town for Session 3, similar to last year, we utilized the Folk on the Rocks site just outside of Yellowknife.

The festival had just ended and it was a unique set up but the campers all loved it and the staff continued to do a wonderful job.

Camp Connections has sure had its fair share of media attention this summer too! Early in June our load of fire wood was stolen and after a news story it was more than replaced! After the fire for the set up at the Folk on the Rocks Site community members donated craft supplies, tents, sleeping bags, propane and all assortments of things we needed!

Camp Connections was blessed with a wide variety of artists and cultural connections this summer. Katie O'Beirne, a yoga teacher did body mapping every session with the kids, teaching them about movement and art within their bodies. Carmen Braden led them in a Camp Song, as well as took the campers on Sound Walks around the site, letting the campers listen to the sounds of nature, from the smallest twig crack to the rush of rapids.

Erykah Tam offered her unique Jagua temporary tattoos to the campers and Kayley Mackay and Tiffany Ayalik taught the kids about throat singing and different phrases in Inuktituk and Innuinaqtun. Some of our Inuit campers took the words right out of their mouths!

Former camp leader Nick Rivet will be visiting Camp during the last session to offer a carving workshop with the kids, this has always been a hit in the past and we are excited to see him again.

Camp Connections certainly had some difficulties this summer, but the FFC-NWT is so happy and proud of the staff this season. Especially since everyone was brand new! We look forward to this last session being a success and continuing our efforts to fundraise to rebuild the cookhouse hopefully next year!

Nicole Garbutt
Camp Director

Body Mapping art exercise with guest Katie O'Beirne. Katie does a workshop called the Yoga of Art, teaching the kids to create with a mindfulness of movement! Katie has been out to camp for every session, this was during session 4!





WANT TO BE A BOARD MEMBER?

The Foster Family Coalition is currently seeking board members to fill some vacant positions!

Are you interested?

Requirements include:

- Being an active foster parent
- Participating in monthly teleconference board meetings
- Promoting and recruitment of foster care in a positive and active way in your region
- Offering support to foster parents in your region

Currently the positions that are open for election are:

- Vice-President
- 1 position from Yellowknife
- 2 Position from the Deh Cho
- 1 Position from the Sahtu,
- 2 Position from the Beaufort Delta
- 2 Positions from Hay River
- 2 Positions from the Tlicho.

If you are interested or know someone who is, use the nomination form on the following page and send to Tammy Roberts at info@ffcnwt.com

FFC-NWT Board Member Nomination Form

Nominations must be made by a foster parent or you can nominate yourself.

I, _____ nominate _____
(name of the person suggesting the Board member) (name of the person to sit on the board)

For a position on the Board of Directors with the Foster Family Coalition of the NWT.

The person I am nominating is from the community of: _____

Signature of Nominator: _____

Signature of Nominee: _____

Please answer the following questions about the person who you would like to serve on the Board of Directors. This will be on the voters ballot that will be mailed to foster parents in your region in late February.

1. How long have you been a foster parent and what do you like most about it?

2. What can you do for the FFC-NWT?

3. What do you feel is important for foster parents in the NWT?

TERRITORIAL HEALTH AUTHORITY-IN THE NEWS

A CBC news article released on August 16, offers a bit of insight into the new Territorial Authorities structure and process. Although this article focuses on the Health side of the department, it does provide some information about how things will change. Stay tuned in our new few editions of Northern Fostering News for more information about the amalgamation.

ANALYSIS

Here's what we know (and don't know) about N.W.T.'s new health superboard

9-person council to lead superboard with input from 6 regional wellness councils

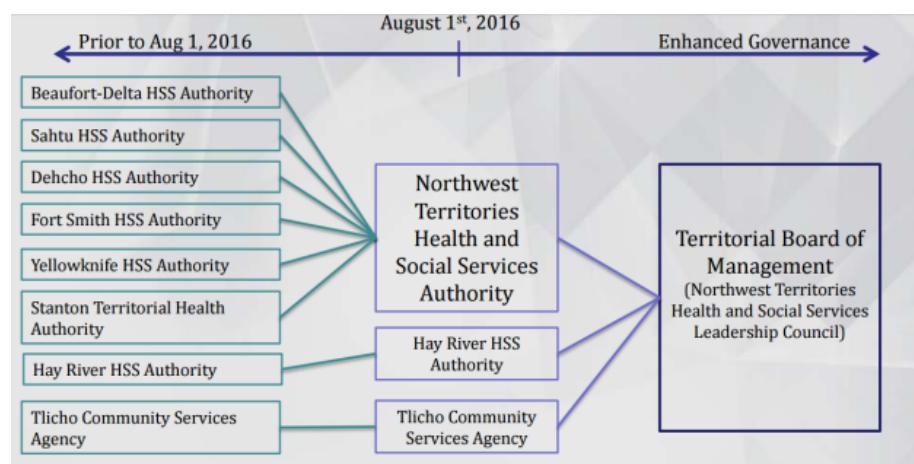
By Guy Quenneville, CBC News Posted: Aug 16, 2016 7:24 AM CT Last Updated: Aug 16, 2016 7:24 AM CT

You wouldn't have noticed it in the waiting room, but Aug. 1 was a big day behind the scenes for the N.W.T.'s health and social services system.

Authorities covering six different regions of the territory joined forces and became one larger body: the Northwest Territories Health and Social Services Authority.

(In addition to the six authorities that have now merged, there is also the Tlcho Community Services Agency and the Hay River Health and Social Services Authority which remain in place.)

The merger is meant to streamline how health care is carried out throughout the territory, potentially save money over time (thanks to procurement happening under one roof) and avoid what happened before the merger: having policies on services such as medevac and medical travel carried out eight



A GNWT diagram lays out the organization of the new health board system in the territory. (GNWT)

But how is the new system going to work? How many people will play a hand in informing health policy? And just how will decisions be made about how people receive health care?

How the system worked before

In the beginning, there were eight health and social services authorities, each often working independently of each other, prompting Health Minister Glen Abernethy to dub them "silos."

In addition to the Hay River and Tlicho authorities, there were authorities for the Beaufort Delta, Sahtu, Dehcho, Fort Smith and Yellowknife regions, plus one for Stanton Territorial Hospital, which treats people from throughout the territory and western Nunavut.

Each of those authorities was either run by a board of management or a one-person public administrator (as remains the case in Hay River).

But while the heads of those eight authorities did meet at the prompting of the sitting health minister under what was called the Joint Leadership Committee, they were not legally required to do so.

As Sue Cullen, the CEO of the new superboard, put it, they essentially met "out of goodwill." And they didn't always agree.

Abernethy says that under the old system, one authority could essentially ignore the wishes of the Joint Leadership Council and just do what it wanted.

The new system

A bill passed last year in the legislative assembly now requires the heads of the superboard to meet at least once in public every year, though Abernethy was keen to stress that "it doesn't mean we can't have more than one meeting" a year (public and non-public).

The members of what's called the Northwest Territories Health and Social Services Leadership Council run the superboard.

That council is made up of nine people:

- the chair, Jim Antoine, who once managed the old Dehcho health authority
- the chairs of six regional wellness councils representing the Hay River (including the K'atl'odeeche reserve), Fort Smith, Sahtu, Dehcho, Beaufort Delta and Yellowknife regions

- the chair of the Tlicho agency
- the deputy minister of Health, Debbie Delancey

Cullen, the CEO for the superboard, will report to the leadership council.

Six chief operating officers — as well as other superboard executives, such as the person in charge of running the medevac program — will in turn report to Cullen.

The regional wellness councils

The regional wellness councils are each made up of seven people, including a chair, who will bring the views of the wellness councils to the decision-making leadership council.

Sue Cullen is CEO of the new Northwest Territories Health and Social Services Authority, which replaces six regional health authorities. (CBC)

Some wellness council members nominated themselves, while some were appointed by the government. The launch of the superboard was partly delayed by several months because of the difficulty in finding people to sit on these councils.

What's their job? To provide a regular person/end user's view of the health care system. "They live in our communities and they know our people," said Abernethy. Wellness council members will be paid honorariums based on their attendance at meetings.

Health policy via consensus?

The big question facing the leadership council is how it will make decisions about health and social services policy, especially with more than 40 people talking into its ear. The answer depends on who you ask.

When asked whether the leadership council would decide matters by vote, Cullen nodded affirmatively, Antoine said he'd like decisions to be made "by consensus as much as possible" while Abernethy diplomatically cut in that the process has yet to be ironed out.

"Give them some time," said Abernethy. The leadership council had its first planning meeting on Friday. The date of its first — and public — meeting has yet to be announced.



DEALING WITH ATTACHMENT ISSUES

With files from training delivered by Tanis Suchow & Betty Evans

There are three categories for types of attachment:

Secure Attachment: a solid and healthy attachment with a primary caregiver, this will lead to a high probability of developing healthy relationships and attachments with others.

Insecure Attachment: characterized by anxiety that can be expressed by resisting closeness, lack of trust, being controlling, insecurity, rejecting and clinging.

Non-Attached: is unable to form emotional connections, this can be diagnosed as Reactive Attachment Disorder.

What are some signs & symptoms of attachments issues?

- Superficially engaging & charming
- Unable or unwilling to make eye contact
- Not cuddly
- Indiscriminately affectionate
- Cruelty to animals
- Quick to lie about the obvious
- Destructive to self, others or material things
- Stealing
- Lack cause and effect thinking
- Abnormal eating patterns
- Little to no impulse control
- Make poor peer relationship choices
- Lack conscience
- Preoccupation with blood, fire and gore

Signs & Symptoms cont.

- Have abnormal speech
- Learning lags
- Make false allegations
- Inappropriately clingy and demanding
- Asking persistent nonsense questions and chatter

What are some general strategies for helping children with attachment issues?

Create a safe, consistent and caring environment;

- Eye Contact
- Smiles
- Clear expectations & defined and enforced boundaries
- Predictable and structured routines





Nurture them;

- Be physically caring as much as they will allow
- Take the lead from them
- Stay attuned to their responses

Remember it is not the child but the behavior;

- Try to understand the root of the behavior before applying consequences
- Do not take it personally
- Be aware that the root of behaviours make give a sense of the environment the child came from
- A punishing approach may increase the behaviour

Have realistic expectations of the child;

- Remember this child may have a lot to overcome, some may never fully
- Work with the child's team to set appropriate goals

Be patient with the child's progress and with yourself;

- Progress will be slow, your efforts and energy may seem like it is not having an effect
- Don't be too hard on yourself
- Get rest and take time for yourself
- Respite care may be crucial
- Lean on your resources
- You will not be able to care for the child if you are exhausted, overwhelmed, resentful or angry!



CFFA NATIONAL CONFERENCE SEPTEMBER 21-24TH SAINT JOHN, NEW BRUNSWICK

Are you interested in attending a national conference for foster parents and caregivers?

See the following pages for information about the upcoming Canadian National Foster Family Association Conference! You will also find a CFFA membership form. You are encouraged to become a member to support the Canadian Foster Family Association!

You can also contact your social worker or regional supervisor to inquire about financial support to attend, as some of the regions will be sponsoring foster parents.

The conference is an annual event, always in a different location. It brings together foster & adoptive parents, caregivers, respite workers and social workers from all over Canada for workshops, training and networking.



Saint John, New Brunswick



Registration Form
C.F.F.A. NATIONAL CONFERENCE
N.B.F.F.A. ANNUAL GENERAL MEETING
SEPT 18TH – 25TH 2016

Hilton
 1 Market Square, Saint John, NB
 1-506-632-8560
 Group code FOSA16

(Please use a separate registration form for each registrant)



Full Name: _____

Mailing Address: _____

City: _____ **Province:** _____ **Postal Code:** _____

Telephone: (____) _____ **Email:** _____

Early Registration Fees (July 15th) \$ 350.00

Late Registration Fee \$375.00

(Hotel not included in registration)

Meals covered by registration

Wednesday Lunch

Friday Evening Meal

Saturday Evening Buffet

Sunday Breakfast

Workshop Selection		
	1 st Choice	2 nd choice
Friday AM		
Friday PM		
Saturday AM		
Saturday PM		

ANY SPECIAL DIETARY NEEDS? _____

Daily Registration per person

Thursday afternoon tours

- ☐ 2Hr Trolley tour - **\$20.00** (limited number of seats)
- ☐ Zip Line - **\$65.00 + tax**
- ☐ Harbour Boat Tour- **\$30.00**
- ☐ Friday Evening Meal *only* **\$60.00**
- ☐ Friday morning, afternoon and evening **\$135.00**
(Meal & Dance included)
- ☐ Saturday morning, afternoon and evening **\$135.00**
- ☐ Saturday Evening Buffet *only* **\$60.00**
- ☐ Sunday morning Buffet **\$30.00**
- ☐ Friday Workshops **\$75.00**
- ☐ Saturday Workshops **\$75.00**

Please check one only

- ☐ Foster parent
- ☐ Social worker
- ☐ CFFA Executive
- ☐ CFFA Board of Directors
- ☐ CFFA Executive Directors
- ☐ NBFFA Executive
- ☐ NBFFA Board of Directors
- ☐ NBFFA Voting Delegate
- ☐ Other (specify) _____

Transportation provided from airport to Conference

only

Date & time of arrival _____

Flight number _____

Please forward registration with your cheque payable to:

New Brunswick Foster Families Association 2016
 c/o Mrs. Rae Marie Paisley
 137 Wallace Road
 Browns Flat, N.B. E5M 2B9
 E mail: rayme@nb.sympatico.ca

MONDAY				
Date	Start Time	End Time	Function	Room
Sept 19/16	8:00 am 7:30 pm	10:00 am 8:30 pm	Registration	Welcome Centre TCC Boardroom
Sept 19/16	9:00 am	4:00 pm	C.F.F.A. Executive meeting	Kings County room
Sept 19/16	10:00 am	10:30 am	Break	Kings County Room
Sept 19/16	12:00pm	1:00pm	Lunch on your own	
TUESDAY				
Sept 20/16	8:00 am 7:30 pm	10:00 am 8:30 pm	Registration	Welcome Centre
Sept 20/16	9:00 am	4:00 pm	CFFA Board of Directors Meeting	Kings County Room
Sept 20/16	10:00 am	10:30 am	Break	Kings County Room
Sept 20/16	12:00 pm	1:00pm	Lunch	On your own
Sept 20/16	2:30 pm	3:00 pm	Break	Kings County Room
WEDNESDAY				
Sept 21/16	8:00 am 7:30 am	10:00 am 8:30 pm	Registration	Welcome Centre
Sept 21/16	12:00pm & all breaks	1:00pm	Silent Auction	Montagu 3
Sept 21/16	9:00 am	4:00 pm	National Working Group	Loyalist
Sept 21/16	10:00 am 2:00pm	10:30 am 2:30pm	AM Break PM Break	Loyalist Foyer
Sept 21/16	12:00 am	1:00 pm	Lunch provided	Loyalist Foyer
Sept 21/16	7:00 pm	10:30 pm	Meet & Greet (Host NB)	Room 317/ 318

THURSDAY

Date	Start Time	End Time	Function	Room
Sept 22/16	8:00 am 5:00 pm	10:00 am 8:30 pm	registration	Welcome Centre
Sept 22/16	12:00pm 5:00 pm + all breaks	1:00pm 6:30 pm	Silent Auction	Montagu 3
Sept 22/16	9:00 am	12:00 pm	CFFA Annual General Meeting	Loyalist
Sept 22/16	10:00 am	10:30 am	Break	Loyalist
Sept 22/16	12:00pm	1:00pm	Lunch	On your own
Afternoon Tours				
Sept 22/16	4:30pm	6:00pm	Presidents Meeting	Montagu 1
Sept 22/16	7:00 pm	10:30 pm	Meet & Greet (Host BC)	Room 317/318
FRIDAY				
Sept 23/16 A.M.	8:00 am 7:30 pm	9:00 am 8:30 pm	Registration	Welcome Centre
Sept 23/16	9:00 am	12:00pm	Sexuality & Special Needs Youth	Montagu 1
Sept 23/16	9:00 am	12:00 pm	Dissociative Disorder	Montagu 2
Sept 23/16	9:00 am	12:00 pm	Compassion Fatigue	Spencer 1&2
Sept 23/16	9:00 am	4:00 pm	Internet Safety	Loyalist
Sept 23/16	10:00 am	10:30 am	Break	Great Hall Foyer

Pt 23/16	12:00pm	1:00pm	Lunch on your own	
Sept 23/16	1:00 pm	4:00 pm	Keeping Kids Safe	Montagu 1
Sept 23/16	1:00pm	4:00pm	Reconciliation For Aboriginal Children	Montagu 2
Sept 23/16	1:00pm	4:00pm	Safeguarding For Men	Spencer 1&2
Sept 23/16	2:30 pm	3:00pm	Break	Great Hall Foyer
Sept 23/16	6:30 pm	7:00 pm	Parade of flags	Loyalist
Sept 23/16	7:00 pm	9:00 pm	Dinner (sit down)	Loyalist
Sept 23/16	9:00 pm	12:00 am	Dance	Loyalist
<i>SATURDAY</i>				
<i>Date</i>	<i>Start Time</i>	<i>End Time</i>	<i>Function</i>	<i>Room</i>
Sept 24/16	8:00 am	9:00 am	Registration	Welcome Centre
Sept 24/16	8:00 am & All breaks	9:00 am	Silent Auction	Montagu 3
Sept 24/16	9:00 am	12:00 pm	FASD (English)	Montagu 1
Sept 24/16	9:00 am	12:00 pm	Project Roar	Montagu 2
Sept 24/16	9:00 am	12:00 pm	Youth In Care/ Partnership for youth	Spencer 1&2
Sept 24/16	9:00 am	4:00 pm	The Purposeful Use of Daily Life Events	Loyalist
Sept 24/16	10:00 am	10:30 am	AM Break	Loyalist Foyer

Sept 24/16	12:00pm	1:00pm	Lunch on your own	
Sept 24/16	12:15 pm	12:45 pm	Silent Auction	Montagu 3
Sept 24/16	1:00 pm	4:00 pm	F.A.S.D. (French)	Montagu 1
Sept 24/16	1:00 pm	4:00 pm	Car seat & Child safety	Montagu 2
Sept 24/16	1:00 pm	4:00 pm	Effects of Domestic Violence on Children	Spencer 1&2
Sept 24/16	2:30 pm	3:00 pm	PM Break	Loyalist Foyer
Sept 24/16	6:00 pm	7:00 pm	Cocktail reception	Loyalist Foyer
Sept 24/16	7:00 pm	9:00 pm	Buffet Dinner	Loyalist
Sept 24/16	9:00 pm	12:00 pm	Chinese Auction	Loyalist
<i>SUNDAY</i>				
Sept 25/16	7:00 am	9:30 am	Breakfast Buffet	Loyalist
Sept 25/16	9:45 am	1:00 pm	NBFFA Provincial AGM	Loyalist



The Foster Family Coalition of the NWT is here to support you.

Please do not hesitate to call us if you have questions or concerns, or just want to chat.

Toll-Free Support Line: 1.866.233.0136

Phone: 867.766.3326

Email: info@ffcnwt.com

Website: www.ffcnwt.com

Drop in to our office, located in the Dene Nation Building at 5125 50th Street