

# FOSTER ROSTER

Utah's Foster Family Magazine

## FOSTER MOM RETREAT & FAMILY CAMPOUTS

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## TRAINING

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## WE HAVE A BIG ANNOUNCEMENT!

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# UTAH FOSTER CARE Symposium

**Paths to Connection;  
Embracing Resilience, and  
Amplifying Adoptee Perspectives**



Paths to Connection; Embracing Resilience and Amplifying Adoptee Perspectives  
April 25th, 2024 Park City, Utah

**AGENDA**

**8:30 am - 9:00 am**

Registration and Light Breakfast - *Breakfast will begin at 8:30am*

**9:00 am - 9:10 am**

Welcome and Presentation of Fostering Community Award

**9:10 am - 12:00 pm**

Keynote Speaker: Cinda Morgan, LCSW, Director of Handful of Hope



Cinda Morgan, LCSW, is the founder and executive director of Handful of Hope, a non-profit organization dedicated to increasing resilience in children through partnering with parents. Cinda is passionate about improving the lives of children and families. She has worked with foster and adoptive families throughout her more than 25 years as a child and family therapist and is currently the clinical director of Wellspring Child and Family Counseling Center. Cinda has also been a full-time and adjunct instructor at Westminster University and has served on various boards and committees, including the Governor's Commission for Women and Families.

**12 pm - 1 pm**

Lunch buffet provided

**1:10 pm - 4:00 pm** (10 min break at 2:30pm)

Panel Discussion Facilitated by Lanette and Shaun Nelson of the Open Adoption Project —  
Shifting the Focus to the Adoptee



Lanette Nelson is the producer and co-host of Open Adoption Project. Lanette has a Master of Public Administration degree from BYU and is currently working on a research project studying adoptee experiences with openness. Lanette grew up in Oregon, and enjoys hiking and reading.

Shaun Nelson is the editor and co-host of Open Adoption Project. Shaun has a Master of Public Administration degree from BYU and works in nonprofit administration. Shaun is from Colorado. He loves running and music, and conducts the Spanish Fork Chorale.



Lanette and Shaun created the top open adoption podcast, Open Adoption Project, in 2021. Open Adoption Project focuses on improving adoptee experiences by encouraging open communication between all members of the adoption constellation, nurturing ongoing open adoption relationships, and promoting ethical adoption practices. Open Adoption Project is available on all major streaming platforms and shares a broad spectrum of experiences and perspectives, particularly from adoptees. The show also features interviews with first-parents, adoption scholars, and others in the adoption community. As adoptive parents of four children, all experiencing open adoptions, Lanette and Shaun seek to create an environment of adoptee-focused listening on the podcast. In addition to a library of over 100 podcast episodes, [openadoptionproject.org](https://openadoptionproject.org) also features educational content and ebooks for prospective adoptive parents. Lanette and Shaun live in Utah County. Their family enjoys very open adoption relationships with first parents, grandparents, siblings, and more. The Nelsons feel strongly that open adoption offers more love for their children, and are passionate about advocating for child-centered openness.

5.5 credit hours for foster parents  
5.5 NASW approved CEUs

**IT COUNTS!**

## UTAH FOSTER CARE OFFICES

### Murray

5296 South Commerce Dr.  
Suite 400 Murray, UT 84107  
Main: 801-994-5205  
Fax: 801-994-5206  
Toll-Free: 877-505-5437

### Ogden

3340 South Harrison Blvd. Suite 110  
Ogden, UT 84403  
Main: 801-392-1114

### Orem

274 West Center Street  
Orem, UT 84057  
Main: 801-373-3006

### Price

475 West Price River Dr. Suite 152  
Price, UT 84501  
Main: 435-269-5978

### Vernal

1680 West Highway 40 Suite 100  
Vernal, UT 84078  
Main: 801-743-7336

### Moab

125 West 200 South Suite 121  
Moab, UT 84532  
Main: 801-514-7692

### St. George

230 North 1680 East W-113  
St. George, UT 84790  
Main: 385-758-3661

### Richfield

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

## MEET THE VILLAGE

### BONNIE & DEVIN

Utah Foster Parents



Soon after Bonnie and Devin married, they knew that fostering would be part of their story when they were contacted about a possible kinship placement. That placement never happened, but it got the wheels turning for future placements. They officially were licensed in November 2018 and got their first placement the following January. They ended up with a different kinship placement of three a few months later... and were indeed an instant family!



## THANK YOU!

Over the past five years, they have welcomed nine placements, with four children becoming permanent members of their family through adoption.

Presently, they are in the midst of a home expansion project aimed to adding more rooms to accommodate additional children. Additionally, Bonnie plays a crucial role as the cluster facilitator in Sanpete County.

Thank you, Bonnie and Devin, for sharing your hearts and home with Utah's vulnerable children.





# Connections: Foster Mom Retreat & Family Campouts

By Diane Callister, Southwest Retention Specialist | [diane.callister@utahfostercare](mailto:diane.callister@utahfostercare)

Life can be hectic, especially when you're a foster family. But amidst the chaos, it's crucial to find time for yourself and connect with others who understand your journey. That's why we're inviting you to our upcoming events. These activities and training, organized by Utah Foster Care, are not just about learning and relaxation. They're about finding a community of like-minded families who can provide the support and understanding you need. So, if you've been thinking, 'I don't have time for this,' we encourage you to reconsider. The benefits are worth it.

As Mother's Day approaches, we want to celebrate you, foster moms, and give you a well-deserved break. Our facilitators, Lexi Powell ([lexilazenbypowell@gmail.com](mailto:lexilazenbypowell@gmail.com)) and Kim Ettinger ([kimberlidurham@gmail.com](mailto:kimberlidurham@gmail.com)) have planned a fantastic retreat in Pine Valley, Utah. This is not just a typical getaway. It's a chance to relax, have fun, and connect with others who truly understand your journey. From pampering sessions to fun activities and delicious meals to insightful training, we've everything planned for you. Mark your calendars for May 10th and 11th, and join us for an unforgettable experience.

In June, we have two family campouts. One is free camping for two nights at Pine Valley Campground, Friday, June 7th - Sunday, June 9th, 2024. If you are not a camper, come up for the day. Saturday at 10 am, we will be playing family games. We will serve free hamburgers, hotdogs, drinks, side dishes, chips, and dessert around 12:30 pm. We'll have a craft for the kids and a drum circle by Lexi Powell in the afternoon. Both Friday and Saturday nights, gather around the campfire to visit. For those who like to hike, Ben will lead a short hike sometime early Friday evening and possibly Saturday. The rest of the time, enjoy the great outdoors.

The other campout will be at Maple Grove Campground (between Scipio and Richfield). Friday June 21st - Sunday June 23rd, 2024. Same activities and schedule as Pine Valley. For campouts, RSVP to Diane Fillmore with a trailer or tent and how many will be attending. I hope to see you at some of these activities. This is a great way for children in care to connect with others like them and parents to meet other foster parents.



## SOUTHWEST REGION UFC STAFF

**Ben Ashcraft**

LEAD FOSTER-ADOPTIVE CONSULTANT

**Amy Bates**

FOSTER-ADOPTIVE CONSULTANT/TRAINER

**Marissa Douglas**

FOSTER-ADOPTIVE CONSULTANT/  
RETENTION SERVICES SPECIALIST

**Denice Becham**

TRAINER

**Diane Fillmore**

RETENTION SERVICES SPECIALIST

## UTAH DIVISION OF CHILD & FAMILY SERVICES (DCFS)

### DCFS HQ

195 North 1950 West,  
Salt Lake City, UT

### Southwest Region DCFS Offices

**Need to Reach Your RFC?  
Call your local DCFS Office**

**Beaver (435) 438-3400**

875 North Main Street

**Kanab (435) 644-4530**

329 South 350 East

**Manti (435) 835-0780**

55 South Main Street, #24

**Richfield (435) 896-1250**

201 East 500 North

**St. George (435) 652-2960**

178 North 200 East

UTAHFOSTERCARE.ORG

# CLUSTERS



Support groups for foster, adoptive, and kinship families who meet monthly for support & training.

## MANTI

Bonnie Folkner (435) 851-0719  
bonniebailey06@gmail.com

## RICHFIELD

Holly Jensen (801) 360-1967  
hrbjj@hotmail.com

## CEDAR

Kim Ettinger (435) 669-6887  
kimberlidurham@gmail.com

## ST. GEORGE

Lexi Powell (801) 360-4572  
lexilazenbypowell@gmail.com

## RSVP FOR TRAININGS:

Please register for all classes on Bridge. If you need help, please contact your regional trainer.

### STATEWIDE | ONLINE

#### Human Trafficking

Denice Beacham  
April 3, 10:00 am - Noon  
Online!  
We will discuss the dynamics of human trafficking.

### STATEWIDE | ONLINE

#### Celebrate Child Abuse Awareness

Denice Beacham  
April 10, 1:00 pm - 3:00 pm  
Online!  
We'll talk about protecting children through historical changes, prevention, and intervention.

### ST. GEORGE CLUSTER

#### Child/Stage Specific Blocked Care

Ben Ashcraft, LCSW  
April 16, Noon - 1:00 pm  
St George UFC | 230 N 1680 E; W113  
Monthly support group.

### CEDAR CITY CLUSTER

#### Child/Stage Specific Blocked Care

Ben Ashcraft, LCSW  
April 18, Noon - 1:00 pm  
Family Support Ctr | 535 S. Main #5  
Monthly support group.

### STATEWIDE | ONLINE

#### Single Foster Parent Cluster

April 22, 7:00 pm - 8:00 pm  
We meet every fourth Monday!  
Watch the Bridge app for the link and other info.

### STATEWIDE | ONLINE

#### Combating Stigma & Mental Health Tips

Denice Beacham  
May 8, 10:00 am - Noon  
Online!  
Celebrate Mental Health Awareness Month

## TRAINING FROM RAISE THE FUTURE

### APRIL

Parent Night Specialized Training  
Transracial Adoption  
April 19, 7:00 pm - 8:30 pm  
Virtual via Zoom  
REGISTER HERE



### MAY

Parent Night Specialized Training  
Raising Teens with FASD  
May 17, 7:00 pm-8:30 pm  
Virtual via Zoom  
REGISTER HERE





*"Learn to calm down the winds of your mind,  
and you will enjoy great inner peace." - Remez Sasson*

## ST. GEORGE & CEDAR CITY CLUSTERS

### Women's Retreat

May 10 & May 11, 6:30 pm  
Pampering, fun activities, training, and  
lots of time to visit with fellow foster  
moms. Please RSVP to your Cluster  
facilitator—Pine Valley, Utah - the exact  
location given when you RSVP.

## STATEWIDE | ONLINE

### Accommodating Religious Differences

Arkin Hill MDiv Ministerial Leadership  
May 11, 9:00 am - 11:00 am  
Online!  
Accommodating religious differences  
for children in foster care.

## STATEWIDE | ONLINE

### Sexual Boundaries

Amy Bates M.S.Ed  
May 15, 10:00 am - 11:30 am  
Online!  
Helping your children with special needs  
understand appropriate sexual behaviors.

## CEDAR CITY CLUSTER

### Effects of Minimal or No Reciprocity

Ben Ashcraft, LCSW  
May 16, Noon - 1:00 pm  
Family Support Ctr | 535 S. Main #5  
Monthly support group.

## ST. GEORGE AREA

### Building Your Village

Ben Ashcraft, LCSW  
May 16, 6:00 pm - 7:00 pm  
St. George DCFS | 178 N 200 E  
All licensed foster parents and those  
interested in learning more about foster  
care are invited.

## STATEWIDE

### Single Foster Parent Cluster

May 20, 7:00 pm - 8:00 pm  
Online!  
We meet every fourth Monday!  
Watch the Bridge app for the link  
and other info.

## ST. GEORGE CLUSTER

### Effects of Minimal or No Reciprocity

Ben Ashcraft, LCSW  
May 21, Noon - 1:00 pm  
St George UFC | 230 N 1680 E; W113  
Monthly support group.

## STATEWIDE

### Single Foster Parent Cluster

March 25, 7:00 pm - 8:00 pm  
Online!  
We meet every fourth Monday!  
Watch the Bridge app for the link  
and other info.

# TRAINING



To register for in-person classes,  
please contact the Cluster Facilitator  
sponsoring the training or your  
region trainer.

You are welcome to attend  
any class being offered.

When you've completed the training,  
please complete the class  
assignment in the Training Portal.

Brian Young, Northern Region  
[brian.young@utahfostercare.org](mailto:brian.young@utahfostercare.org)

Terumi Sagers, Salt Lake Region  
[terumi.sagers@utahfostercare.org](mailto:terumi.sagers@utahfostercare.org)

Terri Rowley, Western Region  
[terri.rowley@utahfostercare.org](mailto:terri.rowley@utahfostercare.org)

McKay Esplin, Eastern Region  
[mckay.esplin@utahfostercare.org](mailto:mckay.esplin@utahfostercare.org)

Denice Beacham, Southwest Region  
[denice.beacham@utahfostercare.org](mailto:denice.beacham@utahfostercare.org)

Liz Rivera, Director of Education  
[liz.rivera@utahfostercare.org](mailto:liz.rivera@utahfostercare.org)

## TRAINING KEY

Online

In-Person

Both



# VOLUNTEERING WITH UTAH FOSTER CARE

By Jennica Woodbury, UFC Volunteer Coordinator

I'll never forget the article I read on vacation with my family a few years ago. I'd been considering becoming a licensed parent. When I read this article about the amount of emotional fatigue and burnout foster parents go through, it made me want to stop sitting there and do something about it!

Our family had decided that now wasn't the time to become foster parents, but what could we do? I looked into volunteering, but there wasn't much I could help with back then. Fast forward three years and two volunteer-coordinating employees later, and we have quite a robust volunteer program!

If you know someone who wants to help the Utah Foster Care community, here are ten ways volunteers can help a foster family this month:

- 1 Sign up to take a meal to a family, ideally monthly or quarterly. We have a questionnaire that can match you with family, so it's an excellent experience for both the giver and the recipient.
- 2 Hold a gift card drive. Foster parents love being able to take their family out to dinner or to go somewhere fun! Ask your friends if they have any extra gift cards we can use. Our retention specialists can distribute those out.
- 3 Help babysit at a Kid's Night Out. These are fun nights for foster parents to get a break, and the kids can eat pizza and play games and activities with volunteers and other kids!
- 4 Volunteer to clean or organize for an hour at a family's home.
- 5 If you have a business, give a generous discount or special offer to foster families. Or reach out to your favorite companies and ask if they'd be willing to provide special offers to Utah foster families.
- 6 Photography experience? Offer to take family photos. We've done this for a few families; it was a hit!
- 7 Donate products; foster families can use weighted sensory lap blankets, visitation bags, relevant books, quality kid items, gift cards, etc.
- 8 Get certified to become an overnight respite provider. A more extended break can help parents overcome that "burnout" feeling!
- 9 Help set up a Saturday service project for a family.
- 10 Be a listening, caring ear to families on all sides of the fostering world. If you can fill a need for them, do it! These are our most vulnerable kids- let's help them break through generational cycles and build them up. These kids are worth it.

SHARE THIS ARTICLE WITH ANYONE INTERESTED IN FOSTERING AS A WAY TO "LIFT WHERE THEY STAND."





## FOSTER FAMILY CAMP IS BACK!

### WE HAVE AN EXCITING ANNOUNCEMENT!

2015 was the last time we held Foster Family Camp at Aspen Grove – we have missed them, and it turns out they missed us! We are thrilled to announce that Aspen Grove has invited Utah Foster Care back to host Foster Family Camp once again.

Super Car Ron's fundraiser last December raised the money needed to provide this fun camp to foster families. We are grateful to him for his continued support.

If you and your family have been in the past, you know why we are excited about this opportunity – and if you haven't, it is a fantastic opportunity for connection.

Connection to your family, other foster families, and the beautiful mountains.

There will be family entertainment – kids groups for all ages – and parents; this is an opportunity to catch up on some in-service hours while your kids are cared for.



### DON'T JUST TAKE OUR WORD FOR IT...

We asked families what they liked best about camp, and here are a few responses shared with us:

“Well-organized family activities, delicious meals, comfortable accommodations...but the very best part was hearing from our adopted, foster, and biological children their happiness in sharing time with kids who "know what it's like!" When speaking to other parents, one could see it was the same way around the retreat. Many kids make positive connections and know they'll be okay. They're not alone.”

“We loved the ability to meet other foster families from around the state and enjoy a family weekend where everyone there understands some of the extreme behaviors we face with our kids rather than judging us for them.”

“I loved how relaxing the weekend was—no laundry, no cooking, no dishes, just a fun time with my cute little ones.”

There will be more information coming in the June/July Foster Roster as well as on Bridge.

Please check your calendars and save the date for September 27th -September 29th.





# WELCOME TO BINTI: REDUCING THE STRESS OF RELICENSING

BY JOHN THILL, STATEWIDE SYSTEMS ANALYST, UFC

While considerably easier than getting your initial license, foster care relicensing can cause distress in a family's already chaotic (but rewarding) lifestyle.

That is where Binti comes in to reduce that stress. Binti is a new (to us) licensing platform that allows users to complete licensing paperwork and upload important documents all from their smartphone, tablet, or computer (you can even do so while lying in bed binging Netflix!). It really doesn't get much easier, folks.

Best of all, Binti will send reminders to keep you engaged. There is no need to try to remember what you have already submitted because it is all right at your fingertips.

Binti is a breath of fresh air in the licensing process; no one loves it more than the Office of Licensing. When asked about Binti's impact on his statewide workload, David Dinger, Central Intake Specialist with the Office of Licensing, said, "YES, I love Binti, and I hope the providers do too!"

## HERE IS A REMINDER ABOUT THE TRAINING REQUIREMENTS

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For couples who need 16 hours total, with each having at least 4 hours:

- 4 hours/year/couple need to be done in person
- 3 hours/individual can be done through asynchronous training (recorded training, approved books or movies)
- The remainder can be completed by live remote and/or in-person
- (Single providers need only 12 hours using the same requirements listed above)

Are you ready to start your relicensing process? Contact me at [john.thill@utahfostercare.org](mailto:john.thill@utahfostercare.org), and I will send you a Binti welcome email. If you have questions about training, your regional trainer is ready to answer them. We are here to help relieve one stressor in your busy day.

Keep up the great work; you are making a difference!



# NATIONAL FOSTER CARE MONTH

By Aysha E. Schomburg, Associate Commissioner, Children's Bureau

[www.childwelfare.gov/fostercaremonth/](http://www.childwelfare.gov/fostercaremonth/)

National Foster Care Month (NFCM) in May is a significant opportunity to spread the word about the needs of more than 391,000 children and young people in foster care. This year's NFCM theme—"Engaging Youth. Building Supports. Strengthening Opportunities."—shines a light on how we can best support young people and help them successfully transition to adulthood. This theme mirrors one of the Children's Bureau's highest priorities: ensuring young people leave care with strengthened relationships, holistic support, and opportunities.

Nearly 20,000 young people transition out of the foster care system each year without a permanent family. In talking with young people who have experienced the foster care system firsthand, I've heard consistently how challenging it is to transition out of foster care, especially without the appropriate support. Giving young people the resources they need to succeed as adults begins during their time in care. It is crucial that we use that time to engage young people in case planning, help them build and nurture meaningful relationships, and gain equitable access to the opportunities that all young people deserve.

*Thank you, foster families, for being there for youth in foster care. For being there for the young adults, you raised long after they no longer live with you. You make a difference. You are essential to helping them live a whole life and not become a statistic. Happy Foster Care Month!*

- Darcey Wiseman, Utah Foster Care

## DO YOU KNOW A "FOSTER FAMILY OF THE YEAR"?

Utah Foster Care knows that a successful foster family takes dedication and hard work from ALL members of a family – mom, dad, children, and even pets! We will be recognizing five Foster Families of the Year, one from every region of Utah.

Now is the time to nominate a family who represents the heart and soul of foster families in your region. We start accepting nominations on April 1 at <http://www.utahfostercare.org/forms/foster-family-of-the-year>.

We will present the awards on Saturday, July 13, at our annual Chalk Art Festival at Electric Park at Thanksgiving Point in Lehi. Families who travel more than 100 miles will have one complimentary night's stay at a hotel on Friday, July 12.

*Please note: The nomination form will only be accessible from April 1 – May 15.*



UFC limited funds available to meet special needs of children in care when DCFS is unable to.

### QUESTIONS?

#### Northern Region

Anna Gibson - (801) 392-1114

#### Salt Lake Valley Region

Tina Porter -  
[tina.porter@utahfostercare.org](mailto:tina.porter@utahfostercare.org)

#### Western Region

Amy Smith - (801) 462-0745

#### Eastern Region

Shannon Smith -  
[shannon.smith@utahfostercare.org](mailto:shannon.smith@utahfostercare.org)

#### Southwest Region

Diane Fillmore - (877) 656-8065

### REMINDER:

- 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 1x 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](http://utahfostercare.org)

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