



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

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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
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Roosevelt

Rural Route 3, Box 8008
Roosevelt, UT 84066
435-724-0959 Main

Vernal

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435-781-4224 Main

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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.

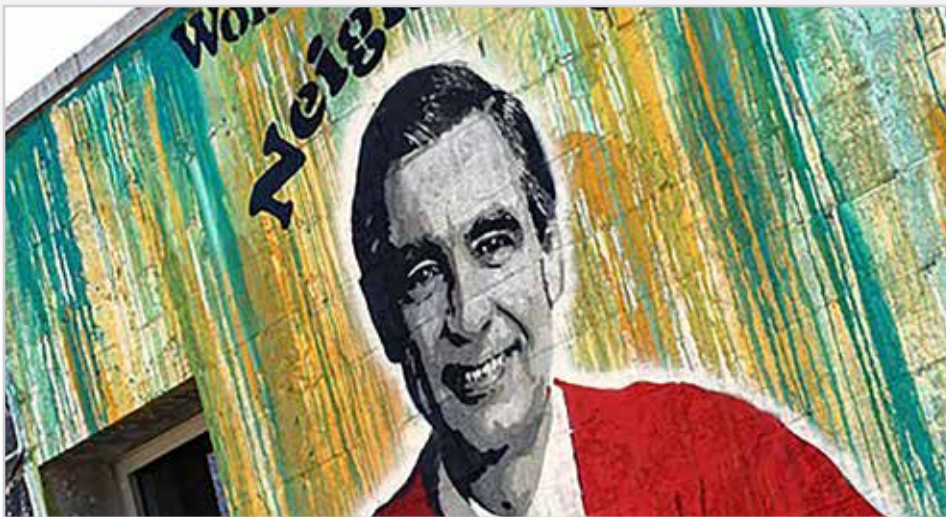
The gift was a bike –the first bike he had ever owned. Words cannot express the joy I felt that day, as I watched a 16-year old melt into a child. He felt part of a family and a community of caring people. It was an amazing day that has left a forever imprint on my heart.

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.

Look for the Helpers

By: Heidi Naylor, Retention Services, Utah Foster Care



We live in an ever-changing world with scary things happening almost daily. How can we help prepare those from hard places for coping with the fear that comes from watching the events of the world? How do we even explain the scary things that have happened in their short lives?

What has helped most in our home is to listen to our friendly neighbor Mr. Fred Rogers “When I was a boy and I would see scary things in the news, my mother would say to me, look for the helpers. You will always find people who are helping.”

“To this day, especially in times of ‘disaster,’ I remember my mother’s words and I am always comforted by realizing that there are still so many helpers — so many caring people in this world.”

Learn to process your own feelings regarding situations before discussing them with your children. You must be able to remain calm to help your children feel more secure.

Create open dialogue. Who can they identify as helpers? Who helps them feel safe in their own lives? Focus on listening. Reaffirm that they are safe. Let them know its ok to feel scared, and even angry. Teach them that learning to control these feelings helps them become the helpers of tomorrow.

Limit their direct contact to seeing events played over and over again through television or social media. For those who lived through September 11th, do you remember how many times they played the planes crashing? Or the towers falling? Repeated exposure can awaken previous losses and fears. Repeated exposure can lead to feelings of hopelessness and depression.

More than anything, our kids want to know that we are working hard to keep them safe. Give your child extra comfort and seek meeting their needs through identifying their love language. That closeness provides security and can nourish your soul as well.

UTAH FOSTER CARE (UFC)

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NEED TO REACH YOUR RFC?

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69 NORTH 600 WEST

Am Fork (801) 763 - 4100

861 EAST 900 NORTH

Orem (801) 224 - 7820

1106 NORTH 1200 WEST

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Provo (801) 374 - 7005

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1403 SOUTH MAIN

Delta (435) 864 - 3869

39 SOUTH 300 EAST

Fillmore (435) 743 - 6611

55 WEST 100 NORTH

FIND MORE RESOURCES ONLINE

utahfostercare.org/western

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!*

NORTH CLUSTER

Jessica (801) 432-0720
jessica.fostercare@gmail.com

CENTRAL CLUSTER

Beth (801) 426-8782
snb8782@yahoo.com

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KINSHIP CLUSTER

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flybabycarmen@gmail.com

PATHWAYS

Class 1

Rachel Jones

January 22; 1:00-5:00pm

Provo DCFS Room 5020 & 5030

Pathways classes are mandatory in order to adopt a child from foster care. Information about post adoption services/support & trauma informed parenting techniques. Email rrjones@utah.gov to register.

PATHWAYS

Class 2

Rachel Jones

January 29; 1:00-5:00pm

Provo DCFS Room 5020 & 5030

Pathways classes are mandatory in order to adopt a child from foster care. Information about post adoption services/support & trauma informed parenting techniques. Email rrjones@utah.gov to register.

HEALING TRAUMA

Modules 7 & 8

Terumi Sagers, BS

December 17; 5:30-8:30pm

Fred House Academy/14727 S Minuteman 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/14727 S Minuteman Dr

Introduction and Solution Focused Relationships

FOUNDATIONS FOR YOUTH

Session 2

Terri Rowley, LCSW

February 27; 5:30-9:30pm

Fred House Academy/14727 S Minuteman Dr

The Effects of Trauma on Adolescent Development

FOUNDATIONS FOR YOUTH

Session 3

Terumi Sagers, BS

March 25; 5:30-9:30pm

Fred House Academy/14727 S Minuteman 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.

Locate your Cluster...

North: Cities north of Lindon to the Utah County border

South: Cities south of Provo including Millard/Juab

Central: Provo/Orem & Wasatch/Summit (for now)

Level III: Those who care for Level 3 children

Adoption: Those who have adopted from Utah's foster care system (with or without current licenses)

KINSHIP

Teen Panel & TAL Information

Panel Presentation

December 10; 6:00-8:00pm

Orem UFC / 274 W Center St

Hear first-hand experiences from our teens who have been or are in care. Milton Gale will be here to answer questions about the Transition to Adult Living (TAL) Program.

NORTH

Open Q&A for Foster Parents

Panel Discussion

December 13; 6:00-8:00pm

Orem UFC / 274 W Center St

Ask questions about anything and everything related to your role as a foster parent. Questions submitted by Dec 12th will be entered into a raffle.

Western Region Holiday Party

December 17; 6:00-8:00pm

Orem UFC / 274 W Center St

Visit with Santa, pick out a book, watch the "Polar Express" with some refreshments, and see if we can help with some last minute gifts.

Positive Parenting

Maggie Noyes; SSW

December 20; 6:00-8:00pm

Orem UFC / 274 W Center St

Often, we can get stuck in focusing on the negative areas where our children are lacking. Come learn strategies to foster relationships while building pro-social skills in youth.

LEVEL 3

Meet the Director

Casey Christopherson, DCFS

January 7; 6:00-8:00pm

Orem UFC / 274 W Center St

Come meet Western Regional DCFS Director, Casey Christopherson. He will answer question and discuss current needs in our region.

ADOPTION

Build Your Village & Post-Adopt Resources

January 11; 6:00-8:00pm

Orem UFC / 274 W Center St

Learn about the tools that are available to you after you adopt and get to know other families who are working with youth from hard places.

CENTRAL

Accessing School Resources

Buddy Pohl J.D.

January 17; 6:00-8:00pm

Orem UFC / 274 W Center St

We will learn how to navigate and access resources for youth with more creative needs.

CENTRAL

Ask A Foster Parent Night-Teen Focus

Must RSVP: rsvp@utahfostercare.org

January 24; 6:00-8:00pm

Orem UFC / 274 W Center St

Ask local families about their experiences fostering or adopting teens, at this casual forum. You will receive in-service credit if you are not currently fostering teens. Dinner will be served!

Avoiding Power Struggles

Maggie Noyes, SSW

January 29; 6:00-8:00pm

Orem UFC / 274 W Center St

Practical tools in helping parents effectively de-escalate tantrums.

CPR/FIRST AID TRAINING

According to the Office of Licensing, ONLINE CERTIFICATION COURSES ARE ACCEPTABLE. Feel free to find a course that suits you by searching "CPR/First Aid Training or Certification." FYI, you can take a totally free course at the following website <http://www.firstaidforfree.com/>.

If you use this site, please take the "basic first aid" AND "Basic CPR" courses. They are separate courses and you will need each one to get licensed.



Finding the Perfect Gift

By: Heidi Naylor, Retention Services, Utah Foster Care



I was restless, on a night close to Christmas. I had tried everything I could think of to find the one gift my three girls wanted more than anything. I had searched social media, G+oogle, property and voting records and yet, that one gift appeared to not exist. That gift was a person named Lorraine.

I jolted out of bed at three in the morning. I hadn't checked one more place. It would be the worst place to find her. I grabbed my computer and quickly typed her name into the obituaries of the local paper. I held my breath. As my computer quickly returned a response, I tentatively clicked the link and scanned the obituary. I felt myself finally exhale when I realized that it was not Lorraine's obituary, but that of her mother.

The obit listed Lorraine and her sister. That sister lived just four blocks away from us. And my husband had been friends with her son. I could hardly sleep, knowing that this was my first solid lead.

The next morning, I knocked on her door. From the family room she beckoned me to come in. I slowly opened the door. She recognized me as "Timmy's wife" and asked what she could do for me. I explained that "Timmy" and I had adopted seven children. Our last three were a sibling group of three sisters. I went onto explain that the gift they wanted more than anything was for me to find their biological grandma.

Before I could go any further, she started to cry and asked if I had Lorraine's granddaughters. I simply responded with a "yes." It turns out that Lorraine had been living all this time less than a mile from us. It had been tough been to find her because my girls' birth mom had stolen everything from Lorraine and all her property was in the family's name to protect her.

It was indeed a miracle to have found her at all. I immediately drove to Lorraine's house. I knocked on the door as this frail, older woman answered the door. I asked if she was indeed Lorraine, she asked why I was looking for her. I explained who I was, and why I had spent so much time trying to find her. She wrapped her whole body around me as she cried and explained she had been praying to just know the girls were safe. We visited for some time before I asked if I could return with the girls.

When we did return, I asked the girls to go knock on the door. They weren't sure if they should even get out of the car. I asked again. Tim and I waited for them to knock.

No words can capture what became the perfect Christmas present. This long-lost family was reunited. They all embraced and cried for what felt like forever, savoring every minute. As if letting go would make it not real. Taking in every detail of each other. Broken hearts were healed as they reconnected. And we were grateful to be able to add another someone who loves our girls as much as we do.

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