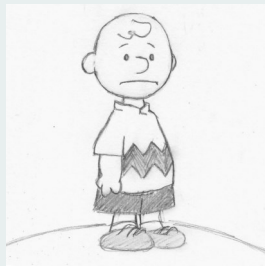


## Charlie Brown on Change:

“Sometimes I lie awake at night and ask ‘Where have I gone wrong’, then a voice says to me ‘This is going to take more than one night.’”



“Keep looking up. That’s the secret of life.”



In the book of life, the answers aren’t in the back.”



Summer let go to make way for autumn. Like the seasons, life requires us to “let go” so that we can grab hold of what’s next.

Change is not easy, some would say it is down right hard. And yet, it is happening all around us. In fact, autumn is already letting go of its leaves to make way for winter.

In this newsletter learn how the definition of family is changing as more and more relatives in our county take on a parenting role for their kin. Learn what that change means in Wisconsin and read reflections on how caregivers in the Grandparent and Other Relative Caregivers (GORP) group manage change. Note how you can make a difference locally and in our state so that people experiencing the effects of change can get help to support growth through it, and in response to it. Events happen that require change. Change, though, is a process, not an event. Read on for lessons on how to manage it!

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*“Yesterday I was clever so I wanted to change the world.  
Today I am wise so I am changing myself.” - Rumi*

There are 2.7 million children in the United States raised by kin. Relative caregiving is on the rise in Wisconsin with the percent of children in out of home care with a relative increasing by 8% from 2012 to 2019.

The caregivers attending GORP can tell us all about change and how it unfolds when they invest in the parenting of kin- to their amusement, joy, and sorrow. They can speak of its predictability and silence. The despair it masks itself in, at times, and ultimately, the hope that it reveals, slowly, overtime.

It is a wonder to witness the caregivers in the midst of change. To witness how they manage it is to gain priceless wisdom. Out of their generosity, they share their lives and lessons with others. It is a gift from them to those who listen and wait with them as they experience change- in all its frustration and beauty.

1. All feelings are ok to feel, what we do with those feelings next is what matters
2. Stay in the moment
3. Advocate for yourself and those you love
4. Laugh, and then laugh some more

## Opportunities to Make a Difference!

At the start of Q3, the GORP caregivers welcomed Jamie Schrandt, Outreach Representative with Rodger Behavioral Health. Jamie spoke about trauma and its impact. She also shared local and state resources to help support families who have experienced, traumatic change. She helped remind us how important mental health services are to overall health. The ensuing discussion highlighted the importance of mental health services, and accessibility for all who have the need for it.

Starting in September, caregivers were invited by the **Dane County Board** to participate in a listening session **to say more about the accessibility of local mental health services**. The invitation gave caregivers the opportunity to share their experience and that of their loved ones so that more people can receive the services needed to support health in our community.

Dane County Board is open to continued feedback. If you want to add to the conversation, you can access the survey questions at:

<https://www.surveymonekey.com/r/5ZS9HKY>

-and-

Submit survey by October 31st, 2019

The **State of Wisconsin, Department of Children and Families, Bureau of Placement and Out of Home Care** is also interested in learning more broadly from caregivers about their general experience, including all aspects of caregiving and service accessibility and availability throughout the state (including, but not limited to mental health).

They are **currently recruiting caregivers** to inform their approach to programs and policies. If you are interested in joining their Relative Caregiver Stakeholder Group, email Michael Hoffmeister to request an application at:

[Michael.hoffmeister@wisconsin.gov](mailto:Michael.hoffmeister@wisconsin.gov)

-and-

Submit application by October 31st, 2019

## Acceptance

When the spent sun throws up its rays on cloud  
And goes down burning into the gulf below,  
No voice in nature is heard to cry aloud  
At what has happened.  
Birds, at least must know it is the change to  
darkness in the sky.

Murmuring something quiet in her breast,  
One bird begins to close a faded eye;  
Or overtaken too far from his nest,  
Hurrying low above the grove, some waif  
Swoops just in time to his remembered tree.  
At most he thinks or twitters softly,  
“Safe! Now let the night be dark for all of me. Let  
the night be too dark for me to see into the future.  
Let what will be, be.”

- Robert Frost



## SPEAKER'S CORNER

**January**  
Group Support

**February**  
Jane De Broux,  
Caregiver Program  
Coordinator  
Area Agency on  
Aging of  
Dane County

**March**  
Legal Panel

**April**  
Group Support

**May**  
Group Support

**June**  
Group Support

**July**  
Jamie Schrandt  
Outreach  
Representative  
Rogers Behavioral Health

**August**  
Meghan Teigen, J.D.  
Johnson & Teigen  
Elder & Estate Law

Nicole Solheim  
Union Corners

**September**  
Group Support

**October**  
Michael Hoffmeister  
Department of  
Children & Families  
Kinship Navigators

**November**  
Caregiver  
Appreciation Month

**December**  
Group Support



## THE RAINBOW PROJECT, INC.

### CHILD & FAMILY COUNSELING & RESOURCE CLINIC

#### The Rainbow Project Vision

A safe, healthy and nurturing world for children and families

#### Mission

The Rainbow Project provides restorative healing and hope for young children, and their families who have experienced trauma, building a foundation for the mastery of life sustaining skills.

#### Values

**Respect** Philosophy of interactions with others. . .internally, consumers, other professionals and the community

**Growth** Desire to inspire, support, and foster others. . . consumer, families, colleagues, team members and the community

**Compassion** Recognition, empathy and support for individual differences. . .including, but not limited to life experiences, culture, background and abilities

**Collaboration** Interactive roles as part of a larger whole

**Excellence** Commitment to quality, integrity, leadership, professionalism and thoughtfulness

#### RESOURCES

Want to join the group or learn more about community resources and referrals? Contact below!

Referral & Community Programs Coordinator

[E] [Referrals@TheRainbowProject.net](mailto:Referrals@TheRainbowProject.net)

[P] (608) 255-7356 ext. 316