

JULY 12, 2017

Reminder about Adoption Respite Program Changes

IFAPA is no longer the organization that will be processing Adoption Respite payments after June 30. Adoption Respite billing forms will now go to the new DHS contractors to be processed. Here are the links to their forms:

Four of the five service areas of the state are now covered by Four Oaks—these include the Des Moines Service Area, Cedar Rapids Service Area, Eastern Service Area and Northern Service Area.

[Here is the new Four Oaks Adoption Respite form:](#)

If you live in the Western Service Area, this program will be run by **Lutheran Services of Iowa (LSI)**.

(Counties included: Audubon, Buena Vista, Carroll, Cass, Cherokee, Clay, Crawford, Dickinson, Emmet, Fremont, Greene, Guthrie, Harrison, Ida, Kossuth, Lyon, Mills, Monona, Montgomery, O'Brien, Osceola, Page, Palo Alto, Plymouth, Pottawattamie, Sac, Shelby, Sioux, Taylor, and Woodbury)

[Click here for the LSI Adoption Respite Billing Form.](#)

New DHS Payment Schedule

Payments to foster families and adoptive families are available for worker approval on the first business day of each month. The payments are mailed out of Central office two business days after the approval occurs. Payments issued via direct deposit are issued two business days after the approval occurs, and are deposited into the account three banking days after issuance.

[Click Here for payment dates for the next fiscal year.](#)



IFAPA Appreciation Day at Adventureland Park Saturday, August 19, 2017 Altoona, IA

On Saturday, August 19th, IFAPA will be hosting our annual day of fun at Adventureland for foster, adoptive and kinship families. Tickets are available to purchase through IFAPA at discounted prices. You can find the order form on IFAPA's website: www.ifapa.org or [click here to buy tickets online.](#)

Payment Methods Accepted

Families can order their Adventureland tickets online and pay by credit card. If you plan to pay with a credit card, all ticket orders/payments must be completed through the link on IFAPA's website (no credit card orders will be accepted over the phone or in-person). Families who wish to order their tickets and pay with a check or money order, can mail in or drop off the registration / ticket order form with their payment.

DEADLINE: All ticket orders must be submitted no later than Monday, Aug. 14th.

Connect the Dots: Emotions to Behaviors

The children who enter your home may have experienced serious trauma. While their behavior will often give you clues about what has happened sometimes this is difficult to understand and more difficult to manage. Connect the Dots is a class to help parents understand the connections between the behaviors you see and the emotions your child may be feeling. Using audio visuals, real life vignettes and personal experiences, you will learn how to develop an understanding of how our experiences frame our choices and how our emotions affect our behavior. - Approved for 3 Hours of Foster Parent Credit

This class is being held in Sioux City on Sat July 22nd from 1:15—4:30 pm [Click here to register](#)

IFAPA Offers Training Classes

Date & Time	Name of Training	Location
July 22, 2017 9am-12:15 pm	Worrywarts (3 hours credit)	Ankeny IFAPA Training Ctr
July 22, 2017 1:15—4:30 pm	I Won't Do It and You Can't Make Me (3 hours credit)	Ankeny IFAPA Training Ctr
July 22, 2017 9am-12:15 pm	How to Talk so Everyone Will Listen (3 hours credit)	Sioux City Stoney Creek Inn
July 22, 2017 1:15—4:30 pm	Connecting the Dots (3 hours credit)	Sioux City Stoney Creek Inn
July 29, 2017 9am-4:30 pm	Utilizing the Nurtured Heart Approach (6 hours credit)	Iowa City Clarion Hotel
Aug 26, 2017 9am-4:30pm	Building Relationships Through Play (3 hours credit)	Ankeny IFAPA Training Ctr
Sept 23, 2017 9am—12:15 pm	Everything You Always Wanted to Know About Foster Care (3 hours credit)	Ankeny IFAPA Training Ctr

To Register for an IFAPA training:

TO REGISTER VIA PHONE Call 515-289-4225

TO REGISTER FOR A CLASS VIA OUR WEBSITE - To sign-up for class through our website, complete our online registration form at :

<http://www.ifapa.org/training/training-registration-form>

Worrywarts and How You Can Help Them: Understanding Anxiety Disorders in Children

Do you wonder how to help your child relax and cope with things that make him/her anxious? Does it concern you that maybe he/she worries too much? This workshop will present and discuss symptoms and behaviors typical of a variety of anxiety disorders in children and adolescents. Parents will learn specific methods to help their children cope with anxiety and control its symptoms and impact.

This class is being offered in Ankeny on Saturday, July 22nd from 1:15—4:30 p.m.

[Click here to register](#)

Approved for 3 Hours of Foster Parent Credit

About the Trainer: Warren Phillips, Ph.D. Warren is a Licensed Psychologist and owner of Central Iowa Psychological Services, a group psychological practice with locations in Ames and West Des Moines, Iowa. Warren is also a Senior Lecturer and clinical supervisor in the Department of Psychology at Iowa State University.

What One Reason Could Do

By Rachel Macy Stafford

I've been thinking a lot about the banner that was displayed in my daughter's middle school this spring. It said, "13 Reasons Why You Matter." It was a positive spin on the controversial show "13 Reasons Why." Although some students made fun of it, they all stopped, noticed, and it made them think.

Today's message is the essence of the new HandsFreeMama daily inspiration book, ONLY LOVE TODAY. Each short entry (organized by seasons of life) is designed to help you strengthen connections and choose love despite the stresses, distractions, and discord of everyday. You will find gratitude starters in the book like the following I wrote for my parents' anniversary gift—a decorated jar filled with 55 Gratitude messages. Please feel free to use them. They can apply to just about anyone!

- *I'll never forget when you ...*
- *I appreciate how you ...*
- *From you, I have learned ...*
- *One thing you do like a pro is ...*
- *What I love most about you is ...*
- *I have you to thank for ...*
- *Our family wouldn't be the same without your ...*
- *Someday I hope I can _____ like you do.*
- *If you had a life motto, it would be ...*
- *If money was no object, I would give you..*
- *My favorite memory of you is ...*

