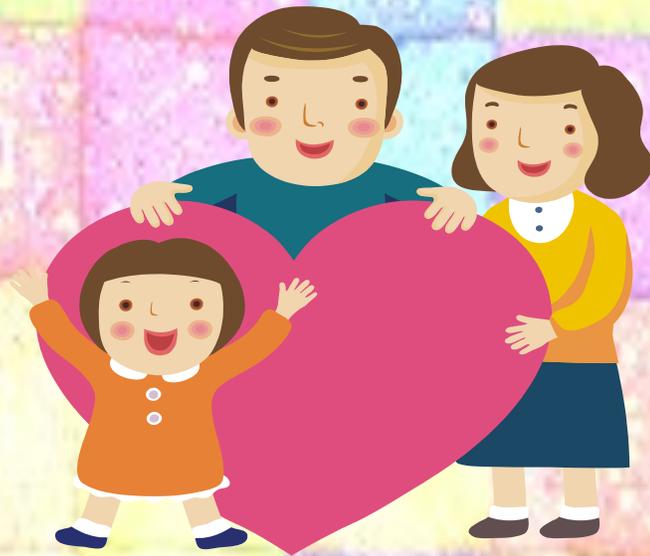


**"Peacing Together the  
Fabrics of our Lives"**



**2012 New England Foster  
Care Association  
(NEFCA) Conference**

**Hosted By:**

**Adoptive and Foster Families of Maine, Inc.  
Foster Family Treatment Association  
Department of Health and Human Services**

**October 12-14, 2012  
363 Maine Mall Road, South Portland, Maine  
DoubleTree Hilton Hotel**

# Welcome to Maine, The Way Life Should Be!

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## Schedule of Events

### Friday, October 12th, 2012

**8:30am** Continental breakfast, Registration  
**9:00am** Opening Remarks, Keynote Speaker: Derek Clark  
**10:00am** NEFCA and NEACWCD Meeting *by invite only*  
**10:00am-4:30pm** Training Institute 1—BJ Kitchin, MSW  
Training Institute 2—Kim Plourde, LCSW

**12:00pm** Deli Wrap Buffet Lunch  
**5:00pm** President's Dinner *by invite only*

*\*Dinner on your own*

### Saturday, October 13th, 2012

**8:00am-5:00pm** Resource Fair (Silent Auctions, Vendors Tables)  
**8:00am** Registration and check-in, continental breakfast  
**9:00am** Welcome Session, Keynote Speaker: Dr. Joe Crumbley  
**10:30am** Workshop A  
**12:00am** Italian Buffet Lunch  
**1:15pm** Workshop B  
**3:00pm** Workshop C

*\*Dinner on your own*

### Sunday, October 14th, 2012

**8:00am** Buffet Breakfast  
**8:00am** Non-Denominational Worship Service—Pat Locke, ESQ, AFFM Board Member  
**9:15am** Closing Session, Keynote Speaker: Brian Clark of Strong Father's Alliance



### **Institute 1**

**BJ Kitchin, MSW**

***Abide by love; Principles I learned from my Great Grandmother and my Foster Dad***

#### **Following BJ's presentation will be a Community Conversation on Permanency Planning**

In this session, BJ Kitchin tells the story of his time in Maine's foster care system. BJ's grandmother provided him with amazing love and warmth, laying the groundwork for a deep appreciation of what it means to abide by love when caring for others. Due to neglect and physical abuse, he spent several years in foster care, moving between several foster and kinship homes. Along the way, perhaps when things seemed to be at their darkest, BJ met one foster dad who changed everything, affirming his grandmother's blessing of the wisdom to abide by love.

Carol Martin will facilitate a Community Conversation on Permanency Planning following BJ's presentation. As we all know, aging out of foster care system without a permanent family/connection is not the answer. One of the things that we, caseworkers, resource parents, and providers struggle with is balancing the stability of a placement and how a youth is currently doing with any child/youth's need for a permanent family. This unique mixture of youth and adult panel discussion, small group conversation and relaxed teamwork atmosphere will provide insight and perspective for everyone involved.

This event brings together many perspectives involved in youth permanency in foster care including, youth in care, resource families and DHHS staff. This should bring an opportunity for everyone to have a voice and share feelings, worries, successes and future hopes for youth permanence to occur in the foster care system.

BJ Kitchin is an outright Mainer who spent a good deal of his growing up years in foster and kinship care. He loves fishing, all things clickable and making the world a more loving and fun place for everyone. He is a father of five children and a husband to Kara.

For almost 12 years he worked in treatment foster care and family support services as a direct care provider, foster care developer and trainer. Now BJ works for University College, The University of Maine System, and studies at the University of Maine and loves it! There he has done social science and digital communications design work for the Center for Community Inclusion and Disability Studies, the Margaret Chase Smith Policy Center, where he was the Information & Communications Coordinator, and currently with University College as a system wide eLearning Specialist.

With can-do enthusiasm and coffee running through his veins, BJ has earned his masters in social work and is currently working toward an Interdisciplinary PhD in Disability Studies, Mass Communication and New Media! Wish him luck.

### **Institute 2**

**Kim Plourde, LCSW**

***The Great Behavior Breakdown***

In this session Kim Plourde will breakdown the challenging behaviors and struggles families deal with on a daily basis and help gain a better understanding of the many diagnoses often heard by families such as Reactive Attachment Disorder (RAD), Bi-Polar, Oppositional Defiance Disorder (ODD), Attention Deficit Hyperactive Disorder (ADHD/ADD) Autism Spectrum Disorder (ASD) and Aspergers.

This session is geared to help you:

- Gain understanding of the root cause of 27 of the most difficult behaviors that parents encounter (defiance, lying, stealing, cutting, self-mutilation, hoarding and gorging food, fire starting, hurting animals, etc).
- Learn the parenting tools that are known to decrease behaviors by 50% within 2 weeks.
- Develop, create, and learn how to apply a specific intervention to your own particular situation.
- Become empowered, knowing you can make a powerful and positive difference in the way a child sees the world.

Kimberly grew up on the coast of Maine, enjoying a variety of outdoor activities. Through her school years, she was very active with extracurricular athletics receiving a variety of individual and team awards. She went on to participate in athletics during her undergraduate years at Gordon College, where some achievements particularly in basketball still remain. Known then as Kimberly Lucas, in basketball, she holds the record for most assists in one game and most assists in one season. Kimberly later went on to participate in the NWFA, The National Woman's Football Association. She played tight end, offensive line and defensive line for the Maine Freeze in 2003-2008.

Kimberly has worked in a variety of settings which all focused on child and family development, since 1990. Her passion is in supporting children and families as they grow and work together building supportive environments where individuals can grow, learn and experience loving secure and nurturing relationships.

Kimberly graduated from Gordon College in Wenham, Massachusetts in 1990 with a BA in Social Work. Kim worked as a caseworker for The Department of Health and Human Services from 1991-2005. In 2005 Kimberly obtained a masters degree in social work from The University of New England College of Health Professionals in Westbrook, Maine.

She has experience working with children and families dealing with difficult behaviors, such as acting out verbally and Physically. Kimberly has training in TF-CBT (Trauma Focused Cognitive Behavioral Treatment). Kimberly has been a licensed clinical social worker in the state of Maine since April 2008.

# Keynote Speakers



## Friday, October 12

### Derek Clark

Derek Clark knows first hand about coping with adversity and overcoming hardship. His 13 years in the foster system reflect a life of humiliation, aggression, emotional distress and overwhelming anxiety. He has experienced the life of fear, rejection, wrongly labeled and being unloved. Having suffered unthinkable child abuse, abandonment and emotional distress, this has never held Derek back from accomplishing what he set his heart and mind to.

Derek is the author of “Never Limit Your Life” and the award winning “I Will Never Give Up” book series. He is an inspiring motivational speaker who recently delivered a powerful keynote at the World Foster Care Conference. Derek was just named the Ambassador for the Foster Care Alumni of America.

Derek is a featured foster care expert on Headline News/CNN. Derek has spoken and performed his music to thousands of people and has performed his music for some very famous people including a President of the United States.

He unleashes his creative energy in a never-ending effort to ignite passion in others and instill the courage to take action. His maxim is to make no excuses and become what you want to become. He has turned his situation from a victim to a victor, equipping him with the Wisdom and the Will to never give up.

Find out more about Derek Clark at [www.IWillNeverGiveUp.com](http://www.IWillNeverGiveUp.com)

## Saturday, October 13

### Dr. Joseph Crumbley

Dr. Crumbley received his masters and doctorate in social work from the University of Pennsylvania. He is in private practice as a family therapist, trainer and consultant. His clinical experience includes adoption, foster care, chemical dependency, couples therapy, physical and sexual abuse. His most recent areas of specialization have been kinship care and transracial adoptions. He has provided training and consultation nationally and internationally. Nationally, Dr. Crumbley has consulted with Spaulding for Children, Casey Family Programs, Casey Family Services, Brookdale Foundation, the Child Welfare League of America and the Department of Health and Human Services. Internationally, he has worked with the New Zealand Ministry of Children and Family Services, the Ministry of Children and Youth in Ontario Canada, the British Association for Adoption and Fostering, and the International Society for the Prevention of Child Abuse and Neglect in Durban, South Africa. He has been a guest on the BBC (British Broadcasting Corporation), PBS, Geraldo, Montel Williams Show and Nickelodeon. He has consulted with 60 Minutes, The New York Times and The Oprah Winfrey Show on the topics of transracial adoptions and kinship care.

Dr. Crumbley has co-authored a book with Robert Little entitled Relatives Raising Children: An Overview of Kinship Care. His second book is entitled Transracial Adoptions and Foster Care. Both books were published by the Child Welfare League of America. He has produced a series of DVD and VHS training tapes for parents and professionals on transracial adoptions and kinship care. He also has an on-line course on Kinship Care produced by Northwest Media, Inc. Dr Crumbley has provided expert testimony and briefings at the United Nations, U. S. House of Representatives, U. S. Senate, Pennsylvania Multi-Ethnic Placement Task Force and Philadelphia City Council. He has been a faculty member of the Adoption Certificate Programs at Portland State Graduate School of Social Work and Rutgers University Graduate School of Social Work.

Dr. Crumbley received the Child Welfare League’s Excellence in Kinship Care Practice Award in 2007. He served as board president of NACAC, the North American Council on Adoptable Children, from 2005 to 2009.

## Sunday, October 14

### Brian T. Clark, Program Manager of STRONG Fathers

The Department of Health and Human Services has recognized the need to increase the role of father’s in child welfare cases and in doing so has partnered with the Opportunity Alliance- STRONG Fathers Program to provide a variety of services to fathers involved in child welfare and provide outreach. STRONG Fathers works with DHHS staff to improve the way in which caseworkers engage fathers in the permanency planning process. More fathers are asked to attend Family Team Meetings and have more involvement in the meetings. STRONG Fathers helps men to become more skilled and active parents through classes, workshops, discussion groups, family activities, and individual mentoring.

Brian has taken a leadership role in the Fathers Engagement Project with the Maine Department of Health and Human Services, and is also a parent coach at The Opportunity Alliance. Brian Clark has coordinated the STRONG Fathers program for the past five years, first at York County Community Action Corp, and currently at The Opportunity Alliance.



**A1: Oral Language Development through the use of Picture Books**

During this presentation Lynn will model the importance of the use of picture books for oral language development. Lynn was a speech-language therapist before she became a Maine's children's book author and loves to combine both professions. Picture books are a great way to improve kids' listening skills, vocabulary and concept development, auditory memories, story-telling skills, etc.

**Presenter: Lynn Plourde**

*Lynn will autograph books during the break. Books-A-Million will provide a book sale display and incorporate Lynn's books for her to autograph as well as many books and DVD's related to child welfare for adults and children.*

**A2: Oppositional and Defiant Children**

Children who engage in Oppositional Defiant behaviors are attempting to manipulate the significant adults in their lives in relationship traps. It is important for us as adults, not to fall victim to these traps and not to employ, "no-lutions". These are solutions that don't work. Through lecture and power-point presentation and small group discussions you will learn proven and effective strategies to avoid falling victim to these behaviors.

**Presenter: Walt Piszchala**

**A3: New England's Siblings Bill of Rights-An Initiative of the New England Youth Coalition (NEYC)**

The NEYC coordinator and 1-3 youth will present an overview of the Siblings Bill of Rights. The sibling relationship is often lost when young people enter foster care, and the SBOR aims to help prevent that. The workshop will touch on several topics including: permanency, transitions, policy advocacy, kinship issues, and birth family collaboration.

**Presenter: Anthony Barrows and 1-3 Youth Leaders from NEYC**

*A bill of rights for Maine's youth was signed in July of 2012.*

**A4: Adoption Subsidy**

This workshop will be an overview of the subsidy programs. It will provide basic background information on the federal portion of the subsidy and the consistency that the subsidy provides among the states within New England and the rest of the country. The workshop will go into details about each state-definition of special needs, rates and other services. The workshop will also cover how to advocate for children so they are properly supported. Subsidy regulations differ from one state to another within New England.

**Presenter: Josh Kroll**

**A5: Life is Good, Kids Foundation: An Introduction**

This workshop is an introduction to the Life is Good, Kids Foundation and the services it provides to support those working with young trauma exposed children. The Life is Good, Kids Foundation has developed research based play activities that help children to recover from trauma and learn self-regulation skills. During the workshop, participants will get back in touch with their playful sides and remember how good it feels to play and be joyful.

**Presenter: Meghan Painton**

**A6: If You Don't Write Your Own Story, Someone Else Will**

When young people have the tools to tell their own stories, they become architects with a free license to dream, create, alter, and revise the very structure of their selves, and their lives. Life Books for youth in foster care give young people the opportunity to tell their own stories and to hear and interpret the stories of others, giving them the chance to understand who they are and where they come from, and to make positive choices about where they want and need to go as adulthood approaches. This workshop will help participants learn more about Life Books and understand their value. We will write, share stories, and leave with tools and techniques for working on a Life Book project, while also learning about resources for accessing, creating, and sharing life stories on and off the page.

**Presenter: Heather Davis, Executive Director of The Telling Room**

## Workshop Session B: Saturday, October 13th 1:15pm-3:00pm



### **B1: Burgers, Baseballs, and Hallelujahs: Creating an Atmosphere of Healing and Hope for the Child Who Comes into Your Home.**

Whether you are greeting a child at your front door or transitioning a child, the success of a smooth transition can be achieved by thinking of three basic functions; caring for their body, soul, and spirit. What do you do when a child looks and behaves as though the breath of life has just been sucked out of them? Faith can provide purpose for a child who feels like they've lost everything. Learn the important role spirituality plays in resiliency for the child in your care. This training will help the foster, adoptive, and/or kin family member to understand that by offering faith to a child, you increase their chances for success in life's journey.

**Presenter: Natali Plourde**

### **B2: If you believe, the Child will achieve**

Having survived child abuse, rejection and misdiagnoses Derek's compelling stories will assist participants in strategies to help youth in out of home placements survive and achieve. Derek says, "You cannot think negative thoughts about a child and expect them to live a positive life." Derek teaches you how to commit and build upon your strengths when encouraging youth to have hope. He also teaches you how to overcome negative thinking towards a specific foster child or troubled youth. Participants need to know that they can make a difference when they put their heart into it.

**Presenter: Derek Clark**

### **B3: Caring For the Caregiver**

This workshop will take participants on a journey of a foster mother who in the hustle and bustle of others often forgot to care for herself in her 23 years of providing care. Following her Stage 3 breast cancer diagnosis she began to gain a new understanding and empathy for the children we serve as she had to trust the "medical system" to make decisions in her best interest. This workshop includes a faith component. Participants will gain a fresh perspective of how it feels to have to trust a system in the eyes of the children we serve. Participants will also receive information important to women's health.

**Presenter: Barbara Ford**

### **B4: Federal Adoption Tax Credit**

In this session you will learn how the adoption tax credit began helping families adopting special needs children without expenses in 2003. You will learn what is considered special needs for the adoption tax credit, how to take and use the credit. You will also learn about how the credit became refundable in 2010-2011 and how that is helping more families. You will learn about the documentation requirements to claim the credit.

**Presenter: Josh Kroll**

### **B5: Kids, Computers, and the Internet**

This workshop will present a practical look into computers being used by kids in your home. The educational benefits and enjoyment computers provide while keeping our kids safe will be discussed. David will talk in plain English WITHOUT all the techno jargon.

**Presenter: David Plourde**

## Workshop Session C: Saturday, October 13th 3:00pm

### **C1: Allegation Prevention and Awareness Training**

This workshop will assist families in asking "the right questions" prior to placement, provide helpful hints on what and when to document events, provide creative ways to prioritize and/or reduce conflicts between adults and children, provide a basic understanding of confidentiality rules, and the respecting and valuing of privacy. The training will also share the process of investigating an allegation in a foster home and what families can anticipate in terms of the process. Nearly all foster families undergo an investigation at some time during their foster parenting career.

**Presenters: This workshop is co-presented by Jane Drake, Assistant Director, Community Service Programs DHHS-Licensing and Regulatory Services and Bette Hoxie, Program Director, Adoptive and Foster Families of Maine, Inc. and the Kinship Program**

## Workshop Session C: Saturday, October 13th 3:00pm-4:30pm



### **C2: “Ask Us Who We Are”**

This workshop will feature the documentary film, “Ask Us Who We Are”. The film focuses on the challenges and extraordinary lives of youth in foster care. The film is a reflection on loss and the search for belonging and finding family. Although the film highlights the heartbreak that many foster care youth carry with them as they move through their lives, the documentary also reveals the tremendous strength and perseverance that grows out of their determination to survive and thrive. The documentary also focuses on the lives of foster care parents and kinship families that open their homes to children.

*This DVD will be on sale during conference*

**Presenter: Bess O’Brien**

### **C3: Lessons Learned: Family Finding, Family Group Decision Making, and Kinship**

#### **Navigator**

This presentation will discuss the findings of a three year project entitled, The Rhode Island Partnership for Family Connections. The project focused on 3 aspects of Permanency Planning which included Family Finding, Family Group Decision Making, and a Kinship Navigator Program. Throughout the project the aim was to increase relative connections for children and youth in out of home care. After presenting the findings from this project, this presentation will allow time for dialogue regarding the issues related to permanency, kinship care support, and services needed toward successful and sustained permanency to further inform practice.

**Presenter: Lorette Dussault, LICSW**

### **C4: Understanding a Child through a Trauma-Informed Approach**

Trauma is pervasive among children, youth and families, especially those involved in public systems. Even more significant, systems are often unaware of the traumas that the children, youth and families have experienced and how behaviors are adaptive responses to trauma. Lack of awareness and failure to respond in a trauma-informed manner can result in poor outcomes for trauma survivors, such as disruption in placement and assigning blame. This workshop will provide information on trauma and early childhood as well as “protective factors”. The information will provide caregivers with a better understanding of trauma and also how using a trauma-informed approach can be beneficial to all by no longer asking, “What is wrong with you?”, but instead, “What happened to you?”. It is this understanding of the “story” and the “trauma material” that should guide us as caretakers and professionals.

**Presenter: Arabella Perez**

### **C5: How to Set Limits and Say NO to your Child**

Do you dread routines such as homework, bedtime, chores, going to church, etc.? Do you find yourself accepting responsibility for your child’s behavior? Are you tired of ineffective behaviors on your part such as yelling, threatening and demanding? Would you like to get back to the days when you used to enjoy and have fun with them? Telling anyone, No and denying them of something is not easy, especially when it’s your own child. There are no magic wands or secret words to accomplish this. The most important thing we need to remember is to control our own anxiety before we do or say anything. Through the use of lecture, power-point, small group discussions and role play, participants will learn proven and effective strategies to be able to say no and set limits.

**Presenter: Walt Piszchala**

**Registration Form (Please fill out separate form for each individual)**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Pre-Conference Training Institute**, October 12, 2012  
*Includes Institute, continental breakfast and Buffet Lunch*

**Registration Fee:**  
\$80

**Conference**, October 13-14, 2012  
*Includes all speakers and workshops, buffet lunch on October 13  
And buffet breakfast on October 13 and 14*

**Registration Fee:**  
\$90

**Pre-Conference Training Institute and Conference**  
*October 12-14, 2012  
Includes training institute, all speakers and workshops,  
buffet breakfast and lunch*

**Registration Fee:**  
\$150

**Friday, October 12, 2012 Training Institutes**

**Yes, I will attend the institute**

Institute 1: BJ Kitchin, MSW

Institute 2: Kim Plourde, LCSW

**Sunday, October 14, 2012**

I will attend breakfast on Sunday

I will not attend breakfast on Sunday

**Special Needs Accommodations**

Please Specify:  
\_\_\_\_\_  
\_\_\_\_\_

**Saturday, October 13, 2012 Workshop Selections**

**Yes, I will attend workshop session A**  
*(Please indicate desired session (A1, A2, etc):*

First Choice: \_\_\_\_\_ Second Choice: \_\_\_\_\_

**Yes, I will attend workshop session B**  
*(Please indicate desired session (B1, B2, etc):*

First Choice: \_\_\_\_\_ Second Choice: \_\_\_\_\_

**Yes, I will attend workshop session C**  
*(Please indicate desired session (C1, C2, etc):*

First Choice: \_\_\_\_\_ Second Choice: \_\_\_\_\_

*Workshop selections will be accommodated on a first registered, first served basis. Completion of the registration form does not guarantee your space in a particular workshop.*

**Please mail this form to: Adoptive and Foster Families of Maine, NEFCA 2012, 294 Center Street, Suite 1  
Old Town, Maine 04468  
Please make checks payable to AFFM**

## Exhibitor/Vendor Opportunities

### Set-Up Information

- Exhibitor/vendor displays will be part of the resource fair on Friday & Saturday, October 12-13, 2012 from 8:15am to 5:30pm.
- Set up for exhibitors/vendors will begin on Friday, October 12, 2012 at 7:00am
- The New England Foster Care Association and/or AFFM will not be responsible for the safety of exhibitor/vendor property theft or damage.

## Exhibitor/Vendor Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Items to be sold: \_\_\_\_\_

- Non-profit exhibit tables (no selling)      \$45
- For-profit exhibit tables                      \$60

Total Due: \$\_\_\_\_\_

## Payment Information

• Check                      Check Number: \_\_\_\_\_

• Credit Card              Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name as it appears on card (please print clearly): \_\_\_\_\_

**Please mail this form to the following  
address:**

**Adoptive and Foster Families of Maine  
NEFCA 2012  
294 Center Street, Suite 1  
Old Town, Maine 04468**

**Please make checks payable to AFFM**

# Details and Information



## Registration Details

There are three registration options for the conference:

1. You may select to attend the Pre-Conference Training Institutes on October 12<sup>th</sup>, 2012
2. You may select to attend the conference on October 13<sup>th</sup> and 14<sup>th</sup>, 2012
3. You may select to attend **both** the Pre-Conference Training Institutes and the Conference, October 12-14, 2012.

### *\*Registration Fees do not include lodging*

- The first 20 Maine non-licensed kinship families to register will receive free registration as well as complimentary hotel for 2 nights if they are traveling over 50 miles to the conference and attending for the three days. More details regarding registration options are outlined on the registration form.
- Registration ends on September 24, 2012

## DoubleTree by Hilton Hotel Information

363 Maine Mall Road South Portland, Maine 04106

Phone: 1-207-775-6161

Website: [www.doubletree.hilton.com](http://www.doubletree.hilton.com)

- The DoubleTree is offering a limited number of rooms at a special rate for conference attendees. The rate is \$109 plus tax per night for single/double occupancy.
- When calling DoubleTree to make reservations please indicate that you are attending the New England Foster Care Association Conference through AFFM in order to receive the discounted room rate.
- Hotel registration ends September 18, 2012

## Special Needs Accommodation

We are pleased to work with attendees to ensure that they are able to fully participate in NEFCA 2012. If you require special needs accommodation please indicate your need on the registration form in the space provided. You may also e-mail us at [info@affm.net](mailto:info@affm.net) or call AFFM at 1-800-833-9786