



Wishing you a Happy Thanksgiving and a Merry Christmas!

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From the Director's Desk...



Dear Families,

As Thanksgiving and Christmas approaches and we prepare to say goodbye to 2015, I am reminded there is much for Focus on Youth to be thankful for. God continues to bless this agency with amazing foster parents, highly skilled and committed staff, and a strong board of directors who all share a passion for our mission to improve the lives of children. In 2015, we increased the total number of children served in our foster care and behavioral health programs. The foster care program saw an increase in sibling group placements and treatment youth. Disruptions decreased 9%, leading to greater stability and well being for our youth, and 11 adoptions were finalized. The behavioral health program had a 34% increase in total number of clients served, including clients from the community. Feedback from **our partners at Children's Services continues to be extremely positive** about our families and the service we provide to the children entrusted to us. Thank you, for your willingness to give so much of yourself for the lives of the children. Our work continues in 2016, and I am hopeful about all we will be able to accomplish. We are in need of more families to join us in this important work, and I encourage you to continue recruiting friends and family members you know and trust who understand and value the high standards Focus on Youth delivers. God bless you,

Bryan Forney
 Executive Director

Foster Parent Honor Roll

<u>15+ Years</u>					
Charles & Linda	6/97	Chad & Leslie	12/11	Derek & Susie	08/14
Theresa	2/99	Daniel & Kathy	12/11	Amiee	10/14
Rodney & Melissa	8/99	Rich & Jodi	1/12	Eric and Tiffany	10/14
John & Crystal	9/99	Russ & Amy	2/12	Jenna	10/14
		Mike & Jen	2/12	Dan & Katie	11/14
		Kyle & Amanda	3/12	Neil & Emily	11/14
		Josh & Ann	5/12	Marc & Keri	12/14
		Mike & April	5/12	Tara	4/15
		Brian & Katherine	5/12	Christopher & Shannon	4/15
		Eric & Ann	8/12	Nino & Barbara	6/15
<u>10+ Years</u>		Larry & Hayley	10/12	Matthew & Sheena	6/15
		Erin & Mike	1/13	Dustin & Kalie	6/15
<u>5+ Years</u>		Dennis & Joy	1/13	Douglas & Gretchen	7/15
David & Kim	11/06	Evette	2/13	Sam & Leah	7/15
Cheryl	12/06	John & Erica	3/13	Randy & Erin	10/15
Gwen	12/07	Ryan & April	3/13		
Tremaine & Tracy	8/08	Matthew & Deborah	3/13		
Randy & Sarah	9/09	Whitney & Maria	4/13		
Melingqua	11/09	Doug & Katie	6/13		
Brian & Melissa	3/10	Karen	7/13		
Justin & Shelley	5/10				
Rusty & Jen	5/10				
Frank & Tommie	5/10				
Joel & Elizabeth	6/10				
Jim & Jenny	8/10				
		<u>Up to 2 years</u>			
		Kevin & Judy	11/13		
<u>2 Years to Less than 5 Years</u>		Pam	12/13		
Jim & Mary	11/10	Richard & Teresa	12/13		
Darryl & Roxanne	2/11	Andrew & Sarah	12/13		
Jack and Crystal	2/11	Jeff & Laura	1/14		
Jeremy & Carina	3/11	Steve & Renee	1/14		
Nathan & Amy	4/11	Gelsy	1/14		
Nick & Kate	4/11	Matthew & Laura	1/14		
Angela & Todd	5/11	Ben & Ashley	3/14		
Richard & Leona	6/11	Vashawna	3/14		
Sara & Peterson	6/11	Paul & Karena	3/14		
Michael & Dawn	6/11	LeQuita & Justin	4/14		
Molly	7/11	Shaun & Lisa	4/14		
Emily	8/11	Tonya	5/14		
Chris & Kate	8/11	Stacy & David	6/14		
Randy & Billie	11/11	Manuel & Deena	6/14		
Glen & Shelly	12/11	Lisa	7/14		

Volunteers Making a Difference

A special **thank you** to our dedicated volunteers that make child care possible and those who help with general volunteer work. We greatly appreciate all you do!

Kelly W.

Aaron W.

Kaitlyn W.

Shawn W.

Kevin K.

Stephanie K.

Melissa S.

Jeannie S.

Lisa W.

Aleisha F.

Carl

Shelba

Suzy C.



Kelly W.

Aaron W.

Kaitlyn W.

Shawn W.

Teresa R.

Sheila S.

Welcome



Thank you for choosing to become members of our agency family! We wish you all the best and we will be giving our continued support through this exciting journey!

Christmas Walk



Focus on Youth will be participating in the West Chester Christmas walk again this year.

It will be held on November 14th from 2:00p.m. - 8:00 p.m. The parade begins at 7 p.m. and Santa will be there! Cincinnati-Dayton Road will be closed during the parade at 6:45pm to 8:00pm!!

We will be in the main building in the back training room/lunch room. We look forward to seeing you there!



HAPPY BIRTHDAY

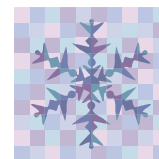
November

Crystal	Randy	Jen
Charliegh	Katherine	Peter
Roxann	Pierre	Suzy
Angela	Josh	Rilee
Decodis	Rodney	Frank
Demarius		Kaylsae
Derek		



December

Crystal	Tracy	Tatiana
Tiara	Karlie	Dennis
De'Mony	David	Taquah
Kayden	Paul	Buffie
Brandon	Chris	Kelsey
Kim		





Nurtured Heart Moments

As you read these special Heart Moments, take a moment to be encouraged by this glimpse at the difference you are making.

Eric and Tiffany-Thanks for your patience, nurturing attitude and commitment. You are making a difference for the children in your home. —Kappen

Melissa and Brian- I can tell that you genuinely care about the youth in your home. Thanks for being so willing to help out and take on new challenges! - Savannah

Sarah and Andrew- I continue to be so amazed about how open your family is. You guys display great communication and always advocate for the youth in your home.—Katelyn

Melingqua- I continue to be impressed with your calm demeanor even when the “world can be falling apart around you”. Your consistency, love, and humor are refreshing and so important to the children in your home.—Leah



Holiday Brownies

Ingredients

1 box (1 lb 2.4 oz) of brownie mix
2 or 3 drops green food color
2/3cup Betty Crocker™ Rich & 1-2
Creamy vanilla frosting (from 16 oz
container)

For Decorating red and green candy
sprinkles or miniature candy-coated
chocolate baking bits
Miniature candy canes (2 inch), un-
wrapped

Directions

- 1 Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil so foil extends about 2 inches over sides of pan. Grease bottom only of foil with cooking spray or shortening.
 - 2 Make and bake brownie mix as directed on box. Cool completely, about 1 1/2 hours. Remove brownie from pan by lifting foil; peel foil away. To cut brownie into triangles, cut into 3 rows. Cut each row into 5 triangles, see diagram. Save smaller pieces for snacking.
 - 3 Stir food color into frosting. Spoon frosting into small resealable food-storage plastic bag; partially seal bag. Cut off tiny bottom corner of bag. Squeeze bag to pipe frosting over brownies. Sprinkle with decors.
- 4 Break off curved end of candy cane; insert straight piece into bottoms of triangles to make tree trunks.



Christmas party



Focus on Youth's Christmas Brunch will be held
on Saturday, December 12th at the Wingate.

The Wingate is located on

7500 Tyler's Place Blvd.

West Chester, Ohio 45069

513-777-1101

The party is from 11 am to 1pm. Brunch will be served. There will a cookie exchange,

please bring 2 dozen

homemade cookies for the Cookie Exchange.

We hope you and your family will join us for fun!

It will be an event you do not want to miss!

PS — If you have children who need a high chair, make sure you bring your own. The hotel does not have many available for us to

use.

Ongoing Training Calendar

November 2015

Topic: Navigating Adoption Subsidies (Webinar)

Presenter: Christina Kappen

Date: Monday, November 9, 2015

Time: 6:00 p.m.— 8:00 p.m.

This class is a webinar that is attended remotely. Access to a telephone and a computer with access to the internet are required to participate in this class.

Topic: Attachment, Separation, & Grief (Webinar)

Presenter: Alicia Ajiboye

Date: Tuesday, November 10, 2015

Time: 6:00 p.m.—9:00 p.m.

This class is a webinar that is attended remotely. Access to a telephone and a computer with access to the internet are required to participate in this class.

Topic: NHA-Topic TBA (Webinar)

Presenter: Bryan Forney

Date: Thursday, November 12, 2015

Time: 6:00 p.m.—8:00 p.m.

This class is a webinar that is attended remotely. Access to a telephone and a computer with access to the internet are required to participate in this class.

Topic: FP Meeting—Lifebook: Memories Youth Treasure

Presenter: Alicia Ajiboye

Date: Thursday, November 19, 2015

Time: 9:30 a.m.—11:30 a.m. OR 6:00 p.m.—8:00 p.m.

** A.M. Meeting occurs at FOY office; P.M. meeting occurs at Northeast Church of Christ. *

Topic: Heartsaver First Aid & CPR

Presenter: Stephanie Babb

Date: Saturday, November 21, 2015

Time: 9:00 a.m.—4:00 p.m.

Class limit of 10 participants. Deadline for registration is 11/13/15

Focus on Youth, Inc. is a handicapped-accessible facility

CSWMFT Board of Ohio

Approved Social Work Provider #RSX049901

Approved Counselor Provider #RCX051403

December 2015

Topic: ODJFS Rules, FOY Policies, & MEPA Standards

Presenter: Christina Kappen

Date: Tuesday, December 1, 2015

Time: 6:00 p.m.— 9:00 p.m.

Topic: The Nurtured Heart Approach TM Core

Presenter: Bryan Forney

Date: Saturday, December 5, 2015

Time: 9:00 a.m.—4:00 p.m.

Topic: Dynamics of the Sexually Abusive Family (Webinar)

Presenter: Alicia Ajiboye

Date: Monday, December 7, 2015

Time: 9:00 a.m.—4:00 p.m.

This class is a webinar that is attended remotely. Access to a telephone and a computer with access to the internet are required to participate in this class.

Topic: Educational Advocacy (Webinar)

Presenter: Alicia Ajiboye,

Date: Monday, December 14, 2015

Time: 6:00 p.m.—9:00 p.m.

This class is a webinar that is attended remotely. Access to a telephone and a computer with access to the internet are required to participate in this class.

Remember to register with Andy at least 2 days in advance for training EXCEPT for the FP Meeting. You must call at least 1 week before the FP Meeting because of direct deposit & child care.





Nurtured Heart Corner



Creating and Continuing Successes

There is a saying that goes "a picture is worth a 1000 words". When people take pictures they take pictures of the Kodak moments they want to always remember. People often throw away the negatives of pictures, but its the negatives of the pictures where you can create and see the most success.

Here are reminders of ways you can create and continue success, even from the negatives.

Remember: Your greatest asset is what you *choose to energize and how you choose to respond*.

You can shift your child to positive and responsible choices by building a wide base of successes all around them.

Remember to do *Kodak Moments*: Notice what your child is doing (when nothing is going wrong) and feed it back with detail. This is very nurturing and registers internally to your child as a success.

Remember to do *Polaroid's*: Teach your child important values like good manners, respect, and good attitude by giving acknowledgement and appreciation specifically for nuances of that quality. Other important values: making good choices, showing responsibility, using healthy self-control, handling strong feelings well, and cooperating. Creatively energize these traits to the greatest extent that you can imagine.

Remember to do *Canons*: Be proactive. Avoid the trap of responding after the rule is broken. Actively let your child know when the rules are not being broken. Be specific and appreciate these instances powerfully. Acknowledgements when the child is not hitting, not arguing, not using bad words, not yelling, or not teasing are felt as powerful successes and go a long way toward teaching the rules.

If you give *general* praise like *good job* and *thank you* take an extra second to explain specifically why you are pleased to increase the impact.

Remember that lectures, warnings, yelling, reprimands, discussions, sermons, and other non-verbal ways of responding to negativity are really *rewards* of your energy. Be super-careful what you choose to reward.

When rules are broken, simply give a consequence in your most unceremonious way. *Oops, broke a rule.*

That's a time-out... or that was arguing, that's a time-out. Stay calm. Even subtle reactions are rewards.

You can also create successes by making your requests to your child more specific and direct: *I need you to...* Remember to energize desirable response with recognition and appreciation.

For very difficult children you must amp up both the level of appreciation and the level of limit setting, along with a cleaner level of not accidentally energizing negativity. You can have more impact with your appreciations by giving the recognition with more emotion, more detail, and more frequency. You can help limit setting by giving more appreciation to rules not broken, by making rules ore clear and by getting better and better about not accidentally rewarding negativity. If your goat has been gotten, keep that as privileged information. Only make a fuss about the good stuff and remember that you can see as many positives as you choose. Get creative. Remember *Shamu* and *The Tolltaker*.

-Leah W.

An Article from the Clinical Department:

Empowering our Children
By Tracy Faber, Clinical Director

As parents, we have to balance helping our children and letting them do things on their own (which takes much longer!). We have to balance teaching and guiding our children versus letting them make decisions on their own (and possibly make a mistake or fail!). We have to balance **protecting our children from life's hardships and empowering them that they can handle whatever comes their way. This sense of confidence and empowerment** comes easily for some children but for others, it is much harder to develop, especially depending on their life experiences and personalities. Here are some ideas to help children feel empowered and begin to develop self-confidence.

Have your child:

1. Plan a meal/menu from start to finish.

From the grocery list, to shopping, to preparation, cooking, and serving. The child can even decorate the table, color placements for each person, or write the menu on a chalkboard.



2. Volunteer for an act of service.

The child may need a list to choose from. It can be formal through a church or organization or informal such as raking a neighbor's lawn or making a card for someone.



3. Make a collage of accomplishments.

Have the child find words and pictures from magazines or from clipart on the computer to represent all they have accomplished. This will be visual reminder and evidence of their abilities. This can be a work in progress over time.



4. Plan a family outing or event.

You can limit options to what you approve of. This can be from planning a movie or game night to going somewhere together. Have the child make the phone calls or do research about what is needed for the outing/event. The child can make the invitations or put the details on a calendar.



Parents, I empower you to choose one to try with your child this month!

