

For Children's Sake of Virginia

Spring 2019 Newsletter



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Every season brings us incredible news and more opportunities to report on the work we do, and this spring was no exception! The FCSVA team has been busy since our January newsletter. We've placed 3 children in our homes, welcomed a new case manager, administrative assistant, and community-based staff member to our team, have finished training 2 foster families, been a part of 4 adoptions, and had a number of great opportunities to engage with the community. We're so grateful for your continuing support as we work every day to help children find safe, happy homes. Whether you're a donor, a foster parent, a volunteer, or an advocate for our team, you are a huge part of our success, and we're grateful for your help!





Our Community

Applin Family Adoption



We're so happy to announce that Seila Applin, one of our incredible foster parents, has adopted a child in her care. Seila shared her excitement, saying; 'Welcome, Douglas, to the family! I'm so proud to be your mom and know you can be anyone you want—a CEO, engineer, or anything.'" Congratulations, Douglas and Seila!



Welcome to the Team

Bonnie Westfall, Case Manager



Bonnie graduated with her Master's Degree in Human Services Counseling: Crisis Response and Trauma from Liberty University. Bonnie has worked in a therapeutic residential home working with adolescent girls who had been sex trafficked in the United States. Bonnie also has experience working at an international adoption agency working with families in the post-adoption phase. When she's not at work, Bonnie enjoys reading, traveling, and spending time with her husband. She is excited to be working at FCSVA and being able to provide support to foster families.

Nikki Ponce, Administrative Assistant



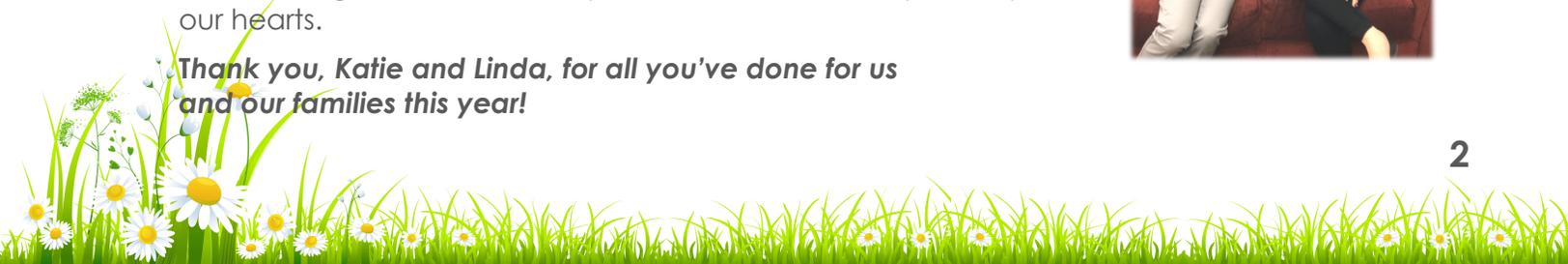
Nikki was born and raised in Manassas, VA. She has 6 years of experience as an office manager and administrative assistant at a recreational center. In her free time she enjoys hiking, cooking, going to the gym and spending time with friends. She's so excited to be a part of the FCSVA team!

Goodbye to our Interns!

We've been blessed to have Katie Quinn and Linda Munoz as part of our TFC team this year, working as MSW interns. We're equal parts happy and sad, as they'll be leaving to move on to their new placements for next semester. Katie and Linda will continue to be a part of our team, working on our after school programs and volunteering with us when they're able, and will always be a part of our hearts.



Thank you, Katie and Linda, for all you've done for us and our families this year!





Our Family's Accomplishments

For Children's Sake of Virginia's greatest accomplishments are the ones that they see their family make — the foster parents, siblings, and, of course, the children in foster care. We're proud of all they accomplish every day, and want to take this opportunity to show off some of the incredible things they've done this quarter.



- One of our foster children became a track team manager
- One of our foster children's basketball teams won championships
- One of our foster parent's child's basketball team was rated the best in the country
- One of our foster children won 'Shining Star of the Month' in her gymnastics group



- One of our foster children has already read more than 20 books this year
- One of our foster children learned to write his name
- One of our foster children brought several grades up to B's
- One of our foster children won a Future Innovator award at a Boys & Girls Club field trip for his excellent vision board

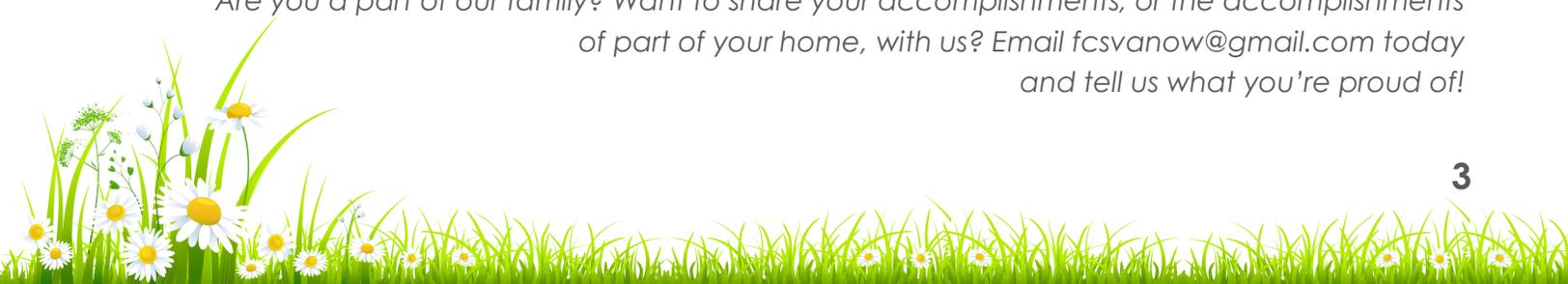


- Two of our foster families received their first foster placement
- Two of our foster families had another grandchild
- One of our foster families moved to a beautiful new home
- One of our foster children was legally adopted by his foster mother
- A sibling set of three was discharged from FCSVA because their foster parent is adopting them



- One of our foster children has become "a gentleman" and always opens doors for ladies
- One of our foster children has started volunteering at a local nonprofit

Are you a part of our family? Want to share your accomplishments, or the accomplishments of part of your home, with us? Email fcsvanow@gmail.com today and tell us what you're proud of!





Donations

Thank you to our donors!



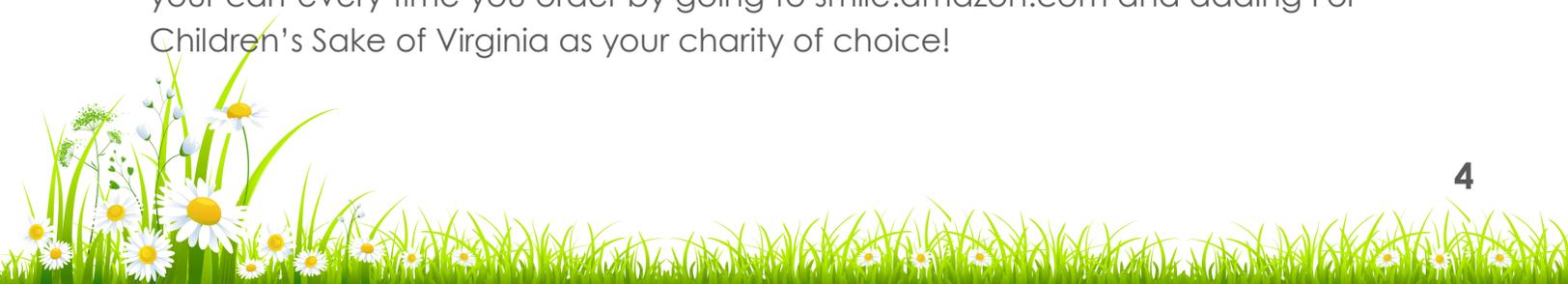
We're so grateful for the ongoing support of our incredible donors. This quarter, we had a number of fantastic donations that our children were able to use and enjoy. Together We Rise donated 20 bikes to our organization, just in time for spring and for the children in our care to get out and get active. We also had a number of books for our teens and tweens donated from our Amazon Wishlist, and are incredibly grateful that we were able to provide children in that age group with

good books at their reading level. Finally, we had a donation from a local business, who provided us with a number of items we were able to give during birthdays and use in our after-school program, including coloring books, crayons, and bubbles. Thank you to all for your incredible gifts. The children in our care are able to thrive and grow, even more so, with your help.

Interested in Donating?

Call 703-817-9890 or email cgallant@fcsva.org to set up a time to drop off any of the following new items: arts & crafts supplies, toys & board games, diapers, car seats, cribs, or high chairs, Gift cards for groceries or gas for our foster parents or to video game stores or clothing shops for the children in our care.

You can also visit our website to donate online, or visit our Amazon Wishlists to gather inspiration and shop for specific items to be delivered to our front door! Be sure to set your Amazon account to donate a percentage of the proceeds from your cart every time you order by going to smile.amazon.com and adding For Children's Sake of Virginia as your charity of choice!





Join Our Family

Become A Foster Parent!

At FCSVA, you can attend our no-strings-attached training session to learn more about what fostering looks like and see if it's the right fit for you. If you love it, we help you through the application process and beyond—we provide continuous training and support to all of our foster families the entire time that they're with our organization—because, as a foster parent, **you** are our most valuable resource! Reach out to our Foster Parent Training Specialist, Charlotte Gallant, at fcsvanow@gmail.com or call 703.817.9890 to learn more and get started!



Get a \$500 referral bonus when the person you refer becomes an approved foster parent and receives their first placement!!

We're Hiring!

If you're passionate about kids and helping others, we want you! Join our team of dedicated professionals, all working together to help those who need us most; children. Right now, we're looking for **part-time community-based counselors** to join our team! A masters degree in social work or a related field is required, and you must be a registered QMHP. For more information, or to send your resume, please contact Kelley Willis at kwillis@fcsva.org.

Volunteer!

We're always looking for great volunteers to work with us! Here are some of our volunteering opportunities:

Fundraising: host a clothing drive in your local community, assembling birthday bags, organizing a dineout, etc.

Community Outreach: help us as we recruit foster parents by passing out flyers, partnering with local businesses, providing us with contacts at churches and PTAs, putting our flyers where you work, etc.

Training: Have a skill that our teens with Independent Living Goals could benefit from? We're always looking for trainers to come in and help them learn!

Interested? Reach out to fcsvanow@gmail.com to learn more.





Training: What Is Vaping?

It's a new trend in teens—but what is it, is it dangerous, and how would I get them to stop? Read this article <https://kidshealth.org/en/parents/e-cigarettes.html?WT.ac=ctg> to learn more. Return to your case manager or Charlotte Gallant at cgallant@fcsva.org for one training hour.

1. What is vaping?

2. What is a major brand of e-cigarettes used to vape? _____

3. You can't get addicted to vaping: true or false (circle one)

4. Most e-cigarettes have nicotine in them: true or false (circle one)

5. E-cigarettes that do not have nicotine in them still have other dangerous chemicals in them: true or false (circle one)

6. List two ways vaping may negatively impact a child:

1. _____

2. _____

6. List three ways to help a teen quit vaping:

1. _____

2. _____

3. _____





Training: Autism Spectrum Disorder

Read this article https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml#part_145439 to learn about what Autism Spectrum Disorder is. Return to your case manager or Charlotte Gallant at cgallant@fcsva.org for one training hour.

1. Autism Spectrum Disorder is a _____ disorder because symptoms generally appear in the first _____ years of life.

2. List three Social communication / interaction behavioral symptoms of ASD:

- 1. _____

- 2. _____

- 3. _____

3. List three restrictive/repetitive behaviors someone with ASD may have:

- 1. _____

- 2. _____

- 3. _____

4. List two strengths someone with ASD may have:

- 1. _____
- 2. _____

5. Why is autism a 'spectrum' disorder?

