



Family Ties

Adoptive and Foster Families of Maine

Volume 14 Number 4

Newsletter

April 2011

April is Child Abuse Prevention Month

Tips from *Prevent Child Abuse America* : Ten Ways to Help Prevent Child Abuse

1. Be a nurturing parent. - Children need to know that they are special, loved and capable of following their dreams
2. Help a friend, neighbor or relative.- Being a parent isn't easy. Offer a helping hand, take care of the children, so the parent(s) can rest or spend time together
3. Help yourself - When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control, take a time out. Don't take it out on your kids
4. If your baby cries- It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying.
5. Get Involved - Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families

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6. Help to develop parenting resources at your local library
7. Promote programs in school – Teaching children, parents and teachers prevention strategies can help to keep children safe
8. Monitor your child's television and video viewing- Watching violent films and TV programs can harm young children.
9. Volunteer at a local child abuse prevention program- For information about volunteer opportunities call 1-800-CHILDREN
10. Report suspected abuse or neglect- If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.

Save the Date!

**Adoptive and Foster Families of Maine and the Kinship Program
is excited to announce the 6th Annual Event:**

Foster Family Day at the Fort

May 21, 2011

11:00am-4:00pm

Fort Knox

Prospect, Maine



**Come and enjoy
tour of the fort, food and much more at this FREE event! Pray for sunshine!
Call AFFM and register today!**

Don't forget to get your state park pass!

Casey Family Services Announces Openings

Services for Families Formed through Adoption and Guardianship in Maine

Now accepting referrals for Targeted Case Management and Outpatient Counseling

In Bangor contact: Bonny Dodson

bdodson@caseyfamilyservices.org

207.973.2491

866.662.2739 Toll Free

In Portland contact: Heather Dunbar

hdunbar@caseyfamilyservices.org

207.772.4110

Casey Family Services has over 10 years of experience working with post adoptive and guardianship families. Our Masters-level staff have advanced training and experience in adoption, guardianship and trauma-related issues.

Targeted Case Management

- Offered to children adopted from the child welfare system or in permanency guardianship through the Maine court system.
- Assessment, service planning, connections to community supports, and oversight of service delivery for children with an emphasis on supporting the whole family.
- Children must be enrolled in MaineCare .



THE DIRECT SERVICE AGENCY OF
THE ANNIE E. CASEY FOUNDATION

Outpatient Counseling

- For children adopted through Maine's child welfare system, in a guardianship situation, or in a family with a plan to adopt.
- Casey's clinicians are trained in parent-child therapy as well as trauma-focused cognitive behavioral therapy, an effective treatment for children who have experienced abuse, neglect, or loss.

APRIL KINSHIP EVENTS

When you go to a group meeting you get a chance to connect with other grandfamilies by sharing stories and information, offering support and listening to each other. Some group meetings provide childcare, and this gives the children an opportunity to meet and socialize with other children in similar situations.

AUGUSTA

Group Meeting - Wednesday, April 20th at 6:00 pm, The Children's Center, 1 Alden Avenue. *Please contact Meaghan at F.A.C.T. to reserve childcare.*

BANGOR

Group Meeting – Tuesday, April 5th at 6:00 pm, Families And Children Together office, 304 Hancock Street. *Please call Meaghan at F.A.C.T. 941-2347 to reserve childcare.*

Group Meeting – Tuesday, April 19th at 6:00 pm. With a special presentation by Virginia Holmes, PhD, LCPC on *Managing Children with Challenging Behaviors*. *Please call Meaghan at F.A.C.T. 941-2347 to reserve childcare.*

Belfast

Group Meeting - Thursday, April 14th at 10:30 am meeting at the Belfast Free Library on High St., 3rd floor conference room. Parking available on Spring and Miller Streets.

DOVER-FOXCROFT

Group Meeting – Monday, April 25th at 6:30 pm, Penquis, 50 North St. *Call Meaghan at F.A.C.T. 941-2347 to reserve childcare.*

ELLSWORTH

Group Meeting – Tuesday, April 12th from 1:30 - 3:00 pm, Downeast Health Services, 52 Christian Ridge Road, Ellsworth. This month's topic: *Communication is Crucial*. *To register, contact Candy Eaton at 667-5304 ext. 261.*

LEWISTON

Group Meeting – Wednesday, April 6th at 6:30 pm, in the LePage Center at St. Mary's Regional Medical Center (entrance on Campus Avenue.)

MACHIAS

Group Meeting – Tuesday, April 5th from 10:00 am - 12:00 noon, Downeast Health Services, 247 Main Street, Machias. This month's topic: *Rebuilding a Family*. *To register, contact Candy Eaton at 667-5304.*

PORTLAND

Group Meeting – Wednesday, April 13th at 6:00 pm, The Family Workshop, 215 Congress Street. *Call Nancy at F.A.C.T. to reserve childcare at 591-6278.*

Group Meeting – Wednesday, April 27th at 6:00 pm, The Family Workshop, 215 Congress Street. *Call Nancy at F.A.C.T. to reserve childcare at 591-6278.*

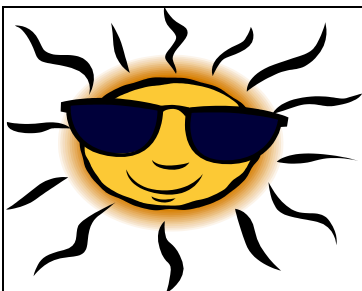
SANFORD

Group Meeting for Grandparents and Grandfamilies – Wednesday, April 13th at 6:30 pm at the Trafton Senior Center, 19 Elm Street. *For more information, contact the Trafton Senior Center at 457-0080.*

WATERVILLE

The Grandest Parents of All - Tuesday, April 19th at 5:00 pm at Educare, 56 Drummond Ave. Childcare and dinner for the whole family served. *For more information and to register, contact Elizabeth Baron at The Children's Center at 626-3497.*

“No matter how long the winter, spring is sure to follow”



Adoptive and Foster Families of Maine is still accepting request for summer camps and assisting to find scholarships for youth in kinship care. If you are interested in this amazing opportunity give us a call at 1-800-833-9786 or send an email to info@affm.net

Sailing Summer Camp Opportunity offered to Youth in Foster care!

Windward Passage is a small non-profit organization affiliated with SailMaine, a Portland based 501(c)3. Students ages 12-18 are placed on board a traditional sailing vessel for 5 days/5 nights and become part of a working crew! While exploring the bays and islands of the Maine coast, students will learn seamanship, team work and responsibility for themselves, their crew-mates and the boat. The program is co-ed and in its tenth season.

- ◆ Sixteen spots have been put aside for children in foster care
- ◆ No cost for families involved

For more information contact Pamela Scott at 207-326-0606 or email pscott@windwardpassage.org



Kinship

Have you had trouble enrolling a child in school because you did not have legal guardianship?

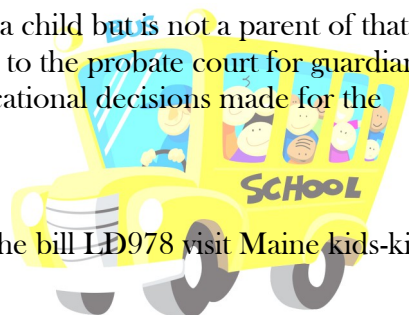
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LD978 is a new legislative bill that will allow kinship caregivers to enroll children in school if they have power of attorney or are in the process of obtaining guardianship.

This bill will extend the duration of a guardianship under the Probate Code for a minor or incapacitated person from 6 months to 12 months

This bill defines “kinship parent” as an adult who assumes responsibility for a child but is not a parent of that child. The kinship parent must hold power of attorney for the child or apply to the probate court for guardianship of the child in order to enroll the child in school and participate in educational decisions made for the child.

For more information on changes to Maine’s laws and to learn more about the bill LD978 visit Maine kids-kin’s website www.mainekids-kin.org



30 Ways to Strengthen Families During National Child Abuse Prevention Month

April 2011

Protective Factors:	Children's Social and Emotional Development	Knowledge of Parenting and of Child and Youth Development	Parental Resilience	Social Connections	Concrete Supports for Parents	Nurturing and Attachment
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Update your resource directory.	2 Host a play date for parents and children. Point out how the activities build connections.
3 Create a calendar of community events for families.	4 Add children's books about feelings to your program's library.	5 Praise good parenting when you see it.	6 Invite someone in to help parents learn about managing stress.	7 Organize "stroller walks" with new parents. Talk about their challenges as you walk.	8 Create a hand-out for families with community resources linked to each protective factor.	9 Help a parent "catch their child being good."
10 Hold your next event or support group at the local Laundromat.	11 Role play emotions with kids-what do you do when you're happy, sad, or frustrated	12 Have parenting tips handy for parents dealing with a challenging issue.	13 Make "how are you?" phone calls to families in the program.	14 Host a potluck or cultural celebration.	15 Invite a community partner to present a new resource for families.	16 Create a board game library for families.
17 Remember something special about every parent you serve.	18 Train your staff on how trauma and loss affect children.	19 Learn about parenting practices of a different culture.	20 Recognize parent accomplishments.	21 Encourage parents to support each other through phone trees, car pools, or play groups.	22 Visit a program where you refer families, so you'll know what it's like.	23 Ask children who is important to them.
24 Create opportunities for parents to contribute to your program.	25 Teach kids to resolve conflicts peacefully.	26 Talk to parents in your program about discipline alternatives.	27 Help parents set goals and solve problems.	28 Create a "positive parenting club" where parents can share their success stories.	29 Let parents use the center's computers for personal business (e.g., writing resumes, email).	30 Create an arts and crafts activity that parents can do with their children.
<i>Calendar taken from childwelfare.gov</i>						

Excuse This House

Some houses try to hide the fact that children shelter there
 Ours boasts of it quite openly
 The signs are everywhere
 For smears are on the windows
 Little smudges on the doors,
 I should apologize I guess for toys strewn on the floor
 But I sat down with the children,
 And we played and laughed and read
 And if the doorbell doesn't shine
 Their eyes will shine instead
 For when at times I'm forced to chose
 For one job or another
 I want to be a housewife
 But first I'll be a Mother



~Author anonymous

JOIN THE CELEBRATION OF FOSTER PARENTS IN THE STATE OF MAINE !

Saturday May 14, 2011 from 1:00pm to 4:00pm at Capitol Park in Augusta, Maine

**Light snacks and drinks will be provided
Along with games and activities!**

Add your name to our gift basket raffle! Bring someone interested in being a foster parent and get five extra raffle tickets!

The 1600 foster children in the state of Maine will be artistically represented by flowers. We hope to draw attention to the number of children that need foster families.

The celebration will be open to foster families, community members and the media

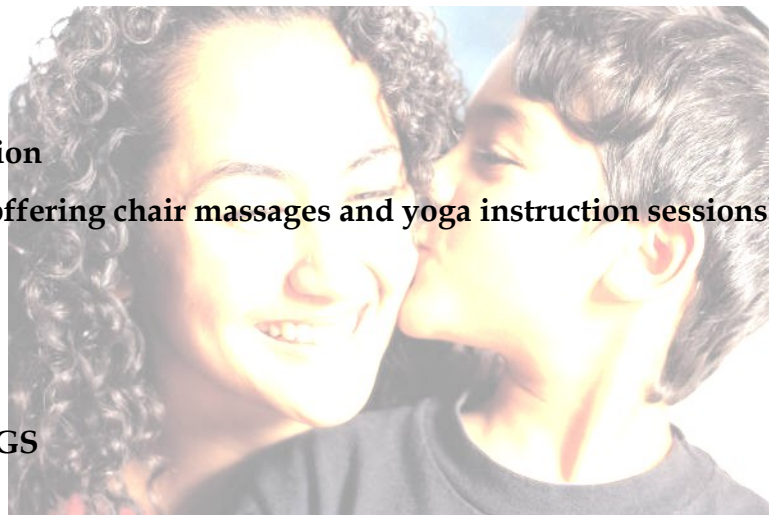
**RSVP to Stephanie Chapman (207) 624-5589
Stephanie.chapman@maine.gov**

Women's Health and Self-Care

In honor of National Foster Care Awareness Month and Mother's Day in the month of May, please join us for a FREE 3 hour educational event on May 4th from 10am-1pm at the FACT office at 304 Hancock Street, Bangor Maine. This event is designed to educate, encourage and pamper area Resource Mothers. Resource Mothers often meet the needs of other's while forgetting to take time to care for themselves.

There will be information and presentations from several participants including:

- ♦ **Komen**
- ♦ **American Heart Association**
- ♦ **Maine Massage School (offering chair massages and yoga instruction sessions)**
- ♦ **Scrapbooking**
- ♦ **Health and Nutrition**
- ♦ **Melaleuca**
- ♦ **DOOR PRIZE DRAWINGS**
- ♦ **And much, much more!**



RSVP by Monday May 2nd to Debbie Rossignol at 973-2491 or e-mail drossignol@caseyfamilyservices.org

Upcoming Trainings

24th Annual Conference of the Maine Association for Infant Mental Health, Inc.

presents

Children and Babies with Mood Swings

This conference will offer new insights on how to support young children in developing healthy self-regulation and help children whose moods are extreme and unpredictable get back on the road to healthy emotional functioning.

Featuring Ira Glovinsky, Ph.D.

Ira Glovinsky, Ph.D. is a practicing psychologist specializing in children with bipolar patterns of mood deregulation and their families and is engaged in clinical director of the Village Educational Center in Beverly Hills, Michigan, a therapeutic preschool for children with regulatory disorders. He and Stanley I.

Greenspan, M.D. co-authored the book,
Children and Babies with Mood Swings

May 6, 2011

8:30 am-4:00 pm

Hilton Garden Inn

Auburn, Maine

Moving and Learning

**Laura Hagelin, Developmental Specialist
Cindy Pease, Developmental Generalist**

We have all heard the statistics about childhood obesity. Here's a training that gives us some ideas on what to do about it. With the use of everyday items and music, you'll learn fun new ways to introduce and teach nutrition and movement to children of all ages with intentionality. We will learn and discuss different ways to help children get up and move in fun and creative ways and how to make home-made toys and props from items around the home. This is a fun and active training that will be hands on, comfy clothes are recommended.

May 3, 2011

5:00pm-7:00pm

Children's Center

1 Alden Avenue

Augusta, Maine

This is a FREE workshop! To register contact Elizabeth Barron at the Children's Center 626-3497

Advocating for Your Child—Putting All the Pieces Together Heather Washburn, Director of Family Services

Getting the right services for our children—childcare, healthcare, education, social services—can be like trying to put together a puzzle without all the pieces, but the more you know, the more you'll be able to do for the child in your life. Parents, Guardians, Caregivers: Come find those missing pieces to help you create a better future for your child. Empower yourself, find out what it means to be an effective advocate.

Time: 5:30pm-7:30pm

When: May 10, 2011

Location: Miss Kelly's Learning Loft 48 South Factory Street Skowhegan, Maine 04976

This is a FREE workshop! To register contact Elizabeth Barron at the Children's Center 626-3497



“What Families & Youth Want” conference Growing Resilient Families & Youth in Maine

Keynote: Stan Davis of “Stop Bullying Now”

This conference is for family and youth with behavioral health concerns.

Location: Howard Johnsons Conference Center 155 Riverside Dr. Portland, ME 04103

More information will be available at: G.E.A.R Parent Network at www.gearparentnetwork.com
1-800-264-9224

And Youth MOVE Maine www.youthmovemaine.org
782-5783 ext 1615

ON-SITE Childcare will be available



Adoptive and Foster Families of Maine, Inc.
294 Center Street, Unit 1 — Old Town, ME 04468

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Fax: (207) 827-1974
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E-Mail: info@affm.net

Affiliated With:
The North American Council on Adoptable Children
National Foster Parent Association

FAMILY TIES
THE NEWSLETTER OF ADOPTIVE & FOSTER FAMILIES OF MAINE, INC
PUBLISHED WITH SUPPORT FROM THE MAINE DEPARTMENT OF HUMAN SERVICES.
PLEASE DIRECT COMMENTS TO: EDITOR, FAMILY TIES, AT THE ADDRESS ABOVE.

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Conference Reminder

There is still time to sign up for AFFM's 13th Annual
Training Conference

"Changing Times, Improving Heart and Mind"

April 29-30 2011

The Black Bear Inn, Orono, Maine

Registration and Brochure now available!

*Register with AFFM then call the Black
Bear Inn at 866-7120 to Reserve a room!*