



Nā Leo 'Ohana

September 2022

Home Sweet Home

By

Wilma Friesema, EPIC 'Ohana

"No mommy, no, I want to go home with you. I promise I'll be good," Izel pleaded through her tears as her mom, Ashley Torres, was securing her into the back seat of the truck. They had just finished their weekly visit and the Visit Supervisor was about to return Izel, and her younger siblings, Oscar Jr. and Catalina, to their Resource Caregiver.

Izel's tearful plea struck a chord deep inside Ashley. In that painful moment she realized her daughter was blaming herself for the separation that she, Ashley, had caused. Izel's desperate request was Ashley's turning point; she knew, no matter what, she had to get her family back.



Oscar & Ashley Torres and their children
(Left to right) Camila, Izel, Catalina, Alexander and Oscar Jr.

As the honorees of Hawai'i's 2022 National Reunification Month Celebration, Ashley, her husband, Oscar Gomez-Hernandez, and their children are proof of how powerful those turning points can be. Though the journey wasn't an easy one, Ashley's and Oscar's tenacity and love of family helped Ashley change her trajectory so they could all reunify and rebuild the strong family they have today. For the participants at the celebration -- which was held on June 3rd at the Kohala Village Hub and Inn on the Island of Hawai'i -- witnessing the family's success, and seeing the children's joy, was both inspiring and deeply gratifying.

Their story is a powerful reminder of how providers' encouragement and belief in the possibility of change can make all the difference. Prior to the children being taken into foster care in December of 2018, the family was living in a small studio in Kona. Though Oscar was working in construction and they had a roof over their head, Ashley was struggling with depression caused by the trauma she had experienced before and during the bouts of homelessness she had endured before she met Oscar. Instead of getting "the right help" for her depression, she turned to drugs to numb her overwhelming feelings.

It was shortly after Ashley gave birth to Catalina, who tested positive for meth, that all three children were taken into care and placed in a non-relative foster home. During that time, Ashley rarely saw her children as she was deemed unsafe due to her addiction. Oscar consistently stayed supportive of her, but he was also focused on getting the children back, even if that meant she had to stay away.

REUNIFICATION—Home Sweet Home

Soon after Catalina was born, Ashley became pregnant again, this time with twins. As her due date neared she told her doctor that, though it had been months since she had used, the babies would be likely be taken into foster care, just like their older siblings. Her doctor, in an effort to get Ashley the help she desperately needed, had her medivacked to O'ahu where she delivered the fraternal twins, Alexander and Camila, in early October, 2019. It was also arranged, upon release from the hospital, for Ashley to be placed in Women's Way, a drug treatment center that housed both mothers and their children.

Women's Way was a godsend for Ashley. Not only was the program educational and supportive, she felt the staff actually believed in her. She felt her social worker, Nancy Radtke, did too. Between them, and Oscar's undying support, she began to feel confident in her ability to be sober and stay that way. Though there were some outside service providers who expressed doubts about her capacity to be a safe mom, Ashley was determined. *Whatever you got, throw it at me. I'll do it,* she thought to herself. She also clung to the advice staff frequently gave to her: Trust the process. While that trust was often difficult, she did it, which resulted in her excelling in the program's classes and activities, growing and healing through therapy, and consistently demonstrating she was a loving and safe mom to the twins.

While her sober strength was growing daily, Ashley desperately missed Oscar and the children. She saw the older children only twice, over zoom, in six months. Oscar saw the twins for the first time when they were 5 months old. It saddened Ashley that Oscar had missed those precious early days with the twins, and she worried about how the older children were experiencing their long separation from her. Prior to CWS involvement, when they had all been living together, Spanish was Oscar's native language and the language they all spoke at home. She feared the children were losing their ability to understand and speak Spanish, and the sense of home and closeness it represented. She feared they were all growing apart. She longed to return to the Big Island. She longed to be with her family.

After completing the program at Women's Way, some service providers advocated for Ashley to stay in a transitional treatment program on O'ahu, but Ashley was desperate to get back to Kona. With the help of her supporters, it was agreed that she could enter a program on the Big Island instead. On March 26th, 2020, Ashley returned home. Oscar finally got to kiss his wife and hold his twins.

Two months later the family was reunited. Two years later they are still together and thriving. Ashley is three years sober and loves being a mom. She's clear that her choice was either giving up the drugs or giving up her family, and her family was too precious to sacrifice. Though the physical withdrawal from the drugs was difficult, and learning new ways to cope and ask for help was challenging, the journey has been so worth it. "The drugs didn't beat me, I beat the drugs," Ashley proudly told me. She also confided that she doesn't want her children to ever go through what she went through. She and Oscar are committed to making sure that doesn't happen, and that nothing will ever tear them apart again. As the participants at the June 3rd gathering can attest, their journey is one truly worth honoring and celebrating.

**How can we best contact you?
Please click on the link below or scan
the QR Code from
any mobile device or tablet.**

**Here is the link:
[https://forms.office.com/g/
mKRJXpKhBQ](https://forms.office.com/g/mKRJXpKhBQ)**



SIBLING CONNECTION

Project Visitation: The Power of Sibling Connections

"Power, that's one thing, but love of siblings is more important, is more powerful than any other..."

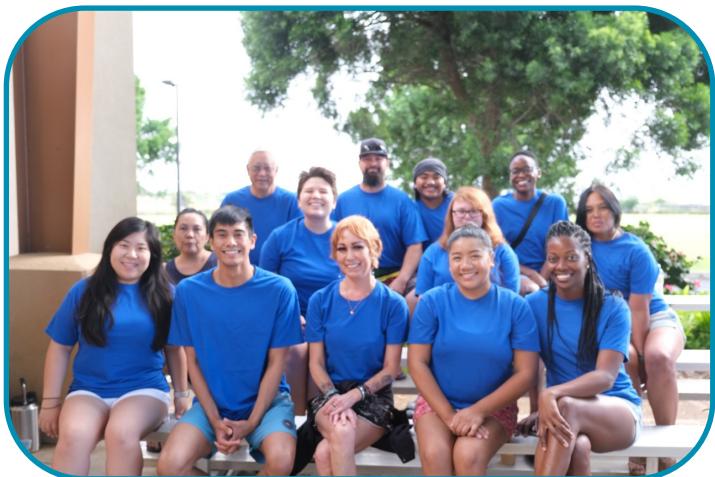
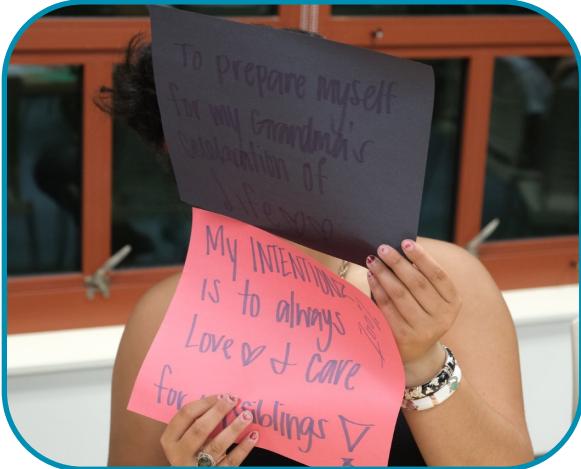
"My intention is to always love and care for my siblings" was shyly expressed to the group of 23 brothers and sisters by a 17-year-old teenager. Her five brothers and sisters looked at one another as deep inside, they were proud... proud that they were a family. While sitting in their "Family Spirit Circle," camp counselors and siblings participated in the "Setting an Intention" activity. They were asked to come up with a goal for the next two days. By the time everyone had shared their "intention," comradery, friendship and above all else, family pride filled the room. Every single youth present stated that they intended to love their siblings and spend as much quality time together as possible. Welcome to the Project Visitation "Camp Connections."

Project Visitation (PV) was created to ensure that siblings in Hawaii's foster care system maintain their connection through in-person visitations and events. Despite the State's determination and efforts to keep siblings together while in care, sometimes siblings may still be placed in different temporary homes while waiting the possibility of reunification. Project Visitation ensures that these siblings can continue to see one another and maintain their familial bonds.

On the last day, after a 3-hour pool time followed by games at the gym, the group gathered for one last time. "Did you fulfill your intention?" One youth grabbed his blue Camp Connections t-shirt and said, "I look like my siblings with this t-shirt. But, I also look like everyone else so it feels like we're all one big family." When camp ended on Saturday evening, no one was ready to leave. Tears and hugs were plentiful – hugs within sibling groups, hugs to other sibling groups, and hugs to the camp counselors. Through watery eyes, promises were made to attend the next group activity.

At Camp Connections, siblings physically spent time together and volunteers learned how to make their monthly visits even better. Children, youth, teenagers, and adults left Camp with more knowledge, compassion, and a strengthened bond. Until the next time...

In addition to the annual camp, Project Visitation's goal is to provide monthly visits for sibling groups, along with participating in sponsored quarterly events. If interested, please email PV@FamilyProgramsHawaii.org.



Project Visitation Volunteers

SAFE SLEEP—PLAY YARDS for INFANTS

DHS Memo April 18, 2022

Hawai'i Child Welfare Services Safe Sleep Play Yards (Play Pens) allowed to be Used with Infants

Safe Sleep Hawaii is a statewide coalition that promotes life-saving safe sleep techniques, policies and education for parents, teachers, doctors, nurses and other caregivers. Committee members include representatives from public and private agencies, and the community. Safe Sleep Hawaii promotes information on safe sleep environments through the distribution of the "Safe Sleep Guide for Parents."

Safe Sleep Hawaii reports that Sudden Infant Death Syndrome (SIDS), the sudden, unexplained death of an infant less than 1 year of age, accounts for 41% of all post-neonatal deaths in Hawaii. Putting infants to sleep on their stomach or side, rather than their back, is a major preventable risk factor for SIDS. This is because infants are more likely to suffocate when placed on their stomach or side to sleep. The "Back to Sleep" public health campaign dramatically improved supine (back) sleep position from 13% in 1992 to 67% in 1999 with a corresponding 50% decline in SIDS. The National Healthy People 2020 goal is to increase the proportion of infants placed on their backs to sleep to 75.8%. In addition, anyone sleeping in the same bed places the infant at increased risk of death due to overlay and suffocation. Other factors include possible suffocation due to bedding, toys, and other objects in the crib. Removing toys and soft bedding, not smoking, and no bed sharing are some of the primary recommendations from the American Academy of Pediatricians (AAP).

The Consumer Product Safety Improvement Act of 2008 mandated that safety reforms be enacted that would prevent dangerous products from entering the marketplace. Section 104 of this Act (also known as Danny's Law) required mandatory federal standards for more than a dozen durable juvenile products, including play yards. In 2013 new mandatory standards for play yards were issued by the U.S. Consumer Product Safety Commission (CPSC) after their review of 2,100 incidents that had been reported to them, including 170 injuries and 60 deaths. As a result, as of February 28, 2013, **all play yards sold in the U.S. must meet the following standards:**

- Stability test to prevent the play yard from tipping over.
- Latch and lock mechanisms that keep the play yard from folding in on a child when it is being used.
- Attachments to the product (such as a bassinet) must be designed so that a child's head cannot become trapped while the accessory is attached.
- Stronger corner brackets to prevent sharp-edged cracks and side rail collapse.
- Enhanced floor strength to ensure structural integrity and to prevent entrapment by the play yard floor.
- Sturdy attachment of the mattress to the play yard floor to prevent entrapment.
- Minimum side-height requirements to prevent children from getting out of the play yard on their own.
- Side rails must not form a sharp V when folded to prevent head or neck entrapments.



The Juvenile Products Manufacturers Association (JPMA) currently sponsors twenty-nine (29) certification programs for Juvenile Products. The purpose of the certification programs is to assure the consumer, by the

SAFE SLEEP—PLAY YARDS (*continued*)

presence of a certification seal (and listing in a directory), that the products bearing the seal comply with the requirements of the current applicable standards and Federal requirements.

JPMA provides the following “Play Yard Safety Tips”:

Choose a play yard with the correct recommended height and weight of the child. The play yard, including side rails, should be fully erected prior to use. Always follow the manufacturers' instructions (remember to apply the same rules to portable play yards).

Follow these guidelines for safe use of a play yard:

- Do not add padding or other objects inside the play yard which could permit your child to climb out.
- Make sure all latching features of the play yard are in place and secure.
- **NEVER** leave baby in a mesh play yard if its drop side is in the down position. The baby could roll into the space between the pad and loose mesh, causing suffocation.
- Choose a play yard with mesh holes no larger than 1/4". Slats on a wooden play yard should be no more than 2 3/8" apart.
- Check vinyl or fabric-covered rails frequently for holes and tears.
- Don't tie items across the top of the play yard as they can entangle baby and cause strangulation.
- Infants can suffocate in gaps between a mattress too small or too thick and product sides, or on soft bedding. **Never add a mattress, pillow, comforter, or padding.**
- Look for the JPMA Certification Seal.

Tip: Did you know the crib mattress should fit snugly with no more than two fingers, or approximately one-inch width, between the edge of the mattress and the side of the crib?

The AAP supports play yards for infants to sleep in that have received the CPSC and JPMA approval. The JPMA certification logo is on all approved play yard product packaging.



Resources:

Parent Line Safe Sleep: <https://www.theparentline.org/safesleep/>

American Academy of Pediatrics Policy Statement: SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment

<https://publications.aap.org/pediatrics/article/138/5/e20162938/60309/SIDS-and-Other-Sleep-Related-Infant-Deaths-Updated#BIBL>

HealthyChildren.org – How to Keep Your Sleeping Baby Safe: American Academy of Pediatrics Policy Explained
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guideto-Safe-Sleep.aspx>

Juvenile Products Manufacturers Association www.jpma.org

Safe to Sleep – U.S. Department of Health and Human Services (<https://safetosleep.nichd.nih.gov/>)

United States Consumer Product Safety Commission – “Play Yards Business Guidance & Small Entity Compliance Guide” <https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Play-Yards>

VACCINATION GUIDELINES

DHS Memo January 26, 2022

Hawai'i Child Welfare Services (CWS) Vaccination Guidelines for Eligible Children and Youth in Foster Care

CWS staff shall encourage and facilitate COVID-19 vaccinations.

1. For all children aged 5 and older under Voluntary Foster Custody, Temporary Foster Custody, or Foster Custody legal status. CWS caseworkers shall:

- a. Help to educate parents, resource caregivers, youth, and children, about the safety and efficacy of the vaccine to facilitate parents and children making informed decisions, as needed;
- b. Provide information about how to obtain the COVID-19 vaccine, including helping to identify a location;
- c. Obtain the necessary written parental consent;
 - i. If possible, have parent(s) sign the actual form that will be needed for the vaccination. (CWS staff may need to do the work in advance to obtain the proper form.)
 - ii. If it is not possible to have parents sign the form that will be needed for the vaccination, have the parents hand write, date, and sign a note that states that they consent to their child (write out the child's name in the note) being vaccinated. Bring this note to the vaccine appointment.
 - iii. It is not necessary to submit the parental consent document to court.
- d. Accompany the child or youth to get vaccinated, as appropriate or needed;
- e. Not provide medical consultation or share medical misinformation;
- f. Ensure access to professional medical consultation from physicians and other qualified healthcare workers to ensure accuracy of information and education to inform decision making;
- g. Document efforts to encourage and provide access to the COVID-19 vaccine;
- h. Not force or coerce a child to obtain a vaccine or actively prevent or coerce a child from obtaining a vaccine.
 - i. Although ideally all children will themselves consent to the vaccination, it is not reasonable to expect children under the age of 14 to be able to properly understand the risks and consequences.
 - ii. For youth aged 14 and older, their explicit consent for the vaccine is required for the COVID-19 vaccine to be administered.
 - iii. For children and youth under 14, the parent shall decide on the child/youth's behalf, and the child will assent (agree) in order for the vaccine to be administered.
- i. Not file a motion with the court to obtain the COVID-19 vaccine if the child does not want to obtain the vaccine, unless the child's health puts them at increased risk for serious complications from COVID, as verified by two physicians.
- j. Respect parents' and children's religious and cultural beliefs and practices;
- k. Honor refusal to vaccinate based on said beliefs;
- l. Document refusal to vaccinate based on beliefs;
- m. Ensure informed decision has been made by parents;
- n. For those youth aged 14 and older that want the vaccine and parents do not provide consent, the CWS caseworker shall:
 - i. Continue to contact parents and try to obtain parental consent, arranging for the youth and parents to discuss this matter, perhaps with input from the youth's Primary Care Physician (PCP);
 - ii. Share with the parents the Department's position that we encourage all children to obtain the vaccine for



VACCINATION GUIDELINES (*continued*)

Continued from page 6 Vaccination Guidelines

- everyone's safety and discuss the dangers of contracting the virus.
- iii. Adhere to the policies and procedures related to medical procedures (i.e., obtaining two physicians' letters which state that the vaccine is necessary for the youth's health) in order to override the lack of parental consent.
 - o. If the parents cannot be located to obtain the consent, the CWS caseworker shall:
 - i. Document all efforts to locate the parents;
 - ii. Discuss the matter with the Guardian Ad Litem (GAL) for next steps;
 - iii. Along with the GAL, file a motion to allow the child to obtain the vaccine without parental consent, if warranted;
 - iv. Once the court has authorized the vaccination, take the court order to the vaccination appointment to provide the court's authorization in lieu of parental consent.
 - 2. For all children aged 5 or older with a legal status of Permanent Custody (PC) to DHS, CWS staff shall:
 - a. Help to educate the child or youth about the safety and efficacy of the vaccine, to facilitate their understanding, and (for youth aged 14 and older) making informed decisions, including involving the child's PCP, as needed;
 - b. Obtain consent (for youth aged 14 and older) or assent (for youth and children aged 5 through 13) for the vaccination. (Do not proceed with the COVID-19 vaccination without the youth's consent.);
 - c. Make efforts to assist the child in obtaining the COVID-19 vaccination, including registration and coordination of the appointment;
 - d. In advance of the appointment, identify the necessary documents to bring for validation of the PC status of the child or youth, to enable authorization for them to receive the vaccine by viewing the on-line vaccination site information or by calling the vaccination site;
 - e. Ensure transportation and accompany the child to the vaccination appointment;
 - f. Bring a copy of the court order showing that DHS has permanent custody of the child, that the parents' parental rights were terminated upon granting the permanent custody order, and any other necessary documents; and
 - g. Keep in regular communication with the child's resource caregiver regarding efforts to get the child vaccinated.

Visit <https://rcg.hawaii.gov>



- **Register for On-going Trainings**
 - **Register for Support Groups**
 - **Find resources on many topics**
(childhood development, safe sleep, licensing requirements and other foster care topics)

'OHANA IS FOREVER CONFERENCE

"Stronger Me, Stronger We"

2022 'Ohana Is Forever Conference

By: Jennifer Gire

After two years of virtual attendance, the 'Ohana Is Forever Conference was back in-person with the theme of "Stronger Me, Stronger We." As you walked into the grand ballroom of the Ko'olau Ballrooms and Conference Center, youth and adults alike gathered to enjoy ongoing activities: crafts; do-it-yourself jewelry; as well as, an inspiration table. Throughout the day youth participated in chair yoga, "money smarts," as well as a "stronger me" workshops facilitated by members of the HI H.O.P.E.S board. Adult participants heard from presenters Venus Kau'iokawekiu Rosete-Medeiros (CEO of Hale Kipa) on cultural humility, as well as Summer Keli'ipio (Managing partner of A'ali'i Alliance) on developing ALOHA with teens. Throughout the day of fun and learning one thing was abundantly clear – it was great to be together again!



Emcees Kekoa Abellera & Melissa Mayo



Throughout their time together, participants were reminded of the Taro plant. Looking at the Taro plant we can see how a well-nourished, firm Kalo (Taro) supports and holds up the Lau (leaf). It is the unobstructed waterways that ensure a nourishing environment for the Kalo to grow and thrive. The family unit is no different than this plant. A strong parental influence holds up the youth so they can grow into a healthy adult who stands strong and proud. Like the waterways, community and natural supports are there to ensure parents can create a healthy, nurturing environment to do the indispensable work of parenting. Together the strength of each part forms a stronger whole. We all have a role to play in building stronger, more resilient families and communities. So, we ask you now, what is yours?



2022 'Ohana is Forever Conference

RECRUITMENT

WE NEED MORE FOSTER HOMES.

Do you know someone who could offer a safe home for a young life in Foster Care?

PLEASE SEND THEM OUR WAY!

WE HOST MONTHLY FOSTER CARE INFO SESSIONS ON ZOOM.

ZOOM STATEWIDE

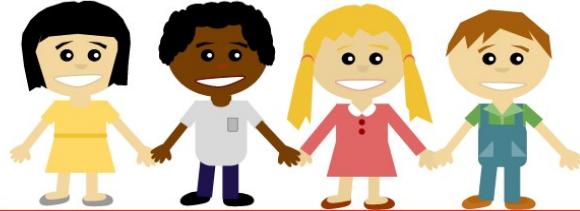
- 9/7/22 - 6PM
- 10/17/22 - 3PM
- 11/4/22 - 12PM

REGISTER FOR ONE TODAY!

GENERAL LICENSING PROCESS STATISTICS Q&A



REGISTER AT
WWW.RCG.HAWAII.GOV/EVENTS



URGENT NEEDS

Safe Homes For:

**Teenagers
Medically Fragile Children**



We walk all general license applicants through initial steps to become licensed to foster in Hawai'i.

WWW.PIDF.ORG [f](#) PROJECTPILINA (808) 282-8377

MAHALO

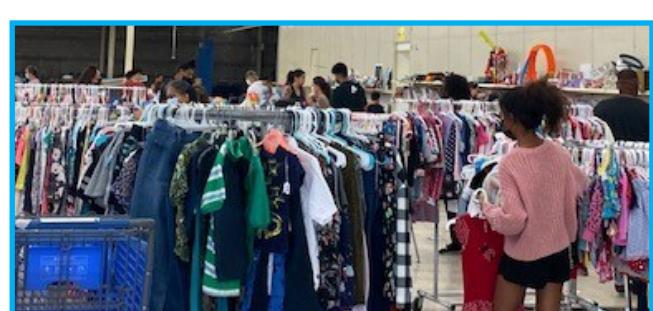


Summer Swag Giveaway

On Saturday, July 16th, the Statewide Resource Families Program-Resource Caregiver Support Services at Catholic Charities Hawai'i held it's first Summer Swag Giveaway Drive-Thru event in recognition and appreciation of our resource families and keiki in foster care. Over 40 families received "Swag Bags" filled with summer essentials, school supplies, and family activities. This event was part of Catholic Charities Hawaii's 75th Anniversary Celebration. A big Mahalo to our sponsors: Hawaiian Electric Company, Hawaiian Electric Industries, American Savings Bank and Target who provided donations and volunteered their time for this event. Also, Mahalo to Trinity Missionary Baptist Church and Alli Davenport for providing additional donations for this family event!



There were about 40 Resource Families who were able to shop for free at the Rhea Lana event on June 27, 2022. Shopping carts were full of clothes, shoes, toys, and books. One family was able to get a free twin bed for their youth in foster care. Thank you Alma of Rhea Lana for putting on this event. Check out the next Rhea Lana event in February 2023.



UPCOMING EVENTS

Please join us for any of our upcoming events.

To register, visit the Hawaii Resource Caregiver Licensing Website/Portal at <https://rcg.hawaii.gov> or via the mobile app for resource caregivers “Hawaii Foster Care Connections” Download for FREE in the Google Play or Apple App store



SEPTEMBER 2022

Kinship Care Month

<u>Tips on How to Care for Toddlers & Babies with Prenatal Exposure</u>	September 6, 2022	5:00 pm - 6:30 pm	
<u>Info Session (Statewide)</u>	September 7, 2022	6:00 pm - 7:00 pm	Recruitment
<u>Pono Process: Self Advocacy</u>	September 8, 2022	6:00 pm - 7:30 pm	Training
<u>Statewide Support Group</u>	September 14, 2022	6:00 pm - 7:30 pm	Support Group
<u>Grandparents Support Group</u>	September 21, 2022	12:00 pm - 1:15 pm	Support Group
<u>Social Capital, Normalcy & Prudent Parenting</u>	September 24, 2022	9:00 am - 10:30 am	Training
<u>Kinship Support Group</u>	September 29, 2022	5:00 pm - 6:15 pm	Support Group

OCTOBER 2022

Safe Sleep Awareness Month

<u>Statewide Support Group</u>	October 12, 2022	6:00 pm - 7:30 pm	Support Group
<u>Info Session (Statewide)</u>	October 17, 2022	3:00 pm - 4:00 pm	Recruitment
<u>Kinship Parenting</u>	October 25, 2022	5:00 pm - 7:00 pm	Training
Support Group	TBA		

NOVEMBER 2022

National Adoption Month

<u>Sibling Connection</u>	November 1, 2022	6:00 pm - 7:30 pm	Training
<u>Info Session (Statewide)</u>	November 4, 2022	12:00 pm - 1:00 pm	Recruitment
<u>Statewide Support Group</u>	November 9, 2022	6:00 pm - 7:30 pm	Support Group
<u>Separation, Grief, and Loss</u>	November 17, 2022	5:00 pm - 7:00 pm	Training
Support Group	TBA		

DECEMBER 2022

<u>Over Stimulation for Toddlers & Babies</u>	December 6, 2022	9:00 am - 10:30 am	Training
<u>Trauma Related Behaviors & Trauma Informed Parenting</u>	December 10, 2022		9:00 am - 1:00pm
<u>Statewide Support Group</u>	December 14, 2022	6:00 pm - 7:30 pm	Support Group
<u>Info Session</u>	December 15, 2022	6:00 pm - 7:30 pm	Recruitment
Support Group	TBA		

Contact the Resource Caregiver Warm Line
at (808) 545-1130 for any questions

September is Kinship Care Month, recognizing relatives, members of tribes and clans, and non-related extended family members who provide round the clock protecting and nurturing for their younger family members.

October is Safe Sleep Awareness Month a month that is designated to promote healthy sleeping habits for newborns and raise awareness about sleep-related risks to infants.

November is National Adoption Month, a month set aside to raise awareness about the urgent need for adoptive families for children and youth in foster care.

UPCOMING EVENTS

Save the Date!



**Family Program Hawaii's
24th Annual Holiday Party
Is back in person at Blaisdell Center!
Sunday, December 4th, 2022**

**Mark your calendars for food, games, activities, pictures
with Santa and lots of fun for the whole family!**

More information to come with your invitation in the mail.

Contact info@familyprogramshi.org if you have questions

Can't wait to see your family there!

In honor of **National Kinship Care Month**, there are two webinars scheduled in September, both are offered at no charge. (Click on these links for the time and registration information.)



Keys to Effective Communication
Thursday, September 8, 2022

Presenter: Dr. Terry Cross, Senior Advisor and Founding Executive Director National Indian Child Welfare Association

**Family Dynamics in Kinship Families: Implications for
Services and Programs**
Tuesday, September 20, 2022

Presenter: Dr. Joseph Crumby, a nationally renowned kinship expert.

- Understand how kinship care impacts and changes family roles, relationships, responsibilities, and interactions between family members and the triad (i.e., birth parent, birth child, and caregiver)
- Identify how family dynamics in kinship families are different from those in non-kin foster and adoptive families, and the implications of these differences.
- Formulate approaches to engage kinship families and develop services that utilize and support the dynamics of kinship families in providing children with safety and permanency and promoting their well-being.



PARENT LINE



The Parent Line

Funded by the Hawaii State Department of Health, Maternal and Child Health Branch

IS OFFERING VIRTUAL WORKSHOPS FOR THE MONTH OF SEPTEMBER ON:

DEALING WITH STRESS

Thursday, September 1, 2022 @ 4:00 PM - 5:00 PM

Goal: To increase parents' ability to recognize and handle stress.

SAFE SLEEP

Tuesday, September 6, 2022 @ 11:00 AM - 12:00 PM

When babies sleep safe, parents rest easier. Learn some tips on how to ensure safe sleep for your baby.

FAMILY MORALS, VALUES, AND RULES

Tuesday, September 13, 2022 @ 11:00 AM - 12:00 PM

Goal: To increase parents' skills in developing family morals, values, and rules.

NURTURING PARENTING ROUTINES

Thursday, September 22, 2022 @ 4:00 PM - 5:00 PM

Learn ways to incorporate nurturing parenting techniques into your everyday routines and why they are so important to establish.

BUILDING HEALTHY EATING HABITS

Tuesday, September 27, 2022 @ 11:00 AM - 12:00 PM

Learn how to build healthy eating habits with your keiki and learn about the importance of having a balanced diet and nutrition.



FOR MORE QUESTIONS, WORKSHOPS, OR TO RSVP,
CALL THE PARENT LINE AT (808) 526-1222



RSVP NO LATER THAN 7:00PM THE DAY PRIOR TO WORKSHOP

*The virtual workshops are voluntary and intended for enrichment purposes.
Certifications and/or credits are not offered.*

TRAINING ANNOUNCEMENT

ONGOING TRAINING REQUIREMENTS

Effective January 1, 2023 Child Welfare Services (CWS) will begin requiring each licensed resource caregiver to complete a minimum of 13-hours of ongoing training. This is an increase from current requirement of 6-hours per resource family to **13-hours per licensed resource caregiver**.

Resource caregivers who have license renewals due in 2022 can do EITHER option:

- The current requirement of 6-hours per resource family or
- 13-hour training requirement for each licensed resource caregiver.

Beginning in 2023, all resource caregivers will need to meet all renewal requirements which will include the **13-hour training requirements per licensed resource caregiver**.

The Nā Leo 'Ohana Newsletter
is published quarterly by
Catholic Charities Hawai'i
1822 Keeaumoku Street
Honolulu, HI 96822

Contact information:
WarmLine:(808) 545-1130
E-mail: RCGSupportServices@CatholicCharitiesHawaii.org

This newsletter may be viewed
on the following:
Website: <https://rcq.hawaii.gov>
Facebook: [Resource Caregiver Support Services](#)



GO GREEN!

Contact us today and request an electronic copy!

The Nā Leo 'Ohana Newsletter
Contributing Writers
State of Hawai'i Department of Human Services, Child Welfare Services ~ Catholic Charities Hawai'i Partners In Development Foundation ~ EPIC 'Ohana, Inc. Resource Caregivers ~ Adoptive Parents ~ Former Youth in Foster Care