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!

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Spanish Cluster
Ruth (801) 568-6632

LBGTQ+ Cluster
Adrienne (801) 722-8121

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!

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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 Liz at liz.rivera@utahfostercare.org or Terumi at terumi.sagers@utahfostercare.org 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/in-service/.

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Duration</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>Calming Anxiety in Children</td>
<td>45 Min</td>
<td>1</td>
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<tr>
<td>SAD: Seasonal Affective Disorder</td>
<td>57 Min</td>
<td>1</td>
</tr>
<tr>
<td>Secondary Trauma</td>
<td>55 Min</td>
<td>1</td>
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<tr>
<td>Understanding Sensory Processing Issues</td>
<td>44 Min</td>
<td>1</td>
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<tr>
<td>RAD: It May Not be What You’ve Heard</td>
<td>60 Min</td>
<td>1</td>
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<tr>
<td>Working with the School System</td>
<td>47 Min</td>
<td>1</td>
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<tr>
<td>Understanding Addiction</td>
<td>37 Min</td>
<td>0.5</td>
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<tr>
<td>Caring for the Sexually Reactive Child</td>
<td>61 Min</td>
<td>1</td>
</tr>
<tr>
<td>Maintaining Healthy Relationships</td>
<td>56 Min</td>
<td>1</td>
</tr>
<tr>
<td>Toileting Problems: Encopresis &amp; Enuresis</td>
<td>59 Min</td>
<td>1</td>
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<tr>
<td>Effective Discipline</td>
<td>43 Min</td>
<td>1</td>
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<tr>
<td>Bullying: Key Players &amp; How to Address the Role Your Child Plays</td>
<td>59 Min</td>
<td>1</td>
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<tr>
<td>Goodbye Rituals: Ideas on How to Say Goodbye</td>
<td>62 Min</td>
<td>1</td>
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<tr>
<td>Effects of Childhood Trauma on Brain Development</td>
<td>93 Min</td>
<td>1.5</td>
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<tr>
<td>Discipline Strategies: A Focus on Children with Trauma</td>
<td>50 Min</td>
<td>1</td>
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<tr>
<td>What Kids Need to Succeed</td>
<td>66 Min</td>
<td>1</td>
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<tr>
<td>Assisting Biological Children</td>
<td>78 Min</td>
<td>1</td>
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<tr>
<td>Building Trust-based Relationships: The Color Code</td>
<td>66 Min</td>
<td>1</td>
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<tr>
<td>The Shame We Carry</td>
<td>48 Min</td>
<td>1</td>
</tr>
<tr>
<td>Managing Emotions &amp; Behavior</td>
<td>61 Min</td>
<td>1</td>
</tr>
</tbody>
</table>

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.