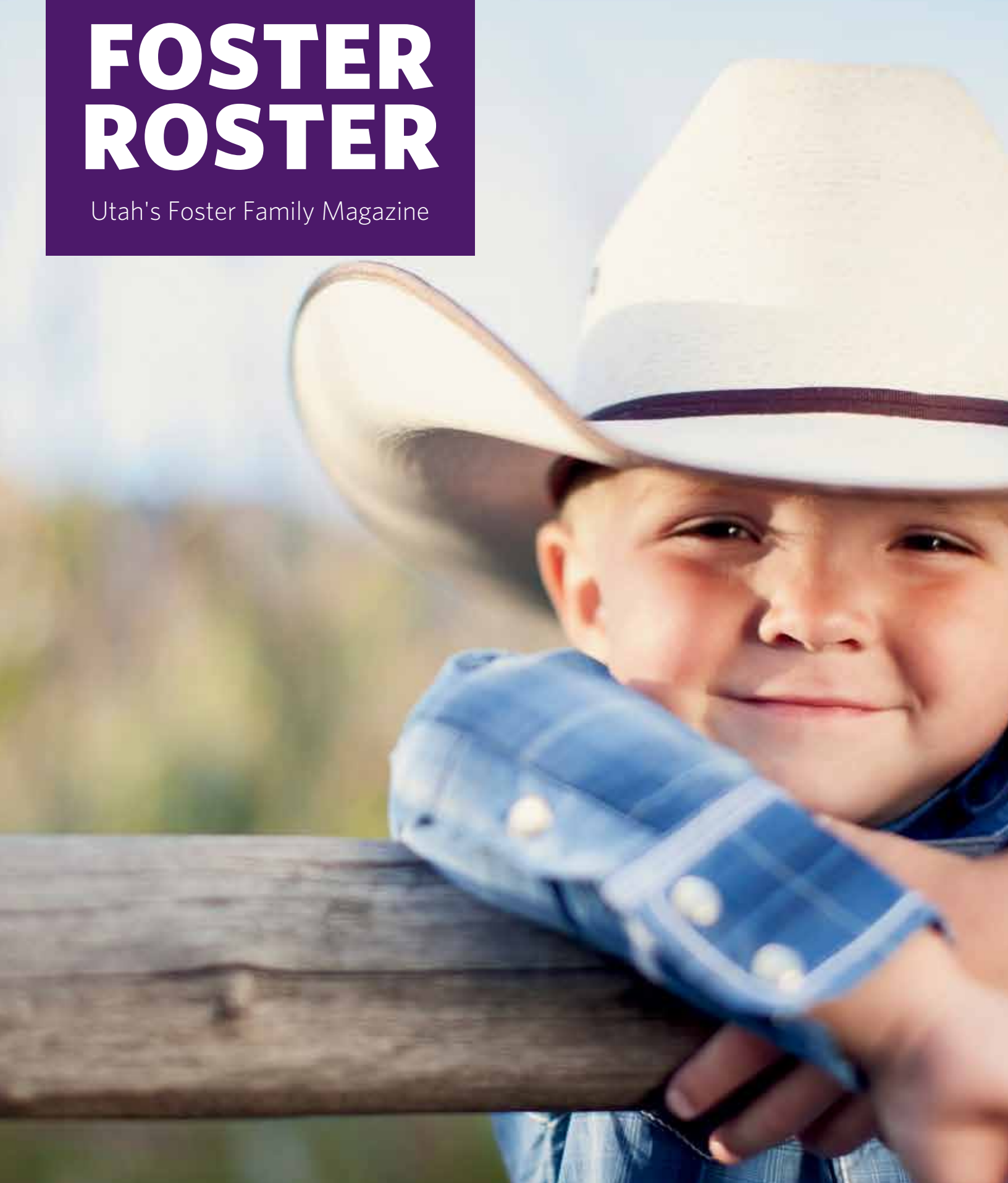


FOSTER ROSTER

Utah's Foster Family Magazine



Celebrating

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National Adoption Month

Changes are Coming to Foster Care License Renewal

Dear Foster Parents,

We want to inform you of an exciting update to your license renewal process that aims to make things more convenient and accessible. Starting this renewal cycle, the Office of Licensing is transitioning to an online portal called Binti for completing your renewal requirements.

Utah Foster Care's Binti portal has been designed to streamline the renewal process, allowing you to complete your licensing requirements wherever you have internet access. This transition aims to simplify the process, reducing paperwork and facilitating communication with the Office of Licensing.

HERE ARE A FEW THINGS THAT YOU CAN EXPECT FROM THE NEW ONLINE PORTAL:

- **Convenience:** You can access the mobile-friendly portal anytime that is convenient for you, eliminating the need to adhere to office hours.
- **User-Friendly Interface:** The portal is designed to be user-friendly and intuitive. Clear instructions will guide you through each step of the renewal process.
- **Digital Submission:** You can upload necessary documents directly to the portal, ensuring a smooth submission process without the need for physical paperwork.
- **Update Placement Preferences:** Keeping your placement parameters up to date will assist DCFS placement teams when it comes to being matched with placements.
- **Help and Support:** If you encounter any difficulties while using the portal, Binti's award-winning customer support team is readily available to assist you.

Keep an eye on your email. You'll receive a welcome email from Biniti to access this portal before your renewal date.

We understand this will be a new experience for you, and we are here to support you throughout the process. If you have any questions or concerns, please don't hesitate to contact the Utah Foster Care team and David Dinger at the Office of Licensing.

Thank you for your ongoing commitment to providing a safe and nurturing environment for the children in our care. Your dedication is truly appreciated, and we believe this online portal will enhance your experience as a foster parent during the renewal process.

Sincerely,

Utah Foster Care and David Dinger, DHHS Office of Licensing

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 110
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

Vernal

1680 W Highway 40
Suite 100
Vernal, UT 84078
435-315-2543 Main

Moab

125 West 200 South
Suite 121
Moab, UT 84532
435-261-2368 Main

St George

230 North 1680 East
W-113
St George, UT 84790
877-656-8065 Main

Richfield

201 East 500 North
Richfield, UT 84701
435-979-2233 Main

Exciting Opportunities for Foster Families

Have you noticed how communities and businesses have come to support Foster Families in the last year? From concerts to plays, brand new snow boots, and free meals? It is exciting to witness.

Are you missing out on these opportunities? Please check Bridge every few days, as that is where announcements are first made. We also use Campaign Monitor to send emails directly to your inbox. When we use Eventbrite for activities, we will send emails through Eventbrite with additional information.

Please carefully read all instructions and parameters when you sign up for events. Most of the events are donor-driven; we provide the information, and the donors often like things done a certain way. If you haven't taken advantage of these opportunities – now is a great time!

Please remember, donors LOVE thank you notes. It encourages more donations.

Calling all Single Foster Parents!

SINGLE FOSTER PARENT CLUSTER

Every fourth Monday of each month, single foster parents from around the state meet online to discuss the unique challenges being a single parent brings.

UPCOMINGS MEETINGS:

- October 23, 7:00 pm-8:00 pm
- November 27, 7:00 pm-8:00 pm

Cluster Facilitator | Shannon | (650) 804-4321

*Scan the QR code
to join!*



Bring On the Holidays

By Tina Porter, Retention Services, Utah Foster Care

YOU CAN SIGN UP FOR GIVING TREE OCTOBER 1-31, 2023

Pumpkin Spice isn't the only thing headed your way. It's hard to believe, but it's time to apply for Giving Tree holiday gifts. Each year, Utah Foster Care and community donors provide gifts for children in care.

In October, currently licensed families can request three wishes for approximately \$25 each for every child currently in foster care. Please scan the QR code or go to <https://utahfostercare.org/giving-tree/> to fill out an application. A confirmation email will verify that it was completed correctly. The gifts provided to your family are donor-driven and may differ from what you requested.

Airmen from Hill Air Force Base will use their personal resources to deliver gifts to your home on the morning of December 13th. You are welcome and encouraged to let them know you appreciate their show of support with notes or goodies.

Please feel free to contact me at tina.porter@utahfostercare.org or on Bridge with any questions or to let me know if any changes need to be made to your delivery. If you receive a new placement after the October 31st deadline, I can help you.



Use the QR code to access the form!



UTAH FOSTER CARE (UFC)

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UTAH DIVISION OF CHILD & FAMILY SERVICES (DCFS)

DCFS HQ (801) 538-4100

195 NORTH 1950 WEST, SLC

Salt Lake Region DCFS Offices

NEED TO REACH YOUR RFC?

CALL YOUR LOCAL DCFS OFFICE ...

Metro (801) 253-5720

1385 SOUTH STATE

Sandy (801) 253-5720

10008 SOUTH CREEK RUN WAY

Tooele (801) 253-5720

305 NORTH MAIN STREET

West Valley (801) 253-5720

2655 SOUTH LAKE ERIE DRIVE

FIND MORE RESOURCES ONLINE

utahfostercare.org/saltlake

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!*

KEARNS/MAGNA/WVC

Kylie (801) 916-8484
kylie.neff@live.com

SANDY/DRAPER CLUSTER

Janet (801) 867-1552
jmclain6@outlook.com

SOUTH VALLEY WEST CLUSTER

Flor (435) 714-9370
florpurziani@gmail.com

WEST JORDAN CLUSTER

Ruthanne (801) 652-5500

MURRAY/MIDVALE/EAST CLUSTER

Nan (801) 808-3399
ntalor@yahoo.com

SALT LAKE METRO CLUSTER

TOOELE CLUSTER

Katie (435) 553-1164

SPANISH CLUSTER

Ruth (801) 568-6632

F.L.Y. CLUSTER

Adrienne (801) 722-8121

SINGLE FOSTER PARENT CLUSTER

Shannon (650) 804-4321

Statewide Online Trainings

SINGLE FOSTER PARENTS

Effects of Domestic Violence on Children

Denice Beacham

October 16; 1:00 pm - 3:00 pm

Online

October is Domestic Violence Awareness Month. Experience a story from a child's point of view of living with Domestic Violence. Based on the book, "A SAFE Place to Live."

Shannon Wu, Facilitator

October 23; 7:00 pm - 9:00 pm

meet.google.com/sgx-fhsd-yho

We share stories, tips, resources, and all the trials and tribulations of single-parent fostering! We hold them every fourth Monday.
Google Meet

FOSTER PARENTS, let's hear from you!

Denice Beacham

November 14; 6:00 pm - 8:00 pm

Online | Bridge

This is an open forum training. I'm learning from you! Come ready to share thoughts and motivations in this important work.

Dynamics of Adoption

Denice Beacham

November 20; 10:00 am - Noon

Online | Bridge

November is Adoption Awareness Month. We will explore Adoption as a beautiful option, discuss the challenges of adoption, and celebrate the opportunity.

SINGLE FOSTER PARENTS

Shannon Wu, Facilitator

November 27; 7:00 pm - 9:00 pm

meet.google.com/sgx-fhsd-yho

We share stories, tips, resources, and all the trials and tribulations of single-parent fostering! We hold them every fourth Monday.
Google Meet

SOUTH VALLEY EAST

Brain-Based Parenting (Part 2)

Les Harris, LCSW

October 12; 6:00 pm - 8:00 pm

Murray UFC | 5296 Commerce Dr Ste 400

We parent better when we parent with our whole brains. You will learn more about this concept.

TOOELE

TBA

October 13; 6:30 pm - 8:00 pm

Ditta Café | 500 Village Blvd Suite

Join us at the Ditta Cafe in Stansbury Park
Watch Bridge for details

SOUTH VALLEY WEST

Safety & Licensing Questions Answered

Lori Zumbrennen, RFC

October 16; 6:00 pm - 8:00 pm

Riverton Library | 12877 S 1830 W

Car seat safety. We will have Lori Zumbrennen RFC conducting a question panel for parents to ask questions related to licensing.

F.L.Y. CLUSTER

Sensory Processing & Behavior

Rhonda Roth; Children in Motion

October 18; 6:00 pm - 8:00 pm

Murray UFC | 5296 Commerce Dr Ste 400

Learn about occupational therapy's role in helping our kiddos with sensory processing and behavioral challenges.
F.L.Y. = Fostering LGBTQ+ Youth

SPANISH

Jessica Rodriguez

October 20; 6:00 pm

Murray UFC | 5296 Commerce Dr Ste 400

Let's celebrate where we come from.

Permanent Custody & Guardianship

Jenny Hill

November 3; 6:00 pm - 8:00 pm

Murray UFC | 5296 Commerce Dr Ste 400

Jenny has firsthand experience with permanent custody and guardianship.

SOUTH VALLEY WEST

Book Club: Books for Kids

Jenny Hill

November 21; 6:00 pm - 8:00 pm

Daybreak Library | 11358 S Grandville Ave

Books are great tools for us to learn and grow. Join our book club and read some books specifically tailored to help our children with the fostering experience.

Let's Chalk About Foster Care

By Tina Porter, Retention Services, Utah Foster Care

There were many new beginnings when the Chalk Art Festival moved to its new location at Thanksgiving Point. Noticeably, the beautiful backdrop to the festival where chalk artists of all levels came together to support Utah Foster Care and foster families. A new partnership was forged with the Harrington Center for the Arts and Foster Families of the Year, recognized from every state region. Tonya Myrup (DCFS Director) and Nikki MacKay (Chief Executive Officer of Utah Foster Care) presented Arturo and Natalie Ruvalcaba with the Foster Family of the Year Award. We'll "Chalk It Up" as a success.



Cowabunga

We were happy to see so many of you at the Cowabunga Appreciation event. We enjoyed spending the evening with you and letting you know how thankful we are for your great job!



9TH ANNUAL UNITED FOR ADOPTION CONFERENCE



*Building Family Connections
Through Adoption*



Keynote Speaker

Ryan Hanlon-President and
CEO of the National Council
for Adoption

CLASSES AVAILABLE:

- ♥ Adoptee Panel
- ♥ Birth Parent Panel
- ♥ Trust building with children (TBRI)
- ♥ Understanding the benefits of therapeutic camps for kids in foster care

Special thank you to our Sponsors

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Children's Service Society
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Forever Bound Adoption
Utah Foster Care

Scan QR code for event
registration

In person registration the day
of event starting at 5:30pm



November 17, 2023 6:00pm-9:00pm

Hilton Garden Inn: 250 W 600 S, Salt Lake City, UT 84101



UNITED FOR ADOPTION
Unitedforadoption.org

Are you a Buffalo or a Cow?

By Heidi Naylor, Director Retention Services, Utah Foster Care



I went to Yellowstone National Park for the first time with my husband soon after we were married. We had brought his Grandpa Lou with us, who was ailing in health but LOVED Yellowstone. While in the park, they handed us a warning. It described Buffalo as animals that run three times as fast as you and appear tame but are wild and unpredictable. Grandpa Lou thought this was hilarious because, in his estimation, it described me perfectly. For the rest of his life, he called me his “Little Buffalo.”

A few years ago, I came across this analogy by Rory Vaden, New York Best Selling Author, about Building Resilience. Eastern Colorado is one of the few places in the world that is home to Buffalo and Cows. We can learn a lot from how these two creatures respond to storms. Both have an innate sense when poor weather is coming. But, how they respond is vastly different. Storms come from west to east. Cows respond as soon as they sense the storm. They start running east to try and outrun the storm. Cows have never been fast, so they become encompassed by the storm. Instead of outrunning the storm, they increase the amount of time, pain, and frustration that they will experience from that storm.

How many of us do this in our own lives? Like both of these animals, we can sense when hard things are coming. Do we turn and run? Do we increase our time in the complex parts by trying to avoid them? Can we ever outrun these things? How do we teach the youth in our care to handle difficulties?

On the other hand, Buffaloes sense the storm and then wait for it to roll closer to them. When the storm peaks on the ridge, the Buffalo turn West and charge. They are fast. They can run up to 35 miles an hour. It's the same storm. They don't get to choose if they experience it or not. It is coming either way. What do they do differently? They CHARGE that storm! Thus, running straight through it. They then minimize the amount of time, pain, and frustration they experience. They lean into what is coming.

How can we teach youth impacted by foster care to charge the storm? By first doing it ourselves and leaning into the hard things approaching us. Our example will leave a lasting impact on their futures. We can help them learn to have a regular schedule with safe and consistent bedtime rituals. We teach them to eat healthy and practice mindfulness and stress management. We teach them to set boundaries in person and on social media. We can help them build confidence. Learn to develop problem-solving skills. Practice self-awareness. Learn to set goals. I will forever be happy to be Grandpa Lou's “Little Buffalo” as long as I continue to try and charge the storms that will come into my life.

Mentoring Moment

By Meggan Jensen, Foster Parent



My name is Meggan Jensen. My husband and I became foster parents in August of 2017. We decided to foster in hopes of adopting because we could not conceive children. We went through all of the hours of training to gain knowledge of what we were about to embark on, but you will need more time to prepare yourself for all the situations and emotions you will face when taking these kids into your home.

We got the call for our first placement the same day we became licensed, and we brought him home from the hospital three days later. As soon as you get that phone call, your life changes completely. Your schedule must be adjusted around the everyday things that having a child brings: visits with primary parents, court dates, meetings with caseworkers, etc. All these things start happening so fast, and you find yourself with many questions you would never have thought of when going through your training.

We were surrounded by so many different people who could help answer questions, but the only person that had stood in our shoes and had gone through what we were going through was our mentor. She was the one I called when I didn't understand what was being said in court when I wanted to talk about how our case was going, and when I was at my breaking point because our little one was being sent to live with family members in another state. She was the one who listened as I cried with a broken heart because we had to say goodbye to "our baby."

Our mentor listened and counseled me through that tough time, telling me her stories of heartbreak as a foster mom. Along with these stories, she told me of her four beautiful children that she had adopted through foster care. Although all her children's stories had heartbreak in different forms, in the end, it all had been worth it because it had brought them together to create the family they have now. If it wasn't for her and her continued support and encouragement, I don't know if my husband and I would have fostered again. Because we did decide to foster another child, we now have our amazing daughter, Lucy.

The Utah Foster Care Mentor program is vital for new foster families. It gives them someone to lean on when going through the unimaginable or have questions that no one else can answer from experience. This program helps families get through their first cases so they can continue to take more in the future. It also creates lifelong friendships and lifelines as we continue to foster.

If you could benefit from the support of a mentor or would like to become a mentor to new families in your area, please contact:

Michelle at Utah Foster Care 1-877-505-5437 | michelle.ostmark@utahfostercare.

October, 2023 & November, 2023

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

Anna Gibson
(801) 392 – 1114

Salt Lake Valley Region

Tina Porter
(801) 994 – 5205

Western Region

Amy Smith
(801) 373 – 3006

Eastern Region

Shannon Smith
shannon.smith@utahfostercare.org

Southwest Region

Diane Fillmore
(877) 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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