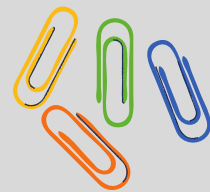


MULTNOMAH COUNTY

BACK TO SCHOOL

TOOLKIT



*for foster families and
caregivers*

SEPTEMBER 2020

Oregon Department of Human Services (ODHS)

Created in partnership with 211info and the Oregon Post Adoption Resource Center (ORPARC)

Dear caregivers,

The thought of going back to school can be so exciting... but this year things look so different!

Virtual school can be especially challenging for foster parents and relative caretakers who now need to balance work, parenting and supporting learning at home... all this while navigating multiple service systems!

Luckily, we live in a county where many professionals and organizations have said yes to support foster parents and relative caretakers in their journeys. We want you to have information about some of the programs and services that could be helpful to you and your family as you navigate the new school year. Some people say it is all about having the right tool for the job, and we think that knowing what is available to you can make a significant difference!

Please take a minute to see what is available and to reach out to your Oregon DHS Worker or local Oregon DHS Foster Family Retention and Recruitment Champions for questions or help navigating the resources in this kit. We look forward to walking alongside with you and your family this new year and to help you find the right tool for the job.

Thank you for all you do.

Multnomah County ODHS Foster Family Retention & Recruitments Champions

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CAREGIVER SUPPORT & CONNECTION

GREATER METRO FPA SUPPORT GROUP

The Greater Metro Foster Parent Association offers a support group for foster parents on the 2nd Tuesday of each month. Training credits are given for attendance and some meetings include a speaker. Contact GMFPA President, Doris Tamoro at dtamoro@msn.com or 503-285-9103.

ODHS SPANISH-SPEAKING SUPPORT GROUP

A support group for foster parents in Spanish meets the 3rd Wednesday of the month starting Sept 16th, 2020 at 6:30 PM. Inquire with Irene Phipps at 971-601-0401 or Irene.m.phipps@dhsosha.state.or.us

ORPARC

ORPARC offers a private online Parent Group for adoptive and assisted guardianship families. Members connect with other parents in a Facebook forum, moderated by an ORPARC Family Support Specialists. To join the group email orparc@nwresource.org.

ORPARC also has a fantastic library with books, DVDs and materials for foster and adoptive families that can be borrowed and delivered to your door! Browse the catalogue at: www.orparc.org/lending-library, call: 1-855-496-BOOK (2665) or email: ORPARCLibrary@nwresource.org

Coming soon! ORPARC is partnering with Jeff Gianola from KOIN 6 for virtual story time - stay tuned on www.orparc.org.

KEEP

KEEP is an evidence-based support and skill enhancement program for foster and kinship parents of children ages 4-12 (KEEP Standard) and teens (KEEP SAFE). KEEP groups are fun, informative and provide weekly support to families navigating these unprecedented times. Participants earn a \$25 gift card and Oregon DHS training credits for every session they attend! KEEP also provides culturally-specific groups for Spanish-speaking families, Native American families (and those caring for Native American youth), ASL interpretation and also affinity groups for families caring for LGBTQIA+ teens. Please visit www.keepfostering.org/keep-in-oregon or call KEEP recruiter Mirna Pani at 503.250.0401 for information / registration.

FASTT

The Family Advice and Support Text and Telephone Line is a service from the Center for Translational Neuroscience at the University of Oregon aimed to support parents of children 0 - 5 years old. They can help with live, free, anonymous support and strategies around parenting challenges, how to manage children's behaviors and stress reduction. Call 541-262-1550 or text 'SUPPORT' or 'GET TIPS' for assistance on your phone! (The services of this program are subject to change).

ODHS ON FACEBOOK

Connect with Oregon DHS on social media. Staying connected is even more crucial during this time. Please find the **Multnomah Foster OR Adopt Facebook page!** You can search for Multnomah Foster OR Adopt in the search banner bar.

CHILDCARE, RESPITE & LEARNING SUPPORT

LEARNING SUPPORT

Maple Star

Maple Star Skills Trainers help youth build skills in communication, relationships, independent living, academic or recreation, etc. Referrals to Maple Star Skills Training program must be made through an Oregon DHS Worker. **More information online at:** <https://www.maplestaror.org/>

Tutor.com

Get free help from a real tutor in English, Spanish or Vietnamese from 2 to 10 pm daily. Tutors help with writing, math, test prep, Spanish language and more. All you need is internet at home and a library card. **Access services for free by logging in from the Multnomah County website:** <https://multcolib.org/resource/live-homework-help-tutorcom>

School Support at Sylvan

Sylvan is offering both in-person and virtual tutoring support. They are open during school hours to provide a safe and secure place for your child on remote learning days. Sylvan's certified teachers also conduct live, virtual, personalized instruction. Children in foster care are eligible for a reduced rate. **Talk to your Oregon DHS Worker about making a referral.**

ODHS Flex Funds or Alternative Care Funds may be used to cover costs of some of these services. Talk to your Oregon DHS Workers about specific needs

RESPITE

ODHS in Multnomah County coordinates a Respite Program for Foster Families. Foster Family Champions Magda Bejarano and Liz Hauck have identified Respite Providers from the program who are available for online homework help. **Please work with your Oregon DHS Worker to put in a request for homework help or respite to Magda or Liz.**

211 INFO

For help locating a Child Care provider, call 211. Listen to the prompt for "Child Care" and press the specified number. Or, text the keyword "children" or "niños" to 898211. You can also email children@211info.org. Essential workers will still be given priority, however providers have flexibility to serve more families with the phased reopening.

211 also has a 24/7 support line for foster parents. **To speak with a Foster Parent Support Specialist call 211, text keyword "foster" to 898211 (TXT211) or email foster@211info.org.** Help is available in multiple languages.

HOMESCHOOLING

If you are homeschooling, you may benefit from Multnomah County's resources for educators. Everything from help for homeschool beginners to curriculum support, hands-on educational kits, and the opportunity to connect with other educator caregivers. **Visit the website for more information:**

<https://multcolib.org/educators/homeschooling> or contact the Homeschool Liaison, Karen McElravy, at 503.988.6961 or karenmm@multcolib.org for assistance.

CHILDCARE, RESPITE & LEARNING SUPPORT

BOYS & GIRLS CLUBS OF PORTLAND

BGC of Portland is accepting membership applications for the 2020-21 school year. Clubs offer a variety of programs for youth ages 6-18 including art, games, sports, homework help, leadership development, and more.

This fall, Clubs are offering in-person programs during after-school hours. Due to COVID-19, Clubs are taking a limited number of youth and applications are required. Applications open on Monday, Aug 31 and are reviewed on a weekly basis. **Visit the website to apply:** www.bgcportland.org/join-the-club/ or **call your local Club directly for more information.**

Many Clubs offer counseling, social help, behavior planning, assistance accessing services, and specialized classes and/or groups for parents or children. Connect with a Youth & Family Service staff member if you need support outside of the regular operations of the Club. **Learn more about these services here:** www.bgcportland.org/youth-family-services



OMSI HOME ROOM

With state approval, the Oregon Museum of Science and Industry has developed OMSI Homeroom to inspire students and support the community during this time. After ensuring successful completion of school-based digital learning coursework and assignments, OMSI educators will inspire and captivate students for the remainder of the day. Activities include fun science labs, demonstrations, experiments, and design challenges. Safety protocols will include daily health screening, face masks, cleaning, stable small groups of 10, and social distancing. OMSI's Homeroom is program is available for children in grades K through 8.

There are financial discounts available for the OMSI Homeroom program. To be eligible for a discount, OMSI asks for an estimate of family income and a few sentences on why this discount is needed - mentioning you are a foster family would be very helpful.

Visit OMSI's website to apply: https://secure.oms.edu/camps-and-classes/oms_homeroom or call (503) 797-4661 for more information.

To receive a financial discount, start the program registration process online. After selecting a session, in your cart you will see a check box labeled "financial discount". By checking this box an automatic 90% discount will be applied.

If the discounted cost is still a barrier please either call (503-797-4661) or email register@oms.edu to discuss your needs with a staff member.

STUDENT & FAMILY ADVOCACY

FACT

FACT Oregon is a nonprofit organization that supports families raising children who experience disabilities. Their goal is to support and equip families, wherever they may be on their journey.

FACT has supported many foster parents across the state, and recognizes some of the unique challenges they may face, especially in the school setting. FACT's services are not disability specific and are accessible to families whose child may not have a formal diagnosis.

FACT Oregon operates a support line and their staff is available to answer questions and provide support related to Special Education, Developmental Disability Services, and/or any questions that arise when raising a child who experiences disability.

Contact FACT Oregon by calling (503) 786-6082 or emailing support@factoregon.org.

Visit their website for more information:
<https://factoregon.org/>

SUN YOUTH ADVOCACY

Are you concerned about your middle or high school-aged child dropping out or having poor grades? SUN Youth Advocates will work with you and your child to support their success. The SUN Youth Advocacy Program promotes youth development and academic achievement.

Key services include assertive engagement advocacy and support activities, like one-on-one academic supports, advocating for youth in school, and working with youth to create an individualized success plan. The program can also help finding other services to meet your family's needs, and provides whole family support and family engagement.

Ask about the SUN Youth Advocacy program at your local SUN School (middle and high schools). To participate, call the correct point of contact based on where you child attends school on the SUN Youth Advocacy website: www.multco.us/sun/sun-youth-advocacy

OREGON FOSTER PARENT ASSOCIATION

The Oregon Foster Parent Association (OFPA) supports foster and adoptive parents in providing safe homes for Oregon's most vulnerable children. Through advocacy and education, they work to protect the rights of adoptive and foster families and strengthen their families. Learn about FPA's work and support available to you by joining their Facebook group: www.facebook.com/groups/114811175241 or visiting their website: www.ofpa.com.

SCHOOL DISTRICT COMMUNICATION

FOSTER CARE POINT OF CONTACT

The Oregon Department of Education requires that all school districts have a Foster Care Point of Contact to work together with Oregon DHS to ensure the educational success and stability of foster care students. These contacts can help foster families navigate resources and answer questions.

Centennial SD 28J

Lori Palmiter
503-760-7990
Lori_palmiter@csd28j.org

Corbett SD 39

Jeanne Swift
503-261-4279
jswift@corbett.k12.or.us

David Douglas 40

Florence Protopapas
503-310-6987
Florence_Protopapas@ddsd40.org

Gresham-Barlow SD

Refer to the website for resources
www.gresham.k12.or.us

Parkrose SD 3

Julie Knoles
503-408-2143
Julie_knoles@parkrose.k12.or.us

Portland SD 1J

PPS Student Success and Health
503-916-5460
studentservices@pps.net

Reynolds SD 7

Molly Frye
503-780-3010
mfrye@rsd7.net

STAYING CONNECTED

Connecting with your school district on Facebook can be a good way to get news, updates and problem solve. Check out the school district Facebook pages and newsletters linked below.

Centennial SD 28J

Facebook:
www.facebook.com/Centennial-School-District-351569028592/

Corbett SD 39

Facebook:
www.facebook.com/corbettschools
District newsletter:
<https://corbett.k12.or.us/category/district-wide-news/>

David Douglas SD 40

Facebook:
www.facebook.com/daviddouglasschooldistrict
District's Newsletter:
www.ddouglas.k12.or.us/community/happenings-newsletter

Gresham-Barlow SD

Facebook:
www.facebook.com/greshambarlowschools

Parkrose SD 3

Facebook:
www.facebook.com/parkroseschools

Portland Public SD 1J

Facebook:
www.facebook.com/pps.homepage
PPS Text Communications: text "Yes" or "Y" to 68453

Reynolds SD 7

Facebook: www.facebook.com/ReynoldsSD7

TECHNOLOGY SUPPORT

SCHOOL DISTRICT TECH SUPPORT

Contact your school or school district if you are in need of tech support. Some services include:

To request tech support in the Centennial School District fill out the request form on their website: www.csdresources.com/tech-support-for-families.html

Families at the David Douglas School District can access tech support via the help desk (503) 261-8391 or e-Mail: family_help_desk@ddsd40.org

The Gresham-Barlow School District will operate a family tech support phone line that can be reached at (503)-258-4733.

The Parkrose School District expects to launch a digital help desk located on the District website.

In the Portland Public School District, the PPS Support desk will be available to help with technical issues. They can be reached at 503-916-3375 or by emailing support@pps.net.

The Reynolds School District is offering tech support via Let's Talk, the chat function on the District website.

THE MULTNOMAH COUNTY LIBRARY

Do you have technology questions? The Multnomah County Library Tech Helpers can help you navigate the challenges of using technology for school, meetings, and virtual communications.

Request a 30-minute appointment by calling 503.988.5123 or completing their form on line at: www.multcolib.org/contact

FREE GEEK

Does your K-12 student at home need a computer? Plug into Portland is a Free Geek program that provides computers and computer skills training to school-aged youth.

All you need to do is:

- Apply online at freegeek.org/plugintoportland.
- Upon approval, schedule an appointment to pick up your computer from Free Geek.
- Take your computer home!

Your computer will come with a 1-year warranty and Tech Support as well as accompanying instructions on how to set-up and work your Free Geek computer.

This program is available to all low-income youth in the Portland metro and SW Washington area. More information here: <https://www.freegeek.org/>

SCHOOL SUPPLIES & ESSENTIAL ITEMS

MYNEIGHBOR

My NeighbOR is a program serving Oregon's most vulnerable children and youth. MyNeighbOR is connecting goods from community members to families and youth impacted by foster care.

If you have a back-to-school need, you can submit a request for items through their website at: www.everychildoregon.org/need/.

PROJECT 48

Project 48 delivers custom bags of essential items to youth in foster care. They work to deliver bags within the first 48 hours of a child coming into foster care and also deliver to youth who are in transition.

Each bag is filled with essentials and personal care items, including high quality, new clothing and shoes. The bags include a backpack, joggers, a sweatshirt, t-shirts, athletic shorts or leggings, socks and underwear. A toiletry bin is also provided with all the items needed to give them as smooth a transition as possible.

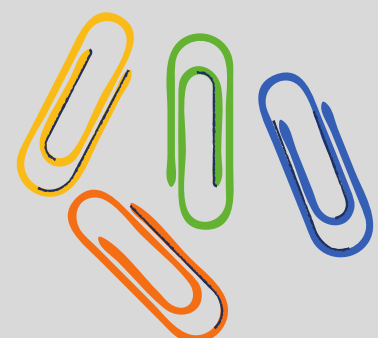
Requests to Project 48 should come from ODHS so please talk to your Oregon DHS Worker for a referral.

PROJECT LEMONADE

The Project Lemonade Retail Store Provides a free back-to-school shopping experience so foster youth look and feel their best. Open year round, youth select from clothing inventory that is new (or nearly new), and leave with apparel, shoes, coats, a backpack, accessories, and books. Youth can visit the store during drop in hours (10am - 3pm Wednesday - Saturday) or shop virtually. Visit Project Lemonade's website for more info and to learn about their programs: www.projectlemonadepdx.org/foster-families

HOWARD'S HEART

Howard's Heart strives to support teens and help meet their occupational, educational and cultural needs to help them explore their interests and potential. Youth and teens, caseworkers, foster parents, family members, CASAs and attorneys can make requests and share youth's wishes and needs through Howard's Heart's website: <https://howardsheart.org/>



FINANCIAL SUPPORT

ODHS ALTERNATIVE CHILD CARE FUNDS

Alternative Care Funds can reimburse foster parents up to \$375 per child per month for childcare costs. Some examples of how funding can be used are (but are not limited to):

- If a foster parent/relative caregiver is working from home, utilized child care previously, and pays 17 year old neighbor to come to the home to care for the children while foster parent works
- If a foster parent/relative caregiver is assisting with distance learning requirements and utilizes an individual to help supervise children

Please inquire with your Oregon DHS Worker about other scenarios and accessing these funds

ONE TIME PERSONAL CARE PAYMENT

Foster parents are eligible for a one-time personal care services payment when they have or are willing to care for children who:

- Were exposed to someone who tested positive for COVID-19.
- Are symptomatic and have tested positive for COVID-19.
- Are symptomatic and presumed positive by a healthcare provider when no testing is available.

Talk to an Oregon DHS Worker for assistance.

THE OREGON CARES FUND

The Oregon Cares Fund is a targeted grant program to support Black people, Black business owners and Black-led nonprofits during COVID-19.

To qualify families or individuals must reside in Oregon, self-identify as Black, and suffer from demonstrated employment or economic interruptions due to COVID-19 related impacts. Individuals and families can qualify for \$1,000 to \$3,000 grants.

You can find the application and information about applying for funds by visiting the Oregon Cares Fund website: www.thecontingent.org/oregon-cares/

FAMILY CAREGIVER SUPPORT PROGRAM

Help is here for older relatives age 55 or over raising their grandchildren or great grandchildren under the age of 18. The Family Caregiver Support Program offers:

*\$400 per child for clothing, activities, other needs you identify.

*A connection with a senior program case manager to help you with financial, social or other needs you and your family may have.

For more information or to apply, contact Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at (971) 930-5968.

FAMILY STABILITY PROGRAMS

FOOD & NUTRITION

To locate a food pantry or food pick-up site near you review these resources:

The Oregon Food Bank's Food Finder:
<https://foodfinder.oregonfoodbank.org/>

Multnomah County's SUN Community School Food Pantries and Free Food Markets: <https://multco.us/sun/sun-food-sites>

If you need food delivered to your home, you can request a box from the Sunshine Division at: www.sunshinedivision.org/ or SnowCap Community Charities on their website: www.snowcap.org

Multnomah County has a list of resources and programs for your family to access free, quality food on their website: www.multco.us/food-assistance/get-food-guide

Portland Public School Nutrition Services department will continue to offer onsite meal distribution to all public-school students. Meals will be available for pickup outside 38 schools, Mondays and Wednesdays, 3 to 5 p.m. The full list of schools/sites is on the District website: www.pps.net/Page/15846. Students will receive five days' worth of meals each week. If you have questions please contact nutritionservices@pps.net, call 503-916-3399 or visit their website.

UTILITY ASSISTANCE

211info has information about energy assistance funding for the tri-county area. The latest updates are listed here: www.211info.org/energy. You may also get updates through their automated recording, which can be accessed 24/7 by calling 211.

ASSISTANCE FOR SENIORS & PEOPLE WITH DISABILITIES

Seniors and people with disabilities can contact their Aging and Disability Resource Connection for assistance with food and other resources. Call 1-855-673-2372 or visit www.adrcoforegon.org/consite/connect.php to connect with an information and assistance specialist in your area and locate and understand the long-term services and supports available in Oregon.

OTHER ASSISTANCE

Covid-19 Resources for Small Businesses:

- www.onacc.org/covid-19-resources/
- www.sba.gov/disaster-assistance/coronavirus-covid-19

Resources for Employee / Business Owners:

- <https://govstatus.egov.com/or-covid-19>
- <https://www.oregon.gov/boli/workers/Pages/default.aspx>

Information about unemployment benefits: <https://unemployment.oregon.gov/>

Renter's rights: www.myoregon.gov/2020/08/12/renters-know-your-rights/

OREGON DEPT OF HUMAN SERVICES SUPPORT

ODHS FOSTER FAMILY CHAMPIONS

The goal of Oregon DHS Foster Family Retention and Recruitment Champions is to have an abundance of safe, affirming, well-trained, supported, diverse and thriving community of foster families that reflect the characteristics of children in care and are equipped to meet their unique needs. Champions can help in identifying resources and services for children in foster care and foster families.

The Oregon DHS Champions based in Multnomah County are:

Magda Bejarano
Magda.y.Bejarano@dhsoha.state.or.us
503-507-5569

Liz Hauck
Elizabeth.Hauck@dhsoha.state.or.us
971-283-4625

Don't hesitate to contact us!

ODHS PAYMENT LIASONS

The Oregon DHS Payment Liaison Team in Multnomah County can help if you have questions or need help with your foster care reimbursement. Call (971) 673-3410 or email cafdsa2placemententryteam@dhsoha.state.or.us to get in touch.

ODHS TRAINING UNIT

The training team in Multnomah County is available to support all caregivers in the completion of required Foundations Training. Classes are currently offered online via ZOOM. All caregivers are also required to complete 30 hours of on-going training every two years. The training unit continuously seeks to support all caregivers in finding resources for training.

For information about Foundations Training, email the training unit at D2.MetroTrainingCenter@state.or.us or call 971-673-1822.

For information about ongoing training contact Oregon DHS Trainers:

Donna Thomas, Trainer
503-545-6865

Irene Phipps, Bilingual Trainer
971-673-1838

