How Can We Help?

Because we want to keep everyone safe and healthy and are in a time of social distancing, I know this is a crazy time and many are feeling confused and scared.

It’s hard to calm the anxiety of our children when we ourselves are feeling so anxious.

In a short video on KSL’s Studio 5 website Dr. Matt Townsend shares his four ways to decrease the fear and anxiety in your household. He shares how we can calm down and focus on safety:

• Focus on influence, not concerns.
• Act on anxiety, don’t just talk about it.
• Get informed, not obsessed.
• Serve those in need.

To watch the video go to: https://studio5.ksl.com/4-ways-to-minimize-stress-and-maximize-safety/

Please take care of your families and keep loving those little ones. Know that we are here to support you. Make sure you are on our Cluster group, email me to add you, if you aren’t. If you need anything, message, call, or email your Cluster facilitator or me!

Maegen Bernardo
maegen.berardo@utahfostercare.org
(801) 392-1114

Cache Valley Cluster: Jessie (801) 201-3205
Box Elder Cluster: Ashley (435) 232-3431
Ogden Cluster: Millie (385) 405-9057
North Davis Cluster: Jennifer (801) 845-2260
Weber West Cluster: Heather (801) 589-9839
South Central Davis Cluster: Mandi (801) 450-2245
Spanish Cluster: Gaby (801) 458-8121
Training Tips

Hey families, I just want to remind you again of our online training and let you know I am here for you if you need some extra support during this time of social isolation. Below is the link for your questions about the current rules surrounding in-service training. Feel free to reach out to me at brian.young@utahfostercare.org or (801) 475-5537 if you need a shoulder to lean on or some answers.

https://utahfostercare.org/blog/message-for-current-foster-families/

Below is a list of available classes. To access the online classes go to https://utahfostercare.org/training-for-parents/inservice/.

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<tr>
<th>Calming Anxiety in Children</th>
<th>45 Min (1 Credit Hour)</th>
<th>Effective Discipline</th>
<th>43 Min (1 Credit Hour)</th>
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<tr>
<td>SAD: Seasonal Affective Disorder</td>
<td>57 Min (1 Credit Hour)</td>
<td>Bullying: Key Players &amp; How to Address the Role Your Child Plays</td>
<td>59 Min (1 Credit Hour)</td>
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<td>Secondary Trauma</td>
<td>55 Min (1 Credit Hour)</td>
<td>Goodbye Rituals: Ideas on How to Say Goodbye</td>
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<td>Understanding Sensory Processing Issues</td>
<td>44 Min (1 Credit Hour)</td>
<td>Effects of Childhood Trauma on Brain Development</td>
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<td>RAD: It May Not be What You’ve Heard</td>
<td>60 Min (1 Credit Hour)</td>
<td>Discipline Strategies: A Focus on Children with Trauma</td>
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<td>Working with the School System</td>
<td>47 Min (1 Credit Hour)</td>
<td>What Kids Need to Succeed</td>
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<td>Understanding Addiction</td>
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<td>Assisting Biological Children</td>
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<td>Caring for the Sexually Reactive Child</td>
<td>61 Min (1 Credit Hour)</td>
<td>Building Trust-based Relationships: The Color Code</td>
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<td>Maintaining Healthy Relationships</td>
<td>56 Min (1 Credit Hour)</td>
<td>The Shame We Carry</td>
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<td>Toileting Problems: Encopresis &amp; Enuresis</td>
<td>59 Min (1 Credit Hour)</td>
<td>Managing Emotions &amp; Behavior</td>
<td>61 Min (1 Credit Hour)</td>
</tr>
</tbody>
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In addition, you may check with your RFC for movie, documentary and book suggestions.

**TO GET CLASS CREDIT...**

Once you have watched one of the webinars listed above, please send an e-mail to your trainer (find them in the staff directory) stating the title of the video, the presenter, the date and time you listened, as well as three ideas you took away from the training that you intend to use with children in your home. This will guarantee that you will receive the appropriate credit for renewal hours for licensing.

**Important:** If you are watching a video as a couple, each of you must send an e-mail with the required information.