

♥ 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

12 Ideas for Supportive Adults to Help a Young Person in Foster Care Through the Holidays

By Members of Fosterclub
www.fosterclub.org

With the holiday season upon us, I found this article on fosterclub.org and thought it contains good tips. I am sharing a few of my favorites with you.
– Maegen Bernardo, Retention Services Specialist, Northern Region

Prepare the foster youth in your care for the holidays in your home.

Have a discussion with the young person about your family's holiday customs. Do you celebrate over multiple days, or is there one "main" celebration? Are there religious customs? Will gifts be exchanged? What should they wear? Who will they meet? What preparations need to be done in advance? Will there be visitors to the home? Will they be taken on visits to the homes of other family or friends? And in all of these events, will your youth be expected to participate? Knowing what to expect will help to decrease anxiety around the holidays. Avoid surprises and you will decrease seasonal tensions.

Prepare friends and family before you visit.

Let people know in advance about new family members in your home. Surprising a host or hostess at the door with a "new" foster youth may set up an awkward situation — such as a scramble to set an extra place at the table — making the young person feel like an imposition. Your preparation of friends should help cut down on awkward, but reasonable questions

such as "who are you?" or "where did you come from?"

Facilitate visits with loved ones.

The holidays can be a busy time for everyone including foster parents and caseworkers. But it is especially important during this time of year to help your young person arrange for visits with loved ones. Try to get permission for your youth to make phone calls to relatives.

Understand and encourage your youth's own traditions and beliefs.

Encourage discussion about the holiday traditions your young person experienced prior to being in foster care, or even celebrations they liked while living with other foster families. Incorporate the traditions the youth cherishes into your own family celebration, if possible.

Assist in purchasing or making holiday gifts or in sending cards to their family and friends.

Allow young people to purchase small gifts for their relatives, or help them craft homemade gifts.

Understand if they pull away.

Despite your best efforts, a young person may simply withdraw during the holidays. Understand that this detachment most likely is not intended to be an insult or a reflection of how they feel about you, but rather is their own coping mechanism.



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195 NORTH 1950 WEST, SLC

Northern Region DCFS Offices

NEED TO REACH YOUR RFC? CALL YOUR LOCAL DCFS OFFICE ...

Bountiful (801) 397 – 7640

57 WEST 200 NORTH

Brigham City

(435) 734 – 4075

1050 SOUTH MEDICAL DRIVE, #B

Clearfield (801) 776 – 7300

1350 EAST 1450 SOUTH

Logan (435) 787 – 3400

115 WEST GOLF COURSE ROAD, #B

Ogden (801) 629 – 5800

950 EAST 25TH STREET, #C

FIND MORE RESOURCES ONLINE

utahfostercare.org/northern



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!*

CACHE VALLEY CLUSTER

Laura (435) 753-7232

BOX ELDER CLUSTER

Holly (435) 851-2509

OGDEN CLUSTER

Amber (801) 814-5693

Millie (801) 866-9524

NORTH DAVIS CLUSTER

Jenn (801) 633-4155

WEBER WEST CLUSTER

Heather (801) 589-9839

SOUTH CENTRAL DAVIS CLUSTER

Trisha (801) 791-0807

Janica (801) 668-0499

LEVEL III CLUSTER

Jill jillybeanner@hotmail.com

CACHE VALLEY CLUSTER

No meeting in December

Happy Holidays!

CACHE VALLEY CLUSTER

Understanding Your Teen

Brian Young, SSW

January 20; 6:30-8:30pm

Logan DCFS / 115 W. Golf Course Rd.

We will be having our post-holiday dinner combined with this exciting training! Please be prepared to bring a dessert or side dish and everyone must RSVP to attend.

laura.nelson@digis.net

BOX ELDER CLUSTER

No meeting in December

Happy Holidays!

BOX ELDER CLUSTER

Level 3 Q&A

January 6:30-8:30

Brigham City DCFS / 1050 S. Medical Drive

Learn about Level 3 and bring any questions you have.

OGDEN CLUSTER

No meeting in December

"If I could give you any gift, I'd give you love and laughter, a peaceful heart, a special dream and joy forever after."

OGDEN CLUSTER

Attachment

Tara Adamson, CMHC

January 26; 6:00-8:00pm

Ogden High School

The Director of Monarch Counseling will teach us about attachment. RSVP: milliepfaff@yahoo.com

NO DAVIS/WEBER WEST CLUSTER

No meeting in December

Happy Holidays!

NO DAVIS/WEBER WEST CLUSTER

Sexual Abuse

Liz Rivera, MS, SSW

January 12; 6:00-9:00pm

Clearfield DCFS / 1350 E. 1450 S.

We'll discuss how to support children who've been sexually abused and how to handle inappropriate behaviors.

In-service hours for books read, online research, or any other independent study must be pre-approved through your RFC.

SOUTH/CENTRAL CLUSTER

No meeting in December

Happy Holidays!

SOUTH/CENTRAL DAVIS CLUSTER

Secondary Trauma

Tara Adamson, CMHC

January 4, 6:00-8:00pm

Trisha's Place / 972 Parkway Dr. NSL

Secondary trauma affects so many of us as foster parents, whether it is affecting our lives or the lives of the kiddos in our care. Come learn all about it and how to cope!

Waiting till the last minute of your license year to get your re-licensing hours has been proven to create huge amounts of unnecessary stress...

LEVEL III CLUSTER

Annual Christmas Party

December 16; 6:30-8:30pm

Ogden DCFS / 3340 S. Harrison Blvd.

We will serve dinner and do our white elephant gift exchange at the Ogden DCFS building.

RSVP:

jillybeanner@hotmail.com / (435)850-0028

LEVEL III CLUSTER

Legal Side of Child Welfare

Michelle Sullivan

January 19; 6:30-8:30pm

Ogden DCFS / 3340 S. Harrison Blvd.

Learn and ask questions about the legal side of child welfare and the court process.

RSVP:

jillybeanner@hotmail.com

PEER PARENT TRAINING

Peer parents teach home management and life skills. Watch for upcoming trainings to be offered and come learn more about this valuable program! Contact the Family Support Center for further information.



No Disposable Children

By Maegen Bernardo, UFC Retention Specialist

Ten years ago, my parents adopted my youngest brother Kyle through foster care. At age 17, he had essentially been raised in the foster care system in California and Utah, shuffling among multiple foster homes.

After it became painfully evident that his mother would not kick the addiction that plagued her, Kyle started allowing himself to dream about ending the “musical foster homes” game and become part of a forever family.

These feelings of wanting to belong come as a surprise to many people who may think teens are almost adults and don't have the desire for permanency. I will never fully understand the experience of a child in foster care. But here is what I do know: children in foster care are just that—first and foremost, CHILDREN.

DCFS and Utah Foster Care would like foster families to consider expanding the age range of children they will accept, and consider fostering teen-agers. To provide you with more information, we are offering a free Fostering Teens Forum that counts as two hours of in-service training.

Fostering Teens Forum

Please RSVP!

Monday, January 23rd

6:00pm – 8:00pm

Ogden DCFS office- 950 East 25th Street

Dinner will be provided to those who RSVP at rsvp@utahfostercare.org or 801-392-1114.

A panel of local foster families will share their experiences caring for teens. Please share this event with friends/family! If you RSVP no later than 5:00pm on Wednesday, January 18th, you can be part of a drawing to win a free gift card.

Another aspect of multiple foster homes that my brother Kyle found demoralizing? Seeing all his belongings thrown into disposable garbage bags!



As Kyle said, “I already felt rejected by everyone in my life. Hauling my belongings in garbage bags just validated those feelings. I am garbage.”

BUT WE CAN CHANGE THAT! Suitcases, duffel bags, backpacks—use them! If you need assistance finding them, call your caseworker or Resource Family Consultant (RFC).

The sledgehammer storm of emotions that accompany the traumatic foster care lifestyle is, at best, overwhelming and unimaginable. Almost miraculously, the storm can be calmed through the dedication and devotion of caseworkers, therapists, and most importantly and significantly, the foster family. With their guidance and love, children of all ages can begin to make sense of their lives and feel valued.

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
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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.

