

♥ 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.
– Jessica Hannemann, Retention Services Specialist, Western 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.

UTAH FOSTER CARE (UFC)

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

Western Region DCFS Offices

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

Heber City (435) 657 - 4200
69 NORTH 600 WEST

Am Fork (801) 763 - 4100
861 EAST 900 NORTH

Orem (801) 224 - 7820
1106 NORTH 1200 WEST

Sp Fork (801) 794 - 6700
607 EAST KIRBY LANE

Provo (801) 374 - 7005
150 EAST CENTER STREET, SUITE 5100

Nephi (435) 623 - 7207
1403 SOUTH MAIN

Delta (435) 864 - 3869
39 SOUTH 300 EAST

Fillmore (435) 743 - 6611
55 WEST 100 NORTH

FIND MORE RESOURCES ONLINE

utahfostercare.org/western



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!*

NORTH CLUSTER

Amanda
utahnorthcluster@gmail.com

CENTRAL CLUSTER

Beth
utahcentralcluster@gmail.com

SOUTH CLUSTER

Teresa
utahsouthcluster@gmail.com

LEVEL III CLUSTER

Staci
staci0625@gmail.com

ADOPTION CLUSTER

Jessica
(801) 373-3006

UFC GROUP

Foundations for Youth, Class 4

Maggie Noyes, SSW

December 19; 5:30-9:30pm

Fred House Academy/14727 Minuteman Dr

Transition to Adult Living Skill Building.

This is the end of the Autumn series.

Fred House Academy is located in Draper.

UFC GROUP

Foundations for Youth, Class 1

Liz Rivera, MS, SSW

January 30, 2017; 5:30-9:30pm

Fred House Academy/14727 Minuteman Dr

Introduction & Solution-

Focused Relationships.

This is the start of the Winter series.

Fred House Academy is located in Draper.

UFC GROUP

Foundations for Youth, Class 2

Terri Rowley, LCSW

February 27; 5:30-9:30pm

Fred House Academy/14727 Minuteman Dr

The Effects of Trauma on
Adolescent Development.

Fred House Academy is located in Draper.

UFC GROUP

Foundations for Youth, Class 3

Terumi Sagers, BS

March 27; 5:30-9:30pm

Fred House Academy/14727 Minuteman Dr

Introduction to Life Skills
Assessment & Learning Plans.

Fred House Academy is located in Draper.

Locate your Cluster...

North: Cities north of Lindon to the Utah County border

South: Cities south of Provo including Millard/Juab

Central: Provo/Orem & Wasatch/Summit (for now)

Level III: Those who care for Level 3 children

Kinship: Those who hold Kinship foster care licenses

Adoption: Those who have adopted from Utah's foster care system (with or without current licenses)

RSVP FOR CLASSES & CLUSTERS!

If a class or Cluster is cancelled, moved or rescheduled, we can only alert you if you've RSVP'd!

Help us help you — RSVP!

RSVP: PHONE NUMBERS & E-MAIL ADDRESSES IN THE LEFT SIDEBAR.

UFC GROUP

The Gift of a Storybook

Terri Rowley, LCSW

December 5; 6-8pm

Orem UFC/ 274 W Center Street

Stories of growth and healing are wonderful tools. Come listen to a bed time story. We will review fun books that make great gifts. This will be a fun night!

UFC GROUP

Preventing Problem Behaviors

Maggie Noyes LCSW

December 12; 6-8 pm

Orem UFC/ 274 W Center Street

Benjamin Franklin once said "an ounce of prevention is worth a pound of cure." Come learn effective skills for managing problem behaviors before they begin.

UFC GROUP

Power of Positivity

Maggie Noyes LCSW

January 12; 6-8 pm

Orem UFC/ 274 W Center Street

Learn how to build foundational relationships with your foster children, while reinforcing positive behaviors.

UFC GROUP

Infertility Issues

Camille Hawkins, Infertility Center

January 24; 6-8pm

Orem UFC/ 274 W Center Street

Lessons, loss and living with infertility. Husbands and wives welcome. Terri Rowley, LCSW will also present at this training.

LEVEL 3

Active Shooter & Home Crisis Plan

Orem PD Officer Parasskeva

December 8; 6-8pm

Orem UFC/ 274 W Center Street

Active shooter response and establishing a home crisis plan.

KINSHIP

Fetal Alcohol Spectrum Disorder

By Lynn Tanner, RN

December 9; 6-8pm

Orem UFC/ 274 W Center Street

This is a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning.

CENTRAL

Birth Families

January 16; 6:30-9:30pm

Orem UFC/274 West Center St Orem

Productive ways to work with birth families. Remembering they miss their children too.

NORTH

Lunch with DCFS & UFC

Panel Presentation

January 24; Noon-2pm

Orem UFC 274 West Center

Light lunch is served. Please bring a dessert to share. Meet Casey Christopherson, Director of DCFS Western Region, RFC's, caseworkers, Utah Foster Care, and fellow foster parents. We'd love to see you.



Pumpkin Festival

By: John L. Thill II, Western Region Area Rep, UFC



Unlike most days this year, the morning of Monday October 17th started with dark clouds and rain! The day of fun planned for the annual Pumpkin Festival at Jaker's in Springville looked to be in jeopardy. As the day went on though, the clouds parted, the sun began to shine, the ground dried up from the morning showers and there was hope on the horizon! The fun and memories were going to happen as scheduled!

Metaphorically, the outline of this "day" may resemble the lives of many children in care. When trials and trauma happen life seems gloomy and raining. When life picks up and structure, consistency, boundaries and love abound, life is as if the sun begins to shine. Eventually the traumas in life are mitigated, fun follows and great memories are made!

Having this event at Jaker's, with family and friends was a real treat. We were able to see longtime friends who are providing for children in care. We love and appreciate you! We were also able to mingle with families wanting to learn more about foster care. Together these families ran through the corn maze, took a tractor hay ride, decorated over 75 pumpkins, braved the haunted house, and dug around in the corn kernel pit!

As recruiters for Utah Foster Care, our main goal for hosting events, like the Pumpkin Festival, is to introduce the general public to the need for quality foster and adoptive parents in our area. With over 600 children in care in the Western Region and just over 300 families to care for them, we have a real need for more families to get licensed and begin making a difference. While most of the children coming into care recently have at least 2 siblings coming with them, our greatest need is for families who can take in larger sibling groups. Although our "job" (we like to refer to it as our passion) is to recruit families to meet these needs, we weren't the only ones talking about this important need!

Currently licensed foster mom, Misty Mendenhall, shared the following on our Facebook page just after the event. "Not only did my family have a blast at the pumpkin festival, but after painting pumpkins a family approached us and asked if we did foster care. They had a lot of the same questions and reservations we had when first contemplating being a foster family. I very much enjoyed sharing with them our feelings on the importance of foster care, as well as answering questions about how to prepare their family. We almost did not come because the family we were going to bring could not come. It was a great experience, thanks for being out there recruiting families and for the fun today."

We are so thankful for all of the families that came to play with us and shared positive experiences with others about life as a foster parent. Whether you do so at our events, on Facebook, or in the grocery store, we thank you! You are our greatest tool for sharing this important message that we need good families to help Utah's children. We also appreciate what you do with the children in your homes. You are making a wonderful difference. Keep up the great work! As you work hard, day in and day out, to provide a safe & loving home for the children in care you break up grey cloudy skies, send away the rain, and let the sun begin to shine through again on the lives of deserving young people.



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.

