utah FosterCare

APRIL & MAY, 2017

UTAH'S FOSTER FAMILY MAGAZINE

fosterroster

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"Challenging Kids Lack SKILL not WILL."

Dr. Stuart Ablon at Think:Kids

Who benefits from using Collaborative Problem Solving?

Collaborative Problem Solving is useful for everyone, especially kids who have not done well with typical 'discipline' techniques. Kids with these challenges often carry labels such as mood disorder (e.g., anxiety, bipolar), autism, ADHD, and/or behavior disorder (e.g., oppositional defiant disorder). The premise of the program is that all kids do well if they can. So if a child is not succeeding, it's due to a lagging skill or an unsolved problem that needs to be addressed.

JOIN us on April 20, 2017 for an incredible learning experience with Dr. Stuart Ablon!

Symposium Fun

Olene S Walker Scholarship

Youth in foster care can get up to $5,000 per year for college tuition, books, fees, supplies and living expenses -and work with a mentor who will help them succeed!

Application Deadline: April 15 for Fall Semester, and October 15 for Spring Semester.

http://justforyouth.utah.gov/education/#financialaid

UTAH FOSTER CARE OFFICES

Murray
5296 South Commerce Drive
Suite 400
Murray, UT 84107
801-994-5205 Main
801-994-5206 Fax
877-505-5437 Toll-free

Ogden
3340 South Harrison Blvd.
Suite 200
Ogden, UT 84403
801-392-1114 Main

Orem
274 West Center Street
Orem, UT 84057
801-373-3006 Main

Price
475 West Price River Dr
Suite 152
Price, UT 84501
435-636-0210 Main

Roosevelt
Rural Route 3, Box 8008
Roosevelt, UT 84066
435-724-0959 Main

Vernal
1052 West Market Dr
Vernal, UT 84078
435-781-4224 Main

Moab
180 South 300 East
Suite C
Moab, UT 84532
435-259-3345 Main

St George
491 East Riverside Dr
Suite 2B
St George, UT 84790
435-656-8065 Main

Richfield
201 East 500 North
Richfield, UT 84701
435-979-2233 Main

Dominick

Dominick puts one-hundred percent into everything he does! He loves keeping active by participating in sports such as basketball, hockey and football. An outdoorsman, he makes time for hiking, skiing, running and fishing. Those who know Dominick best describe him as kind and charming with a good sense of humor.

Dominick is an eighth grader whose strengths lie in current events and physical education. He benefits from an IEP (Individualized Education Plan) and counseling.

The caseworker prefers a two-parent family in which Dominick can be the youngest child. He is in need of a family that can offer him a structured, secure, and committed home. Financial assistance may be available for adoption-related services.

For Utah children, only home studied families from all states are encouraged to inquire.

Tianna

Reading and listening to music are big parts of Tianna's life! She is very creative and enjoys beading, making jewelry, drawing and singing. Tianna is caring, detail oriented, and possesses an impressive memory.

This bright eleventh grader envisions a future as an auto mechanic, and currently benefits from an IEP (Individualized Education Plan) and counseling.

The caseworker prefers a family with a mom and a dad, two-moms, or a single-mom, who have pets in the home. Tianna prefers being in a home without younger children. She would like to maintain contact with her sister and other biological family members following placement. Financial assistance may be available for adoption-related services.

This is a legal risk adoptive placement. Reunification services have been terminated and the current goal is adoption. When an adoptive placement has been identified parental rights will be terminated.

For Utah children, only home studied families from all states are encouraged to inquire.

These profiles are provided by The Adoption Exchange. For information about these and other children available for adoption, please contact The Adoption Exchange, directly: (801) 265-0444.

5 Ways to Keep Safer With Technology

By netsafeutah.org

In reading the Utah's Adoption Connection February 2017 news magazine, I came across this article. With technology changing so fast and my kid more tech savvy than me, I found it helpful and a good reminder of anything and anyway that I can keep up to date with technology, and keep my kid safe! – Diane Callister

1. Talk About It. Keep open lines of communication between you, your spouse and child. Help your children feel comfortable coming to you if something makes them uncomfortable or scared. Talk honestly about internet dangers. Set up clear rules no matter where you are for use of technology...web sites that are ok...how long and when to use...what is appropriate to do online. Adults/Youth should show each other their online activities.

2. Implement Safety Tools. Use built-in or install software to filter the content and to monitor the technology-computer, cell phone... Use Google's "Safe Search Filter". (select "Search Settings" from upper right-hand corner of screen). Another one is K9 Web Protection from Blue Coat which is free online.

3. Avoid Isolation. Locate computer in a central location where others can see the computer screen, never in any bedrooms.

4. Guard Personal Information. Explain what personal information is and discuss with whom and when it is appropriate to share it. Avoid clicking on pop-ups, or free offers online, avoid downloading free music etc. from Limewire or Kazaa. Install anti-virus/spyware software (AVG anti-virus is free). Keep all software updated.

5. Don't respond, save the evidence, and report it. This is what you do when you see in an e-mail, text message, or on the Internet something that is pornographic, mean, or just inappropriate.

I plan on going over this with my son who is thirteen and loves to be on his phone and computer a little too much. Hopefully setting boundaries and having ongoing conversations about the internet will help keep him safe and give me a little peace of mind!

"Keeping kids safe online isn't about technology; it's about parenting." – Larry Magid & Anne collier (2007)

UTAH FOSTER CARE (UFC)

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DCFS HQ (801) 538 – 4100
195 NORTH 1950 WEST, SLC

Southwest Region DCFS Offices
NEED TO REACH YOUR RFC?
CALL YOUR LOCAL DCFS OFFICE ...

Beaver (435) 438 - 3400
875 NORTH MAIN STREET
Cedar City (435) 865 - 5600
106 NORTH 100 EAST
Manti (435) 835 - 0780
55 SOUTH MAIN STREET, #24
Panguitch (435) 676 - 1400
665 NORTH MAIN STREET
Richfield (435) 896 - 1250
201 EAST 500 NORTH
St George (435) 652 - 2960
178 NORTH 200 EAST

FIND MORE RESOURCES ONLINE
utahfostercare.org/southwest

Clusters

WHAT'S A CLUSTER?

Clusters are peer groups for foster, adoptive, and kinship families who meet together on a monthly basis for support & required training.

Learn more, *online!*

CEDAR CITY CLUSTER
Diane (435) 656-8065

MANTI CLUSTER
Connie (435) 262-1347

RICHFIELD CLUSTER
Holly (801) 360-1967

ST GEORGE CLUSTER
KC (801) 592-2446
forkcclark@aol.com

ST. GEORGE CLUSTER

Insight Training

Cliff Farnsworth, LCSW

April 5; 4:30-7:30pm

UFC Office / 491 E Riverside Dr #2B

4:30- Panel of foster parents presenting to DCFS employees; 5:30 combined dinner for DCFS staff and foster parents; 6:30 panel of DCFS staff presenting to foster parents.

ST. GEORGE CLUSTER

Music Therapy Effects & Affects

Dan Adams, Certified Music Therapist

May 10; 6:30-8:30pm

UFC Office / 491 E Riverside Dr #2B

Training will discuss the positive and negative influence music can have.

CEDAR CLUSTER

Insight Training

Amy Bates, Foster-Adoptive Consultant

April 13; 4:30-7:30pm

Festival Hall / 105 N 100 E

4:30- Panel of foster parents presenting to DCFS employees; 5:30 combined dinner for DCFS staff and foster parents; 6:30 panel of DCFS staff presenting to foster parents.

CEDAR CLUSTER

Annual Family Barbeque

May 1; 5:30-7:00pm

Canyon West Park / 500 E Center St, Cedar

Come enjoy a family get together at the park with other families. No training hours.

FOSTER PARENT APPRECIATION EVENT HAS BEEN MOVED TO:

June 3; 11:00am-3:00pm

Washington City Rec Center
350 Community Center Drive, Washington, UT

Free family swimming and pizza.

RSVP FOR CLASSES & CLUSTERS!

If a class or Cluster is cancelled, moved or rescheduled, we can only alert you if you've RSVP'd! Also, if childcare is provided, it can only be offered to those who've RSVP'd. Help us help you — RSVP!

RSVP: CLIFF FARNSWORTH / (435) 656-8065

cliff.farnsworth@utahfostercare.org

RICHFIELD CLUSTER

No Training in April

Families are encouraged to attend the UFC Symposium in Park City, UT. For more details go to our website www.utahfostercare.org

RICHFIELD CLUSTER

Evening with the Director

Cliff Farnsworth, LCSW

May 10; 6:00-8:00pm

Gunnison City Hall / 38 W Center St

Meet and get to know our new regional director Kyle Garrett and discuss how DCFS and foster parents can work together as a team.

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How the Gale Force Came to Be

By Christy Gale, Foster Mom

Our journey began on April 19, 2008. That's the day that two became one. It's also the day that we started trying to expand our family. We were excited to bring little ones into the world. After a couple of years, we started to realize that things weren't going to be as easy as we would have hoped they would be. Fostering came up, but we didn't feel like it was the right time. We had been moving a lot, and felt like we needed to be steady before we brought kids who's lives had already been thrown into chaos into our home.

It was about three more years before we revisited the idea to do foster care. I had a steady job now, and we loved the place we were living, so we started preparing. The classes caused emotions to run the gauntlet from infuriated, to grateful, to heartbroken, to just love. The last one was the most important. These kids needed to be loved. THAT was something we could do without question. We finished the classes and got our license and anxiously awaited our first call.

When that call came I was a huge bundle of nerves. I was scared, and excited and ready for a new adventure; an 8-year-old boy from Nebraska. They had no information about him and we just said bring him over. This was a terrifying adventure. He had a lot of emotional problems; he was depressed and sometimes violent. He ran away more than once, and we had the police at our house twice in the three-month period that he was at our house.

Eventually, the decision was made to put him in residential care. It broke my heart, I felt like I had failed. I gave him a hug as he left, and then cried. My husband and I discussed if this was something we could even do again. We decided to give it one more chance. We didn't get another call for months. When we did, it was for two girls. One was eight and one was only 16 months old. We talked it over and decided to accept them. I have never been more grateful for a decision in my life.

A few hours later, two girls came up my driveway. They were sweet, and scared. I looked at them, and a thought popped into my head that I had no right to have. These are my daughters. When I realized what I'd thought I was shocked. I tried to forget the thought, but over the next year, again and again it was there. The point came when their biological mother recognized that she wasn't able to care for them, and signed her rights away. One of the worst days of her life I'm sure, but when I looked at the Judge in the eye, and said these kids had been mine from the minute I saw them, and he was able to say "petition granted" it was the best day ever. We were, finally, a family.

"The soul would have no rainbow if the eyes had no tears."

-Navajo Proverb

Generosity Abounds

By Debbie Hofhines, UFC Development Director

Journey with Utah Foster Care

Are you a fan of Utah Foster Care? Our mission is to support you in the often-challenging work of nurturing our vulnerable ones. Would you like to get a behind the scenes tour of UFC's mission and message?

I'd like to invite you to attend one of our bi-monthly Journey with Utah Foster Care tours taking place at the Murray office. These are one-hour evening events, where we work hard to educate and inspire. It's a great way to share why you love foster care with your friends, family, and associates. I invite you to come and bring a guest or two.

For dates of upcoming tours, please call or email me at debbie.hofhines@utahfostercare.org or (801)783-4004. We always have snacks on hand and promise you it will be worth the effort to get here. If you're interested, once you've visited a tour, we can discuss taking the Journey on the road to your home, work, or place of worship.

If we've already won you over and you love the services we provide, perhaps you'd be interested in being a volunteer at our annual fundraising Fostering Hope Luncheon on May 11th in SLC. This is a free luncheon meant to amaze and inspire those in attendance. Our hope is that folks will want to help by giving UFC a monetary gift to support the programs that richly benefit the lives of children in foster care; however, there is no obligation to give. We just need to get interested people there, and then it will be our job to inspire them to give! If you're interested in hosting a table of 10 to this free luncheon, please contact Debbie.

Again, you fabulous foster parents are the backbone of Utah's child welfare system, and it hasn't gone unnoticed throughout the country. Teaser: you'll hear more about that later.

Thank you for all you do!

Fostering Hope Luncheon

SPLORE

open for adventure

Would you and your family like the opportunity to try a new activity? Not sure where to begin? Splore is offering foster families, just like yours, an opportunity to try something new for a minimal cost!

Cost: $10 per individual, $20 for a family of 4 and $5 for each additional family member.

Includes: lunch, transportation from UFC's Murray office at times listed, equipment and guide instruction.

To reserve your spot: contact Splore today and be sure to reference Utah Foster Care: info@splore.org or (801) 484-4128.

April 1st: Snowshoeing, 10-2pm, Millcreek Canyon

Cider & Donuts Provided

Group Size: 12

Sign up Deadline: 3/27

May 20th: Spring Canoeing and Bird Watching 10 -2pm, Jordan River

Lunch Provided

Group Size: 12

Sign up Deadline: 5/15

June 3rd: Sunset Climb, 5-9pm, Pete's Rock

Dutch Oven Dinner Provided

Group Size: 12

Sign up Deadline: 5/29

June 17th: Stand Up Paddleboarding, 10-3pm, East Canyon

Lunch Provided

Group Size: 12

Sign up Deadline: 6/12

July 1st: Climbing, 10-2pm, Storm Mountain

Lunch Provided

Group Size: 12

Sign up Deadline: 6/26

July 15th: Stand Up Paddleboarding, 10-2pm, Jordanelle

Lunch Provided

Group Size: 12

Sign up Deadline: 7/10

August 5th: Outdoor Climbing, 10-2pm, Dogwood

Lunch Provided

Group Size: 12

Sign up Deadline: 7/31

August 19th: Canoeing, 10-2pm, East Canyon

Lunch Provided

Group Size: 12

Sign up Deadline: 8/14

SPLORE: Special Opportunity

open for adventure

MOAB, UTAH – WHITE WATER RAFTING

Fisher Tower Overnight

This section of the Colorado River wanders through some of the most spectacular landscape in America. Look forward to relaxing in the sun, swimming in the river, floating through rapids and enjoying beautiful vistas.

There are two dates to choose from:

July 8 & 9 OR **July 22 & 23**

Cost: $200 for a family of 4 and $50 for each additional family member.

Includes: Guides, rafting equipment, camping equipment while on river and 2 lunches, 1 dinner and 1 breakfast. Participants are responsible for transportation to and from Moab.

Any questions or to reserve your spot: contact Splore today at info@splore.org or call (801)484-4128 and be sure to reference Utah Foster Care.

WISHING WELL FUNDS

Utah Foster Care has funds available to meet the special needs of children in foster care when DCFS is unable to meet these needs. These funds are limited.

Contact Your Regional Office for More Info:

Northern Region
Maegen Bernardo
(801) 392 – 1114

Salt Lake Valley Region
Tina Porter
(801) 994 – 5205

Western Region
Jessica Hannemann
(801) 373 – 3006

Eastern Region
Faith Spencer
(435) 724 – 0959

Southwest Region
Diane Callister
(435) 656 – 8065

Please Remember:

- Dispersal of funds can take up to four weeks
- Checks are mailed to the foster parent's home address
- Funds are for children in foster care ONLY
- Items covered by the reimbursement or by Medicaid are not eligible

A Word on Vacations:

- A child in care can receive vacation funds once in their lifetime
- Vacation funds are restricted monetarily & may not cover all costs

Utah Foster Care
5296 South Commerce Drive, #400
Murray, UT 84107

utahfostercare.org

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IN PARTNERSHIP WITH UTAH DIVISION OF CHILD & FAMILY SERVICES

Be in the moment. Even if, in the moment,
we are washing dishes.