

January 2023

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Foster Care Bites



From the Vice
President of Foster
Care and Adoption,
Ana Eykel, MS, AMFT

We are wishing you a
great year ahead! May
this year bring new
happiness, new goals,
new achievements, and a
year filled with
abundance, peace and
health.



From Resource Family Recruiter
Patricia Arias, BS

We would like to remind all of our
Resource Families that Crittenton provides
a \$250.00 referral payment for each
referral resulting in the Approval of a
Resource Family (up to \$1,000.00 a year).
We are hopeful that you will continue to
refer quality families as yourself to work
with Crittenton as a member of our
Professional Team. Please continue to
provide my contact information to others
who may be interested in becoming
Resource Parents. I can be contacted
directly at; (714) 680- 9002. As always, feel
free to contact me with any questions
regarding your Approval and/or
recruitment items you may have.

As usual, this month of January, while there are several holidays to acknowledge, we wanted to elaborate on some of the holidays that we can each gain additional insight from:

January 1st - New Years Day:

January 1st has marked the beginning of a New Year, 2023, a year of new beginnings, new hopes, and new adventures. The ancient Romans began the new year in the middle of March. This was logical because at that time of year, life begins to emerge from the dead of winter. Leaves begin turning green, flower buds sprout from the ground, and signs of new life are everywhere. Hibernating animals awake from their slumber and baby animals take their first steps. Then along came Julius Caesar with his own ideas. During a trip to Egypt, Caesar had seen a marvelous, intriguing calendar. He brought it back to Rome where he and his scholars began to interpret and tamper with it to create the Julian Calendar. Unfortunately, while making these changes they completely lost the accurateness of the Egyptian calendar. This was when they decided that January 1st would begin the new year.

Traditions associated:

In Latin America:

- Wearing yellow underwear will bring good luck or fortune in the new year. Red underwear will bring love. Wearing black underwear will bring back luck.
- Walking around a suitcase or the block will bring opportunities to travel in the new year.
- Handling silver to bring good fortune.
- Hang a toy woolen lamb from the front door for good fortune.
- Throwing a bucket of water out of a door or window for renewal and getting rid of the past. The water is supposed to represent year's tears and suffering.

January 6th - Epiphany:

In Christianity, this is the official end of the Christmas season. For Western Christians, it primarily commemorates the coming of the Magi, the three (3) kings, to Bethlehem where they presented their gifts (e.g. gold, frankincense, myrrh) to the newborn Jesus. There are minor references to the baptism of Jesus and the miracle at the Wedding at Cana (the first miracle attributed to Jesus of turning water into wine). Eastern Christians celebrate the Baptism of Christ in the Jordan.

Traditions associated:

- In Latin counties, it's called Dia de los Reyes Magos (Three (3) Kings Day). The three (3) wise men are added to the nativity scene. Children and youth leave their shoes by the door, hoping for fruits, candy, and trinkets to be left inside them by the Wise Men.
- In Mexico, la Rosca de Reyes, a sweet circular cake is served with a doll baked inside representing the baby Jesus (similar to the Mardi Gras King Cake). It is served with hot chocolate. The person who finds the baby in their slice is supposed to host the forthcoming celebration Candelaria or Candlemas on February 2nd. It's on Candlemas that the nativity scene and all the Christmas decorations are put away.

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January 11th - Human Trafficking Awareness Day:

A day to bring awareness and education to millions of people of modern day trafficking.

January 16th - Martin Luther King, Jr. (often referred to as MLK Day):

Martin Luther King, Jr. (January 15, 1929 – April 4, 1968) was a Baptist minister and a civil rights activist. He led the Montgomery Bus Boycott (1955–1956). His efforts led to the 1963 March on Washington, where he delivered his “I Have a Dream” speech. In 1964, King became the youngest person to receive the Nobel Peace Prize for his efforts to end segregation and racial discrimination through civil disobedience and other non-violent means.

Jan 22: Chinese New Year:

Fireworks, dragons, lions, and Nian gao all signify the start of the Chinese New Year. This is one of the most important holidays in China. It's observed all over the world. Similar celebrations occur in Japan, Korea, and Vietnam known as the Lunar New Year or the Spring Festival. Most Chinese holidays follows the lunar calendar so the date varies from year to year. The Chinese New Year always occurs in January or February on the second new moon after the winter solstice, though on occasion it has been the third new moon. A long time ago, the emperor determined the start of the New Year. Today, celebrations are based on Emperor Han Wu Di's almanac. It uses the first day of the first month of the Lunar Year as the start of Chinese New Year. Each year has a ruling animal based on the Chinese Zodiac.

Traditions associated:

Traditions observed during the New Year stem from legends and practices from ancient times. Legend tells of a village, thousands of years ago, that was ravaged by Nian, an evil monster, one winter's night. The following year the monster returned and again ravaged the village. Before it could happen a third time, the villagers devised a plan to scare the monster away. Since the color red protects against evil, red banners were hung everywhere. Firecrackers were set off, and people banged on drums and gongs creating loud noises to scare the beast away. The plan worked. The celebration lasted several days during which people visited with each other, exchanged gifts, danced, and ate tasty comestibles. Today, celebrations last two (2) weeks. Celebrations today are both literal and symbolic.

For more details in regards to holidays around the world in the month of January, visit:
<https://web->

- [holidays.com/holiday-calendar/january-holidays/](https://web-)



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January 2023

Trainings

We will continue to have Resource Family Training Nights on a monthly basis through virtual platforms such as FosterParentCollege.com or GoToMeeting. We will continue to mix it up for you with a combination of Resource Parent College trainings as well as specific trainings offered to you by our Foster Care Social Workers to meet the contractual agreement of the various programs. You will continue to receive monthly updates of the trainings scheduled for the month in our monthly newsletter to you and through your assigned Foster Care Social Worker as it relates to the scheduled date and time of trainings facilitated by Crittenton Staff. For the month of January, we will be offering the trainings listed below:

1. Administration of Medication [Medication Management]	Facilitated by: Crittenton Staff	For all RPs regardless of placement type (e.g. UC, URM, Domestic)
2. ORR Mandatory Training: Reporting Procedures [Incident Reporting]	Facilitated by: Crittenton Staff	For RPs with or who plan to have UC placement(s).

As usual if you fall or are behind schedule in completing assigned trainings on Resource Parent College or due being unable to complete scheduled virtual trainings, please make best efforts to follow-up promptly and notify your assigned Foster Care Social Worker. Friendly reminder that if you continue to fall behind in completing monthly trainings throughout the year, you also fall behind in obtaining the required 16 annual training hours you need to obtain annual as an Approved Resource Parent.



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Clinical Corner



Celebration of Life By Therapist Jennifer (AKA Jenny) Rojas, ACSW

January is Mental Health Awareness Month. The World Health Organization defines mental wellness as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” Therefore, let's try to focus on our mental health well-being.

I invite you to; stop, breathe, & feel.

Grounding is a self-soothing skill to use when you are having a bad day or dealing with a lot of stress, overwhelming feelings, and/or intense anxiety. Grounding is a technique that helps keep you in the present and helps reorient you to the here-and-now and to reality.

Practical grounding practices for self-care and parenting are listed below:

- Stand barefooted on the Earth. Grass, dirt, and riverbeds are great, and if only rocks or asphalt are available, this works too!
- Do a set of lunges and squats. Work until your leg muscles feel awake, alert, and heavy.
- Take a slow, mindful walk. Notice each step.
- Lay down on the ground. Rather than a bed or a couch, try laying on the firm ground. Bonus: lay down outside on the Earth!
- Spend time gardening or doing yard work.
- Take a sensory journey. Notice what you are seeing, feeling, touching, hearing, and tasting. Take time to inventory and/or engage with your surroundings.

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Hitting the Block - Independent Living Skills

HOW TO HELP CHILDREN, YOUTH, & YOUNG ADULTS CREATE
HEALTHY SLEEPING PATTERNS
BY MARIA MACIAS, THPP/THP CASE MANAGER

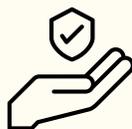
Sleep is extremely important especially for children, youth and young adults. Maintaining a sufficient amount of sleep can lead to being healthier, increased attention span, improved mental health, and have the cognitive capacity to learn. Some tips to help children, youth and young adults get the sleep that they need are listed below:

Start Small



As a Resource Parent, do not be discouraged if your child, youth, or young adult is having trouble sleeping and settling into their new home. Most likely your child, youth, or young adult is dealing with anxiety about being in a new home and it may take some time before they can sleep soundly throughout the night.

Help Them Feel Safe



From the very beginning, it is very important to give your child, youth, or young adult a sense of safety. Allowing the child, youth, or young adult to be able to set up and decorate their room to their liking. A bedroom that is inviting and welcoming will help the children, youth, or young adult feel more comfortable.

Begin a Bedroom Routine



Beginning a bedroom routine will allow child, youth, or young adult to know what to expect and will help prepare their mind and body for sleep.

A snack at least half an hour before bedtime can help the child, youth, or young adult fall asleep. Foods that contain carbohydrates or tryptophan can help to get them in a sleepy mood.

The four (4) B's are a classic bedtime routine for children of all ages. The B's stand for bath, brush teeth, books, and bed.

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Be There for Them When They Can't Sleep Well

Remember that, especially during the first nights in your home, the might have difficulty sleeping, and the younger ones might even cry. Be there to soothe them if they do. They may even need you to stay in the room with them until they fall asleep. This is okay. It is all about giving them a feeling of security.

Good Morning



Even if children, youth, or young adults have trouble sleeping at night, get them into the habit of waking up at the same time each morning. The morning routine will provide additional security for them, while letting them sleep in too long will create a domino effect of making it difficult for them to fall asleep at night again. Start their morning with a cheerful greeting, a healthy breakfast, and a plan for the day.

Give it Time



It may take weeks or months before children, youth, or young adults can go to bed independently and sleep peacefully all night. Continue to set new short term sleep goals to get them closer to their long term goal. Making bedtime a positive experience for them will not only help them get more sleep but will allow them to feel like part of your family. Bed.

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Rosca de Reyes

Ingredients

- 1 packet yeast
- 1/4 cup lukewarm milk
- 3 - 1/2 cups all-purpose flour
- 3/4 cups granulated sugar
- 7 eggs
- 1/3 cup melted butter
- dash of salt
- 2 teaspoons cinnamon
- 1/4 teaspoon aniseed
- 1/2 cup raisins
- 1/2 cup raisins
- 1/4 cup chopped candied orange
- 1/4 cup chopped candied lemon
- 1/4 cup chopped candied cherries
- 1/4 cup chopped candied citron
- 1/4 cup chopped candied figs
- 1 egg, beaten
- 1 teaspoon vanilla

Instructions

- Dissolve yeast in five (5) tablespoons lukewarm milk and let sit for five (5) minutes
- Add the flour, sugar, eggs, melted butter, the remaining milk, salt, cinnamon, aniseed, raisins and vanilla
- combine and knead into a ball
- Grease dough with some butter, set rest and rise until the dough doubles in size, about 2-1/2 hours
- Grease a baking sheet
- Punch down the dough and knead until soft and pliable. Now form the dough into a ring or "rosca". Insert the baby figurine. Place the dough ring on baking sheet. Decorate the top with the candied fruit. Let the dough rise again until doubled.
- Preheat oven to 360F. Brush with the beaten egg and sprinkle with granulated sugar.
- Bake for 40 minutes or until done

Resource Family Anniversaries

January Anniversaries of Resource Families who have committed to our agency's mission of providing our children, youth, and young adults with a "...safe shelter and individualized support to help people in need heal from trauma and reach their full potential." which includes:

- Ruth & Monica C. - 1-year of being a Resource Family.
- Araceli & Zachary G.-1 year of being a Resource Family

Thank you each for your ongoing commitment to our children, youth, & young adults

Stars

Shout out to our Resource Parent: Hoomai S. for providing unconditionally and selflessly supporting the Unification of one of our youth with his birth family. Therefore, following-up with some of our learned PRIDE competencies of:

- supporting children, youth, & young adult's relationships with their birth families;
- supporting children, youth, & young and working as a member of a professional team

[Note: The five (5) competencies include: protecting and nurturing children, youth, & young adults; meeting children, youth, & young adult's developmental needs, & addressing developmental delays; supporting children, youth, & young adult's relationships with their birth families; connecting children, youth, & young adults to safe, nurturing relationships intended to last a lifetime; and working as a member of a professional team]

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