

OCTOBER 11, 2016



## CARING FOR A CHILD WHO TAKES PSYCHOTROPIC MEDICATION

Children in foster care--especially those who have experienced trauma--often require mental health treatment. For many, that treatment involves prescriptions for psychotropic medications.

Psychotropic medications affect a person's mind, emotions, moods, and behaviors. Examples include psychostimulants such as Adderall and Ritalin, antipsychotics such as Seroquel, and antidepressants such as Paxil and Zoloft.

When it comes to managing children's medications, foster parents and kin caregivers have an important role to play. After all, you're the one who spends the most time with the child. You know whether that child is taking the medication appropriately and how that medication affects that child's behavior.

So what can parents do to make sure that children taking psychotropic medications get the care and the oversight they need?

[VIEW SUGGESTIONS](#)



## IFAPA'S FALL CONFERENCE

OCTOBER 28 & 29 | MARRIOTT HOTEL - CORALVILLE

**B2** (Friday Workshop)

### KEEPING UP WITH DRUG CULTURE

This session covers information about alcohol and other drugs, including popular party drugs, prescription medication, over the counter medication (OTC), marijuana edibles and concentrates, Electronic Nicotine Delivery Systems (ENDS) and other electronic devices, drug concealment methods and containers. The training will also present an overview of drug trends in Iowa, signs and symptoms of substance use, drug related clothing, shoe wear, and drug paraphernalia. **Presented by: Nora Kurtovic**

**B3** (Friday Workshop)

### PSYCHOTROPIC MEDICATIONS AND CHILDREN: A HARD PILL TO SWALLOW

Children in foster care, especially those who have experienced trauma, often require mental health treatment. Many times, the child's treatment involves prescriptions for psychotropic medications. In this session we will explore how psychotropic medications are used and how various classes of these meds work, their side effects, and examples in each class. Additionally, the training will address the need for a complete psychiatric evaluation prior to giving these medications, and what to do if you have concerns about the meds prescribed to children in your care. Finally we will examine other interventions that may be considered before the use of psychotropic medications, and how to monitor a child for possible side effects or to see if the medication is working. **Presented by: Chris McCormick Pries, ARNP (Social Work CEUs)**

LEARN MORE AT THE FOLLOWING LINKS:

[VIEW CONFERENCE BROCHURE](#) [REGISTER ONLINE](#)

Western Service Area Peer Liaisons:  
Sandra Dollen, John Smith &  
Tina Vande Kamp (not pictured)



## PEER LIAISONS NAVIGATE THE WORLD OF FOSTER PARENTING BOTH PERSONALLY AND PROFESSIONALLY

Peer Liaisons are living the life of fostering just like you! So what can you really expect from your Peer Liaison? IFAPA Peer Liaisons will be in touch with foster parents via phone, mail, e-mail or in person at least once each fiscal quarter (Jan-Mar, April-June, July-Sept, Oct-Dec), they can help you navigate the world of confidentiality, provide information and resources on trainings, support groups, foster home licensing regulations, offer contacts for DHS chain of command and offer assistance with communication needs. Connect with your Peer Liaison, you will probably be correct in assuming they've dealt with whatever it may be! School needs-guess what? Some of our peer liaisons are educators and have backgrounds in childhood development. Many Peer Liaisons care for older youth and have a vast knowledge of needs a child has when aging out of foster care. If they do not know the answer to a question, they will help find the needed information. IFAPA Peer Liaisons will maintain confidentiality at all times.

The Western Service Area (SA #1) Peer Liaisons are John Smith, Tina Vande Kamp and Sandra Dollen:

- John Smith has been a foster/adoptive parent for 27 years and a Peer Liaison for seven years. John serves families in Buena Vista, Calhoun, Carroll, Crawford, Greene, Humboldt, Ida, Pocahontas, Sac, Webster & Woodbury counties.
- Tina Vande Kamp has been a foster/adoptive parent for eight years and a Peer Liaison for two years. Tina serves families in Cherokee, Clay, Dickinson, Emmet, Kossuth, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Sioux & Woodbury counties.
- Sandra has been a foster/adoptive parent for 23 years and a Peer Liaison for four years. Sandra serves families in Audubon, Cass, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie, Shelby & Taylor counties.

**CONTACT MY PEER LIAISON**

# FAMILY NEEDED FOR XADEN

What is an ideal day like for 6-year-old Xaden? It would definitely involve Legos and Pokemon. Add a soccer ball and a big backyard to kick it in, and you have a happy kiddo.

What's missing from this picture? The family who will make it happen.

Xaden is a polite and quiet child who delights in playing sports and games. He likes going to school, where he is just beginning to learn about math and reading—and he loves both subjects. Tackling new school projects is a fun challenge that he relishes. Church is also a place where Xaden feels cheerful and comfortable.

Adoptive parents for Xaden may come from any state, and he would welcome a home with or without siblings. Xaden has a brother he is close to, so an adoptive family should be willing to help them keep in touch.

Xaden's family must understand he has experienced past trauma in his life, and it is important for him to maintain access to mental health services. He needs a nurturing home with structure and consistency.

A forever family will make sure these things are a part of Xaden's life, that he won't be uprooted or forced to leave the simple things he loves. He'll be allowed to be a kid, to relax and feel secure.



**REQUEST MORE INFORMATION**