



January 2013

# Fostering Communications

Building a Network of People in the Foster Care System

## New Year, New Start

As 2013 begins, some of us are busy trying to maintain those New Year's Resolutions that we made with an effort to become better at something, do something less, or in essence just have a change from last year. CFSTC is attempting to do the same with the Fostering Communications Newsletter as we are considering a new way of approaching the material we bring to you. In an effort to ensure we are getting you the information you really want and need, we ask that you complete the survey listed below so we can get a better grasp on that concept. We more than appreciate your time in completing this very short survey, which will likely only take you a minute or two. With that being said, we encourage suggestions.

<http://www.surveymonkey.com/s/GQKGR7W>

## New Beginnings

In the last Fostering Communications Newsletter, we shared that the infamous Del Hager was retiring. He shared his thoughts on how "It's All Good", which indeed was the theme of his retirement celebration. A number of dear friends and colleagues joined him in getting ready for this new beginning. He was presented a plaque from the University of North Dakota noting appreciation for the incredible work he did for the last 26 years.



Roger Johnson, Del Hager, Jason Moug, Tanus Marshall  
Kathy Newman, Pete Tunseth



Del with his wife, Jean



Pictures are compliments of the talented Bryon Novotny

## Ongoing Training

With the theme of a New Year, we encourage you to use 2013 as an opportunity to step out of the box and try something new, role model for the foster youth in your life the joy of exploration and maybe along the way even learn something new. Maybe you could investigate a training topic that you have always been curious about or do an in depth study on a topic that you want to know more about. The Children and Family Services Training Center's Library can provide you with just what you need to make this goal happen. There is a variety of information ranging from how to best address the differing mental health diagnoses to information on abuse to working with natural families. If there is a topic that the library does not cover, please let us know and we will try our best to search for resources that meet your needs. The library consists of books, DVD/VHS tapes, and digital curriculum that can supplement your training needs.

<http://www.cfstc.und.edu/>

*Fostering Communications is published by the UND Children and Family Services Training Center under the sponsorship of the Division of Children and Family Services, North Dakota Department of Human Services. It is intended for all foster parents, foster care providers, and child welfare agencies. Comments should be directed to the Training Center.*

## Dealing with Stress in Foster Care

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The Video from Washington DHS “De-escalation Techniques in Foster Care” shares a message of how us as adults need to monitor our feelings and past history as this correlates how we respond to stress and an escalating child. Gary Benton, Family Counselor presents the question “What feeling do you want the child to have about you? Not about the world, but about you as a trusted adult”. The video challenges us to decide on a feeling that we want our youth to have about us and work on becoming conscious of this in our daily life with the foster youth. He reminds us that the feelings that we learn early on are connected to us throughout our entire life. With that being said, foster parents today are beyond instrumental in forming today’s youth. I encourage you to take the time to watch and take in the information in the following video:

<http://www.youtube.com/watch?v=BL9mF7oCD8c>

## Coping with Trauma

Children today are faced with an entirely different world than years past. They are now asked to go through the motions of a school drill called a “Lockdown Drill”, which will help prepare them in case of a school shooter. Since this has become a common practice in many North Dakota schools, we, as adults, need to be ready for the repercussions and discussions that come from such an ordeal as it will most certainly spur some emotions. Children in Foster Care already have endured variations of past traumas, so it is critical to note that various school drills may spur their prior feeling of being unsafe. The following links offer insight into this issue:

Tips for Talking to Children about the Connecticut School Shooting by David Fassler, M.D.

<http://www.aacap.org/galleries/default-file/TipsforTalkingtoChildrenabouttheSchoolShooting.pdf>

Coping with Crisis-Helping Children with Special Needs

[http://www.nasponline.org/resources/crisis\\_safety/specpop\\_general.aspx](http://www.nasponline.org/resources/crisis_safety/specpop_general.aspx)

The 12 Core Concepts: Concepts for Understanding Traumatic Stress Responses in Children and Families

<http://www.nctsn.org/resources/audiences/parents-caregivers/what-is-cts/12-core-concepts>

## Visitation Continues

The holidays have passed, which for many families means, life settles down. Foster families, as you know, are a bit different as visitations with birth families continue throughout the year for children in foster care. Healthy Foster Care America has created a list of tips on how to help children before and after these visits. Please read as a reminder of what you can do to help them prepare for these visits along with how to ease the transition back into your care.

[http://www2.aap.org/fostercare/PDFs/HFCA\\_Visitation.pdf](http://www2.aap.org/fostercare/PDFs/HFCA_Visitation.pdf)

## President Obama Signs Legislation

On January 1<sup>st</sup>, 2013 Congress passed the American Taxpayer Relief Act of 2012, legislation which included a permanent extension of the adoption tax credit. President Obama signed the bill into law the following day. Please see the press release for further detail.



[http://adoptiontaxcreditdotorg.files.wordpress.com/2013/01/atcpresrelease\\_1-4-13.pdf](http://adoptiontaxcreditdotorg.files.wordpress.com/2013/01/atcpresrelease_1-4-13.pdf)

## PRIDE Link

The PRIDE Model we follow highlights the competency of “Teamwork Through Permanency”. For the permanency goal of Reunification to be ultimately successful, a team approach is needed to include communication between the foster family and biological family. The following link offers insight into thoughts as a placement begins as well as mindfulness of everyone’s perspective as a team is created regarding the child(ren) in care. The article references this first meeting as an “Icebreaker meeting”, which could take place at the time of placement, time of the first visitation, or maybe even at the first Child and Family Team meeting. This link is just to initiate thinking, not a model that your social worker will follow.

<http://www.nrcpfc.org/fewpt/BTGFrequentlyAskedQuestionsfinal4-22-08.pdf>



The 25th annual North Dakota Family Based Association Conference entitled  
*“Moving Forward, Looking Back”*  
will be held at the Fargo Holiday Inn on April 3-5, 2013  
with a pre-conference seminar on father engagement to be held Tuesday, April 2<sup>nd</sup>.

The event is sponsored by the North Dakota Department of Human Services:  
Division of Children & Family Services and Division of Mental Health & Substance Abuse.

Conference sessions include:

- ✦ Working with high-risk youth
- ✦ Youth suicide
- ✦ Domestic violence
- ✦ Stress management & living life with more joy
- ✦ Food security affecting all income and social classes
- ✦ The Village’s programs of Family Group Decision Making & Family Team Decision Making
- ✦ Diversity
- ✦ Working with traumatized youth
- ✦ Autism Spectrum Disorder
- ✦ Generational differences in the workplace
- ✦ Ethics

Please visit the North Dakota Family Based Service Association’s website-  
[www.ndfbsa.org](http://www.ndfbsa.org) for more information. We hope to see you there!

**Save the Date...**

**Children and Family  
Service Conference**

July 22<sup>nd</sup> ~ July 25, 2013  
Bismarck, ND

**North Dakota Foster  
and Adoptive Family  
Conference**

October 4<sup>th</sup> & 5<sup>th</sup>, 2013

**Remember...**

“Courage doesn’t always  
roar. Sometimes courage  
is the little voice at the  
end of the day that  
says I’ll try again  
tomorrow.”  
-Mary Anne Radmacher