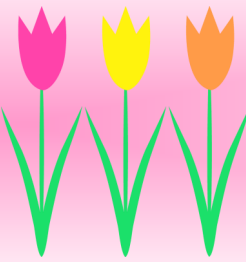


Family Ties



Adoptive and Foster Families of Maine, Inc.

Volume 19 Number 4

Newsletter

April 2016

April is Child Abuse Prevention Month

12 Adoptive, Kinship & Fostering Parent Tips

Invaluable skills to help you be a better foster or adoptive parent

Most of you remember learning skills for successful fostering and adopting during the Resource Family Introductory Training. Refresh your memory with these twelve skills:

Know your own family. Assess your individual and family strengths and needs. Build on those strengths. Make sure you know how your own family feels about fostering and incorporate their opinions when assessing your strengths. As we know, it is not just the parents, or even the immediate family, that raises a child. Your parents, children, siblings, and other relatives should be part of your decision to foster.

Communicate effectively. Use and develop communication skills needed to foster or adopt. Be an active listener. Give clear messages, listen well, and use appropriate tone of voice. Abused and neglected children may feel worthless and may think their emotions are not worthy of being heard. Parents must listen in order to help build positive self-esteem. This shows the child an important skill which may help them be successful in other relationships.

Know the children. Identify the strengths and needs of children and youth who have been abused, neglected, abandoned, and/or emotionally maltreated. Knowing the child's history will help in your quest to build on their strengths. You must know when their needs require more help than you can offer.

Build strengths and meet needs. Build on strengths and needs of children and youth who are placed with you. Do not accentuate the negative. Let them know what you find as their strengths and tell them often. Remember, strengths build positive esteem. Try to meet their needs and know when to turn to others for help.

Work in partnership. Develop partnerships with children and youth, birth families, the agency, and the community to develop and carry out plans for permanency. You may be the person who teaches the birth parents the skills they were never taught, or the person who helps the agency decide when a different permanency plan needs to be made. Know your community resources.

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Be loss and attachment experts. Help children and youth develop skills to manage loss and attachment. Remember, children separated from birth parents have difficulty trusting adults. They become frightened and confused easily. Take the time to become well informed on loss and attachment. The more informed you become, the better resource you are for your children and other parents.

Manage behaviors. Help children and youth manage behaviors. Foster parents need to use discipline methods that birth parents can learn to use; methods that do not put children at risk for more abuse if they return home. Remember your basic alternatives to physical punishment; ignoring negative behavior, reward positive behavior, taking away privileges, time out, and modeling appropriate behavior.

Build connections. Help children and youth maintain and develop relationships that keep them connected to their pasts. Assist the child in staying in contact with family members. If this is a healthy relationship, and supported by your agency, this will help the child maintain a sense of connection. Find local organizations that will include the child in cultural programs to maintain their heritage.

Build self-esteem. Help children and youth build on positive self-concept and positive family, cultural, and racial identity. Accentuate each child's strengths and their success as being part of your family. Encourage them to be proud of their cultural and racial identity. Model a positive attitude about your own identity.

Assure health and safety. Provide a healthy and safe environment for children and youth and keep them free from harm. Make your home a safe haven and ensure that all children feel secure, not threatened, in your home. Adequate food, clothing, and shelter is essential in modeling how parents should care for a child.

Assess impact. Assess the ways fostering or adopting will affect your family. Talk to each family member privately to ensure that you know their feelings and can accurately make a decision on behalf of the family. You will want to look at the positive outcomes fostering or adopting could bring, as well as any negative outcomes that family members may expect.

Make an informed decision. Make an informed decision to foster or adopt. Include the entire family, including extended family, when deciding to become foster or adoptive parents. Genuinely listen to concerns and reply in a non-threatened manner. Discuss your family's long term goals and how fostering and adopting may be a positive tool or negative force in those endeavors.

Malea Potter April 10, 2014 <http://adoption.com/12-adoptive-fostering-parent-tips/>

Did you know the Allegation Prevention and Protocol Training is available for support groups? This training will also be presented at AFFM's Annual Conference on Saturday, April 16th Morning Work Shop 10:00 am— 12:00 pm

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.

Presenters: Bette Hoxie & Maureen O'Brien

To schedule a training for a support group call 1-800-833-9786

"Foster Family Day at the Fort" Reminder

In Honor of Foster Care Awareness Month in May

May 21, 2016

11:00am-2:30pm

740 Fort Knox Prospect, Maine



Enjoy a cookout, games, prizes, giveaways, entertainment, and much more! This a FREE event for all! Call AFFM at 1-800-833-9786 to sign up or email info@affm.net. Rain or Shine!! We look forward to seeing you again this year!

****Don't forget your State Park Pass! If you are licensed foster home, call the office and we'll send a pass your way! Please Note: AFFM has a limited amount of passes this year so please make your request early.***

Good Luck to Mary Moreau!

AFFM would like to take a moment to recognize Mary Moreau of Biddeford DHHS for her amazing partnership throughout the years. Thank you for all your hard work and support to resource families. AFFM wishes you all the best with your new adventures. You will certainly be missed!

I will miss my friend and co-worker Mary terribly as we have worked well together for so many years in the Resource Unit here in Biddeford. Mary has been such a strong advocate and support person for her foster families that her leaving will be felt by many. While it is true I hate to see her leave, I am also pleased that she has this opportunity to move into a new role working with the adult population here in the Office of Aging and Disability Services. I am sure that they will be as impressed by her competence, compassion, and commitment to her work and her clients as we in the Office of Children and family Services have been.

Mary J Goody, LSW
Foster Home Licensing Worker

Good Luck!

Resource Family Appreciation Events!

AFFM is partnering with DHHS District staff to hold a resource family appreciation event to recognize and say thank you for all the amazing work resource parents do for Maine's youth in care! Keep an eye out for more information and an invite from your district soon!



Would you like to donate a silent auction item to one of AFFM's upcoming events?

- The 4th Annual Mackworth Island Gathering coming this June. Contact Meagan Sprague for more information.
- Red Knights Maine Chapter 9 will host the 3rd Annual Rock and Ride for the Kids on July 9th at the Field of Dreams in Unity. Contact Bette Hoxie or Travis Bryant for more information.

Rolling Resources!

Linda Matthews from AFFM's Saco office will be kicking off her pilot project, "Rolling Resources". Linda will be bringing clothing, shoes, baby equipment, etc. from our resource room to your area on Thursdays through early May. On rotating weeks, the "Rolling Red Resource Vehicle" will be traveling to:

WEEK 1:

- Sanford DHHS parking lot (890 Main St.) @12:30pm
- Bridgton Community Center parking Lot (15 Depot St.) @2:30pm
- Lewiston DHHS parking lot (200 Main St.) @4:30pm

WEEK 2:

- Standish Hannaford parking lot (111 Ossipee Trail) @12:30pm
- Norway Town Office (19 Danforth St.) @2:30pm
- Lewiston DHHS parking lot (200 Main St.) @4:30pm



Please contact Linda at linda@affm.net if you wish to receive reminders of visits and request items she can deliver.



Who we are:

A Family for ME is an initiative launched through a contract by the Maine Department of Health and Human Services (DHHS) that was awarded to the private, non-profit agency KidsPeace. The centerpiece of the initiative is a widespread and coordinated awareness campaign to inform and educate the public about the urgent need for foster and adoptive families to meet placement and permanency needs of children in care of DHHS. A Family for ME is partnering with other agencies, community members, and interested parties to reach prospective foster and adoptive families throughout Maine.

Statistics:

- There are 1,945 children in the foster care system in Maine
- Over 100 children are waiting for permanency, and are available for adoption. (2014 CPS Annual Report)
http://www.maine.gov/dhhs/ocfs/prov_data_reports.shtml
- The number of drug-affected babies has increased dramatically from 178 (2006) to 995 (2015). (DHHS)
<http://www.pressherald.com/2015/09/11/maine-dhhs-to-hold-seminar-to-discuss-impacts-of-prenatal-substance-abuse/>
- 96 youth between the ages of 18 - 20 are in voluntary care, as DHHS continues to assist these youth in transition to adulthood.

Not in a position to become a foster/adoptive parent? Is your house already full?

There are other ways to help!

- A Family for ME can provide you with posters and brochures which you can display in your community, businesses, your church, community group or organization, and share with your families and friends who may be interested.
- You can inform us of where we can give a presentation or hand out materials.
- You can have conversations with friends, neighbors and others in the community about the need for foster, adoptive, and respite families.
- Contact us! Call us at **1-844-893-6311**, or call/email the Program Supervisor, Brandy Clapper, at 207-521-4871 / brandy.clapper@kidspeace.org

Adoption Announcements!



Michael and Olivia Paige are excited to announce the adoption of Riley Christopher on November 4, 2015! He joins his sister, Hannah, and brothers, Derek and Sean.



Have you recently legalized an adoption? Want to share the exciting news with others? AFFM would love to create an adoption announcement in the Family Ties newsletter. Send a write up and photo (if you wish) to meagan@affm.net AFFM looks forward to hearing from you!

Jockey Being Family Backpacks!

AFFM is excited for our continued partnership with Jockey Being Family to provide newly adoptive families with backpacks and totes! The backpacks are embroidered with the child's new family initials, and the backpack is complete with a comforting Jockey Being Family® fleece blanket and cuddly teddy bear. Every adoptive family also receives a parent tote filled with post-adoption resources.

For future youth being legalized, please send family's name and contact information, the name, age and gender of the child and AFFM will complete the requests and get them delivered.

Thank you notes can be sent to AFFM and will be forwarded to Jockey Being Family.



<http://jockeybeingfamily.com/>

New to AFFM's Discount Card Program!

The Cubby Thrift Stores

20% off for all locations
377 Main St. Presque Isle
207-768-6200
383 Main St. Madawaska
207-728-9080
40 Sweden St. Caribou
207-496-0600
122 North St. Houlton
207-521-5028

<http://thecubby.org/>

theCUBBYthriftstores



ABBE Museum

Adults \$6 Children \$3
Youth 10 and under Free
26 Mount Desert St. Bar Harbor
Phone: 207-288-3519

www.abbemuseum.org



Get Air Trampoline Park

921 Riverside Street, Portland
245-6443
50% off

<http://getairportland.com/>



Salon La Posh

Salon La Posh Offering a 15% discount for children in foster, adoptive and kinship care! Salon La Posh specializes in doing hair for children of ethnicity. 137 State ST. Bangor 262-4005

Penobscot Marine Museum Offering buy one get one free. 2 Church Street, Searsport, ME 548-2529 and 548-0334 www.penobscotmarinemuseum.org

PENOBSCOT
MARINE MUSEUM

AFFM would like to thank all the businesses who participate in the discount card program. If you have a suggestion for a business or organization that AFFM can approach to participate in the discount card program, please [contact us](#). You can also print off and send a completed [business application form](#) to: 34 Main St. Orono, Me 04473

<http://www.affm.net/services/discount-card-program/>



Kinship Corner

AFFM currently has slots available to provide conference registration for unlicensed kinship providers. Slots will be filled first come first served until filled. Highlight below is one of the many informative trainings being offered at the conference. Contact AFFM and reserve your spot today!

Friday, April 15th Afternoon Workshop 2:00 pm-4:00 pm

D. Traditions of Caring and Collaborating: A Model of Practice to Achieve Child Safety, Well-being, and Permanency for Kinship Care
Presenter: Eshele Williams

This workshop shares an evidence-based approach to collaborate with kinship caregivers regarding their ability, resources, and willingness to provide care for their younger family members. Issues for discussion include legal, financial, child behavior, family relationships, fair and equal treatment, access to community supports, and more.

For more information about the conference visit:

<http://www.affm.net/2016/01/affm-spring-conference/>



Adoptive & Foster Families of Maine, Inc. & The Kinship Program

State-Wide Resource Family Support Groups

At times meetings are cancelled due to weather and other unforeseen circumstances, cancellation notices are sent out via the AFFM email list serve and Facebook. Families are urged to call or email info@affm.net to be added to this service. For more Information and to RSVP for the support groups please call AFFM @ 1-800-833-9786 or 827-2331. AFFM asks families to RSVP 3-4 days in advance so the facilitator and childcare provider can plan accordingly.

Key: A= Adoptive, F=Foster, K= Kinship, CC= Child care is available upon request

Augusta – Kinship only: 3rd Wednesday of the month from 5:30 – 8:00 pm at the Buker Community Center (22 Armory Drive Augusta) call Jan Partridge at 207-495-3864.

Augusta – A/F/K/CC: 1st Wednesday of the month from 6:00 – 7:30 pm at Magic Years Center (25 Industrial Drive).

Bangor – Kinship only/CC: 1st and 3rd Tuesday of the month from 6—8 pm.304 Hancock St. Suite 2B. 1-866-298-0896.

Belfast—A/F/K/CC: 2nd Monday of the month from 6:00-7:30PM @ Parish House St. Margaret's Episcopal Church (95 Court St.)

Biddeford – Kinship only/CC: 3rd Tuesday of the month from 10:00 – 11:30 @ J Richard Martin Community Center, 189 Alfred St.

Bridgton – A/F/K: 3rd Monday of the month from 6:30 – 8:30 pm at the Community Care (Behind Reny's) 15 Depot St. RSVP Vanessa Jones 647-2317

Brunswick – A/F/K/CC: 4th Tuesday of the month from 5:30 – 7:00 pm at St Paul's Episcopal Church, 25 Pleasant St. Meetings are not held during Summer.

Caribou – A/F/K: 1st Thursday of the month from 5:30 at Caribou Adult Education Building on Bennett Drive in between Caribou Rec and the gas station.

Dover-Foxcroft – A/F/K/CC: 2nd Tuesday of the month from 6:00 – 7:30 pm at Mayo Regional Hospital, Borestone & Sebec rm.

Ellsworth – A/F/K/CC: 3rd Tuesday of the month from 5:00 – 7:00 pm at Ellsworth Elementary Middle School, 20 Forest Ave.

Farmington – A/F/K/CC: every 3rd Tuesday of the month from 6 – 7:30 pm @ Roberts Learning Center (room 201 & 205), UMF.

Houlton – A/F/K/CC: every 2nd Thursday of the month from 5:30 – 7:30 pm at Houlton CHCS, 2 Water Street.

Lewiston – A/F/K/CC: every 4th Tuesday of the month from 6:00 – 8:00 pm at B Street Community Center in Lewiston.

Lincoln – A/F/K/CC: 1st Thursday of the month from 6:00–7:30PM at the Community Evangel Temple, 124 River Rd. .

Machias – A/F/K/CC: 4th Thursday of the month from 6:00 – 7:30 pm @ Rose M Gaffney Elementary School, 15 Rose Gaffney Rd

Orono – A/F/K/CC: 3rd Monday of the month from 6:00 – 8:00 pm at AFFM (34 Main Street Orono).

Portland—A/F/K/CC: 2nd Tuesday of the month from 5:30-7:30pm at 901 Washington Ave. Portland.

Presque Isle – A/F/K/CC: 3rd Tuesday of the month from 6:30 – 7:30 pm at the Wesleyan Church (387 Centerline Rd.)

Rockland—A/F/K/CC: 3rd Monday of the month at 6:00PM-7:30PM at the Knox Center-Pen Bay Healthcare (6 White Street)

Saco—A/F/K/CC: 4th Wednesday of the month from 5:30PM-7:30PM at (333 Lincoln Street, AFFM Saco Office).

Sherman – A/F/K: 1st Monday of the month at 7 Cow Team Road in Sherman. Please contact Debbie Irish at 365-7133 for more information. This group does not meet in the summer.

Skowhegan— A/F/K/CC: 2nd Tuesday of the month from 6:00-7:30pm at New Horizon Church (31 East Madison Road).

Adoptive and Foster Families of Maine, Inc.
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After Hour Emergency Support: (207) 745-4159
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On the Web: www.affm.net
E-Mail: info@affm.net

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

Partnering With: Department of Health and Human Services

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COMMENTS TO: EDITOR, FAMILY TIES, AT THE ADDRESS ABOVE.

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OLD TOWN, ME

PERMIT NO. 65



**Adoptive & Foster
Families of Maine, Inc.**
& The Kinship Program

New Resource Families Welcome! You are now receiving the Family Ties newsletter as part of your complimentary membership to AFFM! Learn more about AFFM and services offered by calling 1-800-833-9786 or visit www.affm.net

Locations: 34 Main Street, Orono, Maine

& 333 Lincoln Street, Saco, Maine

Phone: 1-800-833-9786

Email: info@affm.net

After Hour Emergency Support: 207-745-4159

Website: www.affm.net

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