



UTAH'S FOSTER FAMILY MAGAZINE

♥ fosterroster

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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."

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801-994-5205 Main
801-994-5206 Fax
877-505-5437 Toll-free

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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.

Take It Easy

By: Tina Porter, Retention Services, Utah Foster Care

Let me be the first, or maybe not, to congratulate you! You did it! Kudos! Way to go! It's not easy to check off all of the things that you have accomplished during this past year. Maybe you had some help, and if so, you can pass along this high five to the people that assisted you in getting through 2018, with flying colors.

So now you're looking down the barrel of...gasp, the final stretch known as the holiday season. Not to worry. You got this! You are capable and competent. But the in-laws, you lament. The potlucks, you bemoan. The holiday photos, you fret.

There is one very simple phrase that will put all of those big, scary brutes into perspective. Take It Easy! Take it easy on yourself. Take it easy on your kids. Take it easy on your friends and loved ones. Take it easy on your wallet.

Don't put too much pressure on yourself to be everything to everybody. Everyone is feeling a heightened sense of we have so much to do and so little time to do it. Put your time and energy into focusing on what is truly important and let the rest go.

Be flexible. Perfect is not your friend! There are many ways to be thoughtful and generous that won't cost you a cent. A meaningful compliment goes a long way this time of year.

Be sure to take time to care for yourself. Don't skimp on your zzzzz's. Feel free to say NO or, at the very least, not today.

Now, gather those near and dear to you and commence with all of those holiday festivities! And if all of your best laid plans don't go as smoothly as you would prefer, don't worry, there's always next year.



Thank you to Girls Scout Troop 410. They purchased socks, underwear and gift cards for children in care and donated it to Utah Foster Care. For this project they earned the highest honor Junior Girl Scouts can, The Girl Scout Bronze Award. They were presented their Bronze Award pin at the Recognition of Excellence Ceremony on November 3rd at the Utah Valley Convention Center in Provo, Utah.

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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

Rachel B (801) 651-3098
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HEALING TRAUMA

Modules 7 & 8

Terumi Sagers, BS

December 17; 5:30-8:30pm

Fred House Academy/14727Minuteman Dr

Becoming an Advocate & Taking Care of Yourself: Become a trauma-informed advocate and increase your personal coping skills and resiliency.

FOUNDATIONS FOR YOUTH

Session 1

Liz Rivera, MS, SSW

January 28; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

Introduction and Solution Focused Relationships

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

FOUNDATIONS FOR YOUTH

Session 2

Terri Rowley, LCSW

February 27; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

The Effects of Trauma on Adolescent Development

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

FOUNDATIONS FOR YOUTH

Session 3

Terumi Sagers, BS

March 25; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

Introduction to Life Skills Assessment and Learning Plans

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

FOUNDATIONS FOR YOUTH

Session 4

Maggie Noyes, SSW

April 29; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

Transition to Adult Living Skill Building

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

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: LIZ RIVERA
(801) 994-5205 OR
liz.rivera@utahfostercare.org

SOUTH VALLEY WEST/ WEST JORDAN
Life Books

Michelle Ostmark

December 5; 6:00-8:00pm

Herriman Library / 5380 Main St, Herriman

Life Books are tools that can be useful in working with children in out-of-home care and children who have been adopted to record memories and life events.

KEARNS/MAGNA
Digital Responsibility

Carrie Rogers-Whitehead, CEO

January 8; 6:00-8:00pm

Life Community Center / 3818 W 4700 S

We need to teach our kids about being responsible digital citizens. Come learn how.

WEST VALLEY CITY
Fetal Alcohol Spectrum Disorder

Deborah Bildner

January 9; 6:00-8:00pm

UFC Murray / 5296 South Commerce Dr #400

Learn how alcohol used in pregnancy affects the brain and what you can do to help the children affected this.

SOUTH VALLEY EAST/MID VALLEY EAST
Understanding the Legal System

Nicole McBride, Attorney

January 16; 6:00-8:00pm

UFC Murray / 5296 South Commerce Dr #400

What types of hearings are there? What is your role in the process? Come learn more!

TOOELE
Attachment & Trauma

Abi Nash & Jordan Briggs

January 17; 6:00-8:00pm

Mt W Med Ctr / 2055 N Main Room

Kids in care have experienced trauma that affects their brain which affects their attachment to their caregivers. Come learn strategies to help rewire their brains.

SALT LAKE METRO
Grief, Loss & Foster Parents

Panel Presentation

January 23; 6:00-8:00pm

UFC Murray / 5296 South Commerce Dr #400

Foster parents have their own grief process as well as helping children with theirs. Come share and learn together.

SPANISH
Post Adoption Services

Andrew Butcher

January 26; 10:00am-Noon

UFC Murray / 5296 South Commerce Dr #400

Learn about all the services provide to families and children after adoption.

CIRCLE OF SECURITY CH 1 & 2
Being with Children all Around the Circle

Liz Rivera, MS, SSW

January 22; 6:00-10:00pm

UFC Murray / 5296 South Commerce Dr #400

Circle of Security is an attachment-based model to promote secure attachments with children.

CIRCLE OF SECURITY: CH 3 & 4
Things Go Wrong & Repair

Liz Rivera, MS, SSW

February 19; 6:00-10:00pm

UFC Murray / 5296 South Commerce Dr #400

Circle of Security is an attachment-based model to promote secure attachments with children.

MINDFULNESS BRAIN TRAINING

Terumi Sagers, BS

UFC Murray / 5296 South Commerce Dr #400

January 26; 10:00-11:00am

February 2, 9, 16, 23; 10:00-11:00am

March 2, 9, 16; 10:00-11:00am

A class for kids ages 4-12 AND their grownups to learn about their brains and strategies for calming it down when it gets upset.

Join us for a Teen Forum Q&A

By: Dan Webster, Foster Family Recruitment, UFC



Each year, Utah Foster Care presents free forums for foster families and the general public to learn more about the importance of fostering older children and teens.

We invite you to join us for this year's forum in the Salt Lake Valley region, featuring a panel of foster parents and children, who will share their experiences. You will have a chance to ask questions about the rewards and challenges of bringing teenagers into your home.

February 7; 6:00-8:00pm

Murray UFC / 5296 S. Commerce Dr. (320 W.) #400

Dinner will be served, so please RSVP at rsvp@utahfostercare.org

Training hours available. No childcare for this event.

Survival Is Not Enough: Help Children Thrive, Not Just Survive

By Jeremy Christopher Kohomban, Ph.D. and Lia Taylor Schwartz | Excerpted from a Huffington Post article

I AM DECLARING WAR ON DESPONDENCY!

The onset of despondency seems to follow a predictable path. We see it in children who grow up in foster care, without a stable adult relationship and without a community. These children age out of the government systems without a place of belonging and without the confidence to navigate the real world. They become the adults who are forced to settle into the mediocrity of government entitlement programs, asking the government to provide support they lack from family and community.

The child who has at least one stable, adult relationship experiences a greater measure of success than a child who grows up alone in a well-intentioned government supported system of care. If this adult connection not only supports the child, but also pushes him or her to achieve, their potential for success is exponential. The child may need the safety net of government programs to survive for a time, but is less likely to settle for a life of dependency.

Keeping families together is just the first of many steps. Parents need to feel hopeful and capable in order to instill

hope in their children. We all need to remember that parents who are poor and dependent on government programs are often alienated, they feel incapable and unlovable and sometimes even hopeless. That's the attitude we need to change if we want their children to thrive.

Poverty is insidious and often fuels the kind of hopelessness that locks families into the bottom tier of our society. Let's put our investment into ensuring that today's children grow up with an attitude of the mind and a longing of the heart that allows them to envision a different future for themselves. It's right both socially and economically.

https://www.huffingtonpost.com/jeremy-christopher-kohomban-phd/survival-is-not-enough-he_b_6496650.html

Originally published January 20, 2015

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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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



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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