



UTAH'S FOSTER FAMILY MAGAZINE

♥ fosterroster

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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."

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Murray

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Suite 400
Murray, UT 84107
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.

Winter Blues: Ideas to Keep the Kids Entertained!

By Marissa Douglas, Retention Services, Utah Foster Care



Have nothing to do? You're not alone—being stuck indoors with the kids will make anyone crazy. Here are some no-cost/cost ideas to help break up the boredom.

NO COST:

Sledding

Make hot chocolate and homemade marshmallows

Make paper snowflakes and hang them up around your home

Go to the library (Find out when story time is)

Make homemade popcorn and enjoy a movie marathon

Set up an indoor obstacle course

Make your own playdough

Have an indoor picnic or a tea party

Paint the snow—use tempera paints & paintbrushes or fill a spray bottle up and add food coloring.

Make a craft-coffee filter snowflakes
<https://happyhooligans.ca/coloured-coffee-filter-snowflakes/>

Break out the board games or cards

Winter scavenger hunt

Build an indoor fort

Home Depot kid's workshops

Mall play areas-go window shopping while you're there

Spend time at a local animal shelter

Enjoy a visit to Hill Aerospace Museum

COST:

Indoor swimming

Ice skating

Bowling

Indoor bounce house

Movie matinee

Visit a children's museum

Try snowshoeing

Soak in a natural hot spring or hot tub

Indoor rock climbing

Sign up for a cooking class together

Take a day trip to Cabela's or Scheel's

Explore Midway ice castles

Go to a hockey game

Visit the Olympic park

Go on a train ride (Heber Valley Railroad, Trax or Frontrunner)

Enjoy a ski resort without the skis

UTAH FOSTER CARE (UFC)

Southwest Region UFC Staff

Ben Ashcraft

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Cedar City (435) 865 - 5600

106 NORTH 100 EAST

Manti (435) 835 - 0780

55 SOUTH MAIN STREET, #24

Panguitch (435) 676 - 1400

665 NORTH MAIN STREET

Richfield (435) 896 - 1250

201 EAST 500 NORTH

St George (435) 652 - 2960

178 NORTH 200 EAST

FIND MORE RESOURCES ONLINE

utahfostercare.org/southwest

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!*

CEDAR CITY CLUSTER

Vicki (435) 590-0920

MANTI CLUSTER

Michelle (435) 633-3449

RICHFIELD CLUSTER

Holly (801) 360-1967

ST GEORGE CLUSTER

Brooke (435) 229-2637

ST GEORGE POST ADOPT CLUSTER

Tifny (801) 494-3877
tifnyrose@hotmail.com

ST. GEORGE CLUSTER

Foster Family Christmas Party

Diane Callister, UFC

December 5; 6:00-8:00pm

Staheli Farm

Enjoy a family Christmas Party & Dinner with Mr. & Mrs. Claus. Bring an appetizer or dessert side dish. Must RSVP to Diane.

Staheli Farm is located at 3400 S Washington Fields Rd, Washington

ST. GEORGE CLUSTER

Foster Parent Panel

Ben Ashcraft, LMFT

January 16; 6:00-8:00pm

Falls Event Center / 170 S Mall Dr, St. George

Training will include a panel of foster parents and teens from foster care.

Light dinner will be provided.

CEDAR CLUSTER

Foster Family Christmas Party

Vicki Nelson, Cluster Facilitator

December 3; 6:00-8:00pm

Paiute Tribe Gym / 440 N Paiute Dr, Cedar City

There will be pizza and activities for everyone. Please bring a dish to share. There will be a special visit from Santa. Please RSVP to Vicki.

CEDAR CLUSTER

Watch Facebook, more info is to come!

RSVP FOR CLASSES & CLUSTERS!

If a class or Cluster is cancelled, moved or rescheduled, we can only alert you if you've RSVP'd! Also, if childcare is provided, it can only be offered to those who've RSVP'd. Help us help you — RSVP!

RSVP: CLIFF FARNSWORTH / (435) 656-8065

cliff.farnsworth@utahfostercare.org

RICHFIELD CLUSTER

Foster Parent Christmas Party

Holly Jensen, Cluster Facilitator

December 4; 6:30-8:30pm

Los 5 Amigos / 590 E 300 N, Richfield

Adults only dinner. Enjoy some good food and company with other parents. Must RSVP to Holly.

RICHFIELD CLUSTER

De-Escalating Tantrums & Rage

Cliff Farnsworth, LCSW

January 16; 6:00-8:00pm

Heritage Hall / 38 W Center St, Gunnison

Learning how to de-escalate tantrums and rage is a skill we all need. We cannot communicate with our children if they are unregulated. Come learn skills needed to work with them.

MANTI CLUSTER

No Meeting in December

Happy Holidays!

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Create Your Own Vision for 2019

By: Ben Ashcraft, LCSW, Foster Family Recruitment, Utah Foster Care



As we come to the close of a wonderful 2018 year and the beginning of 2019, it is a good time to reflect on the great things we were able to accomplish, along with the many opportunities we have in the coming year. There is a unique energy that comes with transition and beginning something new. It is really important for us to tap into that energy, as it can help us to focus on being our best selves and reaching our greatest potential. I recently attended a motivational seminar focused on the power of positive influence and how to have the greatest influence on ourselves and others. There were a couple things that stuck out to me I found profound I thought I'd share.

During the holiday time, we generally get together with family and friends. It can be a really fun time. However, some family dynamics can be challenging at times if there have been things said or done that have caused trauma. A great Christmas get together could quickly go south because of hurt feelings or resentments. An important thing for us to remember is the power we have to “influence” a situation. When engaging in conversations, it is best to ask ourselves “How can I influence this person for good?” The more we bring positive energy through the thoughts we think and intentions we have, the more likely we will create desirable outcomes for ourselves and others. A quote we have in our home says, “Never put the key to your happiness in someone else’s pocket.” I’m confident that regardless of our situation and circumstances, we can use our influence to create a positive holiday experience.

A second thing introduced at this training was the concept of a “Vision Board.” As a New Year begins, many people create New Year’s Resolutions. We know these are often discarded in a short time. A Vision Board is a way to keep our focus on our goals over time. It is a physical reminder of our goal that is used daily to maintain focus. Some people may think they need to go all out, but the truth is starting simple is often more effective (remember KISS – Keep It Simple Stupid). Key points to remember...

1. Doesn't have to be fancy (i.e., painters tape making a 2x2 ft square or a corkboard).
2. It needs to be located in a place you frequent often (i.e., wall by the bed, in front of your desk).
3. Have a picture & description of your vision.
4. Can list from 1-9 things.
5. Devote 3+ minutes a day looking at your Vision Board with positive thoughts.

There is power in thought. What we focus our thoughts, time, and energy on becomes part of us, helping to shape our destiny. I know you can have a Happy Holiday Season, and a Great New Year accomplishing your vision. Have a Fabulous 2019!

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
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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