

FOSTERING COMMUNICATIONS

Building a Network of People in the Foster Care System

August 2024

Upcoming State Conferences

Behavioral Health & Children and Family Services Conference

September 16-19, 2024
Bismarck Event Center
Bismarck, ND

In-Person & Virtual
Click [HERE](#) for Details

North Dakota Family Based Services Conference

April 1-4, 2025
Holiday Inn
Fargo, ND

Details to come...



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

PRIDE Link

This edition of the PRIDE link we will be focusing on the PRIDE competency “Protecting and nurturing children”, specifically protecting and nurturing children in regards to their technology use. It feels fitting to focus on this subject with the start of the school year where it may be necessary for children to have access to cell phones, tablets and other smart devices. We know smart devices can be helpful in regard to safety, connection, and as noted above for educational purposes, it also can allow children to have access to dangerous material, predators, as well as lead to unhealthy habits.

To start this conversation regarding appropriate technology use a good place to begin is asking the question, when is the right time to allow children/teens to have access to their own devices? There is not an easy answer to this and the reality is that it is not a matter of if a child will have access to a smart device phone, but when. And when may be different depending on multiple factors including a child’s needs as well as family’s expectations. Our friends at Spark & Stitch Institute, who focus on children’s need for courage and connection to thrive and how to foster it in the digital age, article “Considering a First Device? Try This Framework”, that includes questions that parent/caregivers may want to consider when looking at getting that first device for a child. Some questions that are presented are what is the purpose of the device?; has a need presented over time?; and what is the least technological way to meet this need? To review the entire article with all of the considerations to help you guide and determine it may be the right time for your child to have a device click on the link below.

[Considering a First Device? Try this Framework](#)

The next resource is from Creating a Family’s Weekend Wisdom podcast, “How to Handle Cell Phone Use with a 14-Year-Old Foster Child”. In this short (approximately 8 minutes) podcast, Dawn Davenport answers this question as well as considerations of perimeters around usage, parental controls, and some of the nuances that come along with a child being in foster care. Click on the link below to listen to this short podcast as well as access other resources from Creating a Family.

[How to Handle Cell Phone Use With a 14-Year-Old Foster Child](#)

The last resource is from the article, “Parental Controls: Setting Safe and Healthy Media Limits”, from Healthy Children.org provides information regarding parental controls, tools to build safe and healthy digital use, as well as other information to help with setting controls. You can view the article by clicking the below link.

[Parental Controls: Setting Safe & Healthy Media Limits](#)



Ready to Grow and Learn

The new school year has started and can cause a mix bag of emotions for both parents/caregivers and children. This may include emotions of excitement for seeing and meeting new friends, teacher and the new experiences that lay ahead, feelings of anxiety and trepidation due to a change of routines and new having to meet new friends and teachers, as well as feelings of sadness for another summer coming to a close. We understand that some of these normal feelings could be magnified for those of us who are impacted by trauma or for those of us who love and care for individuals that has been impacted by trauma. Regardless of what feeling we are

experiencing a new school year can be very stressful. Below are some resources we hope you may find useful as you navigate this new school year.

We know one thing is true about the start of the school year, and that there is going to be change and change can be difficult under the best of circumstances. To help navigate change and to help support children our friend, Jessica Sinarski, article “Supporting Kids Who Struggle with Change: A Back-To-School Guide For Parents and Therapists” provides a variety of strategies to handle transitions with a young children. She reminds us the importance of a predictable routine as well as caregivers being kind to themselves among other important pieces that you may be able to utilize in your day to day life. Click on the link below to read the entire article.

[Supporting Kids Who Struggle With Change](#)

The Child Mind Institute’s article “Back-to-School Tips for Kids Who Are Struggling” provides additional strategies and tools for children and youth who struggle with school. Some of these strategies include organization and guidance for discussion when things may go off, as well as other ways we can support children and youth who struggle. This article also include a short two and a half minute video with 6 tips to help kids with school. To read the entire article and/or access the short video please click on the link below:

[Back-to-School Tips for Kids Who Are Struggling](#)

Creating a Family has another great podcast, “Parent’s Guide to Working with the Schools on Behavior”, that is a conversation with Sarah Naish (author of books on foster parenting) and Dawn Davenport, Creating a Family, covering numerous topics regarding how caregivers can work with the school and advocate for their children regarding ways to address behavior concerns in school. Specifically, the discussion includes why there may be behavior problems with children who have experienced trauma or prenatal exposure to substance use; common behaviors that by be seen; how school setting may exacerbate some of these behaviors; suggestions on how a parent can work with the school on these behaviors; etc. To listen to these experts, with lived experience, discuss these topics and more please click on the link below:

[Parent’s Guide to Working with the Schools on Behavior](#)

September-Suicide Prevention and Recovery Month

In honor of September being both Suicide Prevention and Recovery month below are a few highlighted resources. First, North Dakota Behavioral Health has resources available to include Suicide Prevention Resources, Suicide Prevention for Parents, After a Suicide Loss Occurs, and more. Go to the website by clicking on the link below and click on any of the topic areas covered to receive access to helpful resources and information.

[North Dakota-Suicide Prevention](#)



Next, SAMHSA, Substance Abuse and Mental Health Administration, provides resources for those individuals and family members facing mental health and/or substance use disorders. Please click on the link below to access SAMHSA resources to include “What is Substance Abuse Treatment? A Booklet for Families” and “After an Attempt: A Guide for Taking Care of your Family Member After Treatment in the Emergency Department”.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) Resources](#)

Lastly, 988 is a Suicide and Crisis Lifeline that can be used for any behavioral crisis will connect a person with needed crisis services. 988 is a nationwide service and to learn about 988 in North Dakota click the link below.

[988-North Dakota](#)

The Fear of Getting “Too Attached”

Many can agree that when visiting with community members about the possibility of fostering, a common response is, “I could never do that because I would get too attached”. In Jason Johnson’s blog “Five Things to Know About the Fear of Getting too Attached”, he acknowledges that this feeling is very real, very powerful, it acts as a barrier, and continues to prevent some pretty amazing people from opening their heart and home to children in foster care. At times, this comment is hard to navigate, especially for those foster care providers who continually fall in love with the children they welcome into their home and then say goodbye to. If you are a provider or worker who hears this quote often, you may find more of Jason Johnson’s thoughts helpful. His insight includes some ideas for having enlightening conversations, and offering a different perspective to those who express this fear. Find more at his blog here:

[Five Things to Know About the “Fear of Getting Too Attached”](#)

If you took a moment to read Jason Johnson’s blog, he mentions that the fear of getting too attached is actually not about attachment at all. Really, it is about grief and the inner concern about being able to navigate those feelings of loss when a child leaves one’s home. Everybody experiences different types of grief and loss throughout life. It could be a child leaving the home, death of a loved one, job change, or even a big move. While grieving, it is important to prioritize taking care of yourself. Altru Health System shares some tips and gentle reminders on keeping self-care a priority while working through different types of loss.

[20 Ways to Take Care of Yourself While Grieving](#)

Virtual Training Opportunities!

CFSTC offers monthly virtual training as part of the Recruitment & Retention contract with the North Dakota Department of Health & Human Services. One hour of education credit is offered to licensed foster care providers who attend. Kinship homes are also welcome to participate! Watch for monthly fliers sent through email that will include details on upcoming training opportunities! If you have questions, or need access to the monthly flyer, please reach out to your Licensing Specialist, Case Manager, or CFSTC!



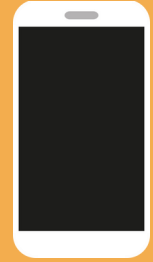
Did you know that North Dakota will be completing a Children and Family Services Review (CFSR) this fall? To learn more, you can check out CFSTC’s Facebook page to catch #Friday Facts a 5 part series that started in August that offers insight into why the CFSRs are important, the purpose, and what could be impacted by the outcomes.

Virtual Foster Care Panels

Do you know somebody who is interested in fostering? Attending a Virtual Foster Care Panel is a great place to start! Keep an eye on the UND CFSTC Facebook page for upcoming dates, and consider sharing with friends, family, and through social media!

The next panel is **09.05.24 7:00-8:00 p.m. CST**

Click [HERE](#) to register attend!!



Are you interested or know someone who may be interested in becoming a foster care provider?

Please call the Toll Free Inquiry Line @
1.833.FST.HOME
(1.833.378.4663)

And speak with Recruitment & Retention Specialist, Carissa Cox.



UPCOMING Virtual Training:
IEP vs 504 Plan

9.16.24
7:00-8:00 p.m. CST

Click [HERE](#) to Register

Watch your emails for further details