
FOSTER PARENT RESOURCE GUIDE

Oregon Child Welfare
Department of Human Services

I want to go straight to [Services in the Tri-County Area](#) (pg. 18)

...to [Services in Multnomah County](#) (pg. 28)

...to [Services in Clackamas County](#) (pg. 31)

...to [Services in Washington County](#) (pg. 33)

Your local Support Group (contact your certifier for information)

Peers coming together to support each other, to vent with others who “get it”, to network and to gain continuation hours. A side benefit is that there is usually childcare available, so the youth are also with others who “get it” from their perspective.

Your support group information goes here (if you don't know, contact your certifier):

Contact: _____

Day: _____ Time: _____

Place: _____

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Foster Parent Duties within the First Two Months of Placement –

This is a short summary list of the things foster parents must do or appointments they need to participate in with their new placement(s):

Within first 30 days:

- Identify a medical provider and dentist for the child. Either locate the previous provider information or find a new provider that takes OHP (see page 4 for more information about OHP)
- Schedule and take child to well-child appointment
- Schedule and take child (1 or older) for dental cleaning and evaluation
- Work with SSA to schedule visitation to begin and possibly provide transportation
- Schedule and be available for nurse home visit (someone will contact you to schedule)

Within first 60 days:

- Take child to CANS/MH assessment/Early Intervention assessment (someone will contact you to schedule)
- Review FCBOR (Foster Child Bill of Rights) with youth in a developmentally appropriate manner
- Provide transition materials to youth 14 years and older (caseworker will connect with youth)

These are additional steps you may need to do depending on the needs of your family or foster youth:

- Make sure child is available for CARES evaluation
- Follow-up with doctor referrals and ensure vision, hearing, and development are assessed
- Take child for shots to get immunizations caught up (could be monthly)
- Follow up with additional dental needs/referrals by dentist
- Register for Head Start or other school (best interest finding required before transferring schools)
- Find a mental health therapist and begin therapy, a referral is not required to begin services, you can call and schedule the intake (see pg. 25 for mental health agencies in the Tri-County area)
- Begin evaluation appointments as needed (school, Developmental Disabilities, occupational therapy, etc.)
- Shop for child's needs - clothing, toileting, toys, school supplies, etc.
- Contact school to meet with classroom teacher to ask about school needs/support (including Head Start)
- Attend Individual Family Service Plan/Individualized Education Planning meetings
- Arrange childcare/daycare
- Set up a respite provider
- Schedule and attend additional sibling interactions if not placed together
- Attend court hearings, Family Decision Meeting, Citizen Review Board
- Ensure cultural activities and/or religious needs are being met

Other: _____

Understanding OHP

When an individual enrolls with OHP, they are assigned to a **CCO (Coordinated Care Organization)** based on the county they live in. The CCO manages the health and dental plans for their area. The CCO **does not** administer the individual plans. They contract with individual insurance companies to offer insurance to their members. To compare this to private insurance: Private businesses offer different insurance policies to their employees. The business decides what insurance plans they will offer their employees and they decide and manage the services offered by those insurance plans. CCOs are like the private businesses. They manage, but do not administer, the plans. One positive difference is that CCOs allow you to switch plans at any time, unlike a private business. This is very helpful when trying to find a provider. When you call a provider, ask what OHP health plan they accept.

OHP members in Clackamas, Multnomah and Washington counties can now choose between two CCO plans: Health Share of Oregon and Trillium Community Health Plan.

To switch CCOs or health plans, ask the caseworker to switch CCOs or plans or call the office for your child's caseworker and ask for the Medical Assistance Specialist. Ask the Medical Assistance Specialist to switch your child to a different CCO or health plan. There are only certain days of the month that CCOs can be changed so it may take a couple of weeks before a CCO change goes in to effect. Changing health plans within the same CCO can usually go in to effect within a few days.

Find a Provider

OHP Website: Get to know your CCO, pick your provider and make an appointment with a new provider:
<https://www.oregon.gov/oha/HSD/OHP/Pages/New-OHP.aspx>

CCO Option: Health Share of Oregon

<https://www.healthshareoregon.org/>

Health & Dental Plans and Benefits: <https://www.healthshareoregon.org/members/my-health-plan>

Health Share offers the following plans:

Health Plans:

- CareOregon
- Kaiser Permanente
- Legacy Health
- OHSUHealth
- Providence Health Assurance
- PacificSource

Dental Plans:

- CareOregon Dental
- Kaiser Permanente
- ODS
- Willamette Dental Group
- Advantage Dental

CCO Option: Trillium Community Health Plan

<https://www.trilliumohp.com/>

Benefits: <https://www.trilliumohp.com/members/oregon-health-plan/for-members/benefit-information.html>

Clackamas-Multnomah-Washington County Member Handbook:

https://www.trilliumohp.com/content/dam/centene/trillium/medicaid/pdfs/MCA_MbrHandbook_TRICOUNTY.pdf

Trillium offers the following plans:

Health Plan:

- Trillium Community Health Plan

Mental Health Plan:

-Trillium Behavioral Health

Dental Plans:

- Advantage Dental

- Capitol Dental

- ODS Community Dental

Medical Cards

Need a medical card? Request one from the caseworker or the Medical Assistance Specialist from the branch the caseworker works in.

Have a doctor's appointment today and no card? All medical providers are able to look up a person's OHP information by searching in their system. They just need the person's **Prime Number**. The prime number is an 8 character ID of numbers and letters. Anyone with access to OR-Kids can find the prime number. The medical provider may also be able to look up the information with just a name and date of birth. Call and ask the provider if you don't have the prime number.

Name: _____ Prime Number: _____

Name: _____ Prime Number: _____

Name: _____ Prime Number: _____

Education Guide in Brief

Education for a child in care is a team effort which calls for collaboration on some items and defined roles in other areas. This sheet gives a quick and brief outline of these different roles. For more detailed information refer to the revised 2018 *Educational Services for a Child or Young Adult in Substitute Care*.

Federal law requires a child be registered and enrolled in school immediately regardless of whether you have required paperwork. Oregon Law requires youth remain in their school of origin unless a Best Interest Finding is made by the court to move the child to a new school. School of Origin is defined as the school the child was attending at the time the child come into state custody or previous foster placement.

Schools must immediately provide transportation to the youth's school of origin and have the student attending within a few days. If a child transfers to a new school, the new school must immediately enroll the child and have them attend within a few days even if they don't have required paperwork such as an IEP. Having a copy of the most recent IEP upon enrollment will speed up the classroom placement process (if available).

Collaboration (Foster Parent and Case Worker)

The foster parent and caseworker and others involved with the child work together to ensure school enrollment and promote academic achievement. This includes securing appropriate assessments, planning and reasonable goal setting.

Transportation: The new state law requires that the school district of origin is to provide transportation to the School of Origin for youth. If there are problems, contact the school district foster care point of contact.

Caseworker

- Ensure foster parents have necessary authorization to enroll child or update child's information at school of origin. Contact the school as necessary to confirm state custody.
- After conferring with child and others who know child decide which education setting is in "the best interest of the child." Secure court order as needed.
- Ensure education setting is consistent with the ongoing safety plan of the child or young adult.
- Support the foster parent's role or court ordered surrogate as the educational parent.
- Caseworkers are not the educational parent for school registration or signee on IEP paperwork. They may attend meetings and sign indicating they are in attendance.
- File financial requests from foster parent for school activities.
- Secure a copy of school records/transcripts indicating schools attended, length of time, and academic standing as required for court documents and records.

Foster Parent

- Present yourself to the school of origin to update the child's contact information and include the caseworkers name and address so they also get a copy of the report cards. Request school remove bio parents from mailing list.
- Should you believe the child has a learning disability or that their mental/emotional health is interfering with learning you, as a parent, are authorized to request, in writing, academic assessments. You are the parent for all meetings and need to sign the IEP or 504 plan. The caseworker and CASA can be in attendance but are not the authorizing signature.
- You may also request alternative instruction in health class if you believe the material will be a trigger for negative behavior. This may require a 504 plan.
- Foster parents represent the best interest of a child in care just as they do a bio-child and can sign off on all school forms, assessment, IEP, permit slips, and attend parent-teacher conferences. Out-of-state trips require permission from DHS.

STATE-WIDE

DHS Forms:

All numbered DHS forms are available on the Oregon.gov Publications and Forms website:

<https://sharedsystems.dhsoha.state.or.us/forms/>

- Numbered forms will have a number in the bottom right hand corner preceded by some letters (typically DHS, CW, CF or MSC).
- You can search by the form number or by “Title Contains” section.

Child Care Reimbursement (Form Numbers CF 0162 & CF 0501F):

Foster parents can be reimbursed for child care expenses up to \$325/month for children 12 and under. Child care reimbursement for children over 12 may be approved by a supervisor if a child has developmental or behavioral issues that require supervision.

- Requirements for eligibility:
 - (A) The child care is required due to the certified family’s employment; or
 - (B) The certified family attends college or other educational program and the child care is needed while they are attending classes.
 - If the certified family is two certified adults, both adults must be employed or attending an educational program; or
 - (C) If circumstances, other than (A) or (B) above, exist that necessitate child care a Child Welfare supervisor may approve child care.
- Provider must be approved by Child Welfare. Type of approved providers:
 - Licensed child care facilities, including in-home providers;
 - Before and after school programs;
 - Government programs;
 - In-home providers who are exempt from a license requirement;
 - Approved by foster parent’s certifier after background check
- Forms for reimbursement:
 - **Child Welfare Foster Parent or Relative Caregiver Child Care Authorization (Form Number: CF 0162)**
 - This form ensures the provider is approved to provide care and that the child is eligible for child care reimbursement
 - Must be completed every 6 months
 - **Child Welfare Child Care Invoice for Foster Parents and Relative Caregivers (Form Number: CF 0501F)**
 - Monthly invoice that is submitted for reimbursement
 - Requires foster parent/relative caregiver and child care provider signature
 - Submit to caseworker

Respite Reimbursement (Form Number: DHS 2897)

Foster parents can request reimbursement for respite care expenses. The foster parent pays the respite provider and the state reimburses the foster parent for that cost. The state reimburses \$55/night up to 3 nights a month. Additional days can be approved by program manager. Respite provider must be approved by certifier prior to being used as a respite provider. Send the caseworker or your certifier the following information to request reimbursement:

- Description of why the respite care was needed
- Amount requested
- Dates of respite
- Name of individual who provided respite

Medication Logs (Form Number: CF 1083)

Use to track medication administration for all prescribed medications. Complete one form for each child in care. More than one medication may be documented on each form. When the month has been completed, send the completed form to the child's caseworker and begin a new form. Make a copy for your records if you wish.

Supervision Plan (Form Number: CF 0994)

Required supervision plan for all youth with a CANS level above zero. The supervision plan is a joint document between caseworker and foster parent and requires signatures from both caseworker and foster parent. Plan needs to be reviewed and renewed every 90 days. Supervision actions could include use of space, routine, structure of the environment, positive reinforcement, de-escalation techniques, clear and attainable expectations and collaboration to revolve conflict.

Mileage Reimbursement (this is a branch form and is not available on the statewide forms website):

Request mileage reimbursement forms from caseworker or certifier. Submit reimbursement forms to caseworker monthly. The state reimburses mileage at the same rate as the federal reimbursement rate.

Reimbursement in 2020:

General: \$0.575 cents/mile

Medical: \$0.17 cents/mile

SAFETY

DHS State-Wide Child Abuse Hotline

- 1-855-503-SAFE (7233) or 911 need immediate response
- Reporting suspecting abuse/neglect;
- Reaching DHS on weekends or at night;
- Reporting run-away youth

Crisis Help Lines

For individuals struggling with thoughts of self-harm and for family member, friends and others with concerns about a loved one who may be at risk of self-harm.

- Pre-Teens and Teenagers Need Help? TEEN LINE is here.

- [CALL 310-855-4673](tel:3108554673)
- [TEXT TEEN to 839863](text:839863)
- Adults Suicide Prevention
 - Lifeline 24/7
 - 1-800-273-8255
 - Text: 273TALK to 839863
 - Text: Hello to 741741
- Mental Health:
 - 1-800-950-6264
- Bullying:
 - 1-800-420-1479
 - Text: Home to 741741
- Self-Harm:
 - 1-800-366-8288
 - Text: Connect to 741741
- Sexual Assault:
 - 1-800-656-4673
 - Text: Home to 741741
- Domestic Violence:
 - 1-800-799-7233
 - Text: Support to 741741
- Grief:
 - 1-800-445-4808
 - Text: Care to 839863
- Eating Disorders:
 - 1-800-931-2237
 - Text: Neda to 741741
- Pregnancy Infant and Child Loss:
 - 1-800-944-4773
 - Text: Hello to 741741
- Abortion:
 - 1-866-439-4253
 - Text: Helpline to 313131

For your county’s Mental Health crisis line, research online or call 211 and request hotline number for your county. Write the number here: _____

DHS Social Media Guidelines:

<http://www.oregon.gov/DHS/CHILDREN/FOSTERPARENT/Documents/social-media-parent-guide.pdf>

Safety/Mandatory reporting

www.oregon.gov/DHS/ABUSE/Pages/mandatory_reports.aspx

Required for foster parents, helpers in the home, babysitters. Foster parents are expected to make sure other adults working with foster children view this video.

This YouTube video discussing mandatory reporting expectations of foster parents or those working with foster children in a foster home be it a paid helper or babysitter. The YouTube video is produced by Oregon DHS.

211info

<https://www.211info.org>

211INFO FOSTER PARENT SUPPORT LINE

Beginning in July 2016, 211info, in partnership with Oregon DHS Child Welfare, launched a 24/7 support line for foster parents.

211info supports foster parents in times of crisis and offers general behavioral/parenting information and community resources.

To speak with a Foster Parent Support Specialist:

CALL 211 or 1-866-698-6155

TEXT keyword "foster" to 898211 (TXT211)

EMAIL foster@211info.org

HOURS 24/7

Safety at home

<https://www.safehome.org/resources/child-safety/>

Check out this website for practical reminders on how to teach your child to keep themselves safe. There are some practical ideas on being pro-active about safety and security in the home, at school and in the community.

Children and Families - National Alliance on Mental Illness (NAMI) Oregon

<https://namior.org/resources/community-resource-lists/children-and-families/>

Oregon Family Support Network – 503-363-8068 **Oregon** families supporting **Oregon** families with children and adolescents with emotional, behavioral, mental and/or physical challenges and special needs. Services include toll-free health information line, **support** groups, resource referral, and individualized **peer support**.

Car Seat Use and Installation

<https://www.oregon.gov/odot/safety/pages/belts-seats.aspx>

Oregon Department of Transportation: Safety Belts & Child Seats

Hands on instruction in securing and using age appropriate car seats. Check local police/fire or hospitals for scheduled clinics.

CHILD WELFARE/DHS

Information, Resource list, Policies, Lending Library

<https://www.oregon.gov/DHS/CHILDREN/FOSTERPARENT/Pages/resources.aspx>

There is a lot of good information here including reimbursement schedules including up-to-date DHS policies.

Oregon Foster Care Ombudsman

1-855-840-6063 or FCO.Info@dhsosha.state.or.us

Working within the [Governor's Advocacy Office](#), the Office of the Foster Care Ombudsman is an independent resource to investigate complaints, concerns or violation of rights for children in the custody of Oregon DHS Foster Care. The Ombudsman position was created in 2013 with the passage of Senate Bill 123. This position is the result of legislation developed and passed by current and former foster youth. The Ombudsman receives, investigates and helps resolve complaints and concerns from a wide range of people including foster youth, parents, relatives, CASAs, attorneys, social workers and many other interested parties.

CLOTHING

Project Lemonade

www.projectlemonadepdx.org

Project Lemonade provides foster youth with a back-to-school shopping experience. In 2018 Project Lemonade served over 2000 foster youth ages 5 and up from over 24 counties in Oregon and Washington. The big shopping experience happens in August with a few additional opportunities throughout the year. Should you have a new placement and clothing need contact schedule@projectlemonadepdx.org. The Store is located in the Lloyd Center, Portland.

CONTINUING EDUCATION

Foster Parents are required to document 30 hours of continuing education over a 2-year period.

SELF-DIRECTED TRAINING OPPORTUNITIES

FosterParentCollege.com®: Online Training for Foster ...

www.fosterparentcollege.com

Self-paced training is here 24/7, with effective classes on key topics. Individuals can enroll, complete a course, and receive a certificate of completion in a single session. The content is developed by nationally recognized experts in the fields of parenting, social work, pediatrics, psychology, psychiatry, and education. The courses are valued by foster care agencies.

Interactive multimedia training courses for adoptive, kinship and foster parents.

- Available 24/7
- Nationally recognized training
- Multimedia learning
- Taught by experts
- 65 courses available

Foster Parent Lending Library

www.dhs.state.or.us/training/foster

This Lending Library is Free for Oregon Foster, Relative, and Pre-Adoptive Parents. There are over 1,000 books including Children and Spanish titles.

Oregon Foster Parent Resources:

<https://www.oregon.gov/dhs/children/fosterparent/Pages/resources.aspx>

Resources, links to parenting, Oregon specific resources, lending library information, LGBTQ resources, Trauma informed parenting resources.

Oregon Post-Adoption Resource Center (ORPARC) (for foster parents too)

<https://www.orparc.org/>

Extensive Lending Library which is **available to all foster parents**. There are materials for children and for adults. Go to the website, select up to 5 books at a time and the books will be mailed to you. ORPARC will confirm your status as a foster parent before mailing the books. The books will come with a bag to mail the books back. They also offer a new digital library which allows instant access to some materials.

The website has information about upcoming trainings. These include trainings offered by ORPARC, community partners and online trainings.

Portland State University, Child Welfare Partnership:

<http://cwpsalem.pdx.edu/caregiver.html>

Lists upcoming foster care and adoption training opportunities offered throughout Oregon and online through Netlink.

Textured Hair Care (Online Training)

<https://ilearn.oregon.gov>

A 30-minute online training to learn how to care for textured hair. Create an account on iLearn and search for C04507. There are also other trainings available on the website to the public. Any member of the community can create an account on iLearn and access trainings.

NETWORKING AND IN-PERSON TRAINING OPPORTUNITIES

DHS Offices

A monthly list of classes throughout the state is mailed to all certified foster homes. Check this list to find appropriate trainings at your local DHS office. Some offices also send out announcements via Facebook or closed email groups

DHS Local Support Group

Check with the Oregon Foster Parent Association, your county Foster Parent Association or DHS office for support groups in your local and/or specialty. Attendance at support group meetings count toward continuing education hours.

Note contact information here: _____

KEEP Program

Anthony.P.Fox@dhsosha.state.or.us

KEEP is an evidence-based support and skill enhancement education program for foster and kinship parents of children and teens (KEEP SAFE™). The program supports foster families by promoting child well-being and preventing placement breakdowns.

KEEP facilitates small support groups of foster parents who are committed to creating a calmer, more nurturing home environment for their families for 16-week sessions. These groups are led by trained facilitators and focus on lessening the stress associated with foster parenting by providing support, interventions, and behavior management techniques. Free childcare and a meal are provided at the weekly meetings (attendees are eligible for continued education hours). To learn more, visit keepfostering.org. To sign up, contact Anthony Fox by phone—503.872.5264—or by email anthony.p.fox@dhsosha.state.or.us.

Oregon Family Support Network

<https://www.ofsn.org/>

An organization to support families. They work to promote mental, behavioral and emotional wellness for other families and youth through education, support, and advocacy. They also offer online trainings and in person trainings around the state.

Shoulder-to-Shoulder Annual Conference

<http://www.stsconference.com/>

This one day plus conference held in the Portland area mid to late October.

The Shoulder-to-Shoulder conference provides professional training, opportunities to network with others doing the same work, connect with resources with the goal of building stronger partnerships on behalf of children in the child welfare system. Foster and adoptive parents, kinship caregivers, advocates, caseworkers, social workers, lawyers, judicial officers, citizen review board members (CRB), mental health professionals, medical professionals, educators, childcare workers and anyone else who are connected with Child Welfare are invited to attend the conference.

Swindells Resource Center | Providence Oregon

<https://oregon.providence.org/our-services/s/swindells-resource-center>

Swindells Resource Center of **Providence** Child Center supports parents and caregivers of children who have special needs, developmental delays or disabilities. We provide resources, information and education to communities throughout Oregon and southwest Washington. Events: **Swindells** provides learning opportunities all year long.

EDUCATION/SPECIAL EDUCATION ISSUES

For difficulties enrolling your foster child in school, establishing appropriate transportation or questions regarding tutoring for child kept out of school for any reason call DHS education program coordinator: Catherine Stelzer at 503-569-0747; email: Catherine.r.stelzer@dhsosha.state.or.us

Learning Express Library

<https://www.learningexpresshub.com/ProductEngine/LELIndex.html#/learningexpresslibrary/libraryhome>

Learning Express Library offers online practice tests, skills-building for math, reading, and writing, computer skills tutorials, e-books and career development tools. Oregon State has made Learning Express Library available

through every public library system in Oregon. Search your local library information to find out how to access Learning Express Library.

MENTAL HEALTH

Directory of Therapists:

<https://sites.google.com/pdx.edu/therapistdirectory/home>

The mental health professionals listed on this website have completed a 70-hour course of study in advanced education and skills in therapy with adopted children and their families through Portland State University's Post Graduate Training Certificate in Adoptive & Foster Family Therapy.

This directory is a resource and does not constitute an endorsement of a therapist or adoption professional. Families should contact each professional directly to inquire as to specialty, fees, experience, and services provided to determine the best therapist for their child/family.

Karyn Purvis Trust Based Relational Intervention:

<https://child.tcu.edu/about-us/tbri/#sthash.xgl5TQRu.dpbs>

TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection.

Oregon Health Plan

Oregon Health Plan (OHP): Find Mental Health Providers

<https://www.oregon.gov/oha/HSD/OHP/Pages/New-OHP.aspx>

ORPARC (Oregon Post-Adoption Resource Center) (for foster parents too)

<https://www.orparc.org/support-mental-health-resources.php?tn=5>

ORPARC helps families find therapists or counselors in their area. They do not provide direct therapy services or recommend specific providers, but they can compile a list of potential referrals to best match your family's needs. Contact them online to get a list. **This resource is available to current foster families, adoptive families and guardianship families.**

NUTRITION

Similac Strong Moms and Enfamil Family Beginnings

<https://similac.com/strongmoms>

<https://www.enfamil.com/offers/baby-formula-coupons-samples>

You can sign up for Similac Strong Moms and Enfamil Family Beginnings to receive coupons and free samples in the mail.

Spoons Workshops

www.spoonfoundation.org/mpoweringcaregivers

The *Nourished and Thriving Children* toolkit was designed by SPOON to build capacity among the foster care community in feeding and nutrition topics so that they are equipped to address challenges commonly experienced by foster children. Our goal is to improve the growth, health, and development of Oregon's foster children, so they have the chance they deserve to be healthy and thriving.

Women, Infant & Child (WIC)

<https://www.fns.usda.gov/wic>

Special Supplemental Nutrition Program for Women, Infants, and Children. Check your local county WIC office to schedule an appointment.

WIC helps babies, infants, and children up to five years of age who are at health risk due to inadequate nutrition. Foster Children in this age range are eligible for this program on their own merits. Take placement letter and health card with you to first visit. For special formula you will need a doctor's prescription.

RECREATION

Tip: Keep a copy of your foster care certificate on your phone so you are always prepared! When going to any activity, you can always ask if foster families receive a discount.

A Mighty Girl | A Mighty Girl

<https://www.amightygirl.com>

The world's largest collection of books and movies for smart, confident, and courageous girls.

Fishing License

Fishing License for children 13 years and older: Free fishing licenses for foster children in foster care who are 13 years and older can be obtained by contacting your certifier or the child's caseworker. They are not required for children 12 and under if they are with an adult who has a fishing license.

Inspiring Girls Expeditions

Wilderness Science and Mountaineering for Girls

www.inspiringgirls.org/

This program is for teenage girls who are adventurous and like the outdoors. All expeditions are tuition free: participants provide transportation to the program site, but the organization provides as much financial assistance for travel as they can to ensure that every girl can go on chosen trip. They also provide all technical equipment and clothing needed for the expedition. Explore the website and help your teen choose an adventure.

Oregon Forestry Center

<https://www.worldforestry.org/>

Discover our Museum! Learn about forests through our hands-on exhibits, meet woodland creatures, try river rafting, and climb on Peggy the Train, our logging locomotive, and enjoy forest inspired art at the gallery.

Museum Admission

\$8 for adults

\$7 for seniors (age 62+)

\$5 for youth (3 thru 18)

Free for children under 3

Plus cost of parking.

For more information, call 503-228-1367

Oregon Coast Aquarium

www.aquarium.org | www.oceanscape.aquarium.org

A Family membership would be of the best value to foster families. Since Aquarium memberships are heavily discounted (usually paying for themselves in 1-2 visits), they do not offer further discounts on them. They do make accommodations for foster families in a couple of areas.

Normally, Family memberships are limited to 6 children living in the household, with additional children costing \$15 each. In the case of foster families, the Aquarium waives the additional child fee. This means membership dues would be a flat fee regardless of how many children are living in the foster home. Also, while they require all children on a Family membership to be listed by name, they make an exception for foster families by allowing a generic listing (i.e. Smith Family Foster Child). This way, the foster family doesn't need to contact the Aquarium each time a foster child transitions in or out of the household.

If it is difficult for a foster family to pay membership dues in one annual payment, they may contact the aquarium directly to discuss a quarterly payment option. Currently, a Family membership costs \$150 (price is subject to change). The membership guarantees unlimited admission to the Aquarium for a full year and also includes reciprocal benefits to 11 other Oregon institutions as listed on our website - <https://aquarium.org/membership-reciprocity/>.

Oregon Zoo

<https://www.oregonzoo.org/>

Zoo for All: The Oregon Zoo offers up to 4 tickets at \$5.00 each with a foster care license.

The zoo has five major exhibit areas: Great Northwest, Fragile Forests, Asia, Pacific Shores and Africa. Within these large areas are 23 specialized exhibits.

The zoo has discounted afternoon events once a month from June - August called **Twilight Tuesdays**.

Must still pay for onsite parking, if taking a bus or MAX show receipt when purchasing tickets.

Pacific Northwest Pass

<https://kidsinthegame.org/programs/pnw/pass/>

PNW provides up to \$150 towards after school sports programs. Youths, parents, advocates, counselors, and specialists can apply online to KIDS in the GAME for "sportsidies." PNW provides financial assistance to assist with registration fees, for your kids' recreational activities of choice. Checks will be made out to the organizations offering the activities. Families present these payments at registration. Grants are available to low-income families living in Alaska, Idaho, Montana, Oregon, Washington and Wyoming. Foster parents must present their foster child's paperwork at the time of registration with PNW.

Portland Children's Museum

<https://www.portlandcm.org>

Portland **Children's Museum** has lots of fun and exciting things happening all the time. The exhibits and programs are designed for children aged 0-12. A Family Access Membership is offered to foster families who live within 35 miles of the Museum for \$15 annually. Foster families automatically qualify for the Family Access Membership and can apply by visiting portlandcm.org/more/join-museum.

Admission Prices:

Museum Members: Free

Non-members ages 1–64: **\$11**

Under age 1: **Free**

Ages 65+: **\$10**

Military: **\$9**

Access Admission*: **\$2, (valid for up to 5 people)** Foster Families qualify, show certificate or OHP health card. Plus cost of parking.

State of Oregon Park & Rec: Complimentary State Camping and Day Use Parking Pass

<https://oregonstateparks.org/>

The pass is available only to foster, guardian and adoptive foster parents certified through the Oregon Department of Human Services (DHS), tribal governments and the Oregon Youth Authority. The pass is good for the duration of the individual foster parent's certification and four years for adoptive parents. Foster programs from other jurisdictions and from private agencies are not eligible.

SIBLING OPORTUNITIES

Camp to Belong (Summer Camp experience)

Kindredmatters.org or belongoregon@gmail.com

Camp to Belong provides an opportunity for brothers and sisters in care to participate in a weeklong camp environment that they would not have otherwise due to living in separate homes. If you are an adult that is interested in having siblings attend Camp to Belong next camp season, please send an email to Karyn Schimmels at karyn@camptobelong.org. Please know that if the children you have in mind for camp are in DHS custody, the application process includes the assigned DHS caseworker.

Family Camp on the Coast

belongoregon@gmail.com

An opportunity for foster parents to obtain continuing education credits while enjoying a family gathering and camping experience with other foster parents. There are workshops, free time for the adults, supervised activities for children of all ages and networking opportunities. The best part is all meals are prepared and served in the dining hall by the camp permanent staff. Registration for this camp starts in February with the adventure over the 3-day Memorial Day Weekend.

KINnect Events

belongoregon@gmail.com

Kindred Matters began hosting KINnect Events for siblings placed in separate homes while in care. KINnect Events are free and occur on Saturdays or Sundays for 3-4 hours. Events include an activity along with a meal and time to just have fun and build memories. Events are planned during the school year on a bi-monthly basis in the greater Portland, Salem, Eugene and Bend areas. To refer a sibling group to participate in KINnect Events, contact belongoregon@gmail.com.

SUPPORT

Foster Care and Adoptive Community: <http://www.fosterparents.com>

Facebook Groups:

www.facebook.com/fosterthefamilyblog = Foster Parent Support Group

www.facebook.com/EmbraceOregon = Embrace Oregon

www.facebook.com/theboxesofloveproject = Boxes of Love Project

www.facebook.com/orparc = Oregon Post Adoption Resource Center

www.facebook.com/NFPAOnline = National Foster Parent Association

www.facebook.com/groups/114811175241 = Oregon Foster Parent Association

Foster Parent Night Out

Foster Parents' Night Out is a non-profit organization started in 2006. We are a faith-based program that provides monthly respite care to **foster** families. Local churches host FPNO so that **foster** parents can have a **night** off while trained volunteers care for their **foster**, adopted, and biological children. Watch for it in your community as it is held at different times in each community.

Oregon Foster Parent Association:

<http://ofpa.com> OFPA offers support, advocacy, and resources for providers.

TRI-COUNTY

Multnomah/Clackamas/Washington Counties

SUPPORT/RESPITE

KEEP Program

Anthony.P.Fox@dhsosha.state.or.us

KEEP is an evidence-based support and skill enhancement education program for foster and kinship parents of children and teens (KEEP SAFE™). The program supports foster families by promoting child well-being and preventing placement breakdowns.

KEEP facilitates small support groups of foster parents who are committed to creating a calmer, more nurturing home environment for their families for 16-week sessions. These groups are led by trained facilitators and focus on lessening the stress associated with foster parenting by providing support, interventions, and behavior management techniques. Free childcare and a meal are provided at the weekly meetings (attendees are eligible for continued education hours). To learn more, visit keepfostering.org. To sign up, contact Anthony Fox by phone—503.872.5264—or by [email—anthony.p.fox@dhs.oha.state.or.us](mailto:anthony.p.fox@dhs.oha.state.or.us).

Family Friend:

www.familyfriendpdx.org

Family Friend currently offers a place to find resources in Portland, and an extra hand when creating a safe home during a family’s transition to stability. They can assist with getting some tangible items (bunk beds, formula, diapers, etc.). A referral must be made by the DHS caseworker or certifier.

Foster Parents’ Night Out

Foster Parents’ Night Out (FPNO) is a monthly four hours of respite offered to foster families across the Portland Metro area and other parts of the state. Most FPNOs run nine months out of the year and are held at local churches. **Contact your certifier at DHS** to find out your local FPNO and to get confirmation on your child’s eligibility. Please note, some FPNOs have waiting lists. FPNO is an initiative of Every Child Oregon and managed by Embrace Oregon in the Portland Metro Area. All referrals come through DHS. Contact your certifier for more information.

ACTIVITIES AND CAMPS

Tip: Keep a copy of your foster care certificate on your phone so you are always prepared! When going to any activity, you can always ask if foster families receive a discount.

Angels in the Outfield

<https://www.theangelsintheoutfield.org/>

Angels in the Outfield is an organization whose mission is to promote children's healing, happiness and safety through the generosity of our contributors. They support each child by providing counseling, tutoring, outings such as sporting events, museum visits, recreation, etc., parties, camp tuitions, sporting fees, special school supplies (including computers if the need is justified) and anything that will help a child on his or her long journey of recovery. The services provided to each child will be determined on a case-by-case basis, depending on each child's specific needs. Make a referral on their website.

Building Blocks 4 Kids:

<https://bb4kids.org>

Scholarship assistance up to \$500 per year for a child to participate in a sport, activity, tutoring, music, camp or club.

Camp Erin

www.oregon.providence.org/our-services/c/camp-erin

Camp Erin is the largest network of free bereavement camps in the country designed for children and teens ages 6-17 who have experienced the death of someone close to them. It is a weekend-long experience filled with

traditional, fun camp activities combined with grief education and emotional support - led by grief professionals and trained volunteers. Camp Erin is offered free to all families. For registration details, visit www.oregon.providence.org/our-services/c/camp-erin.

Champions Academy

www.pdxchampions.org

Champions Academy is an annual, six-week summer bridge program designed to strengthen basic skills in academics and athletics, boost each student's self-concept in the classroom and on the field and generally improve learning attitudes and overall fitness levels for students entering grades 3 through 10. The organization works with DHS to offer free spots at camp to over 50 children in foster care. For more information, visit www.pdxchampions.org.

Discover Theatre

www.discovertheatre.org

Discover Theatre is a week-long drama day camp catered to children in foster care, their siblings and friends, as well as children from families in need. At the camp, the kids learn songs, a choreographed dance, and scenes from a show that they showcase at the end of the week for their family and friends. They also create their own sets and costumes as well as learn improv games and acting and singing techniques. The camp runs one week in the summer (five days) from 12–6pm for children grades 2nd–9th. Register at: www.discovertheatre.org for only \$25.

Girls Build

<https://girlsbuild.org/>

What Happens When You Put Tools in the Hands of Girls? They build! Girls Build offers weekly classes and week-long camps for Spring Break and Summer. They teach girls how to develop plans, use power tools and build projects.

They offer free programming to any child involved in the foster care system—summer camps, after school programming, weekend programming, spring break camps. Scholarships are also available. They are proud to welcome girls from all over the state to our programming, but this is not an overnight camp. Campers must be picked up and dropped off each day. Current locations are in Portland, Astoria/Warrenton, Tillamook and Josephine County.

Camp and classes are designed for 8-14 year old's. Girls over 14 may apply to be a junior counselor. Girls between 16 and 24 can apply to become Girls Build Interns.

Portland Children's Museum

www.portlandcm.org/join/family-access-program

The Portland Children's Museum offers the Family Access Pass to qualifying families who live within 35 miles of the Museum. This reduced-cost \$15 yearly Pass includes unlimited admission for two named adults, four named children living in the same household, and one additional named caregiver 18 years or older (e.g. nanny, grandparent, etc.).

Families who are receiving some form of public income-related assistance (such as WIC, free or reduced school lunch, Section 8, TANF, Section 8/Public Housing, Medicaid, or Low-Income Energy Assistance) are eligible for \$1 admission per person, valid for up to 5 people. Please be prepared to show proof of eligibility at the Box Office upon your visit to the Museum. There is no distance restriction to qualify for the Access Admission.

You will need to fill out the application, which can be accessed on the Portland Children’s Museum website and provide a copy of your valid foster care license.

Oregon Zoo

<https://www.oregonzoo.org/zoo-all>

The Oregon Zoo offers up to 4 tickets at \$5.00 each with a foster care license.

Regional Arts & Culture Council (RACC)

<https://racc.org/resources/access-arts-and-culture/>

List of arts organizations that provide free and reduced cost admission opportunities. List of resources available for budding teen artists.

<https://racc.org/artsforall/>

Arts For All (Must have SNAP): Anyone who gets food stamps through the Supplemental Nutrition Assistance Program (SNAP) and has the Oregon Trail Card is eligible to buy tickets to various Portland area events for \$5/ticket. There is a limit of 2 \$5 tickets per Oregon Trail Card per event.

Rock ‘n’ Roll Camp for Girls

<https://girlsrockcamp.org/>

Week long summer day camp where campers will participate in instrument instruction, workshops, and band practice, where they write original songs.

Royal Family Kids Camp

Royal Family Kids Camp is a 5-day, overnight camp designed for children, ages 6 to 12, who have a history of abuse and neglect, or who reside in foster care. They receive the attention and encouragement of an adult camp counselor and his/her “buddy camper”. In addition, each camper is also exposed to a variety of fun activities, designed for their success and to build self-esteem. For most of these children, it’s the best week of the year – a special time when they can focus on having fun and enjoy being a kid. Work with the caseworker to make a referral but you can also reach out to the organizations directly.

Multnomah County: Please visit www.portland.royalfamilykids.org. Applications for campers can be received by calling (503) 245-7735 or additional information can be obtained by emailing portland@royalfamilykids.org.

Clackamas County: Please visit www.wilsonville.royalfamilykids.org. Applications are available on the website. Completed applications can be mailed to:

Attn: DeAnna Richmond

PO Box 1433

Sherwood, OR 97140

503-314-5280

Washington County: There are two organizations that offer Royal Family Kids Camp. Each organization offers one session of RFKC each summer. Applications can be obtained from a caseworker or by contacting one of the organizations below. Application requires a caseworker signature.

Cedar Mill Bible Church

Contact: Karla

503-807-2545

karla.kj@gmail.com

Westside: A Jesus Church

Contact: Elizabeth

971-979-7710

rfkc@ajesuschurch.org

Sparks of Hope Healing Camp

leeann@sparksofhope.org

Sparks of Hope Healing Camps (www.sparksofhope.org) assist children and teens to overcome the barriers they face as survivors of abuse to become successful young adults. Without early intervention, child survivors have a high probability to tank their life because they feel broken, worthless, and unlovable. You can simply reach out to Lee Ann Mead by email at leeann@sparksofhope.org and let her know that you are interested in your child attending Sparks of Hope Healing Camp.

Travel Portland

<https://www.travelportland.com/events/>

From their website: "From beer festivals to artistic performances, there's always something to do in Portland!" The Travel Portland website has a searchable calendar of all types of events in the Portland area. Don't forget to bring a copy of your foster parent certificate (or better yet save it on your phone) to see if the event provides a discount!

CLOTHING/CHILDREN'S ITEMS

Bloomin' Boutique

www.bloominboutique.org/

Bloomin' Boutique is a non-profit organization dedicated to giving a hand up by providing new clothing, shoes, bedding and personal care items to underprivileged children, empowering them to become confident, constructive members of their communities.

We cover boys and girls of all age's infant through 18 years. Using a referral process, we partner with other community organizations and agencies to provide these services; we do not accept fulfillment requests directly from families or individuals. Get a referral from your caseworker.

Project Lemonade

<https://www.projectlemonadepdx.org>

Project Lemonade provides foster youth with a back-to-school shopping experience and offers support to inspire self-esteem and promote success. Beside the shopping experience in August for back-to-school clothes foster parents can contact them for new placements throughout the year. They will also take donations for future shopping.

With Love Oregon

www.withloveoregon.org

With Love is a non-profit organization honored to support foster families by providing safe, clean and quality clothing and supplies for children ages 0-6. Contact them via the web page and clothing/equipment will be

delivered within a few days. For those living beyond their delivery area they now have a pick-up program. You can recycle your child's outgrown clothing and equipment with this organization as well.

CULTURAL ACTIVITIES

Adelante Mujeres

<https://www.adelantemujeres.org/>

Chicas Youth Development (Latina youth group): They offer after school programming, leadership, and community service opportunities for Latina youth and their families. Chicas initiatives: After-School Sessions, Summer Scholastic Camps (STEM, empowering youth, healthy life styles or express yourself), Journey to College and Soccer Academy.

Asian Health & Service Center

<https://ahscpdx.org/weeklyclubs.html>

AHSC offers a continuum of social and support services in a culturally sensitive setting by reaching out to Asian immigrants, reacquainting them with the arts and culture of their homeland, providing opportunities for socializing, and fostering a sense of community. In addition to health services, the center offers weekly clubs and access to other cultural activities.

Black Parent Initiative

<https://www.thebpi.org/>

The BPI/Together We Can Home Visiting Model combines relationship-based home visiting with group-based support, education, and community engagement to stabilize and strengthen families. The year-long experience for families is designed to strengthen cultural identity and practices, motivate parents to attain greater economic stability and self-sufficiency, strengthen parenting and child development, create safe and healthy family environments, and promote the family's healthy engagement in their community.

Centro Cultural

<https://www.centrocultural.org/youth-development.html>

Offers arts & culture, civic leadership & advocacy, community wellness, prosperity economic empowerment, and youth development. Their Art and Culture program offers classes and activities for youth. Their Youth Development program offer a Robotics Program, summer STEAM camps and is the regional MESA center.

IRCO (Immigrant & Refugee Community Organization)

<https://irco.org/>

IRCO's mission is to promote the integration of refugees, immigrants and the community at large into a self-sufficient, healthy and inclusive multi-ethnic society. Their Youth Program ensures that students (ages 6+) receive a quality education to overcome the obstacles that perpetuate inequality and poverty. From one-on-one mentoring, tutoring, academic advocacy and after school activities, to gang prevention and intervention for at-risk youth, IRCO provides culturally and linguistically specific support to help close the achievement gap, improve 3rd grade reading, ease middle school transitions, and increase the number of youth graduating from high school and pursuing college or career opportunities.

Korean Society of Oregon

<http://ksoregon.org/>

Korean Culture Center, funded and operated by Korean Society of Oregon, provides many fun cultural classes. It is open to anyone who is interested in learning Chinese calligraphy and art, Korean folk dancing, knitting, guitar, and more. contact Ms. Libby Oh for more information and to enroll. Phone: (971)645-2446 , (503)977-2617

Founded in 1981, Oregon Korean School is the only non-profit Korean language school in Oregon. Students are placed on either their age or language level. The school offers Korean cultural education as well as language lessons. Students can sign up for classed on Thursdays (4:30pm-6pm), Fridays (5pm-9pm), and Saturdays (10am-1pm). For more information, please email oregonkoreanschool@gmail.com or call (503)577-2875.

Native American Youth and Family Center (NAYA)

<https://nayapdx.org/>

NAYA is a family of numerous tribes and voices who are rooted in sustaining tradition and building cultural wealth. They provide culturally specific programs and services that guide people in the direction of personal success and balance through cultural empowerment. Their continuum of lifetime services creates a wraparound, holistic healthy environment that is Youth Centered, Family Driven, Elder Guided.

NAYA offers a Foster Care Support program which assists youth and families who are involved with state or tribal foster care systems. They offer services to youth from birth to age 24 as well as their birth and foster parents. They assist youth and families to identify and access other community resources that fit their needs and goals.

Foster Care Manager: Elisha Big Back , 503-288-8177 ext. 323, elishabb@nayapdx.org

Native American Rehabilitation Association (NARA)

<https://www.naranorthwest.org/projects/youth-services/>

The NARA Youth Program is prevention oriented and family focused. Through group activities, events, and staff support, the Youth Program strives to strengthen the resiliency of our youth. This program empowers youth to have a positive identity by teaching Native American/Alaska Native culture and values. Services include: Life Skills Training, Substance Abuse Prevention, Suicide Prevention, Cultural Groups, Activity Groups, Family Activity Events and can help with referrals to mental health services and addiction treatment.

Russian Oregon Social Services

<https://emoregon.org/ross/>

Services for Russian-speaking refugees and immigrants.

HAIR CARE

Lice Clinics of America

<https://liceclinicsnorthwest.com/>

They can immediately resolve a lice infestation in a professional environment. They preschedule appointments 7 days a week and have an awesome team to get lice out and alleviate your stress. They have offices in SW Portland, Clackamas, Vancouver, Salem and Bend. They have worked with Child Welfare before and may be able to directly bill Child Welfare if the lice infestation is a result of contact with their family or during a visit. If they are unable to directly bill Child Welfare, Child Welfare can reimburse you for the cost if the infestation is a result of contact with their family or a visit.

Multicultural Hair Care

www.allteaseduphairsalon.com

Celeste Jackson provides hair services at All Teased Up, a multicultural hair salon located in the heart of the Alberta District. Celeste is available to foster parents who need a consultation, talk basics about hair care, or salon visits for haircuts, extensions, braids, etc. Receive great advice and discounted services for textured hair. When you contact Celeste, let her know you are a foster parent.

Celeste Jackson Master Stylist at All Teased Up: 971-219-8164; divinebeautyby_celeste@aol.com

LGBTQ

Brave Space

www.bravespacellc.com

Brave Space creates community and facilitates access to expert and knowledgeable providers for transgender and genderqueer children, youth, adults, and their families.

Brave Space also has a clothing closet, non-medical transition related scholarship fund, and great info regarding changing name/ID gender marker documents--all info available on their website. kate@BraveSpaceLLC.com

LGBTQ Crisis Line

www.ostem.org/page/crisis-hotlines

Portland LGBTQ Community Center.

www.pdxqcenter.org

SMYRC (Sexual and Gender Minority Youth Resource Center)

www.smyrc.org

smyrcinfo@newavenues.org

"SMYRC provides safe, supervised, harassment-free, and alcohol- and drug-free spaces for sexual minority youth 23 and younger. Youth gather to participate in positive activities like art, music, community organizing, youth development, education, peer support, support groups, case management, counseling, and job readiness preparation.

SMYRC provides the only drop-in resource center for sexual minority youth in Oregon. We also bring safe space and developmentally appropriate programming to other youth environments through our community education and outreach efforts. The support that youth find at SMYRC helps them stay in school, become leaders in their communities, and make responsible personal decisions."

Eligible; Teens, Children, Females, Males

Open: Monday, Tuesday, Friday for drop-in hours at the downtown location

See website for open hours and calendar - www.smyrc.org

TransActive Gender Project

transactive@lclark.edu

"We understand the value of connecting with families and youth who share your experience, have good advice or have stories that help you find your way. TransActive support groups offer a safe space to share your hopes (and fears), be your true self, ask questions, and to take the steps towards a more fulfilling, connected life."

When: 1st and 3rd Saturday of every month

Call our center at 503.252.3000 to register prior to attending (required)

MENTAL HEALTH/ADDICTION

LifeWorks NW – Mental Health and Addiction Services

<https://www.lifeworksnw.org/>

503-645-9010 – Intake line for all services

Child and Family Outpatient Mental Health Services: They provide mental health assessments, treatment planning and therapy in individual, group and family sessions.

Early Childhood Mental Health: Children’s Relief Nurseries; Parent-Child Interaction Therapy (PCIT); Parent-Child Psychotherapy (CPP)

Day Treatment: They focus on helping children or youth exiting a psychiatric hospitalization or residential program and/or struggling in their current school settings and requiring specialized support. Youth must be referred through their school district, Oregon Health Plan or Kaiser health insurance provider.

Independent Living Program (Washington and Clackamas Counties): Helps youth ages 16 – 21 transition out of the foster care system. Youth are taught life skills, supported in their education and/or employment, and given support in developing healthy relationships.

STRIDE program: serves individuals ages 14-24 living with mental illness in Clackamas, Multnomah, and Washington counties who need support and skills to navigate the transition from transition age youth to adulthood. Services are provided regardless of insurance status.

Youth Outpatient Treatment: Comprehensive assessments, referrals for integrated mental health, individual and group counseling sessions and therapy sessions with parent and child.

Morrison Child and Family Services

<https://morrisonkids.org/>

503-258-4200

Outpatient Services: Morrison Child and Family Services delivers specialized clinic-based outpatient services to children, ages birth through 18.

Community and School Based Outpatient: Morrison’s community- and school-based programs provide therapeutic support to children and families in their homes, schools, and communities.

Counterpoint Outpatient: Our Counterpoint Outpatient program provides specialized services for youth with sexual behavior problems and their families.

Native American Rehabilitation Association (NARA)

<https://www.naranorthwest.org/>

Outpatient Mental Health: mental health assessments, individual counseling, group counseling, family counseling, case management services, resources and referral, parenting classes and foster parent groups. They offer wraparound care for youth ages 9-21 for those who qualify.

Outpatient Addiction Treatment: individual counseling, cultural services, family counseling, referrals for higher level of treatment, recovery groups, A&D education, relapse prevention, early recovery skills and healthy relationships.

Options Counseling

<https://wp.options.org/>

Contact the location where you want to receive services.

Outpatient Behavioral Health: Individual and group therapy for children, adolescents, adults, and families.

Family Support and Connections: Options offers individual and family support to families receiving TANF. Through a focus on practical, hands-on interventions, families access resources and gain important skills that help them to keep their children safe.

Parent-Child Interaction Therapy: PCIT is evidence-based, short-term intensive treatment program designed to help both parents and children. The PCIT program works with the parent and child to improve the quality of the relationship and to teach parents skills necessary to manage their children's behavior problems (Washington County only).

Parent-Child Interaction Therapy

Offered for children between the ages of two and seven who have behavioral challenges. Caregivers and therapists work together to manage children's challenging behaviors. Live coaching for caregivers.

Offered through Pacific Psychology and Comprehensive Health Clinic in Portland (503) 352-3400 or Hillsboro (503) 352-7333.

Teen to Teen text line (crisis and help line)

www.Oregonyouthline.org

Western Psychological & Counseling Services

<https://www.westernpsych.com/>

Contact the location where you want to receive services.

Outpatient Mental Health Services: Western's core service is providing Individual, Family, or Group Therapy to promote positive outcomes. Issues can range from adjusting to a difficult situation, PTSD, Depression, Anxiety, ADHD, or other mental health conditions.

Addiction Services: Recovery begins with evaluation and treatment. During treatment, clients learn coping skills for living without substances and receive support from experienced clinicians specializing in drug and alcohol treatment. Complete abstinence and development of sober support networks is the key for continued long-term success.

Autism Program (Tualatin): Our Autism Program utilizes evidence-based practices for treating Autism, creating meaningful change for families. Services include diagnostic evaluations, Applied Behavior Analysis (ABA), social skills groups, and outpatient mental health treatment, each tailored to meet the individual needs of the child.

ADHD Program: We offer services to adult, adolescents, and children. The program includes standardized assessment, science-informed treatment options and coordination of care.

School Based Program: Western's School Based Program (SBP) is committed to providing quality, professional, and consistent therapeutic services to schools, while removing any barriers for students and families by placing therapists inside of the school.

Health Psychological Program: A focus of Health Psychology is to target the juncture between physical and emotional illness. The goal is to improve health and well-being by applying what we know about psychology and the human brain. Areas of treatment are for Chronic pain, Bariatric Evaluations, Transgender Evaluations, Chronic Disease and Biofeedback.

Group Therapy: A wide range of group therapy addressing multiple mental health needs.

Conexions (NE Portland near Randall's Children's Hospital): Western Conexiones is a team of bilingual (Spanish-English) mental health providers who offer multicultural counseling and trauma healing services. Services include: Individual and Family Therapy, Couples Therapy, Clinical Support Services, In-Home Services, Bilingual (Spanish-English) Psychological Evaluations for Latino/a Child, Adolescents and Adults and Psycho-Educational Evaluations for English Language Learners or Bilingual Students.

MULTNOMAH COUNTY

Portland/Gresham

Multnomah/Portland Non-Emergent Police Dispatch – (503) 823-3333

Alberta Child Welfare Office – (971) 673-6800

East Child Welfare Office – (971) 673-2100

Gresham Child Welfare Office – (503) 647-3610

Midtown Child Welfare Office – (971) 673-1744

Multnomah County Mental Health Crisis Line – (503) 988-4888

SUPPORT/RESPITE CARE

Respite Mix and Mingle

www.embraceoregon.org/connect

Respite care/babysitting is an excellent way to care for children in foster care and offer tangible support to foster families. Embrace Oregon host quarterly Respite Mix and Mingle events, where we invite foster families to meet volunteers in the community who've said they are interested in providing respite care or babysitting. To find details about the next Respite Mix and Mingle, visit embraceoregon.org/connect.

CLOTHING

Family Friend

www.familyfriendpdx.org

Family Friend serves any family engaged with the Department of Human Services including biological parents, relatives, foster parents, or families at-risk of child welfare involvement. The organization will provide funds,

tangible goods, and services, or access to community services that could assist the family. Access to Family Friend requires a referral through a caseworker or self-sufficiency family advocate through DHS. Contact Family Friend: 503.703.9860 info@familyfriendpdx.org

Project 48

www.project48.co

Project 48 provides a bag for each child filled with brand new clothing and toiletries for them to have as their very own, within 48 hours of entering care. They serve youth 7-17 in Multnomah and Washington Counties. Referral must come from DHS. Caseworker will need shirt size, pant size and shoe size.

DAYCARE RESOURCES

Early Learning Center on Warner Pacific College campus

www.warnerpacific.edu/about/full-half-day-preschool-programs

Warner Pacific College's Early Learning Center (warnerpacific.edu/about/full-half-day-preschool-programs) offers a few designated spots that are discounted for children in foster care. Visit their website for class availability.

Sunshine School

sunshine@tfpdx.com

Sunshine School (sunshineschoolpdx.com) offers a limited number of discounted preschool spots for children in foster care. To get information on availability, please contact sunshine@tfpdx.com. Sunshine School is located at 2700 SE 67TH, Portland.

Wild Lilac

www.wildlilac.org

Wild Lilac is a child development school community that offers some discounted tuition to children in care. You can find more information on enrollment by contacting enrollment@wildlilac.org or calling 503.236.3240. This program is located in the Foster-Powell neighborhood.

DISCOUNTED ACTIVITIES

Portland Parks and Recreation Camps

Phone 503. 823.PLAY

Contact Portland Parks and Recreation by phone to discuss discounts for camps and after-school activities available to foster families. With a letter from your child's caseworker, it is possible to receive discounted tuition.

HEAD START/EARLY INTERVENTION

All foster youth 3-5 qualify for Head Start and should be referred as soon as possible

Albina Head Start & Early Head Start

<https://www.albinahs.org/>

Albina Head Start and Early Head Start comprehensively serve children and families providing child growth and development services and education to strengthen and enhance the abilities of children and their families to successfully function in our national and international environment. See website for details and applications.

David Douglas School District – Early Intervention for all of Mult. County

<https://www.ddouglas.k12.or.us/departments/multnomah-early-childhood/>

Multnomah Early Childhood Program (MECP), under the David Douglas School District, provides early intervention and early childhood special education services to children birth to age five in Multnomah County. MECP serves families in all eight school districts in Multnomah County (Centennial, Corbett, David Douglas, Gresham-Barlow, Parkrose, Portland Public Schools, Reynolds, and Riverdale). See website for details and referral information.

Mt. Hood Community College Head Start

<http://mhcheadstart.org/>

Head Start Part Day Program: Children attend a Head Start center four mornings (8:30-12:00) or afternoons (12:00-3:30), per week (Tues. through Friday) and families participate in regularly scheduled home visits.

Head Start & Early Head Start Full Day Programs: *Full Day Program for working families* with child care subsidy through DHS (ERDC Employment related Day Care). This program is for parents who work and receive child care subsidy. Children attend Head Start/EHS Monday through Friday from 8:15 a.m to 3:45 p.m. and families participate in regularly scheduled home visits. Preference is given to Mt. Hood Community College student families.

Oregon Child Development Coalition (OCDC) – Head Start

<http://www.ocdc.net/programs/>

They offer Migrant, Seasonal, and Early Head Start (MSHS/EHS), Oregon Pre-Kindergarten

Migrant and Seasonal Head Start are for children of migrant and seasonal farm workers. This program cares for children while parents are working in the fields, and helps preschoolers develop the language, reading and math skills they need to be successful in school.

Early Head Start provides services to pregnant woman, infants and toddlers up to age 3. Early Head Start cares for infants and toddlers to make sure that young children grow up to be healthy and happy.

Oregon Prekindergarten serves 3-4 year old children from low-income families. This program provides education and child development services, helping prepare young children for school.

See their website for contact information and applications.

Portland Public Schools – Head Start

<https://www.pps.net/head-start>

Portland Public Schools Head Start serves 785 low-income three and four year old children and their families. The goal of Head Start is to prepare young children for successful transitions to kindergarten and beyond by building social competence and developing school readiness skills. We accomplish this by enhancing children's growth and development, both physically and emotionally. See website for details and applications.

MENTAL HEALTH

R.A.P.I.D. (Relational health, Academic skills, Psychological functioning, Intellectual capabilities and Developmental status)

<https://www.mindsightspdx.com/services/rapid-program-evaluations/>

The RAPID Program began as an innovative collaboration between MindSights, DHS, and Health Share of Oregon. The RAPID Program is our response to the need for quality mental health evaluations for children entering foster care in Multnomah and Washington counties. This enhanced mental health assessment aims to accomplish several things: a) screen for behavioral, emotional, social, and developmental issues that youth in foster care are at high risk for, b) gather preliminary data that may be helpful in understanding youth and/or accessing and planning services, and c) provide initial steps for caseworkers that go beyond mental health treatment.

SEASONAL

DHS Mittens & More Coat Giveaway

Mult.VOLUNTEER@dhsola.state.or.us

In Multnomah County, DHS Family Services Center gives away free new winter coats for children in DHS certified foster and relative homes. To learn the details about the yearly giveaway and make a reservation, contact Mult.VOLUNTEER@dhsola.state.or.us or call 971.673.3503.

Howard's Heart

howardsheart@gmail.com

Howard's Heart is dedicated to providing individual, need-based support to teens in foster care in our community. Connect with your caseworker or reach out to Howard's Heart directly: www.howardsheart.org or howardsheart@gmail.com.

Live. Love. Christmas

This program provides presents for children in the Portland/Vancouver metro area. Parents can "shop" free of charge for a gift for their children ages 0-18. This is an initiative of City Bible Church in partnership with 20 different public schools and the Department of Human Services. Access to Live. Love. Christmas requires a referral through a DHS caseworker or social worker.

CLACKAMAS COUNTY

Oregon City, Milwaukie, Lake Oswego Area

Clackamas County Non-Emergent Police Dispatch – (503) 655-8211

North Clackamas Child Welfare Office – (503) 731-3404
Oregon City Child Welfare Office – (971) 673-7200
Clackamas County Mental Health Crisis Line – (503) 655-8585

SUPPORT

Clackamas County Facebook

Clackamas County Facebook Group

This a good resource to find out what is happening in Clackamas County and ask questions. This is also where you will get notice about in-person support group meetings and continuing education opportunities required for your certification.

CLOTHING

Beautiful Savior Lutheran Church Clothing Boutique:

503.788.7000

The Clothing Boutique offers gently used clothing available for all ages, including clothes appropriate for jobs, interviews or school. While any Clackamas County resident may come once a month and pick out clothes, foster families are welcomed several times a week by appointment. Appointments are required and can be made by calling the church office. Contact BSLC Clothing Boutique.

Foster parents can schedule appointments at the boutique Tuesdays from 9:00am–4:00pm or Wednesdays from 10:00am–3:30pm. Additionally, if you take in a child in an emergency situation, you can come any time during office hours to get clothes for that child (8:00am–4:00pm weekdays).

HEAD START/EARLY INTERVENTION

All foster youth 3-5 qualify for Head Start and should be referred as soon as possible

Clackamas County Children’s Commission – Head Start

<https://www.cccchs.org/>

Early Head Start is available for children from 0 to 3 years old and pregnant women of any age. Our program is 100% free, and designed to: Help families find resources in the community, Help parents gain positive parenting skills and Help children get ready for school!

Three Early Head Start service options:

- Home-based: Weekly home visits and two play groups a month; Offered year-round
- Child Care Center-based: 6 hour class days, 4 days a week; Offered September through June: Reserved for qualified families with at least one parent enrolled in job training/school
- Combination Classes: 3.5 hour class days, 2 days a week, with 2 home visits a month: Offered September through August.

Head Start is available for children from 3 to 5. With many locations throughout Clackamas County, they offer a combination of preschool and home visiting experiences:

- Preschool – 3.5 hour class days, 4 days a week (Monday – Thursday)
- Offered September through May
- AM & PM sessions available

- 3 highly qualified teachers for 20 children in every classroom
- Teachers provide two home visits and two parent-teacher conferences per year
- Family Advocates provide two home visits per year

Clackamas Education Service District – Early Intervention/Early Childhood Ed

<https://www.clackesd.org/what-we-do/for-students-and-families/early-interventionearly-childhood-special-ed-eiecse/>

Children ages birth to 5 years whose disability or delay impacts their learning or development are eligible to receive individualized services to meet their needs. Anyone can refer a child for an evaluation. See their website for the referral and more information about their program.

OTHER

Youth Music Project

<https://www.youthmusicproject.org>

Youth Music Project is a nonprofit 501(c)(3) organization dedicated to providing outstanding rock, pop, and country music education for youth by offering tuition assistance, instrument rental, and exceptional, state-of-the-art performance opportunities! Foster Children are welcome and first lesson/summer program awarded free tuition.

WASHINGTON COUNTY

Beaverton, Hillsboro, Tigard, Tualatin, Forest Grove Area

Beaverton Child Welfare Office – (503) 646-7234

Hillsboro Child Welfare Office – (503) 648-8951

Washington County Non-Emergent Police Dispatch – (503) 629-0111

Washington County Mental Health Crisis Line – (503) 291-9111

SUPPORT/RESPITE

Support Groups

DHS runs two different support groups which meet monthly, one is Spanish Speaking and the other English Speaking. Contact the Certifiers to get more information. These meetings are an excellent way to network, vent and gain information from which to improve your fostering skills.

Respite

Washington County offers a small respite program. The respite provider list through Washington County DHS Child Welfare is comprised of individuals/couples who have completed foundations in foster care training (24 hours) or

respite training (1 hour that covers mandatory reporting, discipline policy, and confidentiality) and who have an approved criminal background and child welfare check. DHS DOES not complete a home inspection. It is the responsibility of the foster family to meet the family and determine if they are able to meet the child's needs. To utilize the Washington County DHS respite program, please connect with our placement worker:

Wayne Kohnke - WAYNE.E.KOHNKE@dhs.wa.gov

ACTIVITIES

Tualatin Hills Parks and Recreation:

www.thprd.org/activities/financial-assistance

The goal of the THPRD Scholarship Program is to ensure that all district residents have access to recreational opportunities. If you cannot afford typical program fees, this program may help. District residents in need may receive up to \$200 per person per year in fee waivers. These funds are available in two \$100 allotments, six months apart.

WCCLS Cultural Pass to Activities Around the State:

<https://www.wccls.org/culturalpass>

The **Washington County Cooperative Library Services (WCCLS)** has Cultural Passes which can be checked out by families. Check out a pass for access to activities around the state. A borrower may reserve one Admission Pass per *destination* each calendar year. You may have two active reservations at one time, but they must be to different destinations. Reserve your Admission Pass online and print at home.

Admission Passes are available to: Evergreen Aviation and Space Museum, Five Oaks Museum, Gilbert House Children's Museum, Lan Su Chinese Garden, The Oregon Garden, Oregon State Parks, Outdoors In, Pitttock Mansion, Rice NW Museum of Rocks and Minerals, Shute Park Aquatic and Recreation Center, Wings and Waves Waterpark and Winter Village.

CLOTHING

Back on the Rack Resale Store in Hillsboro

Back on the Rack offers a discount to foster families. Make sure to bring a copy of your certificate!

Beaverton School District Clothing Closet

<https://www.beaverton.k12.or.us/departments/communications-community-involvement/volunteer/clothes-closet>

The district-run Clothes Closet is now open. Appointments are required. To schedule, please use the "book appointment" button on the website, or call 503-356-4322. Visits are limited to one adult with four children or two adults with 8 children. All visitors must wear masks and gloves. If you don't have your own, they'll provide them.

Project 48

www.project48.co

Project 48 provides a bag for each child filled with brand new clothing and toiletries for them to have as their very own, within 48 hours of entering care. They serve youth 7-17 in Multnomah and Washington Counties. Referral must come from DHS. Caseworker will need shirt size, pant size and shoe size.

Tigard-Tualatin School District

<https://www.ttsdschools.org/Page/7820>

We provide clothes, shoes, hygiene products and emergency bedding supplies to children in need within the Tigard-Tualatin school district. Each school age child referred by their school counselor can have one visit to our store in the fall/winter and one visit in the spring for summer clothes.

COVID 19 RESOURCES

Food

Beaverton School District

<https://www.beaverton.k12.or.us/departments/public-safety/emergency-preparedness/coronavirus/return-to-school#>

BSD has been partnering with Pacific Coast Fruit Company to distribute food boxes to families and has given out more than 17,500 boxes so far! BSD also has free breakfast AND lunch for all students who would normally qualify for free or reduced price meals. The application is online and meals are distributed at all school locations M-F.

Hillsboro School District

<https://www.hsd.k12.or.us/Page/155>

HSD offers free breakfast and lunch daily for students at participating Community Eligibility Provision (CEP) schools (students at these schools may receive their free meals without an applications). Students at non-CEP schools in HSD must apply and qualify for free or reduced-price meals. Qualifying students will receive free breakfast and lunch daily. Students receiving free or reduced-price meals should pick up their meals at what would normally be their bus stop.

Internet

Beaverton School District

<https://www.beaverton.k12.or.us/departments/public-safety/emergency-preparedness/coronavirus/return-to-school#>

Beaverton School District is offering free internet for families with kids in the district (high speed through comcast.

Hillsboro School District

<https://www.hsd.k12.or.us/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=45&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=14391&PageID=1>

Hillsboro School District is offering free internet through Comcast to families of kids in the district who would normally qualify for reduced price lunch.

Utilities

Hillsboro residential customers affected by COVID19 may qualify to receive support for water, sewer and stormwater charges incurred between March and December 2020. This is a federal grant, and early application for funds is encouraged: [English](#) and [Spanish](#)

CULTURE

Movimiento Estudiantil Chicano de Aztlan (MEChA) at Forest Grove HS

<https://www.instagram.com/forestgrovemecha/?hl=en>

This is a group geared toward Hispanic and Latino students aimed to empower students of color while promoting higher education, community and culture.

HEAD START/EARLY INTERVENTION

All foster youth 3-5 qualify for Head Start and should be referred as soon as possible

Community Action – Head Start

<https://caowash.org/programs/early-childhood-development/head-start.html>

Community Action Head Start and Early Head Start programs offer high-quality early childhood education to children ages birth to age five who live in Washington County. All children in foster care qualify for Head Start. You can call or download an application off their website.

Contact Us: HeadStart@caowash.org

Call: 503-693-3262

Oregon Child Development Coalition (OCDC) – Head Start

<http://www.ocdc.net/programs/>

They offer Migrant, Seasonal, and Early Head Start (MSHS/EHS), Oregon Pre-Kindergarten

Migrant and Seasonal Head Start are for children of migrant and seasonal farm workers. This program cares for children while parents are working in the fields, and helps preschoolers develop the language, reading and math skills they need to be successful in school.

Early Head Start provides services to pregnant woman, infants and toddlers up to age 3. Early Head Start cares for infants and toddlers to make sure that young children grow up to be healthy and happy.

Oregon Prekindergarten serves 3-4 year old children from low-income families. This program provides education and child development services, helping prepare young children for school.

See their website for contact information and how to apply.

Northwest Regional Education Service District (NWRES D)

<http://www.nwresdeiecse.org/>

Early Intervention and Early Childhood Special Education programs offer special services and supports to families with children who are identified as having developmental disabilities or who are experiencing developmental delays. We have two programs. The first is called Early Intervention and is for children from birth to 3 years. The second is called Early Childhood Special Education and serves children ages 3-5.

Please call your county Intake and Referral Line: Washington County: 503-614-1446

HEALTH RESOURCES

Coordinated/Holistic Healthcare

EveryStep Community of Care Framework focuses on coordinated care for foster youth and other family transitions. They center children and families in a circle of care, dedicated to meeting their health and wellness needs every step of the way. Each child in care that is referred to one of the clinics is assigned a PCP/Team with care coordinators, who work with foster parents and caseworker(s) to reconcile past medical history, follow up on needs, and help monitor the child's care. The difference in this model is that the coordination doesn't stop there but can continue after reunification.

While caseworkers can refer families to the clinics, foster parents can also reach out directly to connect about the clinic's program and to see if this would be of benefit to your children in care.

Clinics that offer the EveryStep Community of Care program:

Hillsboro Pediatric Clinic: 445 E Main St., Hillsboro, OR 97123; 503-640-2757

Metro Peds Beaverton: 15455 NW Greenbrier Pkwy, Beaverton, OR 97006; (503) 531-3434

Metro Peds Tigard: 7213 SW Hazelfern Rd. , Tigard, OR 97224; (503) 214-2064

HOLIDAYS

SCOTTY Foundation:

www.4scotty.org

The SCOTTY Foundation collects gifts and items to fill the holiday wishes for children in foster care. Foster and adoptive parents are able to submit holiday gift wishes for the children in their home. Gift fulfillment is based on donations from the community. DHS sends an email to foster parents with the application process in October/November. Check back on their website by the first week in November if you do not receive notification from your certifier about the application process.

MENTAL HEALTH/ADDICTION

Hawthorn Walk In

www.co.washington.or.us/hawthorn

The Hawthorn Walk-in Center provides urgent care services for mental health and addiction concerns.

R.A.P.I.D. (Relational health, Academic skills, Psychological functioning, Intellectual capabilities and Developmental status)

<https://www.mindsightspdx.com/services/rapid-program-evaluations/>

The RAPID Program began as an innovative collaboration between MindSights, DHS, and Health Share of Oregon. The RAPID Program is our response to the need for quality mental health evaluations for children entering foster care in Multnomah and Washington counties. This enhanced mental health assessment aims to accomplish several things: a) screen for behavioral, emotional, social, and developmental issues that youth in foster care are at high risk for, b) gather preliminary data that may be helpful in understanding youth and/or accessing and planning services, and c) provide initial steps for caseworkers that go beyond mental health treatment.

Washington County Crisis Response

www.co.washington.or.us/HHS/mENTAL_Health/Gettinghelp/crisis-services.cfm

Help is available 24-hours a day, 7 days a week for people experiencing a mental health crisis. Concerned friends, family or community members are also encouraged to call. Please call Washington County Crisis Line at 503-291-9111 to speak with a mental health professional.

Washington County Mental Health – Wraparound Care Coordination

<https://www.co.washington.or.us/HHS/MentalHealth/Treatment/children-intensive-services.cfm>

Wraparound is a team-based planning and problem-solving process to help youth and their families struggling with emotional, mental and behavioral problems.

Eligibility: Available to children and adolescents who are enrolled in Health Share of Oregon-Washington County (OHP).

Youth ages 0-18 must meet the three following criteria:

- Current, serious impairment in multiple areas (home, school, social relationships)
- Multiple agency involvement (Special Education, Child Welfare, Juvenile Justice)
- Outpatient treatment has been tried and cannot meet the youth's needs

Youth Contact

<https://youthcontact.org/bhs/#mh>

Eligibility: OHP-eligible children of all ages, with behavioral, emotional and/or substance use problems, residing within Washington County. Foster parents can call directly for an intake appointment, no referral is needed.

Child, Youth and Family Counseling Program: Youth Contact offers outpatient and intensive outpatient child, youth and family counseling for Washington County children and youth with behavioral and/or emotional problems including trauma. Therapy may include psychiatric services when needed.

Substance Use Disorder Services: Youth Contact offers substance use disorder treatments for children and youth with substance abuse issues. Our services include prevention, intervention, and treatment ranging from school-based support and activities to outpatient counseling, intensive outpatient counseling, and follow-up and aftercare.

Integrated Chemical Dependency Services: All of our clinicians are trained to assess and treat clients with co-occurring mental health and substance abuse issues.

PARENTING

Parenting Together Washington County

<https://parentingtogetherwc.org/>

Search for great resources available to parents in Washington County. This includes parent education, child care resources, family-friendly activities, and web-based resources for parenting topics organized by the child's age.

TUTORING

Parenting with Intent (PWI)

<https://parentingwithintent.org/services/youth-services/>

The Education Program aims to provide trauma informed and individualized education services. This is a relationship-based service where youth voice is recognized and valued as an essential component of the service plan. Provides one on one coaching, homework help and tutoring for the GED exam and traditional diploma track.