



UTAH'S FOSTER FAMILY MAGAZINE

♥ fosterroster

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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.

Third Annual Holiday Shindig

By: Maegen Bernardo, Retention Services, Utah Foster Care

It's our Third Annual Holiday Shindig: Join us for some FREE shopping!

Friday, December 14; 9:00am until everything is gone (usually around 1:00pm).

Utah Foster Care office, 1st floor conference room; 3340 Harrison Blvd, Ogden.

This is for state licensed foster parents. ADULTS ONLY! We love children, but this is not the place for them to be. Please bring your own bags to carry items.

RSVP is required. Email maegen.bernardo@utahfostercare.org with your name, the total number of children (adopted, bio, and foster) in your home, and the number of children in foster care currently placed in your home.

Please contact me with any questions!

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DCFS HQ (801) 538 – 4100

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

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!*

CACHE VALLEY CLUSTER
Jessie (801) 201-3205

BOX ELDER CLUSTER
Holly (435) 851-2509

OGDEN CLUSTER
Amber (801) 814-5693
Millie (385) 405-9057

NORTH DAVIS CLUSTER
Jennifer (801) 845-2260

WEBER WEST CLUSTER
Heather (801) 589-9839

SOUTH CENTRAL DAVIS CLUSTER
Mandi (801) 450-2245

LEVEL III CLUSTER
Jill (435) 850-0028

SPANISH CLUSTER
Gaby (801) 458-8121

CACHE VALLEY CLUSTER

No Meeting in December

Happy Holidays!

CACHE VALLEY CLUSTER

Jail Tour

January 10; 6:00pm

Logan DCFS / 115 Golf Course Road

We will meet at the DCFS building. All children in the home (14+) will be allowed to attend. RSVP you need to be on a list.

BOX ELDER CLUSTER

No Meeting in December

Happy Holidays!

BOX ELDER CLUSTER

Empowering Parents

Jennifer Gardner, CFLE

January 11; 6:30-8:30pm

Brigham City DCFS / 1050 S Medical Dr

Tips will be shared on ways to best help your children.

OGDEN CLUSTER

Christmas Party

Anna Gibson, DCFS

December 7; 6:00-8:00pm

Ogden DCFS / 950 25th Street #C

More details to come.
Dinner will be provided.

OGDEN CLUSTER

Easy Living

Cluster Facilitators

January 17; 6:00-8:00pm

Ogden High Rm 1 / 2828 Harrison Blvd

We will share ideas to make life easier. Crock pot meals, DIY laundry soap, and more. RSVP, so we have enough supplies. Dinner is provided.

NO DAVIS/WEBER WEST CLUSTER

Christmas Party

Anna Gibson, DCFS

December 7; 6:00-8:00pm

Ogden DCFS / 950 25th Street #C

More details to come.
Dinner will be provided.

NO DAVIS/WEBER WEST CLUSTER

Roles of the RFC & Reading Resources

Ryan Stark & Rod Brown, RFC's, DCFS

January 10; 6:30-8:30pm

Clearfield DCFS / 1350 E. 1450 S.

First, we will discuss the role of the Resource Family Consultant. Then, we will learn about reading resources. Books to borrow and books to keep will be available. Dinner served.

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. (801) 393-3113

SOUTH/CENTRAL CLUSTER

Christmas Party

Anna Gibson, DCFS

December 7; 6:00-8:00pm

Ogden DCFS / 950 25th Street #C

More details to come.
Dinner will be provided.

SOUTH/CENTRAL DAVIS CLUSTER

No meeting in January

Happy New Year!

LEVEL III CLUSTER

Christmas Party

Anna Gibson, DCFS

December 7; 6:00-8:00pm

Ogden DCFS / 950 25th Street #C

More details to come.
Dinner will be provided.

LEVEL III CLUSTER

Easy Living

Cluster Facilitators

January 17; 6:00-8:00pm

Ogden High School Room #1

We will share ideas to make life easier. Crock pot meals, DIY laundry soap, and more. RSVP, so we have enough supplies. Dinner is provided.



Celebrating Holidays with Children You Foster

Excerpted By: Maegen Bernardo, Retention Services, Utah Foster Care

Conflicting loyalties and lost dreams often make the holidays a difficult time for children in foster care. Just as studies show that holidays are stressful times for most of us, these reactions are compounded for youth placed in your home. Here are some suggestions for managing the holidays.

HOW CAN MY FAMILY MAKE IT EASIER FOR THE CHILDREN IN FOSTER CARE WHILE THEY ARE IN OUR HOME?

- Talk about the season ahead of time. Talk about how your family celebrates the holidays. Tell children which of the traditional holidays your house recognizes. Is it Thanksgiving? St. Nick's Day? Kwanzaa? Hanukah? Christmas? New Year? Or all of the above? Talking about the holidays gives children time to anticipate the upcoming activities and ask questions.
- Help children in foster care imagine what to expect in your home. Much of what we assume to be commonplace can be new to the children you foster.
- Use this time of sharing to learn especially about the religious beliefs, customs, and activities of the children you foster. Try to incorporate at least some of their traditions into your traditions.
- Some parents try to keep the holidays low key in order to help minimize some of the stress.

HOW CAN WE WORK WITH BIRTH FAMILIES DURING THE HOLIDAYS?

- If possible, ask your child's family members about their holiday traditions and customs. Ask about their beliefs and observances. Although you may feel stretched at the holidays, try to coordinate schedules with the birth families. This gives the children a chance to share what is familiar while experiencing new traditions.
- This is a good time for the youth in your home to make small gifts and send cards to their birth families or old neighbors and friends.
- This is a time when many children feel conflicted feelings about their birth families and worry about them. It is a good time to let the young person know that it is okay for them to be safe and cared for even if their family struggles. Reassure them if you can, about the safety and care of their birth family.

WHAT ARE SOME OF THE WAYS I CAN HELP THE CHILDREN WHO I FOSTER GET THROUGH THE HOLIDAYS? WHAT ARE SOME SIGNS OF GRIEF OR SADNESS THAT I CAN LOOK FOR?

- Be prepared for the sadness and grief. Talk about your child's feelings throughout the season.
- Give your children time and space to grieve. Grief takes many forms and may be exhibited in lots of ways, including:
 - Reverting back to younger behaviors developmentally
 - Soiling themselves or bedwetting
 - Becoming withdrawn and isolated
 - Having temper tantrums
 - Being rebellious
 - Complaining more than usual
- Try to remember the developmental age of the children you foster. It will also help you to stay patient if you keep in mind the challenges of the season for your child before you react.

WHAT ARE SOME THINGS WE CAN DO TO MAKE FAMILY GET-TOGETHERS EASIER?

- Talk about upcoming events and the people who will be there. If you cannot get together before the big event, introduce your children to family and friends who will be at the celebration by going through pictures.
- Prepare them for the "characters" in your family and also tell them about other children who might be there.
- Tell them if your celebrations are quiet or loud, sacred or silly, big or small.
- Describe the home or place where the event will be held, and tell how it usually proceeds.
- Be realistic about it—do not make your celebrations seem perfect, but do not stress the challenges that are part of all family events.

<http://fosteringperspectives.org/fpv15n1/holidays.htm>

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
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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



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“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