



UTAH'S FOSTER FAMILY MAGAZINE

♥ fosterroster

EASTERN REGION

SENIOR STAFF

Kelly A. Peterson
CEO

Mike Hamblin
RECRUITMENT

Mick Woolsey
EDUCATION

Nikki MacKay
RETENTION

Deborah Lindner
COMMUNICATIONS

Kelly Engleman
DEVELOPMENT

BOARD

Erik Ence
CHAIR

Robert Gerlach
VICE CHAIR

Jim Balderson
Alan Blood
Gabe Garn
Landon Hardcastle
Gene Hayes
Dave Hilliard
Carol Hunter
Jillian Lessner
Frank Nakamura
Lance Rich
Jeannine Timothy
Melissa Warnock
Wayne Woodfield

FOSTERROSTER

Darcey Hirst
EDITOR

PrestoPrint
PRINT & FULFILMENT SERVICES



A TRADITION
of EXCELLENCE



SAVE THE
DATE!

UTAH FOSTER CARE 2019
25 APRIL SYMPOSIUM



PARK CITY
UTAH



A Village of Support

By Kelly Peterson, CEO, Utah Foster Care



It's that time of year when we often reflect on our personal village of support – the people in our lives who love us, who are always there for us.

This is also true in our foster care village – a village of people who offer hope, so children know even though they've been hurt, someone cares, and the world is still good.

Among the many fabled and accomplished tribes of Africa, no tribe was considered to have warriors more fearsome or more intelligent than the Masai. Yet surprisingly their greeting to each other was, "How are the children?" These mighty warriors knew that if the answer was, "All the children are well" that life was good, and peace and safety prevailed.

Protecting the young and powerless is the responsibility of all in our communities

I want to thank foster parents who felt prompted to serve, acted upon it, and are now blessing the lives of children and helping them to heal. You are inspiring an entire generation, who will know the comfort of living within the walls of a safe and loving home, free from trauma.

I also deeply appreciate those individuals, businesses, and community groups throughout Utah, who support foster families by bringing joy to hundreds of children in foster care through their cash and in-kind donations. Over the past decade, Utah Foster Care's Wishing Well Fund alone has provided thousands of wishes to children, totaling more than half a million dollars.

High on the list of UFC supporters are the airmen and women from the 388th Fighter Wing, who joined our village several years ago. They will once again be using their vacation days to deliver more than a thousand gifts to hundreds of children in foster care for the holidays.

Our Utah communities are helping to build each child's faith in a strong village of people who care about them. Our goal is to be able to answer with joy, "The children are well, yes ALL of the children are well."

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
435-261-2368 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

A Christmas Story

By: Eva Goodfellow, Foster Family Recruitment, Utah Foster Care



At age 16, Alan was homeless, with no family or resources. A week before Christmas, Alan came to live at the home of Carl and Eva Goodfellow. Eva picks up the story from there:

When we found out we'd have another teen in our home for Christmas, we quickly scrambled to get presents through Utah Foster Care's Giving Tree program for the new boy. Christmas morning came and my other children awoke bright and early, full of anticipation and joy.

At first, Alan did not join us. My husband finally went to Alan's room and invited him upstairs. Begrudgingly, he sat down.

In our home, we have a tradition of opening one gift at a time, beginning with the youngest. There were six children in all, and Alan was the oldest. As we worked through the names, Alan sat in the corner of the room and did not engage in the conversation. Then, a gift was pulled from under the tree and his name was called. He looked as if he was in shock.

"Me?" he asked.

"Yes, you!"

We came to learn that poverty and neglect was something Alan had experienced his entire 16 years. But in that moment that we handed a gift to him, I realized this was this boy's first Christmas experience.

The gift was a bike –the first bike he had ever owned. Words cannot express the joy I felt that day, as I watched a 16-year old melt into a child. He felt part of a family and a community of caring people. It was an amazing day that has left a forever imprint on my heart.

The bike was the first of many "firsts." Alan's first family vacation. Summer festivals. Backyard barbeques. Family camping trips.

Alan graduated high school and enrolled in the Job Corps firefighting program, helping battle wildland fires for the Forest Service last summer – giving back to his community. My husband and I are so proud of the young man Alan has become – and so glad to be part of this amazing community of foster parents who give older kids like Alan a second chance.

Social Media: TIPS FOR FOSTER PARENTS & CAREGIVERS

Excerpted by: McKay Esplin, Education, Utah Foster Care

While it may be tempting to forbid children and youth to use social media, this is seldom realistic. The Internet and mobile devices are too widespread and accessible. Instead, foster parents should provide guidance and boundaries to help youth in their care use social media safely.

Before talking to youth about social media, make sure you know your child welfare agency's social media policies.

Tips to help youth use social media safely:

- Talk with your youth's caseworker about safety needs and concerns that may affect your youth's use of social media and whether he or she had any past issues with social media use.
- Discuss social media with youth in your care. Ask youth how they use social media and private messaging and why it's important to them. Share Child Welfare Information Gateway's social media tip sheet for youth (<https://www.childwelfare.gov/pubs/smtips-youth/>).
- Set rules for what's okay and what's not. Rules will vary with age, but setting them early is important.
- Set strict privacy settings. Use privacy settings to help youth limit who can find them online, which posts or photos can be seen, and who has contact permissions.
- Teach youth to keep personal information private. Youth should not post their full name, address, school name, phone number, or other identifying information.
- Learn about social media sites and apps. Keep abreast of current technology and best practices for popular social media sites and apps youth are using today. (See this list at <https://www.common sense media.org/blog/social-media-apps-parents-should-know-about>).
- Be aware of online gaming risks. Online games can be unsafe as players often interact with others. Be aware of the games your youth plays and discuss the risks.
- Monitor use. Station computers in shared areas and keep track of mobile device use. Know what type of social media your youth uses. Consider asking for passwords. Installing an online monitoring program can also help watch out for inappropriate use.
- Conduct searches. Every so often, search a youth's name to see what information is publicly available.
- Watch out for profiles on dating apps or matchmaking sites. (See a list of apps at <https://safesmartsocial.com/app-guide-parents-teachers/>).
- Explain the need to be careful. Make sure youth understand that online, not everyone is who they say they are.
- Discuss cyberbullying. Warn youth not to send, forward, or respond to mean or embarrassing messages or pictures.
- Keep lines of communication open. Encourage youth to let you know if an exchange makes them uncomfortable, if someone is sending them inappropriate photos, or if anyone asks to meet them in person.
- Understand their language. Youth in foster care may use abbreviations, hashtags, and emoji in their online communications. Understand that teens communicate in a language different from yours.
- Be prepared to deal with mistakes. When youth slip up and don't follow guidelines, approach the situation as a teachable moment and calmly work together on what to do next.

UTAH FOSTER CARE (UFC)

Eastern Region UFC Staff

Kobi Prettyman
LEAD FOSTER-ADOPTIVE CONSULTANT

McKay Esplin
FOSTER-ADOPTIVE CONSULTANT /
TRAINER

Les Harris
TRAINER

Faith Spencer
RETENTION SERVICES SPECIALIST

Joel Redd
FOSTER-ADOPTIVE CONSULTANT /
RETENTION SPECIALIST

UTAH DIVISION OF CHILD & FAMILY SERVICES (DCFS)

DCFS HQ (801) 538-4100
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) 261-2368
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

Support Groups

CLUSTERS, WHAT ARE THEY?

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 CLUSTER

Audrena (435) 210 - 1963

SAN JUAN CLUSTER

Joel (435) 261 - 2368

CARBON/EMERY CLUSTER

Karen (435) 749 - 1256

Janarie (435) 820 - 6162

UINTAH BASIN CLUSTER

Tiffany (435) 724-6468

GRAND/SAN JUAN CLUSTER

Parenting to Attachment

Les Harris, LCSW

December 4; 6:00-9:00pm

Moab DCFS / 1165 S Hwy 191

Foster and adoptive parents can benefit from recognizing the relational needs of children to enhance their ability to develop lasting bonds with them.

GRAND/SAN JUAN CLUSTER

Attention-Deficit/Hyperactivity Disorder

Les Harris, LCSW

January 23; 6:00-9:00pm

Moab DCFS / 1165 S Hwy 191

Foster parents will learn the characteristics of ADHD and strategies to help children manage their behaviors.

Grand/San Juan News

We have new facilitators in our area. If you don't know them already, get to know them at upcoming trainings.

Audrena, Moab: apadac17@gmail.com or (435) 210-1963

Joel, Blanding: joel.redd@utahfostercare.org or (435) 979-2678



Trunk or treats provided the opportunity to spread the word about the need for more foster parents in our area.

CARBON/EMERY CLUSTER

Caring for the Sexually Reactive Child

Les Harris, LCSW

January 14; 6:00-9:00pm

Price DCFS / 475 W Price River Dr

Foster parents need to recognize children with sexually reactive behaviors and learn methods to help manage them.

CARBON/EMERY CLUSTER

Managing Emotions & Behaviors

Les Harris, LCSW

February 20; 6:00-9:00pm

Castle Dale DCFS / 1060 N Desbee Dove Rd

Recognizing the potential behavioral and emotional indicators of stress in children can help foster parents learn to help children regulate their emotions.

Carbon/Emery News

FOSTER FAMILY HOLIDAY PARTY

December 13; 5:30 at the Fairgrounds

If you haven't already RSVP NOW to kobi.prettyman@utahfostercare.org

RESOURCE SHED

The resource shed is organized and ready for you to get items you may need for children coming in your home.

Please contact Janarie Cammans at (435) 820-6162 if you need something.



Trunk or treats provided the opportunity to spread the word about the need for more foster parents in our area



UINTAH BASIN CLUSTER

Effects of Parental Substance Abuse

Les Harris, LCSW

December 12; 6:00-9:00pm

Vernal DCFS / 1052 W Market Dr

Recognizing the effects of parental substance abuse on children can help caregivers recognize the behavioral and emotional outcomes for them.

UINTAH BASIN CLUSTER

Caring for the Sexually Reactive Child

Les Harris, LCSW

February 6; 6:00-9:00pm

Vernal DCFS / 1052 W Market Dr

Foster parents need to recognize children with sexually reactive behaviors and learn methods to help manage them.

Uintah Basin News

Pick up of Christmas wish-list items for your child in care will be December 15 from 4:00-6:00pm at Faith's home in Roosevelt, 460 E 2000 S. Items may be picked up for you by family members or other licensed families. Please call Faith if you have any questions at (435) 724-0959.

Our deep gratitude goes to the many Realtors throughout the Uintah Basin who shopped for and provided gifts for each request you submitted.

Please send your thanks and Christmas morning experiences to faith.spencer@utahfostercare.org so we can pass those on. They need to know their gifts are needed and appreciated.

Thank you and Merry Christmas!



What Judges Wish You Knew

By: Mike Hamblin, Director of Recruitment, Utah Foster Care

Not long ago, I had the opportunity to meet with Utah's Juvenile Court judges and share with them some of the issues that are important to foster families. In turn, they asked that I share some of their thoughts with you. Chief among these, how important you are to Utah's child welfare system and how much they value the work you do:

"Please tell them how much we appreciate the work they do. Foster parents are the boots on the ground. They carry the water for Utah's child welfare system. Tell them we see their love and concern for the children in their care. Foster parents make the biggest difference in these children's lives, and we would have nothing without them. We are so grateful for their commitment and dedication."

YOUR INPUT IS IMPORTANT AND NEEDED!

At the same time, they want to be sensitive to your privacy. Many judges choose not to identify foster parents in their courtroom due to their desire to respect your privacy. However, they all agreed that they would like you to feel like you can raise your hand and speak up if you have something to add! You are an important member of the team, with information relevant to the courts.

At times there is sensitive information discussed in court and children are asked to be excused. This can be frustrating for foster families, who are often asked to take the children out. The judges recognize this is a concern and that you may need to hear those discussions. They ask that you gently remind them that you would like to remain

in the courtroom and ask if there is someone else who can sit with the children outside for a few minutes.

YOUR EFFORTS TO ENGAGE AND FORM POSITIVE RELATIONSHIPS WITH THE CHILDREN'S BIOLOGICAL PARENTS ARE APPRECIATED.

The judges know that sometimes those same parents make it very difficult. They want you to know that they know it makes a difference for the children – and they see and value your patience, commitment, and persistence in the face of some difficult opposition at times.

JUDGES ARE CONCERNED THAT SOME FOSTER FAMILIES SEEM TO VIEW THEMSELVES AS BEING IN A COMPETITION WITH THE BIOLOGICAL PARENTS.

While judges have the authority to make decisions with enormous repercussions, the decisions they make are governed by Utah's laws. In an article written as he was retiring, one Juvenile Court judge stated that children don't return home when parents have satisfied HIS expectations. In fact, he wrote, if it were based on HIS standards, more children would be in foster care. Children return home when parents have met the minimum requirements set by law.

As a foster parent, sometimes it may feel like the judges are choosing between you and the biological parents. But that couldn't be further from the truth. Judges are not looking at both the biological family and foster family to determine which is best for the child. The judge is determining if the biological family has met the minimum requirements for the child return home. And if the answer is "yes", then children and families deserve to be reunited. Only when the answer is "no," is permanent placement with the foster family considered.

I was impressed with how open and willing the judges were to hear from foster parents. They want your input; they would like to hear your concerns. If you have questions about court or the court process, they want to be able to address those as well. Several judges expressed a willingness to hold some form of orientation and training on court protocol and etiquette for foster families new to court – something we'll be exploring further with them. For now, please know that they value you as important members of a team looking out for these vulnerable children.

Donor Spotlight

By: Kelly Engleman, Development Director, Utah Foster Care

Thank you to our wonderful community of supporters who joined us for Utah Foster Care's Fostering Hope Luncheon. We had an amazing event and the day would not have been possible without the help of many individuals in our community. Thank you to everyone who attended, volunteered, donated, or helped to spread the word about Utah Foster Care.

We would like to give a special shout out to our event sponsors for ensuring the costs of the luncheon were completely covered so every dollar that was raised can go towards the programs that serve our families.

Thank you for being a part of our village!

George S. and Dolores Dore Eccles Foundation
Zions Bank
Kirton McKonkie
Sego Lily Spa
Jones Waldo

If you are interested in getting involved in next year's lunch please contact: kelly.engleman@utahfostercare.org.



Taking Care of YOU!

By: Darcey Hirst, Retention Services, Utah Foster Care

Self care is of vital importance. It isn't as hard as we sometimes like to make it seem. Doing the little things for ourselves is at the core of taking care of ourselves. We want our children to get enough sleep at night, so why don't we make it a priority for ourselves?

Below are some tips to help us unwind at the end of the day, so we can get that elusive good sleep!

If you have trouble sleeping, try these tips from sleep medicine specialist Lisa Shives, MD, medical director of Northshore Sleep Medicine in Evanston, Ill.

No TV or computer two hours before bedtime. It's not just because the TV and computer are stimulating; it's also because of their light. "We're very sensitive to the cue that light gives you that it's time to be up and about," Shives says. She recommends light, calming reading lit by a lamp that doesn't shine directly into your eyes.

No heavy exercise close to bedtime. Light stretching is OK, but vigorous activity will heat up your body's core temperature, which makes it harder to sleep. "If you're working up a sweat, you're working too hard right before bed," Shives says.

Take a hot bath. That will heat up your core body temperature, but when you get out of the bath, your core temperature will fall, which may help you get to sleep. Plus, the bath "relaxes you mentally," Shives says. She adds that having a hot, noncaffeinated drink, such as chamomile tea, may also help.

Set a regular sleep schedule. When Shives treats insomnia patients, she tells them that although they can't make themselves fall asleep, they can make themselves get up at a certain time the next morning. And though they may be tired at first, if they don't nap, they may start sleeping better during the following nights. "We're going to get nowhere if they take big naps during the day and keep a very erratic sleep schedule; it's chaos then," Shives says.

Don't count on weekend catch-up sleep. If you have chronic sleep problems, you probably can't make up for that on the weekends. But if you generally sleep well and have a rough week, go ahead and sleep in on the weekend. "I actually think that's good for the body," Shives says.

Don't ignore chronic sleep problems. "Don't let sleep troubles linger for months or years. Get to a sleep specialist earlier rather than later, before bad habits set in," Shives says.

Prioritize good sleep. "This is as important as diet and exercise," Shives says. She says that in our society, "we disdain sleep, we admire energy and hard work and [have] this notion that sleep is just something that gets in the way."

Excerpted from <https://www.webmd.com/balance/features/healthy-living-8-steps-to-take-today#1>

WISHING WELL FUNDS

Utah Foster Care has funds available to meet the special needs of children in foster care when DCFCS 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

Heidi Naylor
(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

Presorted Standard
U.S. Postage **PAID**
Salt Lake City, Utah
PERMIT N^o. 750

IN PARTNERSHIP WITH UTAH DIVISION OF CHILD & FAMILY SERVICES

“When you do find humor in trying times, one of the first and most important changes you experience is that you see your perplexing problems in a new way—you suddenly have a new perspective on them.”

— Allen Klein