

Family Ties

Adoptive and Foster Families of Maine

Volume 15 Number 4

Newsletter

April 2012

Keeping Your Family Strong

Every family has strengths, and every family faces challenges. When you are under stress—the car breaks down, you or your partner lose a job, a child’s behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home—sometimes it takes a little extra help to get through the day.

Protective factors are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and **prevent child abuse and neglect**. The chart below describes six key protective factors and some simple ways you can build these factors in your own family.



Protective Factor and What it Means

What You Can Do

Nurturing and Attachment:

Our family shows how much we love each other.

- Take a few minutes at the end of each day to connect with your children with a hug, a smile, or a few minutes of listening and talking
- Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask them questions, or play simple games (such as “I spy”).

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Knowledge of Parenting and Child Development:

I know parenting is part natural and part learned. I am always learning new things about raising children and what they can do at different ages.

Parental Resilience:

I have courage during stress and the ability to bounce back from challenges

Social Connections:

I have friends, family, and neighbors who help out and provide emotional support

- Explore parenting questions with your family doctor, child’s teacher, family or friends
- Subscribe to a magazine, website, or online newsletter about child development
- Take a parenting class at a local community center (these often have sliding fee scales)
- Sit and observe what your child can and cannot do
- Share what you learn with anyone who cares for your child
- Take quiet time to reenergize: Take a bath, write, sing, laugh, play, drink a cup of tea
- Do some physical exercise: Walk, stretch, do yoga, lift weights, dance
- Share your feelings with someone you trust
- Surround yourself with people who support you and make you feel good about yourself
- Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties
- Join a play group or online support group of parents with children of similar ages
- Find a church, temple, or mosque that welcomes and supports parents

Concrete Supports for Parents:

Our family can meet our day-to-day needs, including housing, food, health care, education, and counseling. I know where to find help if I need it.

- Make a list of people or places to call for support
- Ask the director of your child’s school to host a Community Resource Night, so you (and other parents) can see what help your community offers
- Dial “2-1-1” to find out about organizations that support families in your area

Social and Emotional Competence of Children:

My children know they are loved, feel they belong, and are able to get along with others

- Provide regular routines, especially for young children. Make sure everyone who cares for your child is aware of your routine around mealtimes, naps, and bedtime
- Talk with your children about how important feelings are
- Teach and encourage children to solve problems in age-appropriate ways

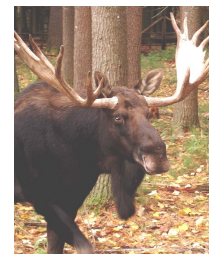
Attention Resource Families: Checkout Jonesport Wesleyan Church Free Clothing Closet!

Every other Wednesday, the Jonesport Wesleyan Church will be doing a FREE clothing closet. The closet will run from 12-2pm

Located at 143 Maine Street, Jonesport, Maine.

Phone: 497-5642 or 479-5954

State Park Passes are in! Are you a licensed foster home and looking for something fun to do with the family this summer? Call AFFM at 1-800-833-9786 or email info@affm.net to have a state park pass sent to you! Don’t forget to request the Gray’s Wildlife Park Pass as well and discover the wildlife of Maine!



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
800.559.1115 Toll Free

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 Maine Care.



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.
- Maine Care accepted.

Upcoming Trainings

CHCS Clinical trainings for Foster/Adoptive Parents

*Feel free to invite other foster or adoptive parents as well as those who may have an interest in becoming foster/adoptive parents

Infant Mental Health

By: Elizabeth Walsh, Clinical Supervisor at CHCS

Date: Friday, May 4, 2012

Time: 3-6pm

Location: CHCS in Machias

For Registration and questions, please call Toni Carter, Foster Home Developer at 255-6786

There is no cost involved at this time for trainings

Therapeutic Attitude and Tools for Addressing Challenging Behaviors.

Date: Friday, June 1, 2012

Time: 3-6pm

Location: CHCS in Machias

For Registration and questions, please call Toni Carter, Foster Home Developer at 255-6786

There is no cost involved at this time for trainings

Community Conversations: Permanency Planning for Youth

Facilitated By: Sue Badeau

www.badeaufamily.com

April 27, 2012

9:00-4:00pm

The Dunaway Center 23 School Street, Ogunquit, Maine

Registration Fee: \$20

Invitation to agencies and Resource Providers in Cumberland and York County will bring together a panel of youth, foster, adoptive or kinship parents and a case worker. Stories will be shared about what has worked and what has not. As participants you will be given the opportunity to ask questions and share ideas on what permanency means to you. We all want youth to have someone to call on to share their stories, help celebrate their joys and to help decrease their challenges and sorrows. YOUR INPUT MATTERS! Please plan to attend!

It is our hope that The Community Conversations will lead to an on-going dialogue about this important topic. We of course hope the dialogue will improve and increase the numbers of youth who achieve permanency.

Please join us and help Maine move more kids to permanency!

Cost Includes: Registration, training materials, lunch and afternoon snack.

Registration Deadline: April 15, 2012

AFFM will support respite care to the first 25 Adoptive, Foster, or Kinship Registrants

To register please return payment of \$20 to Adoptive and Foster Families of Maine, Inc. 294 Center Street, Suite 1 Old Town, Maine 04468

1-800-833-9786

info@affm.net

SPECIAL EDUCATION: Answers to Frequently asked Questions

Facilitator: Elizabeth Collins

Parent Trainer & Information Specialist

Maine Parent Federation

Participants are encouraged to join in the discussion as we explore the current Special Education (SPED) Regulations, look at answers to some frequently asked Special Education questions, and review the legacy of SPED. You will receive a copy of the Maine Unified Special Education Regulations and learn how to navigate through it. This workshop provides participants a chance to discover and share strategies for making the most of the Individualized Education Program (IEP) or Individual Family Service Plan (IFSP) meetings. You are invited to bring your own questions and insights.

SPACE IS LIMITED - CALL EARLY!

DATE: Wednesday, May 2, 2012

TIME: 10:00 am to 12:00 pm

LOCATION: Casey Family Services, 30 Summer St, (2nd Floor), Bangor

SORRY, NO CHILDCARE AVAILABLE (2 Credit Hours Available to Foster Parents)

Please RSVP by April 27th to Debbie Rossignol at 974-1508 or 1-866-662-2739 or e-mail

drossignol@caseyfamilyservices.org

Announcements



Host Homes Needed!
**Teens in Cumberland and York Counties are
in need of a safe and temporary home.**

For more information go to:

<http://newbeginmaine.org/host-homes-needed/>
Or call 795-4070 or e-mail jada@newbeginmaine.org

Attention Youth: April is survey month for Opportunity Passport™ participants!!

In the Months of April and October, program youth are encouraged to take a 10 minute Jim Casey Foundation Survey for which they are paid a stipend.

Between April 1 & 30 go to: <http://transition.fosterclub.com/>. On the right side of the page, click “take the Opportunity Passport™ Survey” (square below the purple “donate” button).

Enter your user ID (sent to you by mail & email) and your password.

If you FORGOT your password, have questions, or need help doing the survey by phone, please email dbechard@jmg.org or call Debbie Bechard at 620-7180 ext. 212. Thank you!

Adoptive and Foster Families of Maine, Inc. Offers Allegation Support!

Are you feeling alone, frightened and confused due to an allegation of abuse within your foster home? Are you wondering how to deal with the stress? Are you worried that your own children will be taken from you? Are you feeling like a criminal and wondering if people are thinking you are a bad parent?

If you have answered yes to one or more of these questions, AFFM may have some supports that will help you.

You Are Not Alone

Nearly every foster parent will experience an allegation at least once during their foster parenting career.

What the Allegation Support Team Offers:

- Non judgmental listening
- A place for you to vent
- An explanation of the Department of Health and Human Services (DHHS) investigation process
- Help in assessing what is abuse and what is a licensing violation
- Information on the length of the investigation process
- Help in understanding DHHS chain of command
- Help in preparing to meet with DHHS staff
- Help in assessing if legal counsel is warranted
- Encouragement to advocate for yourself
- AFFM staff will maintain confidentiality according to Maine law

Accessing Allegation Support

827-2331 or 1-800-9786

A team member will respond within twenty-four hours of your call.
(Usually a response call is made within minutes of your call)

** Bette Hoxie, Director of Adoptive and Foster Families of Maine and Jane Drake, LSW Program Manager of Out of Home Investigations and Customer Support Unit at DHHS offers the Allegation and Prevention Training at least 3 times a year across the state. Keep an eye out for a training near you!*

30 Ways to Promote Child Well-Being During National Child Abuse Prevention Month

Protective Factors	Social & Emotional Competence of Children	Knowledge of Parenting & Child Develop.	Parent Resilience	Social Connections	Concrete Supports for Parents	Nurturing & Attachment
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Create a Calendar of community events for families	2 Add children's books about feelings to your library	3 Praise good parenting when you see it	4 Invite someone in to help parents learn about managing stress	5 Organize "Stroller walks" with new parents. Talk about their challenges as you walk	6 Create a handout for families with community resources linked to each protective factor	7 Help a parent "catch their child being good"
8 Hold your next event or support group at the local Laundromat	9 Role play emotions with kids—what do you do when you're happy, sad, or frustrated?	10 Have parenting tips handy for parents dealing with a challenging issue	11 Make "how are you" phone calls to families in the program	12 Host a potluck or cultural celebration	13 Invite a Community partner to present a new resource for families	14 Create a board game library for families
15 Remember something special about every parent you serve	16 Train your staff on how trauma and loss affect children	17 Learn about parenting practices of a different culture	18 Recognize parent accomplishment	19 Encourage parents to support each other through phone trees, carpools, or playgroups	20 Visit a program where you refer families, so you'll know what it's like	21 Ask children who's important to them
22 Create opportunities for parents to contribute to your program	23 Teach kids to resolve conflicts peacefully	24 talk to parents in your program about discipline alternatives	25 Help parents set goals and solve problems	26 Create a "positive parenting club" where parents can share their success stories	27 Let parents use the center's computers for personal business (e.g., writing resumes, email)	28 Create an arts and crafts activity that parents can do with their child
29 Arrange a kickball or soccer game for dads and kids	30 Use an art program to help children express themselves without words.					

Calendar taken from childwelfare.gov

**Daily activities submitted by local Strengthening Families sites.*

Kinship Corner

The Bill Giasson Memorial Music Campership

The Augusta Grandparent/Kinship support group would like to honor their facilitator and friend, Bill Giasson, who passed away in January. Bill was dedicated to his mission of helping nonconventional family units survive and succeed and because of Bill's dedication and kindness, our lives have been enriched. Sadly, we lost our friend and mentor. To say thanks, we are offering the Bill Giasson Memorial Music Campership acknowledging two of Bill's loves, music and children.

Donations will be gratefully accepted. You may mail your contribution to:

Rachel Bumford, Treasurer
13 Kenneth Street
Augusta, ME 04330

For more information about the campership contact AFFM at 1-800-833-9786

1-866-298-0896



www.mainekids-kin.org

APRIL KINSHIP MEETINGS

When attend 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, giving the children an opportunity to meet and socialize with other children in similar situations.

Please contact us if you would like to receive a phone call reminder for your local group meeting.

Augusta

Wednesday, April 18th at 6:00 pm, The Children's Center, 1 Alden Avenue. Please contact Meaghan at F.A.C.T. at 941-2347 to reserve childcare.

Bangor

Tuesday, April 3rd at 6:00 pm, Families And Children Together office, 304 Hancock Street. Please contact Meaghan at F.A.C.T. at 941-2347 to reserve childcare.

Tuesday, April 17th at 6:00 pm, Families And Children Together office, 304 Hancock Street. Please contact Meaghan at F.A.C.T. at 941-2347 to reserve childcare.

Belfast

Thursday, April 12th at 10:30 am meeting at the Belfast Free Library on High St. in the first floor conference room (on the right as you enter the library). Parking available on Spring and Miller Streets.

Dover-Foxcroft

Monday, April 23rd at 6:30 pm, Penquis, 50 North St. Please contact Meaghan at F.A.C.T. at 941-2347 to reserve childcare.

Waterville

The Grandest Parents of All - **Thursday, 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 Samantha Thibodeau at The Children's Center at 626-3497.

Westbrook

Wednesday, April 11th at 6:00 pm, Maine Kids-Kin, 869 Main Street, Suite 900. Please contact Nancy at F.A.C.T. to reserve childcare at 591-6278.

Tuesday, April 24th at 9:00 am, Maine Kids-Kin, 869 Main Street, Suite 900. Please contact Cathy at F.A.C.T. to register at 591-6278.

Wednesday, April 25th at 6:00 pm, Maine Kids-Kin, 869 Main Street, Suite 900. Please contact Nancy at F.A.C.T. to reserve childcare at 591-6278.

Save the Dates

18th Annual Child Welfare Conference

Date: June 13, 2012

Time: 8:00-4:30pm

Location: University of Maine, Wells Conference Center

Hot Topics in Child Welfare: The Trauma Affected Brain, Prenatal Drug Abuse, Ethics, Trauma Informed Child Welfare Practice, Poverty and its Impact on Brain Development, Supervision

Supported By: Bangor Police Department, Casey Family Services, Department of Health and Human Services, Eastern Maine Medical Center, National Coalition to End Child Abuse Deaths, Penobscot Community Health Care, and Wings for Children and Families

Sponsored By: Casey Family Services

Community Conversations: Permanency Planning for Youth

Save the Dates for the Community Conversations taking place in each district!

All Community Conversations will be held 9am-1:00pm

District 1 & 2—Ogunquit April 27, 2012 (Full day event with Community Conversation in the afternoon)

District 5— Skowhegan May 2, 2012

District 6—Bangor May 8, 2012

District 7— Ellsworth May 17, 2012

District 4—Rockland June 6, 2012

District 3 — Lewiston June 7, 2012

District 7— Machias June 11, 2012

District 5— Augusta TBA

District 8— Presque Isle kicked off the Community Conversations on March 21st and had amazing response!

2012 New England Foster Care Association (NEFCA) Conference

Peacing Together the Fabric of Lives

Keynote Speaker: Derek Clark, Motivational Speaker, Former Foster Child, Author of I Will Never Give Up and Never Limit Your Life and Successful Singer/Songwriter
(www.iwillnevergiveup.com)

&

Kinship Care Specialist Dr. Joseph Crumbley

October 12, 2012 - October 14, 2012

DoubleTree by Hilton Hotel, South Portland, Maine

Hosted by

Adoptive and Foster Families of Maine, Inc. (AFFM)

Foster Family Treatment Association (FFTA)

DHHS & NEFCA Planning Committee

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

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AT THE ADDRESS ABOVE.

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ADOPTIVE AND FOSTER FAMILIES OF MAINE'S 7TH ANNUAL EVENT:

FOSTER FAMILY DAY AT THE FORT

MAY 19, 2012
11:00am-4:00pm

FORT KNOX
PROSPECT, MAINE

Come and enjoy games, giveaways, a tour of the fort, food
and much more at this FREE event!
Hope for sunshine!

Call AFFM and register today!
1-800-833-9786

