

Fostering Communications

Building a Network of People in the Foster Care System

September 2013

Upcoming Conference Information...

ND Foster & Adoptive Family Conference

October 4-5, 2013
Bismarck, ND

www.cfstc.und.edu/

~Brochure Available Online~

ND Family Based Service Conference

March 25-28
Fargo, ND



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**Children and Family
Services Training Center**
Department of Social Work
University of North Dakota

ND Foster & Adoptive Family Conference

The North Dakota Foster & Adoptive Family Conference is right around the corner on October 4th and 5th, 2013 in Bismarck. The theme for this year is "Building a Foundation of Safety and Permanency". Dr. Preston VanLoon will provide the keynote Friday evening on "Embracing Life's Disappointments: Turning Obstacles into Opportunities". National speaker Patricia Wilcox, LCSW, will continue the conference on Saturday morning with "Healing the Hurt Brain Through Foster Care". She will also have breakout sessions in the afternoon on the following:

- *How Can We All Be a Family: Co-Parenting with Bio-Parents
- *Maintaining Your Sanity While Walking the Minefield: Helping Youth With Challenging Behaviors

Patricia Wilcox is the author of both "A Kid's View of Trauma" and "Trauma-Informed Care: The Restorative Approach".

For further details on the ND Foster & Adoptive Family Conference, the brochure is located on the [CFSTC calendar](#). We encourage you to consider attending this year's conference by mailing or faxing your registration, which is found within the brochure, to the CFSTC office. Please keep in mind the deadline for conference registration is September 16th.

Message from Jim Hooge, President of NDFAPA

"The conference is looking good with excellent presenters, excellent food, and a wonderful community to come to. We have had excellent participation from people in organizing and scheduling. The collaboration between NDFAPA, PATH, and CFSTC is working to present a great place to network with other people in foster and adoptive care and to get training for our work."

Award Nominations Request from NDFAPA

The North Dakota Foster and Adoptive Parent Association is again calling for nominations for several awards to be presented at the Annual Conference in Bismarck on October 4 and 5, 2013. We have awards for Foster Parent of the Year, Social Worker of the Year, and Agency of the Year.

These awards are a chance to recognize people who have been exceptional in their work with children and families in our state. Their stories and experiences are an excellent encouragement for all of us who continue with building relationships and helping children grow and mature.

Nominations need to include a brief summary and explanation that may be sent to Jim Hooge, President of NDFAPA at jim43hooge@gmail.com by September 15th, 2013; and then a committee will review and select the recipients.

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ONE....



One tree can start a forest;
One smile can begin a
friendship;
One hand can lift a soul;
One word can frame a
goal;
One candle can wipe out
darkness;
One laugh can conquer
gloom;
One hope can raise your
spirits;
One touch can show you
care;
One life can make the
difference;
Be that ONE today!!

~Author unknown



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PRIDE Link

The PRIDE Model we follow highlights the competency of “*Supporting children's relationships between children and their birth families*”. Recognizing that loyalty issues are likely to be present when a child is placed into foster care can be hard. It can be equally hard to figure out ways to manage and address this important issue effectively. The article “Loyalty Issues in Foster Care” offers suggested techniques and interventions to help address loyalty issues and encourage healthy relationships between all impacted parties: children, foster parents, and birth parents.

<http://www.focusonyouth.com/pdfs/Loyalty%20Issues%20in%20Foster%20Care.pdf>

Back to School

Children learn best when they're free from hunger and their bodies are well nourished. To help accomplish those goals, most North Dakota schools participate in federally funded, state-administered programs that provide eligible children with nutritionally balanced, low-cost or free lunches each school day. All children in ND whom are placed into foster care through the court qualify for Free/Reduced Meals. The application has been included for any current foster youth you have in your home today. Please keep as a reference for any future placements you may have throughout the school year.

<http://www.dpi.state.nd.us/news/2013/nr8-9-13.pdf>

Special Education

We all agree that a good education is essential for our children's long-term success in today's society. Sadly studies have shown that children involved within the child welfare system often do not get the attention or services they need to succeed from schools or the child welfare system in general. Many of the youth whom come into foster care are working below their grade level, so special advocating is needed to help get them the services they need. The following links offer insight into what Special Education Programs can offer a child and how you can help to advocate to ensure a child receives the services they need.

<http://www.nclld.org/students-disabilities/iep-504-plan/individualized-education-program-headquarters>

<http://www.fosterparentnet.org/PDF/Surrogate%20Parenting.pdf>

Stress

Stress seems to be everywhere we look. It certainly comes to most anyone involved in the child welfare system, from foster parents to children placed into care to child welfare case managers. New research suggests that stress may only be “bad” for you if you believe it to be. Psychologist Kelly McGonigal shares her thoughts on how if you view stress as positive it can change your life and actually foster resilience. She challenges one to view your stress response as helpful, and then in turn you create the biology of courage. Her video on “How to Make Stress Your Friend” is within this link:

http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend.html?utm_source=newsletter_daily&utm_campaign=daily&utm_medium=email&utm_content=button

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*"Act as if what
you do makes
a Difference.
It does"*

~William James

Coping with Trauma

"Adoptive and foster families may struggle to understand and support their new children. Because these children may have experienced significant trauma prior to their placement, they may view and react to people and events in ways that may seem unusual, exaggerated, or irrational. Recent advances in developmental science are revealing how significant adversity in childhood alters both the way the genome is read and the developing brain is wired. In this way, early childhood trauma is biologically embedded, influencing learning, behavior and health for decades to come." The American Academy of Pediatrics has created a guide to help "identify traumatized children, educate families about toxic stress and the possible biological, behavioral, and social manifestations of early childhood trauma, and empower families to respond to their child's behavior in a manner that acknowledges past trauma but promotes the learning of new, more adaptive reactions to stress."

<http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/Guide.pdf>

Fire Safety

As of September, a new resource has been made available through the ND Department of Human Services and ND Fire Marshal. By completing this fire safety training online, foster parents can meet the two-hour initial fire safety training requirement. If you have any questions regarding this fire safety course, contact your local foster care licensing agency.

<http://www.nd.gov/dhs/info/pubs/docs/cfs/fire-safety-training.pdf>

Conversation Matters

The way we ask a question can make all of the difference. Giving a child the opportunity to answer with just one word (yes, no, a name) is likely to only get a one word response. Open-ended questions (what was the best thing you did today) will help keep the conversation going. The National Center for Learning Disabilities offers "13 (Better) Questions to Ask Your Child About School".

<http://www.nclld.org/parents-child-disabilities/family-coping-ld/13-questions-to-ask-child-about-school>



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