

♥ fosteroster

UTAH'S FOSTER FAMILY MAGAZINE





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A close-up photograph of a young boy with dark hair, looking slightly to the left with a gentle smile. He is holding a violin and a bow, which are visible in the foreground. The background is softly blurred, showing what appears to be an indoor setting with a window.

**Wishing
Well funds...
smiles.**

Save the Date! | April 20, 2017

Utah Foster Care Annual Symposium: featuring Dr. Stuart Ablon

By: Mick Woolsey, Director of Education, UFC



J. Stuart Ablon, Ph.D., is the Director of Think: Kids in the Department of Psychiatry at Massachusetts General Hospital. He is also Associate Clinical Professor of Psychology in the Department of Psychiatry at Harvard Medical School. Dr. Ablon co-founded the Center for Collaborative Problem Solving where he also served as Co-Director from its inception until 2008. Dr. Ablon is co-author of *Treating Explosive Kids: The Collaborative Problem Solving Approach* and author of numerous articles, chapters and scientific papers on the process and outcome of psychosocial interventions. A dynamic and engaging speaker, Dr. Ablon was recently ranked #5 on the list of the world's top rated keynote speakers in the academic arena.

Dr. Ablon's research has been funded by, amongst others, the National Institute of Health, the American Psychological Association, the American Psychoanalytic Association, the International Psychoanalytic Association, the Mood and Anxiety Disorders Institute, and the Endowment for the Advancement of Psychotherapy. Dr. Ablon received his doctorate in clinical psychology from the University of California at Berkeley and completed his pre-doctoral and post-doctoral training at Massachusetts General Hospital and Harvard Medical School. Dr. Ablon trains parents, educators, and clinicians and consults to schools and treatment programs throughout the world in the Collaborative Problem Solving approach.

We are so excited to have Dr. Ablon speak at the UFC Annual Symposium on April 20, 2017. Watch for more info on FACEBOOK and mark your calendars.

Collaborative Problem Solving: "Where there's a skill, there's a way!"

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

SPLORE

open for adventure

As Winter is upon us, 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, 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.

January 14th: Snowshoe, 9-1pm, East Canyon

Hot Lunch & Hot Chocolate Provided

Group Size: 12

Sign up Deadline: 1/9

February 11th: XC Skiing, 9-1pm, Mountain Dell

Hot Lunch & Hot Chocolate Provided

Group Size: 12

Sign up Deadline: 2/6

March 11th: Full Moon Shedding, 5-8pm, TBA

Dutch Oven Dinner Provided

Group Size: 12

Sign up Deadline: 3/6

April 15th: Snowshoeing, 9-1pm, Millcreek Canyon

Lunch Provided

Group Size: 12

Sign up Deadline: 4/10

The Importance of Emotional Regulation

By: Les Harris, Trainer, UFC

Last year I had the privilege of presenting to a group of foster and adoptive parents in Murray. The topic of the course included a discussion of the need for parents to maintain emotional regulation in order to both model and teach children to do the same. Many of the strategies involved skills many parents have become familiar with over the past few months—speaking in soothing tones, getting below eye level and using empathy, among others. As the participants exited the training I harbored hope they would find many of the concepts useful.

A few months later, while attending a conference, a woman approached me and reminded me she attended the course in Murray and wanted to tell me how she was able to implement some of the strategies and then added, “it was like magic.” Her words, not mine.

Later in the day, another woman approached me to inform me she too had implemented some of the parenting techniques she learned in Murray. I was surprised to hear her use these words: “it was magic.”

These experiences reinforced an important concept I have hoped would resonate among all parents working with children who exhibit difficult emotions and behavior: emotional self-regulation in children starts with parents who can consistently apply self-emotional regulation themselves.



GREAT READS: EMOTIONAL REGULATION

No Drama Discipline

By Daniel J Siegel & Tina Payne Bryson

The Whole Brain Child

By Daniel J Siegel & Tina Payne Bryson

Peaceful Parent, Happy Kids

By Dr. Laura Markham

Peaceful Parent, Happy Siblings

By Dr. Laura Markham

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195 NORTH 1950 WEST, SLC

Eastern Region DCFS Offices

NEED TO REACH YOUR RFC?

CALL YOUR LOCAL DCFS OFFICE ...

Blanding (435) 678 - 1491

522 NORTH 100 EAST

Castle Dale (435) 381 - 4730

1060 NORTH DESBEE DOVE ROAD

Moab (435) 259 - 3720

1165 SOUTH HIGHWAY 191, #1

Price (435) 636 - 2360

475 WEST PRICE RIVER DRIVE, #152

Roosevelt (435) 722 - 6550

140 WEST 425 SOUTH, #330 - 15

Vernal (435) 781 - 4250

1052 WEST MARKET DRIVE

FIND MORE RESOURCES ONLINE

utahfostercare.org/eastern



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!*

GRAND/SAN JUAN CLUSTER

Kaycee (435) 260 - 7372
Jackie (435) 678 - 3019

CARBON/EMERY CLUSTER

Karen (435) 749 - 1012
Janarie (435) 820-6162

UINTAH BASIN CLUSTER

Heather (435) 401 - 1097
Shanna (435) 722 - 6885

GRAND/SAN JUAN CLUSTER

Effects of Trauma on Adolescents

Les Harris, LCSW

December 14; 6:00-9:00pm

Blanding DCFS/522 N. 100 E.

Learn the effects of trauma on youth and ways to help them manage difficult emotions and behaviors.

GRAND/SAN JUAN CLUSTER

Child Development

Les Harris, LCSW

January 18; 6:00-9:00pm

Blanding DCFS/522 N. 100 E.

By understanding typical child development parents can establish appropriate expectations for children's behavior.

GRAND/SAN JUAN CLUSTER

Motivating Teens

Les Harris, LCSW

February 22; 6:00-9:00pm

Moab DCFS/1165 S. Hwy 191

Learn to establish and maintain expectations for helping keep teenagers motivated.

Grand/San Juan News

We hope you all enjoyed the Dino Park and having time together as a family! Do you have ideas for our next foster family appreciation event? Please let Jackie, Kaycee or Joel know your thoughts.

Merry Christmas to all of our wonderful families. We wish you a wonderful 2017!



CARBON/EMERY CLUSTER

Helping Children with ADHD

Les Harris, LCSW

December 7; 6:00-9:00pm

Price DCFS / 475 W. Price River Dr.

Foster and adoptive parents will learn important characteristics of this common diagnosis for children in care.

CARBON/EMERY CLUSTER

Legal Panel

Carbon/Emery County Legal Team

January 11; 6:00-9:00pm

Price DCFS / 475 W. Price River Dr.

Informative opportunity to understand the legal process for children in care.

CARBON/EMERY CLUSTER

Motivating Teens

Les Harris, LCSW

February 8; 6:00-9:00pm

Castle Dale DCFS / 1060 N. Desbee Dove Rd.

Learn to establish and maintain expectations for helping keep teenagers motivated.

Carbon/Emery News

Transitioning from our Trunk or Treat Halloween to our Christmas party! We'll see you on the 13th for our annual Christmas party. See details in the posted flyer.

Foster Family Holiday Party!

Please attend even if you do not have a foster placement.

December 13; 5:30-7:00pm with dinner & Santa

Carbon County Fairgrounds

Please RSVP by November 30

Kobi: (435) 636-0210 or kobi.prettyman@utahfostercare.org



UINTAH BASIN CLUSTER

Caring for the Sexually Reactive Child

Les Harris, LCSW

January 11; 6:00-9:00pm

Roosevelt DCFS / 350 W. 800 S.

Foster parents who can be comfortable learning to help children who have been sexually abused will find this information to be very important.

Uintah Basin News

Thanks to all who attended our Fall Family Appreciation Event at the Bluebell Corn maze. An even bigger thanks goes to Shanna Goodrich for putting it all together!



A very special thanks to the Realtors throughout the Uintah Basin who filled all the wish list requests for your children in care this Christmas. They donated several thousand dollars in gift cards, toys, clothing and gifts. Please take a moment to say thanks by posting on our Facebook page, and we will send your appreciation to them.

7 Rules to Teach Kids Online Etiquette

COURTESY COUNTS ONLINE, TOO.

By: Caroline Knorr Senior Parenting Editor | Mom of one

<https://www.common sense media.org/blog/7-rules-to-teach-kids-online-etiquette#>



The online activity of our children is constantly in the news and on our minds as parents. As I was researching this topic I found this article on Common Sense Media and wanted to pass the information along to you. – Darcey Hirst, Statewide Retention Services Coordinator, UFC

Teaching Kids Online Manners: Lots of kids -- and alas, adults -- treat the internet like an anything-goes no-man's land. That can be part of the fun -- within reason.

But when people choose aggressively mean-spirited screen names, make spiteful comments, hide behind anonymity to be cruel, send around photos to humiliate others, or just act in a way that would be considered rude in the real world, it creates an environment that doesn't allow kids to experience the best of what the web has to offer. The negativity can actually hurt people and harm reputations.

Here are some guidelines to make it a little more civil.

7 RULES FOR ONLINE ETIQUETTE

Context is everything. If kids want to have silly online names that conform to the convention of a particular online community and only their friends will see, fine. But for more formal communication -- like email addresses, posting comments, or anything to do with school -- have them choose a respectable screen name

(though not their real name) that they wouldn't be embarrassed to utter out loud in front of, say, their grandmother.

Double-check before you hit "send." Could something you wrote be misinterpreted? Is it so littered with slang that it requires a Ph.D. in Urban Dictionary to be understood? Is it rude, mean, or sarcastic? Don't send it.

Take the high road (but don't boast about it). Chatting, texting, and status updates are all "in-the-moment" communication. But if there's an escalating sense of rudeness, sign off. No good will come of firing off a nasty comment. You can always write out a response to get something off your chest ... without sending it.

Grammar rules. Rumors of grammar's demise have been greatly exaggerated. But again, context is key. An IM to a friend can dangle as many participles as you want, but anything more formal -- for example, a public online comment or a note to a teacher -- should represent your best self. This applies to capital letters, too. By now, everyone knows that writing in all caps means that you're shouting, but it bears repeating once your kid starts interacting online.

Keep a secret. In today's world, photos, texts, and videos can be posted, copied, forwarded, downloaded, and Photoshopped in the blink of an eye. If you think something might embarrass someone, get them in trouble, compromise their privacy, or stir up drama of any kind, keep it to yourself -- and maybe delete it for good measure.

Don't hide. For safety's sake, kids should use untraceable screen names, but using anonymity to cloak your actions can poison the atmosphere -- and hurt people. If your kids want to be contributing members of the online world, encourage them to post productively.

Remember the Golden Rule. Don't say something online that you wouldn't say to someone's face. And, according to BeyondNetiquette creator Marla Rosner, author of Digital Manners and House Rules for Kids: A Parent Handbook, you can actually take that a step further. If you do have something negative to say, discussing it in person is a better way to resolve your issues.

The Giving Season-Lots of Ways to Help!

By Debbie Hofhines, Development Director, UFC



We are inundated with holiday commercialization and the message of “buy, buy, buy”; most of us understand the true meaning of the season is to love and serve our fellow humans. Our hearts are softened and we find ourselves reaching out more to those who struggle so much in this life. Caring individuals approach Utah Foster Care with a desire to support children in foster care. Donations of quilts, backpacks, bedding, books and holiday gifts flood our offices because of generous caring communities.

Have you been approached by friends, family members, or even community partners interested in ways they can help the foster family community? Here are some suggestions to give them (and possibly YOU, as you do your holiday shopping).

- **Amazon Smile**- Sign up for Amazon Smile and choose UFC as your charity. UFC will benefit from every purchase you make. Even if you have a prime account, login in through www.smile.amazon.com and choose our charity 87-0619181, Every time you login through smile.amazon.com, UFC and subsequently, kids in care will benefit.
- **Smith’s** - Planning holiday meals and a get-together? Shop at Smiths and link your Smiths Rewards card to UFC.
- **Wishing Well Fund** – Holiday giving is great, but as you know, children in foster care have needs year-round. Tell them how a donation to our Wishing Well Fund at donate.utahfostercare.org/ can help grant special wishes to the children you care for and help “normalize” their lives.

- **Take a Tour!** Twice a month, Utah Foster Care hosts a “Journey with Utah Foster Care” tour to introduce the community to UFC, its mission and purpose. Contact me at debbie.hofhines@utahfostercare.org for more details.

- **Giving Tuesday November 29th** - Make a donation by visiting: <https://givingtuesday.razoo.com/story/Utahfostercare>.

- **Company Gifts** - Major Drilling, based in West Valley, presented Utah Foster Care with a giant check in October, gifting the proceeds of a golf tournament to benefit children in care. Sorenson Legacy Foundation and Utah Families Foundation have also contributed generously this year. Other companies match employees’ monthly pledges, doubling the impact on children.

Of course, we know that the best gift we can give a child in foster care is a nurturing family. Research shows that having a healthy adult relationship in their lives, as well as a skill or talent, greatly increases a child’s success as an adult. It also helps to “normalize” a young person’s experience while in foster care.

You probably aren’t surprised to know that many children in foster care fear they’ll be forgotten at Christmas because they are not home with their biological families. Perhaps they’ve never experienced Christmas giving, as was the case with several teen boys our family fostered. Holidays can also trigger painful or traumatic memories for them.

Kids in foster care deserve the same opportunities as their peers. How better to help them feel included than allowing them to participate in family traditions and celebrations?

I’ve witnessed many beautiful gestures from truly selfless individuals and foundations and I’m grateful for my front-row seat. It especially helps drown out the “buy, buy, buy” noise and makes me thankful to be part of the wonderful community of foster families.

Cheers,

Debbie

debbie.hofhines@utahfostercare.org (801) 783-4004

Forums to Foster Understanding

JOIN US FOR DINNER AND TRAINING CREDIT

Utah Foster Care will be starting the new year with a series of free forums around the state, focused on educating both foster parents and the public about the needs of your community's children in foster care.

It's a way for you, as a foster parent, to earn training hours that count towards your renewing your license. You will hear real-life experiences from local foster families who are caring for teen-agers and sibling groups. And, you get dinner if you RSVP!

We also encourage you to bring a friend or family member interested in foster care. **Please indicate the number of people and which city's forum you are attending in your email to rsvp@utahfostercare.org.**

Families tell us they come away from the forums, feeling more inspired and connected to the foster care community. We hope to see you at one of them!

St. George

January 18th
6:00pm
Falls Event Center
170 South Mall Drive

Ogden

January 23rd
6:00pm
DCFS offices (Stained Glass room)
950 East 25th Street

Salt Lake City

February 9th
6:00pm
Utah Foster Care offices
5296 South Commerce Drive, #400

Orem

February 16th
7:00pm
Utah Foster Care
274 West Center Street

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

journey with us

Have you ever been asked, "What's Utah Foster Care"?

Well... we hold monthly gatherings for people interested in the amazing work we do. These are personal, behind-the-scenes tours for people you know who want to support foster families like yours.

Call Debbie Hofhines at (801) 783-4004 for the date of the next tour or for more information.

