What is EAP?

Community Youth Services HR

CYS’ complimentary CONFIDENTIAL EAP program is available 24/7 and covers employees, spouses, domestic partners, and our foster parents! The EAP is here to help when you’re facing issues that interfere with your health, well-being, and productivity at home or at work. The EAP offers up to 3 face-to-face visits (no co-pay, deductible, or premium) with a qualified clinical expert who can assess your concerns and develop a plan of action. If you need a *legal or financial consultation, or ID theft resolution, you can speak with an expert for up to 30 minutes at no charge. EAP consultants can also provide you with childcare and eldercare information and resources for anywhere in the country. Additionally, the Home Ownership program is a valuable tool to gain a competitive edge as a buyer, and can save you thousands when buying or selling a home.

EAP can help with a wide range of issues including but not limited to: Depression, Stress, Anxiety, Addiction, Anger, Marital or relationship issues, Parenting issues, Grief & loss, Caregiving, Eldercare, Coping with change, Workplace issues, and Self-improvement.

**EAP Webinar Schedule:**

**October > Five Strategies to Actually Enjoy the Holidays This Year:**
So often, the holidays are depicted as a time of blissful good cheer and family connection. Why do so many of us feel busy, pressured, or lonely each year instead? You have the power to do it differently this time around, no matter what the holidays hold for you. All you need is a strategy-one that actually works. This webinar will share five tips to actually enjoy the holidays this year and will guide you in creating a customized plan to apply them to your personal holiday situation. Let the festivities begin!

**December > Putting Out the Fire:**
Preventing and Managing Burnout Contemporary professional demands not only cause stress, but chronic stress. Stress contributes to the development of myriad physical and mental health conditions including (but not limited to) hypertension, diabetes, depression and anxiety. Research suggests that up to two-thirds of American employees experience some degree of burnout. Burnout impacts productivity, morale, and financial and legal bottom lines due to the health-related costs of burnout.

Simply call us at (800) 777-4114, or visit our website to request an appointment and/or sign up for a webinar! www.firstchoiceeap.com

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Craig’s Corner: 5 Stages of Grief

Craig Smith, Clinical Coordinator

There are five stages of grief that were first proposed by Elisabeth Kübler-Ross in her 1969 book On Death and Dying.

Denial: When you first learn of a loss, it’s normal to think, “This isn’t happening.” You may feel shocked or numb. This is a temporary way to deal with the rush of overwhelming emotion. It’s a defense mechanism.

Anger: As reality sets in, you’re faced with the pain of your loss. You may feel frustrated and helpless. These feelings later turn into anger. You might direct it toward other people, a higher power, or life in general. To be angry with a loved one who died and left you alone is natural, too.

Bargaining: During this stage, you dwell on what you could’ve done to prevent the loss. Common thoughts are “If only…” and “What if…” You may also try to strike a deal with a higher power.

Depression: Sadness sets in as you begin to understand the loss and its effect on your life. Signs of depression include crying, sleep issues, and a decreased appetite. You may feel overwhelmed, regretful, and lonely.

Acceptance: In this final stage of grief, you accept the reality of your loss. It can’t be changed. Although you still feel sad, you’re able to start moving forward with your life.

Every person goes through these phases in his or her own way. You may go back and forth between them, or skip one or more stages altogether. Reminders of your loss, like the anniversary of a death or a familiar song, can trigger the return of grief. Youth in foster care can experience these symptoms on an everyday basis.

Caregiver Core Training

Marisha McDowell, Recruitment & Retention Specialist

Caregiver Core Training (CCT) is the mandatory training for Washington State’s caregivers to become licensed. Caregiver Core Training can be taken two ways – online or in the classroom.

The 24-hour Caregiver Core Training Classroom Version is made up of eight sessions (each three hours long) and a field experience.

In the field experience participants learn outside the classroom by choosing an activity that will give them more awareness of the experience of children within the system or of the role of a caregiver for children in the system. The Field Experience will be approved if it occurs within one year prior to the participant beginning CCT, both in the classroom and online versions of Caregiver Core Training.

The sessions are designed to help you understand how the system works, what your role as a member of the team, how to effectively work with birth families in order to best support the child, how caregiving may impact your own family, child development and the impact of trauma, all about attachment, how to incorporate and honor a child’s culture into your own family, and more. The sessions include the voices of former foster youth, current caregivers and birth parents who have been involved with the system.

CYS is proud to present CCT classes for any and all prospective foster parents in the community!!
Summer Activities

Marisha McDowell, Recruitment & Retention Specialist

As always, our pro-social activities flourished throughout the Summer months. Many of our youth were able to attend White Water Rafting on the Wenatchee River in June, our annual hike up the Skyline Trail at Mt. Rainier in July, and outdoor rock climbing at Exit 38 in August. Some youth were more interested in not as extreme trips, but still participated in activities. Staff were able to provide the opportunity for “Movie Tuesday’s” with a group of their peers, as well as smaller day-hike options on Friday’s throughout the season. Pro-social opportunities is something so many of our youth look forward to, as well as keep them engaged in positive activities, and trying new things. A BIG A THANK YOU to all who helped make this possible for our youth to participate!

CYS Foster Youth & Staff, Mt. Rainier National Park, August 2019

Updates on Recruitment

Nathan LaChine, Lead Foster Parent Recruiter

LGBTQ+ Youth in Foster Care

CYS is excited to announce our first ever training in Sequim, WA! We will be conducting the Alliance’s LGBTQ+ Youth in Foster Care training on Nov 8th 10a-2p at Clallam PUD. This will be a free training to all Foster Parents and any community members. For more information and to register please email Nathan LaChine nlachine@CommunityYouthServices.org or call 360 701-7050

Zoom meetings for Round Tables

With the increased recruitment and licensing of new homes in Aberdeen, Forks, Sequim, and Vancouver we made the decision to purchase audio/video broadcasting equipment which will enable us to broadcast our Foster Parent Round Tables! It is our hope that this technological advancement will help more of our families attend the trainings, receive additional opportunities to receive training hours, and support they need on a monthly basis. The broadcasting equipment also will allow for live video chat with your Clinical Case Manager, providing our families with another way to communicate with us. We will be broadcasting with Zoom Meeting, a free web conference program which can be downloaded at zoom.us. in the app store on your phone or tablet labeled “zoom cloud meetings”.

The next Foster Parent Roundtable is Thursday, October 31st at 11am. In person, as always will be at CYS, but if you are wanting to check out the meeting from home... zoom away! We will be having an outside trainer educated in the field of Solutions Focused philosophies.
Upcoming Alliance Trainings

**OCTOBER**

Oct. 5, 9am-4pm, Kelso  
*Verbal De-escalation*

Oct. 12, 9am-4pm, Aberdeen  
*Invitation to Aggression Replacement Training*

Oct. 19th, 9am-4pm, Olympia  
*Post Traumatic Stress Disorder*

Oct. 21, 5-9pm, Fife  
*African American Skin Care and Hair*

Oct. 30 and Nov. 6, 6-9pm, Tacoma  
*Caring for Children Who Have Experienced Trauma*

**NOVEMBER**

Nov. 4 and Nov. 5, 6-9pm, Tumwater  
*Caring for Children Who Have Experienced Trauma*

Nov. 16, 9am-4pm, Shelton  
*Behavior Management Tools for Foster Parents & Caregivers*

Nov. 13 and Nov. 20, 6-9pm, Tacoma  
*Caring for Children Who Have Experienced Trauma*

Nov. 30, 9am-2pm  
*Fostering Children Through Transition, Grief & Loss: Helping Children With Their Feelings*

To Browse More Classes and To Sign Up:  

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**CYS Foster Families…**

Open the door to their homes, providing a safe, stable, nurturing home for growth.

**CYS Foster Youth…**

Walk through the door, into the home; vulnerable and have suffered multiple traumas. Most times not trusting, but looking for change.

**CYS Case Managers…**

Hold the door; to facilitate safety and growth, and to improve children’s lives leading to successful adulthood.

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Community Youth Services supports youth and families in achieving their needs for health, safety, security, and community.