CRB eNews
June 2012

Every Day Counts...in the life of a child in foster care.

2012 CRB Conference Celebrates Foster Care Month
- Submitted by Clayton Kubota, CRB Field Manager

The CRB kicked off National Foster Care Month, with the 2012 CRB annual training conference, “Every Day Counts,” on May 4th and 5th at the Eugene Hilton. This was the first year that the CRB conference was held in the month May in conjunction with Foster Care Month.

Our conference opened with a welcome to Eugene by Mayor Kitty Piercy and the Honorable Eveleen Henry, Chief Juvenile Judge in Lane County. Judge Henry has been a strong supporter of the CRB program and the work of CRB Volunteer Board Members. Mayor Piercy has been involved with children’s issues as a member of the Oregon Commission on Children and Families as well as the Lane County Commission on Children and Families. Mayor Piercy is also an adoptive parent.

This year’s breakouts included a variety of topics from in-depth legal analysis, “How Do You Decide: Navigating the Legal Landscape,” to the fun but valuable “What NOT to Say: Communicating Effectively with Teens.”

Saturday began with a challenging plenary session, “Bias in Decision-Making.” Dr. Rita Cameron Wedding, a national expert from Sacramento State University, helped us understand how bias affects us all. She also helped us to understand how racism and bias looks different today.

In addition to the excellent breakouts, our conference facility, the Eugene Hilton, was enjoyed by all. The meetings rooms were conveniently situated making all of the breakouts very accessible for all. There were also many raves for the meals and the service. If you missed the conference, or would like a refresher on what you learned at the conference, the conference materials are posted on the CRB website at: http://courts.oregon.gov/OJD/OSCA/cpsd/citizenreview/EveryDayCounts2012.page

CRB Raises $2,500 for Siblings Separated in Care to Attend Camp

Once again, a highlight of this year’s conference was the raffle to raise funds for scholarships to Camp To Belong. The raffle was made possible by donations volunteer board members throughout the state. This year’s raffle exceeded past years’ raffles and raised over $2,500, which will provide scholarships for five siblings to attend Camp To Belong. Camp To Belong is an organization dedicated to reuniting brothers and
Changes Ahead in the CRB

Over the last couple of months we have been working on making some small changes to our organizational chart in order to meet the needs of our program as we move into the future, and better serve our staff and volunteers. The process consisted of program needs analysis, staff input, and the evaluation of a variety of different scenarios, which brought us to the decision to eliminate the former analyst position that was dedicated to special projects and processes, and reclassify the support staff supervisor position to a lead-worker role in order to create a CRB Assistant Director Position (CRBAD). The CRBAD will supervise all field and support staff, and continue working on special projects and program improvements. 

After an internal application and interview process, we are pleased to announce that Christina Jagernauth has accepted the position, and will begin work in her new role effective immediately. We want to thank all our staff for their role in this process, and congratulate Christina on her new position and responsibilities!

What is Dialectical Behavioral Therapy (DBT)?

- Submitted by David Smith, CRB Field Manager

Dialectical Behavioral Therapy is a common treatment model used with persons who have been diagnosed with borderline personality disorder; its use has been expanded to people with eating disorders, substance abuse issues, and a history of trauma, including sexual abuse. Many treatment programs for adolescents are also using this model. The model uses a combination of individual and group training and usually requires a commitment of four to six months. Teen-centered programs often have a parent/family component.

A large component of the DBT model is the skills training group designed to help patients and their families regulate their emotions, thinking and behaviors. The skills modules commonly used are:

A. Mindfulness: increased awareness of feeling, thoughts and urges; increased ability to participate in the moment; and increased attention control.

B. Emotional Regulation Skills: improved ability to identify and label emotions; increasing positive emotions; and reducing tendency to negative emotions.

C. Distress Tolerance: increasing ability to use self-soothing skills instead of harmful behaviors.

D. Interpersonal skills and conflict management: improved relationship skills; better ways to get what the patient wants.

E. Self management skills: learn to validate the perspective of others; learn ways for the patient and family members to use positive reinforcement and effective punishment; and learn to recognize that there are multiple truths and possible alternative solutions.

For more information about DBT, including links to additional articles, see [http://portlanddbt.com](http://portlanddbt.com).

Klamath County CRB Receives Award

The Klamath County Citizen Review Board received the 19th Annual Klamath County Volunteer of the Year Award of Excellence in the Public Service category. Susan McDaniel, Klamath County CRB Field Manager, appreciates the United Way’s recognition of the dedication and excellence of the Klamath County CRB Volunteer Board Members.

Training Opportunities and Resources

The University of Minnesota Center for Advanced Studies in Child Welfare has a wealth of information and online training resources available on their [website](http://www.ctlumnw.org/).
The **National Alliance for Drug Endangered Children** offers many online training opportunities throughout the year. Currently, there are nearly 50 previously recorded webinars with corresponding materials available on their website (click here). [Like them on Facebook](#) or sign up for their [newsletter](#) to get the latest information on upcoming trainings.

Here is an interesting online article from Zero to Three called “The Loneliest Babies: Foster Care in the Hospital.” [Click here](#).