

# Fostering Communications

*Building a Network of People in the Foster Care System*

July 2017

## Upcoming State Conferences...

North Dakota Children and Family Services Conference, Bismarck, ND July 24-27, 2017  
Registration open  
Click [HERE](#)

Family Based Services Conference, Fargo, ND April 3-6, 2018  
[www.ndfbsa.org](http://www.ndfbsa.org)

## Additional Training

Check out CFSTC calendar for upcoming foster parent trainings at: [CFSTC](#)



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## PRIDE Link

For many of us, stress can be a positive piece within our lives; it can promote us to have extra bursts of energy and enable us to get large tasks done quickly. However, when stress is continuous and intense, it can actually change one's brain. The PRIDE Model we follow highlights the competency of "**Meeting children's developmental needs, and addressing developmental delays**". Many youth in foster care have experienced the negative chronic, intense, continuous stress, which impacts their brain development. This changes the actual structure of their brain and how it functions. Madhumita Murgia created the following video to help describe how stress affects one's brain and what we can do to help assist in reversing the negative effects that high levels of cortisol.

[How Stress Affects the Brain](#)

## Children Who Foster

Meeting the necessary 5 competencies as foster parents can be hard to manage at times, especially when we take into account our own biological children. The following article was written by an adult child whose parent's fostered while she was growing up. The unknown author is now a foster parent who wants to share her insight so that "placements are successful, stress is managed, and terminations are reduced".

[7 Things We Wish our Parents Knew](#)

## Continuing Education Opportunity

The ND Children and Family conference is being held in Bismarck July 25-27, with a pre-conference on July 24th. There are a number of great sessions including the closing session with former foster youth, Josh Shipp. Josh will share his traumatic, yet inspiring story how "every kid is ONE caring adult away from being a success story". Find out more about Josh by clicking [HERE](#). If you are interested in seeing who else will be sharing their knowledge at this summer's conference, check out our brochure within the following link.

[ND CFS Conference Registration](#)

## What is Normal?

As part of Public Law 113-183 "Preventing Sex Trafficking and Strengthening Families Act, the ND Children and Family Services Division created the following training module on Normalcy. PL 113-183 requires states to ensure foster children are given the opportunity to engage in normalcy activities, foster parents engage in reasonable and prudent parenting, and those who follow the standard set forth in law shall be provided immunity from civil liability. We encourage you to take the time to watch the one hour video and complete the quiz. This does count for one hour of foster parent training. Click on the *Normalcy Training: Reasonable & Prudent Parent Standard* tab within the following link:

[Normalcy](#)

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Comments should be directed to the Training Center.*

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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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## Remembering Trauma

As summer comes to an end, we start planning for school to resume. This means purchasing that long list of school supplies and getting kids back on track with sleep schedules, but it also means being prepared to educate school professionals about the youth in your care. Many North Dakota schools are now operating under a trauma informed curriculum, but that doesn't mean as caregivers our jobs are done. At times, school professionals may need some reminders or education on the fact that the youth in your care have experienced some intense trauma. "Remembering Trauma: Connecting the Dots Between Complex Trauma and Misdiagnosis in Youth" is a short film that highlights the story of a traumatized youth from early childhood to older adolescence illustrating his trauma reactions and interactions with various service providers (including probation officer, school counselor, and therapist). The video was created to help those caring or working with children in hopes that they would in turn operate using a trauma lens when tough moments surface. This could be a wonderful resource to share with your child's educational team as well as an impactful reminder as we work through the tough days with the youth in our care. [Remembering Trauma](#)

We have shared the following resource before and encourage you to share with your child(ren)'s school as well. The National Child Traumatic Stress Network (NCTSN) offers a wonderful toolkit for educators. [Child Trauma Toolkit for Educators](#)

We often discuss tools for caregivers and other professionals who cross the paths of the children we care for. The following tool was created by NCTSN specifically for youth who have themselves experienced complex trauma. This guide not only offers explanations on how to make sense of the youth's experiences, but also worksheets that the youth can use to process the information in a very personal manner, such as how complex trauma affected them, walking through their personal coping strategies, and then ends with a wonderful piece on how to "make things better". This can be a insightful tool for the youth in your care as well as for you to help navigate conversations. [What is Complex Trauma](#)

## 2017-2018 Training Festivals

CFSTC has scheduled our annual Training Festivals for this upcoming year with dates as follows:

- \* Fargo Festival at the Hilton Garden Inn on September 15-16, 2017
- \* Minot Festival at the Northern Plains Inn on October 13-14, 2017
- \* Grand Forks Festival at the Hampton Inn & Suites on March 9-10, 2018
- \* Bismarck Festival at the Comfort Inn on March 16-17, 2018

Festivals will include nine hours of training, including three hours on Friday night and six hours on Saturday. Watch for further details on our Facebook page and website.