

FCA NEWS



Fairbanks Counseling and Adoption
June 16, 2007

Saturday, June 16, 2007 - 10:00 a.m. - Start and finish: Pioneer Park

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MOSQUITO MEANDER

Fun 5-K Run/Walk June 16th



Summer is here and as we look around it seems that at least half of Fairbanks is out running, biking, skating or walking while enjoying the warmth. There is no place quite as wonderful as Fairbanks in the summer.

This year the Board of Directors, staff and volunteers at FCA are busy planning the *fifteenth annual Mosquito Meander 5-K fun run/walk*. This festive event is a wonderful opportunity for families to spend time together in a healthy outdoor event. Participants can run, walk, skate or ride a bike. Bring your child in a stroller or your dog on a leash. Enjoy the race at your own pace while helping raise money to strengthen families in our community.

This year's Mosquito Meander will be held on Saturday, June 16th, starting in the Pioneer Park parking lot. We expect over 800 entrants to participate in the fun run while sporting the always humorous, ever popular Mosquito Meander t-shirt. This year's t-shirt has been especially designed for us by Darin Carpenter of Tundra Comics.

The race course has changed a little bit as the ending will now be inside the park in Frontier Village. We are grateful to the Merchants of Pioneer Park for helping to sponsor the race and welcoming our runners/walkers into their business area.

Please remember to thank and support all of our generous sponsors, without which we could not put on this fabulous family fun filled event. Also, everybody who enters the race is eligible to win the grand door-prize drawing of a mountain bike and helmet. See you on June 16th!!

Additional Sponsors: Allstate Insurance-Terri Wolters; IBEW Local #1547; Catholic Schools of Fairbanks; Gary Corrick; Immaculate Conception Catholic Church; Magic 101.1; North Pole Physical Therapy and Fairbanks Sunrises Rotary Club.

Thanks also to: Alaska Tent & Tarp; Air Force Sergeants Association; Alaska's Premium Ice; Beaver Sports; Callahan Law Office; Equinox Physical Therapy; Fred Meyers Stores; Law Office of John Conors; Northern Schools Federal Credit Union; The Midnight Sun Lions Club; Plumbers & Steamfitters Local 375; Pioneer Park; the Quota Club; St. Mark's University Parish; St. Raphael's Catholic Church; Terrance W. Hall & Associates, Attorneys; and Willow Physical Therapy.

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FCA Adoption & Pregnancy News



In June of 2006, FCA's Adoption and Pregnancy Counseling Departments bid a sad farewell to Christi Taylor, who had worked with us for ten years and in August we welcomed Riana Skogstad to our staff. Riana brings much energy, enthusiasm and skill to her positions of Adoption Home Study Writer and Pregnancy Counselor. We are very much enjoying working with her.

From the beginning of 2006 through the early months of 2007, FCA has assisted in the adoption placements of five children, for whom an adoption plan was made directly through our agency. We have also facilitated twelve placements through international and other inter-agency resources.

Our international placements included children adopted from mainland China, Ethiopia and Hong Kong and ranged in age from one to four years. The interest in international adoptions remains high and we currently have families waiting for children from Guatemala, China, Vietnam and Ethiopia. Currently Russia and Guatemala are on hiatus, as they attempt to work through a variety of legal issues. However there are still countries who are actively seeking new applicant families such as Vietnam, Ukraine, Kazakhstan, China, Ethiopia and many other countries who have smaller, but completely viable programs.

In July 2007 our Office of Children's Services/ Permanent Families Contract for the Northern Region changed to a grant, though the focus of this three year grant remains the same as the previous contract. Our purpose is to complete adoption and guardianship home studies for children in the custody of OCS. A home study is always a necessary component of the OCS adoption and guardianship process, since the final legal steps to make a child a permanent member of their foster or relative home cannot occur without this family assessment. So far, in FY 07, we have received sixty-five home study referrals and our staff and contractors have continued to travel all over Alaska to do homestudies for prospective adoptive/guardianship families referred through this program. Travel this year has included such far flung destinations as Noorvik, Ambler, Scammon Bay, St. Michael, Anaktuvuk Pass, Noatak, Tuluksak and Pt. Hope. ■ *Melody Jamieson, Adoption Coordinator*

welcome!

Riana Skogstad: Riana joined FCA as a pregnancy counselor and adoption homestudy writer on August 21st, 2006. Riana grew up in rural Minnesota. She attended the College of St. Benedict and earned her bachelor's degree in Social Work in 1999. Riana moved to Alaska in May 2001 and has made Fairbanks her home. Riana enjoys the wide variety of clients she works with and is excited to be a part of FCA.

FCA Family Treatment Program

The Family Treatment (FT), Department is steadily busy. Randy Lewis, Dolly Morris and I continue to see a diverse population of clients via individual, couples and family counseling sessions. Recently, Dolly has improved her counseling office to better meet the play therapy needs of her young clients. She has added a dress up corner, as well as some really great therapy-specific toys.

In March, we added an additional therapist, Betty Simpson. She is a Licensed Clinical Social Worker (LCSW), with many years of experience.

On April 12th, Mike Magowan and I, conducted a marriage workshop at Ft. Wainwright. Mike is an experienced Licensed Marriage and Family Therapist (LMFT) and has worked on and off with FCA since 1989. He was very well received by our military couples in attendance at the workshop. Mike has plans

to conduct another workshop at FCA for our Family Support Grant Program.

We continually look for ways to improve our skills in order to be as effective as possible. Part of this process clearly involves Dr. Mikki Barker, FCA's Clinical Director. She has been extremely helpful to us, especially as her hours and availability at FCA have recently increased as our demand for services has increased.

In March our intake coordinator, Melissa Katanik, received a record high in the number of inquires. With Dr. Barker and Betty Simpson now on board, we are able to provide services for most; however if FCA does not have the service they need, we go out of our way to find them the help they are looking for. The majority of our clients have some type of coverage whether it is Insurance, Tri-Care, Medicaid, or Denali KidCare. Approximately 65% of our clients qualify for fee assistance and are being seen at a subsidized rate.

■ *Ed Fitzpatrick, Clinical Supervisor*

FCA Street Outreach Program - our newest!



FCA hired a new Coordinator, Sarah Finnell, and Youth Advocate, Conor Rainey, in November of 2006 and our Street Outreach Program (also known as “The S.O.P.”) has been gaining momentum since. The S.O.P. provides services to youth ages 10-21 who are homeless or at-risk of becoming homeless (though we prefer the terms “on their own” or “independent”). We have met close to 200 youth over the past six months and enjoy providing services such as: transportation to resources and shelter; supply backpacks; help navigating Fairbanks’ justice, business, and social service systems; mediation and conflict resolution; referrals to community resources; and weekly activities, including an “Independent Living Cooking Class” at Immaculate Conception Church.

In order to raise awareness about Homeless Youth in Fairbanks (we know there are at least 300 in the area, likely closer to 500) we hosted a Candlelight Vigil for Homeless Youth in February. We have also begun co-hosting a monthly Beatnik Night at the Noel Wien Public Library, which has drawn out youth (and their fabulous poetry) from all over Fairbanks. As the weather warms we are excited about starting our summertime weekly activities including bike maintenance workshops and gardening right here in FCA’s front yard.

We are constantly amazed at the resiliency and strength of the young people we work with. They face a host of challenges due to age, homelessness, economics, and family support issues. Regardless of these challenges, they are dynamic, energetic, creative, and funny. We are lucky to have the opportunity to work with such great people on a daily basis.

Donations Needed! We are always on the lookout for donated bikes and bike parts or gardening equipment. We are also building momentum to start up a Host Homes Project. If you or anyone you know has the space and time to commit to becoming an emergency foster home for youth in our program, please call 378-4392 for Sarah and 378-9487 for Conor. ■ *Sarah Finnell, Street Outreach Youth Advocate*



Fun with Conor & Sarah

FCA Family Support Program

The family support program is growing. This month we added a new Assessment Counselor, Angie Hufford, to our team. She has just completed her Master Degree. She is a real asset to the program and lots of fun to work with. She is a great addition to our FCA family. We are also quite fortunate to have a UAF social work intern working in our program. Her name is Savannah Ebenez. She will be heading off to grad school in August but we will keep her busy until then. The family support program is currently serving 21 families including 32 children. We are gearing up for summer with plans for a couple of fun activity groups for children. The OPTIONS teen parenting group will be ending soon with the end of the school year. There have been 17 girls in our group this semester. It has been awesome to watch them mature and grow as young women and parents. The Nurturing Parenting Class is in the middle of the third session for this year. There are 13 participants and we already have a waiting list for the next session which starts in June. It is exciting to watch this program grow but it is even more exciting to watch the progress and improvements our families are making. ■ *Linda Huffaker, Family Assessment & Service Coordinator*



Fairbanks Counseling & Adoption is proud to announce that we are celebrating our **30th Anniversary** of dedicated counseling and support services for children, individuals and families in need in the greater Fairbanks area and throughout the state of Alaska. Many thanks to the individuals, organizations and businesses that have trusted and supported us for so many years and to all of those who put their faith in us to provide needed services to them. *Thanks, Fairbanks!*

As always, **donations** are needed and welcome. Please mail or drop off your tax-deductible donation c/o FCA, 912 Barnette Street, Fairbanks, AK 99701. If there is a particular program you would like to receive your contribution, please let us know. Enjoy your summer!



A United Way
Member Agency



Mosquito Meander June 16, 2007 Registration

USE ONE FORM FOR EACH PARTICIPANT (PRINT clearly)

Name: _____ AGE: _____

Address: _____

City, Zip: _____ Phone: _____

✓ Check all that apply:

- Female
- Male
- wheelchair
- bike (not timed)
- rollerblades (not timed)
- scooter (not timed)



Late registration: add \$5 to entry fee on Friday, June 15 and Saturday, June 16 (day of the race). **REMEMBER:** Rollerbladers and cyclists proceed with caution. Dogs must be on a leash.

✓ Entry fee before the day of the race:

- ____ **Adult (12 and over)** \$15.00
- ____ **Family (includes 2 t-shirts)** \$30.00
- ____ **Child (11 and under)** \$ 10.00

T-shirt size	T-shirt size
_____	_____
_____	_____
_____	_____
_____	_____

Additional t-shirts: \$12.00 for family entrants or \$15 for non-entrants. Specify # _____ and size: _____

(tank tops are available first come first served - no tanks in youth sizes)

Amount enclosed: _____



I can't attend, please accept \$ _____ donation.

☎ Telephone 456-4729 for credit card registration (will still have to provide signed release form for each entrant)

RELEASE

I, the undersigned, attest that I am physically fit and have sufficiently trained for the event. Furthermore, I intend to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims against the persons and organizations affiliated with Fairbanks Counseling and Adoption, including the race organizers, sponsors, and property owners. This release is intended to constitute a release and waiver of claims, whether asserted by me, by heirs or assigns, of unknown or unexpected consequences of harms to me or my child, as the case may be, arising out of the risks, conditions and hazards of this event.



Signature (*all participants must sign.*)

Date _____

Parent or Guardian's Signature
(for entrants under age 18)



Make checks payable to:
Fairbanks Counseling & Adoption

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- Signed form
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