

# ♥ 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](mailto: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

# Cheers to a New Year!

By Marissa Douglas, Retention / Recruitment, UFC

*“The only way to get started is to quit talking and begin doing.” – Walt Disney*

New Year’s resolutions, anyone? I dislike setting myself up for failure, so when it comes to a new year and whether or not you want to describe resolutions as a goal, intention, commitment or self-torture, I go easy on myself! I do like to set goals and track my progress, but most importantly I like to be genuine about it. Listed below are some ideas to consider if you’re planning new resolutions.

•**Be Realistic:** Make a goal that you want and can achieve. I know if I say I’ll eat greens with each meal of the day; I find myself hiding under the covers the first night guiltily eating M&M’s. I haven’t been truthful about what I’m willing to do! If you want to cut back on eating sweets, start out slow and simple. That may look like foregoing a dessert each night, but, rewarding yourself with a few M&M’s each day and then a dessert night once a week!

•**Cheerleaders:** Get your family and friends involved! Let them know what your goals are and keep them in the loop of your progress. It’s easier with a support system in place. My kids are really great at keeping me in line. When they are aware of what I’m working towards they ask if I accomplished it, when I’m going to, and sometimes annoy me enough that I get it done! Sharing out loud, (even on social media) may help in dedicating yourself, and hold you accountable to your goals.

•**Make time:** Once you’re committed with a specific goal in mind, set aside the time you need to make it happen. Each Sunday, look at the week ahead and design your schedule; setting time required to continue progression.

•**Get back up:** You are going to have a bad day, week or maybe even an off month with your progress. Don’t beat yourself up, none of us are perfect—mistakes are allowed. It’s not about you falling down, but that you keep getting UP!

## Adoption Celebration

*Katrina Wood paints the faces of happy kids!*



*Tifiny Rose speaks about her experiences with adoption.*



*Amy Bates & daughter, Megan, celebrate adoption.*

## UTAH FOSTER CARE (UFC)

### Southwest Region UFC Staff

Ben Ashcraft

AREA REPRESENTATIVE

Amy Bates

RECRUITER

Marissa Douglas

RECRUITER/RETENTION SPECIALIST

Cliff Farnsworth

TRAINER

Denice Becham

TRAINER

Diane Callister

RETENTION SERVICES SPECIALIST

### UTAH DIVISION OF CHILD & FAMILY SERVICES (DCFS)

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](http://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

Amy (435) 586-7403

### MANTI CLUSTER

Connie (435) 262-1347

### RICHFIELD CLUSTER

Holly (801) 360-1967

### ST GEORGE CLUSTER

KC forkclark@aol.com

#### ST. GEORGE CLUSTER

##### Family Christmas Party

**December 7; 6:00-8:00pm**

*Staheli Farms*

Enjoy some food and fun with other families out at Staheli Farms. More details to follow. Must RSVP to Diane to attend.

Staheli Farms: 3400 S Washington Fields Rd; Washington

#### ST. GEORGE CLUSTER

##### Foster Families Forum

**Ben Ashcraft, LMFT**

**January 18; 6:00-8:00pm**

*Falls Event Center / 170 S. Mall Dr.*

Training will include a panel of foster parents and teens from foster care. Light dinner will be served.

[rsvp@utahfostercare.org](mailto:rsvp@utahfostercare.org)

#### CEDAR CLUSTER

##### Family Christmas Party

**December 7; 5:00-6:30pm**

*Paiute Tribal Office Gym*

Enjoy the holiday fun with other foster families. Bring a dessert or side dish to share. Please RSVP. Paiute Tribal Office: 440 N. Paiute Dr; Cedar City

#### CEDAR CLUSTER

##### Positive Behavior Intervention

**Amy Bates, UFC Cluster Facilitator**

**January 19; 7:00-9:00pm**

*Festival Hall / 105 N 100 E*

Come learn how to help young children who are exhibiting difficult behaviors.

#### FOUNDATIONS FOR YOUTH

##### Class 1

**Denice Beacham, UFC**

**December 6; 5:30-9:30pm**

*St. George UFC / 491 E Riverside Dr #2B*

Introduction and Solution-Focused Relationships.

#### FOUNDATIONS FOR YOUTH

##### Class 2

**Denice Beacham, UFC**

**December 19; 5:30-9:30pm**

*St. George UFC / 491 E Riverside Dr #2B*

The Effects of Trauma on Adolescent Development.

## 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](mailto:cliff.farnsworth@utahfostercare.org)



**RICHFIELD CLUSTER**

**Family Christmas Party**

**Date & Time TBA**

*Venice LDS Chapel / 170 S. Main St.*

Enjoy the holiday fun with other foster families. Bring a dessert or side dish to share. Please RSVP to Holly (801) 360-1967.

**RICHFIELD CLUSTER**

**CPR/ First Aid Training**

**Sevier County EMS Staff**

**Date & Time TBA**

*Sevier County EMS Building*

Training will cover basic CPR/ First Aid training needed for foster parents. Sevier County EMS Building; 67 N 400 E, Salina.

**MANTI CLUSTER**

**Cluster Family Christmas Dinner**

**December 10; 6:00-8:00pm**

*Moroni City Building / 80 S. 200 W.*

Enjoy an evening out with family. RSVP to Connie (435) 262-1347. We need a count for the food.

**MANTI CLUSTER**

**CPR/ First Aid Training**

**Sevier County EMS Staff**

**Date & Time TBA**

*Sevier County EMS Building*

Training will cover basic CPR/ First Aid training needed for Foster Parents. Sevier County EMS Building; 67 N 400 E, Salina.

**FOUNDATIONS FOR YOUTH**

**Class 3**

**Denice Beacham, UFC**

**January 10; 5:30-9:30pm**

*St. George UFC / 491 E Riverside Dr #2B*

Introduction to Life Skills Assessment and Learning Plans.

**FOUNDATIONS FOR YOUTH**

**Class 4**

**Denice Beacham, UFC**

**January 24; 5:30-9:30pm**

*St. George UFC / 491 E Riverside Dr #2B*

Transition to Adult Living Skill Building.



*Thanks to everyone who came to our St. George Women's Retreat!  
A great time was had by all.*



# Anticipating Holiday Triggers

By Cliff Farnsworth, LCSW, Trainer, UFC

Wow, it is THAT time of the year, the weather outside is changing, the days are getting shorter, and anticipation is in the air. The holiday season is upon us! Holiday is about family gatherings. For many people that is a very happy thought but for others it is not. Whatever your idea is for “The Holiday Season,” the reality is it may be very different for children in foster care in your home.

This time of year is often filled with uncertainty for children who find themselves in foster care for a variety of reasons. For some, there is a great deal of stress and anxiety about what is going to happen in their lives. They may be wondering if they will ever go back home and be with their parents and siblings again. For others they may be wondering if they will ever have a permanent family again. For still others it may be as simple as having traumatic memories of what the Holidays were like in their past experiences. Everywhere they look they may see reminders of what was, what is, or what may never come to be. With those thoughts in mind, here are some ideas for how to help them navigate the holidays.

•**TAKE CARE OF YOURSELF!**: You will be no good to anyone else if you are not in a good place. Pay attention to how you are doing so you can be there to help the child out. Clearly identify those things you can do to take better care of yourself.

•**Talk with children about their parents:** It is common for children in care to feel loyalty issues (guilt if they feel happy with you when they are not with their parents). Help them understand it is okay to think and talk about their parents in positive ways. It is a good idea to do this before the holidays get here.

•**Help children find ways to participate:** Consider your child’s cultural background and identify with each child ways that you can make the holidays meaningful for them. Involve them in planning around the potential activities and share expectations to help them relax.

•**Have a clear plan:** Children in care often struggle with a lack of control in their lives. They tend to do

best with consistency and stability. The more you can do to help them know what the plan is the better they are likely to respond. Fear of the unknown is a big challenge for them.

•**Help children prepare for family gatherings:** Children in care may be overwhelmed by family gatherings. They may be meeting new people for the first time and encounter a fair amount of “chaos”. Have an identified plan for the child so they know what to do if they are feeling overwhelmed. It is also important to consider how extended family may respond to the children placed in your home. Help your family have clear expectations about how to help children enjoy the Holidays.





# 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](http://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/](http://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](mailto: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](mailto: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](mailto: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.

