

# ALYSHA FRAZIER



My name is Alysha Frazier, and I am a first-year Early Intervention Teacher working with K-2 students at an elementary school in Brigham City, Utah. In my role, I support young learners by identifying needs early and partnering with families to help children build foundational academic, social, and emotional skills.

This work strongly influences how I approach fostering and mentoring, as I believe meaningful change happens when families feel supported and understood.

Outside of work, I enjoy being outdoors hiking, going on walks, and spending time with my family. As a family, we have set a goal to visit three new parks and swimming spots and to spend 1,000 hours outside together. These experiences help us stay connected, build routines, and create a sense of stability and belonging.

I have been fostering since the end of 2019. Over the years, we have welcomed six children into our home who have successfully reunified with their biological families. We continue to maintain varying levels of connection with many of these children and their families after reunification. In September 2025, we adopted our son from foster care, and we currently have a foster daughter who has been with us for over a year.

Through our foster care journey, I have supported children with a wide range of needs and behaviors and have learned how to navigate additional supports such as family therapy, early intervention services, daycare assistance, and respite care. These experiences have given me a strong understanding of how overwhelming the foster care system can feel, especially for families just starting out.

I became a foster mentor to ensure families in Northern Utah have someone they can connect with on a real and relatable level. My goal is to walk alongside families, offering encouragement, practical guidance, and reassurance so they never feel alone in their foster care journey.