

VOLUME

09

DECEMBER  
2010

A MONTHLY  
NEWSLETTER FOR  
FOSTER & ADOPTIVE  
PARENTS IN UTAH



Utah Foster Care  
FOUNDATION

# fosterroster

## Utah Foster Care Foundation Offices

### **Murray**

5296 S. Commerce Dr. #400  
Murray, UT 84107  
Phone: 801.994.5205  
Fax: 801.994.5206  
Toll Free: 877.505.KIDS

### **Ogden**

3340 S. Harrison Blvd. #200  
Ogden, UT 84403  
Phone: 801.392.1114

### **Orem**

252 N. Orem Blvd.  
Orem, UT 84057  
Phone: 801.373.3006

### **Price**

475 W. Price River Dr. #152  
Price, UT 84501  
Phone: 435.636.0210

### **Roosevelt**

Phone: 435.724.0959

### **Vernal**

1052 W. Market Dr.  
Vernal, UT 84078  
Phone: 435.781.4224

### **Moab**

180 S. 300 E., Ste. C  
Moab, UT 84532  
Phone: 435.259.3345

### **St. George**

321 N. Mall Dr. #B102  
St. George, UT 84790  
Phone: 435.656.8065

### **Richfield**

201 E. 500 N.  
Richfield, UT 84701  
Phone: 435.896.1232



## STATEWIDE UPDATE

### in this issue

Announcing... **P.1**

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## Announcing... Changes to the Foster Roster

**By: Nikki Mackay**  
**Director of Foster Family Retention**  
**Utah Foster Care Foundation**

Another new year is upon us and your foster family retention team is excited about upcoming improvements to this valuable newsletter you are now reading. Beginning in February 2011, the Foster Roster will be printed in glossy full color, thanks to Newslink Professional Publishing Services, LLC and foster mom Marcy Heidelberger. Each Roster will cover two months of in-service training schedules, tips, upcoming events and other information you are used to seeing in the Foster Roster, plus more content

you have not seen in the newsletter. It will be delivered by mail every other month, with updates available at [www.utahfostercare.org](http://www.utahfostercare.org).

We look forward to working with Newslink on the Foster Roster and appreciate the donation of layout and printing services provided to the foster parents of Utah.

We would like to express our deep appreciation to Presto Print for the wonderful job they have done printing and mailing the Foster Roster in 2010. We look forward to working with them in the future on other projects.

## DI Vouchers

If you have a child in foster care in your home who has not yet received DI vouchers, there are still some available.

Please e-mail:  
[darcey.hirst@utahfostercare.org](mailto:darcey.hirst@utahfostercare.org)  
or call 877.505.KIDS.

Please note that all DI Vouchers expire December 31, 2010 and **no exceptions** are made.



## Dakota

**Birthday:** 02/1999

**Grade in School:** 6th

**Heritage:** Caucasian

This energetic, outgoing young boy is Dakota. He can often be found fishing, four wheeling, camping, swimming, and playing soccer. Boy Scouts is also a favorite activity of his, as well as taking some time out to read a great book. Dakota dreams of someday being a fireman. He excels in science, social studies and reading, which he loves. If your family can provide Dakota with the love and support he needs, we urge you to inquire.

**For more information,  
please contact:**

The Adoption Exchange  
801.265.0444  
[www.utdcfsadopt.org](http://www.utdcfsadopt.org)

## What is a Family?

By Kelly Peterson,  
Utah Foster Care Foundation CEO

*This letter appears in the Utah Foster Care Foundation's FY2010 annual report. The report was mailed to 800 supporters, legislators, and members of the media throughout the state. The entire annual report is available on the Foundation's website at <http://www.utahfostercare.org/>.*

Mom, dad, brothers and sisters, grandma, grandpa, foster mom, foster dad, foster grandma, foster grandpa, step-grandpa, siblings, aunts & uncles, cousins, second cousins, friends.

"Families" are not always people descended from a common ancestor. "Family," "kinfolk," "clan," "neighborhood," or "community" means belonging, protection, love, support, well-being, pride, encouragement, safety. Families can also bring heartache, loss, grief and loneliness.

Sometimes families are separated by drug abuse, poverty, neglect or illness. Sometimes children are left to themselves. Neglected and abused children usually end up in the foster care system. Sometimes people step up and volunteer to enlarge their "family" and provide protection and safety for those less fortunate. In FY 2010, 702 families stepped up.

### THESE ARE UTAH'S FOSTER PARENTS.

They are as diverse as the children they serve. They are people who care - deeply. They are people who see the suffering of children and make a decision to take them in, to nurture them, to give them a chance to become whole.

A chance to belong, to have their own family someday.

In this report, you will meet single parents, families with biological and adopted children from foster care, families who came to this country with a dream and ended up as foster/adoptive parents. The Utah Foster Care Foundation serves every type of family. Every family is guided through the initial process of finding out if foster parenting is a good "fit" for them. Each family goes through the same thorough 32 hours of training. Each family is offered support through foster family community groups. And each family is offered ongoing training on a variety of subjects, whether they live in Sandy or Brigham City or Blanding.

This is our vision: to improve the lives of vulnerable children placed in foster care by providing compassionate, nurturing and qualified foster and adoptive families.

It's rewarding, challenging, fun - and sometimes it's heartbreaking. It isn't for everyone. Our Foundation community includes those who have never been foster parents. They contribute, instead, through volunteer efforts and financial support.

You can make a difference in the lives of Utah's foster families. Become a part of our community...and if you're already contributing, thank you!

Kelly Peterson,  
CEO, Utah Foster Care Foundation

## Utah Foster Care Foundation would like to



wish you and yours a very  
**Happy Holiday Season**  
and a  
**Prosperous New Year!**



### **Lloyd**

**Birthday: 05/1998**

**Grade in School: 7th**

**Heritage: Caucasian**

Meet Lloyd, who has a big heart and loves to give hugs! Chutes and Ladders and Uno are two of his favorite games to play. Always ready for an adventure, Lloyd loves to ride his bike, ride his scooter, jump on the trampoline and color. Intrigued by many things, Lloyd enjoys toys that light up or make sounds; they can captivate him for hours! One of Lloyd's favorite meals consists of hot dogs and chips, although he likes to eat almost any food. Those who know Lloyd say he does best in a structured environment and that he responds well to positive reinforcement. If your family can provide Lloyd with the love and support he needs, we urge you to inquire.

**For more information,  
please contact:**

The Adoption Exchange  
801.265.0444

[www.utdcfsadopt.org](http://www.utdcfsadopt.org)

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## Utah Foster/Adoptive Families Association Update

### UFAFA Executive Committee

President: Renee Calkins  
1st VP: Michelle Ostmark  
2nd VP: Beth Hardman  
Secretary: TBD  
Treasurer: TBD

[www.myufafa.com](http://www.myufafa.com)

### UFAFA Announces Some Changes

#### By Renee Calkins, President Utah Foster/Adoptive Families Assn. (UFAFA)

We are sad to say goodbye to our president, Jennifer Gardner, and our 2nd Vice President Cayce Thill. Family responsibilities have called them away. Please try to be patient with us as we get our executive committee back up to speed! We will be focusing on filling the secretary and treasurer positions, as well as familiarizing ourselves with our new positions. Renee Calkins will become the president, Michelle Ostmark will be our 1st vice president, and Beth Hardman will be our 2nd vice president.

Thank you to all of our website members who participated in our

survey!! According to those results, we can see that it is important that we continue to focus on allegation support, advocacy training, advocacy at the legislature, advocacy with DCFS, locating community resources, and emergency preparedness. It is exciting to note that Cayce will be heading up the mentoring aspect in partnership with the Foster Care Foundation! Please feel free to call any of us with questions!

[www.myufafa.com](http://www.myufafa.com)  
or  
[ufafa1@gmail.com](mailto:ufafa1@gmail.com)





## SOUTHWEST REGION UPDATE

DECEMBER 2010

### in this issue

Recycle **P.5**

Holiday Suggestions **P.6**

Training Updates **P.8**



### Switch, Swap, Donate, and Borrow

#### **Have your children outgrown it/don't use it/ don't need it?**

Donate it for other foster parents!

I am willing to store clothing and other necessities in my basement for foster parents to come and 'borrow.' The idea is to cut down on cost for foster parents, and make use of items that aren't being used. (Think recycle) Foster parents can use whatever they borrow for as long as they need it, and then donate it back when they are done. Please know that if you donate something, you may never see it again-especially clothing. There will be no official 'check-out' system, strictly honor system. If you need it, take it; if you're done with it, donate it back.

Clothing, car seats, cribs, and toddler beds are fairly easy to store items. I will only keep items in good to great condition.

\*For the next month I will pick-up any items, just bag it up and call me. After that I will only pick up items needing a truck for transport.

Thanks in advance for anyone willing to participate in this effort!!!

Cindy Gooch  
3244 South 2750 East  
St. George (Little Valley)  
435-313-6412



#### **St. George Office**

321 N. Mall Dr # B102  
St. George, UT 84790  
Phone: 435.656.8065  
Fax: 435.656.8071  
Toll Free: 877.656.8065

#### **Area Representative**

Debbie Hofhines

#### **Trainer**

Cliff Farnsworth

#### **Retention Specialist**

Diane Callister

#### **Richfield Office**

201 E. 500 N.  
Phone: 435.896.1232  
Toll Free: 877.656.8065

#### **Foster/Adoptive Family Recruiter/ Retention Specialist**

Marissa Douglas

## Wishing Well Funds

Utah Foster Care Foundation has funds available to meet the special needs of children in foster care when DCFS is unable to meet these needs for any reason. *Funds are limited.*

Requests **MUST** include the following:

- Child's first name, last initial and age
- Foster parent's name and home address
- Caseworker's name and contact information
- The item being requested and the associated costs
- Brief description of how the child will benefit

Request should come in writing by a foster parent, the child in care or the caseworker.

### PLEASE NOTE:

- Dispersal of funds can take up to 4 weeks.
- Checks are mailed to the foster parent's home address.
- Funds are for children in foster care **ONLY**.
- Items covered by the foster care reimbursement or by Medicaid are not eligible.
- Only requests previously denied by DCFS are eligible.

### VACATIONS:

- A child in care can receive vacation funds only **ONCE** in their lifetime.
- Vacations are restricted monetarily & may not cover all costs.

### SUBMIT REQUESTS TO:

Diane Callister  
Utah Foster Care Foundation  
321 N. Mall Dr. #B102  
St. George, UT 84790

OR

diane.callister  
@utahfostercare.org

## Celebrating Holidays with Children You Foster

Conflicting loyalties and lost dreams often make the holidays a difficult time for children in foster care. Just as studies show that holidays are stressful times for most of us, these reactions are compounded for youth placed in your home. Here are some suggestions for the holidays.

### How can my family make it easier for the children in foster care while they are in our home?

- Talk about the season ahead of time. Talk about how your family celebrates the holidays. Tell children which of the traditional holidays your house recognizes. Is it Thanksgiving? St. Nick's Day? Kwanzaa? Hanukah? Christmas? New Year? Or all of the above? Talking about the holidays gives children time to anticipate the upcoming activities and ask questions.
- Help children in foster care imagine what to expect in your home. Much of what we assume to be commonplace can be new to the children you foster.
- Share the religious meanings the holidays may have for your family. Talk about your family's specific customs and activities.
- Use this time of sharing to learn especially about the religious beliefs, customs, and activities of the children you foster.
- Try to incorporate at least some of their traditions into your traditions.
- Some parents try to keep the holidays low key in order to help minimize some of the stress.

### How can we work with birth families during the holidays?

- Again, ask children about their experiences and try to incorporate some of their traditions. The children placed in your home may miss some activities that they experienced with their family or in a previous placement.
- If possible, ask your child's family members about their holiday traditions and customs. Ask about their beliefs and observances. Although you may feel stretched at the holidays, try to coordinate schedules with the birth families. This gives the children a chance to share what is familiar while experiencing new traditions.
- This is a good time for the youth in your home to make small gifts and send cards to their birth families or old neighbors and friends.
- This is a time when many children feel conflicted feelings about their birth families and worry about them. It is a good time to let the young person know that it is okay for them to be safe and cared for even if their family struggles. Reassure them if you can, about the safety and care of their birth family.

### What are some of the ways I can help the children who I foster get through the holidays? What are some signs of grief or sadness that I can look for?

- Be prepared for the sadness and grief. Talk about your child's feelings throughout the season.
- Give your children time and space to grieve. Grief takes many forms and may be exhibited in lots of ways, including:
  - Reverting back to younger

## Celebrating Holidays with Children You Foster, cont.

behaviors developmentally

- Soiling themselves or bedwetting
- Becoming withdrawn and isolated
- Having temper tantrums
- Being rebellious
- Complaining more than usual

• Try to remember the developmental age of the children you foster. It will also help you to stay patient if you keep in mind the challenges of the season for your child before you react.

### **What are some things we can do to make family get-togethers easier?**

- Talk about upcoming events and the people who will be there. If you cannot get together before the big event, introduce your children to family and friends who will be at the celebration by going through pictures.
- Prepare them for the "characters" in your family and also tell them about other children who might be there.
- Tell them if your celebrations are quiet or loud, sacred or silly, big or small.
- Describe the home or place where the event will be held, and tell how it usually proceeds.
- Be realistic about it—do not make your celebrations seem perfect, but do not stress the challenges that are part of all family events.
- Give your children a camera so that they can record the celebration, and also give them one for holiday visits with their birth families.

### **What can I do to help my children learn what is expected of them at**

### **family celebrations?**

- This is an opportunity to teach the behaviors and manners that you would like the youth you foster to learn. Go over basic manners such as "please" and "thank you."
- Explain the expectations of children prior to family get-togethers, and practice those behaviors ahead of time.
- Use role playing at home so that they can practice.
- Make sure you and your family/friends are on the same page regarding gifts from and to your children. Perhaps try to have your child bring a small hostess gift to the get together: baked goods, nuts, candles, ornament, etc.
- Tell family and friends about your children, and try to introduce them before the holidays. It's a good time to remind others about the confidentiality you honor concerning the children you foster, and it might be a good time to practice some polite but firm answers to some questions.
- Remember especially to ask your children what they would like to have shared about themselves.

*The Foster Care and Adoption Resource Center is a project of: Adoption Resources of Wisconsin, Inc., PATH-Wisconsin, Inc., and St. Aemilian-Lakeside, Inc., in partnership with the Wisconsin Department of Health and Family Services. <http://www.wifostercareandadoption.org/>*

## For More Information

### **Utah Division of Child and Family Services brochure, The Holidays in Foster Care:**

<http://www.hsdcs.utah.gov/PDF/Weekly%20Updates/The%20Holidays%20In%20Foster%20Care%20Brochure.pdf>

### **Adoption.Com of the Adoption Network Law Center; Expect Weird Responses from Foster Kids Towards the Holidays:**

<http://library.adoption.com/foster-parentingand-adoption/expect-weird-responses-fromfoster-kids-toward-the-holidays/article/1653/1.html>

### **Connect for Kids; Home or Homeless for the Holidays:**

<http://www.connectforkids.org/node/152>.

### **About .com; Before You Celebrate the Holidays in Foster Care by Carrie Craft:**

<http://adoption.about.com/od/fostering/bb/fosterholidays.htm>

**Foster Club at:** [http://www.fosterclub.com/transport/holidays\\_youth.pdf](http://www.fosterclub.com/transport/holidays_youth.pdf)

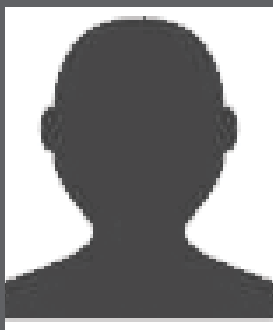
## Cedar City/Beaver Cluster & Training Information

Monthly Cluster announcements for currently licensed foster parents

### Cluster Facilitator Contact Information



Amy  
435.586.7403  
bates4ever@hotmail.com



Lisa  
435.438.2651

### Family Holiday Celebration

Presented by  
Amy Bates

Come get into the Christmas Spirit and enjoy activities and food with the family.

RSVP to Amy

December 13th

5:30-7:30pm

Community Presbyterian  
Church  
2279 N Wedgewood Ln.  
Cedar City, UT

### Life Books

Presented by  
Diane Callister, UFCF

Learn how to create life books that connect a child to their past, present, and future.

January 20th

7:00-9:00pm

DCFS Regional Office  
856 Sage Dr.  
Cedar City

### February 2011

We will meet in Beaver in February with details TBA.

## news You CAN use

### Remember \$100 Wal-mart Card to be given away in January!!

Every time you attend a Cluster meeting during 2010, your family name will be put in the drawing!

Good Luck!

### Photo below:

Women enjoyed another fun evening at our Women's Retreat Saturday, October 9th, 2010





## Manti & Richfield Cluster & Training Information

Monthly Cluster announcements for currently licensed foster parents

### Eating Disorders

#### Causes & Complications

Presented by  
Judy Erickson, MeD

Learn about the challenges of Eating Disorders.

January 20th

6:30pm-8:30pm

Nancy's House

### Domestic Violence

#### Impact of DV on Families

Presented by  
TBA

Learn about the impact violence has on the entire family.

February 17th

6:30pm-8:30pm

Nancy's House

### CPS Basics

Presented by  
Diane Felt

Learn how the Child Protective Services system works and get your questions answered.

January 12th

6:00pm-8:00pm

Richfield DCFS Office  
201 E. 500 N.

### Cluster Facilitator Contact Information

#### Manti



Nancy  
435.283.5020  
njbean11@yahoo.com

#### Richfield



Patty  
435.896.6360  
pknaphus@yahoo.com

## news YOU CAN use

### Remember \$100 Wal-mart Card to be given away in January!!

Every time you attend a Cluster meeting during 2010, your family name will be put in the drawing!

Good Luck!

\*\*\*

### Welcome Patty!

I am excited to become better acquainted with Patty as she facilitates the Richfield Cluster.

Patty has been actively involved in the Cluster since I came to the Foundation.

She is well known throughout the area and her career has been one of service. She is energetically engaged in helping kids. Patty has fostered and adopted from foster care and with that, she brings experience to the Cluster. Patty's interaction with others is friendly and welcoming. Thank you--Patty, for supporting our Cluster!

Thanks,  
Marissa

## St. George Cluster & Training Information

Monthly Cluster announcements for currently licensed foster parents

### Cluster Facilitator Contact Information



Brandee  
435.652.3979  
brandeestahlej@msn.com

### Need respite or babysitting during the day?

Please contact:

Laura Randall,  
Apple Valley  
435.877.1202  
435.467.1202

Cindy Sullivan,  
Santa Clara  
435.673.5772

### Family Holiday Brunch

Presented by  
Cliff Farnsworth, CSW

"Goodbye Rituals", balloon release and training, along with games and activities. 1 hour training.

December 4th

10:00am - Noon

Staheli Family Farm  
RSVP to Brandee

### Overview of Policy/Procedure

Presented by  
Ben Ashcraft, DCFS RFC

Come for a refresher on important policies and procedures.

January 20th

7:00pm - 9:00pm

St. George DCFS Admin.  
359 E. Riverside Dr.

### Color Code

Presented by  
Brian Young, SSW

Enjoy a night out and learn about yourself.

February 5th

Time TBA

Location TBA

## news You CAN use

### Remember \$100 Wal-mart Card to be given away in January!!

Every time you attend a Cluster meeting during 2010, your family name will be put in the drawing!

Good Luck!

### Photo below:

Women enjoyed another fun evening at our Women's Retreat Saturday, October 9th.



## In the Know...

Information and terms for currently licensed foster parents

### To Register For Classes:

**Contact:**

Cliff Farnsworth  
Southwest Region Trainer

**Phone:**

435.656.8065

**Email:**

cliff.farnsworth  
@utahfostercare.org

**Toll Free:**

877.656.8065

Please be ready with your name, phone number & the title of the class you would like to register for.

## Foundations for Youth

**Session 1: December 7th**

**Session 2: December 9th**

**Session 3: December 14th**

**Session 4: December 16th**

Presented by:  
Cliff Farnsworth, CSW

Foster parents must help youth build a solid foundation upon which they can more easily make the transition to living independently.

This is a **four part series** that is **required for all foster parents serving youth fourteen years of age and older.**

All Classes will be held:

5:30-9:30pm

359 E. Riverside Dr.  
St. George

## What are Clusters?

Clusters are groups of foster, adoptive and kinship families that meet together on a monthly basis.

Clusters can help you:

- Obtain in-service training hours
- Meet other foster, adoptive and kinship families
- Get support
- Arrange respite care
- Attend fun family activities

Call the Cluster facilitator nearest you or contact Diane Callister at 435.656.8065 for more information.

For more information on upcoming Cluster trainings, see pages 8-10.

## Terms to Know

• **Approved Trainings-**

In-service trainings provided and approved by Utah Foster Care Foundation.

• **Foundations for Youth-**

FFY is required for families caring for youth 14 and up.

• **Community & Partner Trainings-**

Call your regional trainer for approval prior to attending a class or conference that is held within the community and is not a pre-approved training.

• **Approved On-line Training-**

Families may visit the web site: [www.fosterclub.com](http://www.fosterclub.com) for up to 2 hours of online training per year.

• **Peer Parent Training and Resource Family Consultant (RFC) Training-**

6 hours each per year may be used toward licensure. RFC Training must be provided by DCFS RFCs.

**REMINDER:**

**Family team meetings do not count toward in-service**

**IMPORTANT:**

TO REGISTER FOR A TRAINING THAT IS CLUSTER-SPONSORED, YOU MUST CALL YOUR AREA CLUSTER FACILITATOR.



**Utah Foster Care**  
**FOUNDATION**  
a private, non-profit organization

5296 So. Commerce Dr. #400  
Murray, UT 84107

[utahfostercare.org](http://utahfostercare.org)

[fosterateen.org](http://fosterateen.org)

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