

Parent-Child Interaction Therapy

Do you have a child, 0-8 years of age, with behavioral or emotional difficulties? Jackson County Children and Adolescent Services is offering Parent-Child Interaction Therapy to individuals who have no insurance, on OHP, have private insurance but cannot afford the co-pay, or services cannot be secured through a private therapist. This therapy provides parents with tools they can immediately use to improve their child's pro-social behavior and decrease negative behavior.

For more information, please contact Alejandra J. Moreno R., MS. MA. Mental Health Specialist III, Ph# (541) 774 – 8069. Se Habla Espanol.

Tax breaks

Even if you don't owe income taxes, you may be eligible for a refund check by claiming these credits on your tax returns!:

- The federal Earned Income Tax Credit, worth up to \$4,824;
- The federal Credit for Child and Dependent Care Expenses, worth up to \$2,100;
- The federal Child Tax Credit, worth up to \$1,000 per child;
- The Oregon Child and Dependent Care Tax Credit, worth up to \$1,800;
- The Oregon Working Family Child Care Tax Credit, worth up to 40% of qualifying child care expenses; and
- The Oregon Earned Income Tax Credit, worth up to \$289.

www.nwlc.org/LowerYourTaxes.

Child and Adult Care Food Program

Since 1968 the Child and Adult Food Care Program (CACFP) has provided federal funds to child care centers, family child care homes, Head Start, and after-school programs. The program allows child care providers to meet the nutritional needs of young children. To be eligible to participate in the program, a family child care home or child care center must be licensed or approved to provide child care. As a part of CACFP, providers agree to three unannounced inspections a year to ensure program integrity.

Below are the categories of children eligible to receive assistance under CACFP:

- Children in CACFP eligible settings 12 years or younger
- Children of migrant families and children with disabilities up to the age of 15
- Children participating in the Head Start or Even Start programs
- Children in approved after school programs, snacks can be provided up to 18

**** Check with your provider to see if they are taking part in the USDA food program. If not, they may be unaware of the program. The USDA food programs will benefit your child as well as the other children in care. Local programs: 4C's 779-7857 & OCDC 770-5893.

Eat Smart. Play Hard.™ is about encouraging and teaching kids and adults to eat healthy and be physically active every day. <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>

Parents/Guardians: Are you caring for a child with special needs and longing for a break?

Lifespan Respite Cooperative for Kids offers for children affordable, dependable respite care for children 5 and up when you need it most. Sign-up NOW- Pre-registration required. Every 2nd & 4th Saturday, 1:00 PM to 5:00 PM. Please call: (541) 821-8764 or 621-5196

Recruiting Boomer Age Volunteers

We are pleased to announce Child Care Resource Network, in partnership with the Family Nurturing Center, is recruiting volunteers to assist child care providers with business success, to help with children's enrichment activities, and to develop dress-up and activity boxes to loan to providers. The first phase of the project has been completed with a mailed survey to providers and follow-up phone calls. We will be calling for more information from those who responded with specific requests. The second phase will involve finding volunteers, interviewing them, verifying criminal history registration, checking their references, training them, and matching them to child care providers.

If you would like to be linked with a volunteer or you know someone who would like to be a volunteer, please email Donna at DonnaD@jobcouncil.org, or Rita at ritav@mind.net, or call Donna on Mondays at 842-2610. Also, please contact us if you have questions or ideas to ensure the success of this project. We look forward to working together to help children succeed.

The project is one of 3 in Oregon and supported by the Oregon Community Foundation and the Juan Young Trust.

In Oregon, Central and Southern Oregon Hardest Hit by Economic Downturn

Tough economic times are when Oregonians count on the Oregon Department of Human Services (DHS) the most, and new figures for October show marked increases in applications for assistance.

Requests for Temporary Assistance for Needy Families (TANF) have increased 16 percent statewide over October 2007, providing assistance to about 21,000 families. Households receiving food stamps increased by about 13 percent to around 258,000 households. This is about 499,000 individuals, or 13 percent of Oregonians.

Southern Oregon's District 8, which includes Medford, Ashland, Grants Pass and Cave Junction, saw a 26 percent increase in the TANF caseload and a 19 percent increase in food stamps since last year. For a complete list of caseload increases go to: <http://www.oregon.gov/DHS/assistance/data/main.shtml>.

TANF provides cash assistance to families who have children under the age of 18 with very few assets and little or no income. The current maximum monthly benefit for a family of three is \$528 and clients are expected to participate in the JOBS employment and training program.

Many working families turn to food stamps when their income does not stretch enough to cover

the basics. Benefits are determined on a sliding scale, from \$14 to \$426 per month for a family of three. Together, these services provide needed assistance for families who face sudden job loss or other economic challenges.

"People who a year ago would never have imagined turning to the state for help are now coming to us on a daily basis," says Erinn Kelley-Siel, DHS assistant director for the Children, Adults and Families Division, which oversees the TANF and food stamp programs.

To determine eligibility for food stamps, TANF, Oregon Health Plan or other services, go to: <http://www.oregonhelps.org>. To download applications for TANF and Food Stamps, go to: <http://www.oregon.gov/DHS/assistance>.