

**MESSAGE FROM THE CEO**



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Dear friends,

Thank you for your hard work, dedication and commitment to the foster youth entrusted to your care. I am so grateful to you for your willingness to share your gifts with our youth. We recognize that parenting of children is stressful, and likely to be more challenging with youth who have been traumatized by past experiences. The past nine months have thrown challenges at us that we never dreamed possible. You have been the biggest blessing to our foster youth during this difficult period. In spite of the difficulties, you may be facing personally, you have never abandoned your foster youth. I simply cannot put into words how very much you are appreciated!

I wanted to share the following to help you handle the stress in your life and to encourage you to take care of yourself, as well as your foster youth. Your job is difficult, especially right now, so don't forget you need self-care to continue to be the best possible support for the youth in your home!

Thank you again!

Brenda Maly, CPP CEO

**How to Deal with Stress as a Foster, Relative, or kinship Parent**

Have your own space at home to retreat to when stress arises. Take a few minutes for yourself each day.

Exercise has great physical benefits and helps to reduce stress. Exercise will help to rejuvenate your body, mind and soul when you are feeling overwhelmed.

Taking respite can significantly reduce stress levels. Allow yourself several hours or a couple of days to renew and refocus on your mission – giving a child as much love, support and guidance as possible.

Journaling or writing down your feelings and thoughts can be a great outlet for your stress and frustrations. Putting the situation on paper can help you see things more clearly and help you find an answer. Re-reading journals is a great way to remind yourself how much you've grown from previous stressful situations and to see the progress you and your foster youth are making.

Deep breathing exercises will renew you. Take several deep breaths and push all thoughts out of your head. Deep breathing lowers your heart rate and sends a calming effect throughout your body. With a clearer mind, you may find the issue was more manageable than you thought.

There are going to be times when the stress of foster care makes you feel like you're alone and that no one understands what you're going through. Finding that support system, whether it's friends, family or other foster parents, is vital to getting through foster care's most difficult moments. Having someone to talk to who has gone through a similar situation will reassure you that you aren't going crazy and that you can make it through.

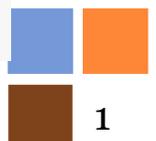
Last, but not least, chocolate, chocolate, chocolate!

**CPP is a partnership**

of agencies providing foster care case management services to children and families. CPP is comprised of the following agencies:



safer, healthier relationships  
for children and families





**HOLIDAY TREE BROWNIES**

1-box (16 oz) Betty Crocker™ Supreme original brownie mix Water, vegetable oil and egg called for on brownie mix box

Miniature candy canes (2 inch), unwrapped

1 or 2 drops green food color

1/3 cup Betty Crocker™ Rich & Creamy vanilla frosting (from 16-oz container)

Betty Crocker™ Decorating Decors red and green candy sprinkles or miniature candy-coated chocolate baking bits

**DIRECTIONS**

Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make brownie mix batter as directed on box. Spread in pan. Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours. Freeze in pan 15 minutes. Using foil to lift, remove brownies from pan, and peel foil away. To cut brownie into triangles, cut into 3 rows. Cut each row into 5 triangles (See More About This Recipe). Set aside leftover pieces for snacking.

Break off curved end of candy cane; insert straight piece into bottoms of triangles to make tree trunks.

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.

**COMMON CENTS CORNER**

My name is Michele Gross and I am your go to person for payment information! You may reach me at 314.534.9350 x 1610 or at CPP\_Billing@familyforwardmo.org  
 Payment dates are: **The 15th of each month for the previous month.** If the 15th falls on Saturday, it will be on the 14th and if the 15th falls on Sunday, it will be on the 16th. **Please get your invoice to me by the 5th of each month.** If you are mailing the invoice, **please mail by the 3rd.** Please use the pre-printed invoice form that was mailed to you with the previous month's payment.

 Mail to: 3309 S. Kingshighway Blvd, St. Louis, MO 63139 Attn: Accounting Specialist (an envelope is included with a new invoice with each payment)

 Email to: CPP\_Billing@familyforwardmo.org (please make sure if you take a picture that it is clear and sending as an attachment works best....there are apps in the app store to make it a pdf file!)

Fax to: 314.533.0075 (no cover sheet is needed)

 Drop it off at the Kingshighway location of FamilyForward (same as mailing address)

 Call and leave a voice mail with the information of the child(ren)s name(s) and which days they were in your home (**please use this as the last resort**).



**CPP ADMINISTRATIVE TEAM**

**Chief Executive Officer**  
**Brenda Maly**

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**EMPLOYEE OF THE MONTH**

September

**Deanna Hotsenpiller, FamilyForward**

October

**Gwen Adams, Epworth**

**RESOURCE WORKER OF THE QUARTER**

**Lorraine Byrd, FamilyForward**

## Foster Parents of the Quarter



Kim Singleton had a sibling group placed in her home in June of 2019. One of the youth was 14 and pregnant. Her self esteem was extremely low and she was ashamed of her pregnancy. The pregnancy allegedly occurred through incestuous means. Kim cared for her and made her feel safe. Kim had a gender reveal party for her and she was so excited, because no one had ever given her any type of party. Kim brought in her New Year celebration assisting delivering the baby who was born on 01/01/2020 at 2:47pm and weighed 8lbs and 2oz. The biological mom had another addition to the family and that baby was placed with Kim on 08/01/2020. Kim has done an excellent job with locating resources for the kids and helping them maintain their sibling bond.

Kim also has a 18 year old who recently graduated from high school. She contacted the biological mother and invited her over for a small celebration for the child. She stated the mother cried and thanked Kim for doing what she could not do.

~Stacy Irby-King, Licensing Worker

Contact: **Abby Bell**

314)534-9350 ext. 1417 OR

Abigail.bell@familyforwardmo.org

## Recruiting

**Brandon!!**



Sports fans, you have met your match! Meet Brandon, and energetic and sweet 11 year old boy. This athletic young man is a sports fanatic. He loves watching and playing all types of sports, especially football and basketball. He is a very talented athlete. Although Brandon is a sports lover, that's not all there is to this dynamic kid. Brandon also has a creative side, and he loves drawing in his free time. Brandon will be entering the fifth grade in a few weeks. Brandon does well in school overall, although he does struggle in reading. He is reading at grade level but struggles with reading comprehension. He is working hard to do better with this, even though reading is not one of his preferred reading activities. Brandon works hard to perform well in school and he earns good grades. Brandon has a good appetite, and his favorite foods are pizza and tacos. Brandon is on a good routine at home and he sleeps through the night. Brandon is physically healthy and does not have any developmental needs. Termination of Parental Rights was ordered April 9, 2020, Brandon is legally free for adoption.

For more information about Brandon, or to submit your home for consideration, please contact Amanda Blaylock 314-534-9350 ext. or [Amanda.Blaylock@FamilyForwardmo.org](mailto:Amanda.Blaylock@FamilyForwardmo.org)

# Resources and Trainings

\*\*\*Remember that each licensed provider is required to complete 30 hours of professional parent training every two years. If at the time of renewal, the 30 hours are not completed, this could

## Upcoming Training

Virtual Stars Training  
Dates: Wednesday January 20, 2021  
9 consecutive weeks  
Time: 5:30 pm to 8:30 p.m.

This class will be taught via Zoom, you will need audio and video to participate. A link will be sent prior to class to be able to participate.

RSVP: To your licensing worker

All classes will need to be attended to be considered for a licensed Foster Parent.

\*Childcare is not provided.



## Spaulding Training

After STARS training, the additional Spaulding program is offered free of charge for prospective adoptive families. Spaulding training offers families the tools and information that they need to: explain how adoptive families are different; importance of separation, loss, and grief in adoption; understand attachment and its importance in adoption; anticipate challenges and be able to identify strategies for managing challenges as an adoptive family; and to explore the lifelong commitment to a child that adoption brings.

\*\*\*To sign up for these classes, please contact

Abigail Bell

314-534-9350 x 1417

\*Childcare is not provided.

## RESOURCE PARENT TRAUMA TRAINING

### Four Consecutive Tuesday evenings

Tuesday, February 9  
Tuesday, February 16  
Tuesday, February 23  
Tuesday, March 2  
5:30-9

**Location:**

**FamilyForward**

3309 S. Kingshighway

St. Louis, MO 63139

Contact Amanda Blaylock with questions or to register, 314-534-9350 ext. 1475

*Resource Parents will receive 14 hours of training for successful completion of this course.*

**\* Please Note:** Childcare is not provided. Children are not allowed to attend this training.

## Do YOU like fostering? Refer!

Abby Bell can be reached at  
314-534-9350 ext. 1417, or email at  
[Abigail.Bell@familyforwardmo.org](mailto:Abigail.Bell@familyforwardmo.org)

