

Family Ties

Adoptive and Foster Families of Maine, Inc.

Volume 21 Number 11

Newsletter

November 2018

AFFM's mission is to provide the training, guidance, knowledge and resources needed to handle the complex issues encountered by resource families as they open their hearts and homes to children in need.

Adoptive and Foster Families of Maine, Inc. (AFFM) provides support services for adoptive, foster and kinship families. This includes kinship families in the informal system (not working in conjunction with DHHS).

Child welfare is dependent upon a myriad of state and federal laws, rules and regulations. Decisions concerning families and innocent children are rarely easy, and are usually fraught with highly emotional issues. AFFM is dedicated to assisting families to help children find the security they deserve. AFFM understands every situation in fostering, adoption and kinship care is unique and families will face challenges. AFFM strives to continue to be a resource for families and is available 24/7.

AFFM believes that Maine's children have the right to be a member of a healthy, safe and stable family.

AFFM believes that all adoptive, foster and kinship families deserve to have unconditional support to help build on their strengths and to provide the best quality home environment possible.



AFFM believes that access to services to enhance families abilities and develop new skills is imperative.

AFFM believes all families who open their homes to Maine's children deserve unbiased support.

Have you utilized AFFM's warm line?

207-827-2331

AFFM's warm line is available to families 24/7.

AFFM's staff understands both the complexities in providing services to all resource families that support and enhance the safety, well-being and permanency of children in the custody of the Maine DHHS.

AFFM is dedicated to listening to and responding to the needs and wishes of Resource Families statewide.

Call the warm line today and talk to a staff member who has both personal and professional experience in navigating an array of situations.

207-827-2331

Learn more about the support services AFFM offers by calling 207-827-2331 or visit www.affm.net

This November Celebrate Adoption Awareness Month and Practice These Tips for Using Positive Adoption Language



Don't Use:	Because:	Instead Say:	For Example:
Real, natural parent or brother/sister	Implies that adoptive relationships are artificial, tentative	Birth or biological parent or brother/sister	"The four boys are brothers; two have the same birth parents and are biological siblings." NOT "Only two are real brothers."
Own Child	Suggests that adoptive relationships are less important than biological relationships	Birth child, child by birth	"She has one child by birth and two by adoption." NOT "One of three children is her own, the others are adopted."
Taken away, given up	Denotes that children are stolen or forgotten rather than adopted legally and with forethought	Termination of parental rights	"Following the termination of his birth parents' parental rights, he was adopted by his foster parents."
To keep	Children are not possessions and birth parents always "keep" feelings for their children	To parent	"She chose to parent her baby." NOT "She chose to keep her baby."
Adoptive child, adoptive parent/mom/dad	In most contexts, qualifiers are not needed. Adoption creates a full, permanent relationship	Son, daughter, parent, mother, father, mom, dad	"This is my son." NOT "This is my adoptive son." However at support groups, it would be appropriate to say, "I am an adoptive parent."
Hard to place, special needs child	Labels the child and unfairly places blame on him or her for needing an adoptive family	Child who has special needs, waiting child	"She has special needs and is waiting for the right family." NOT "She is hard to place because she is a special needs child."
The child hasn't found a family, the child moved	Children are not responsible for their own recruitment efforts nor their moves through placement	The agency, caseworker, recruitment efforts	"The caseworker's recruitment efforts have not yet located an appropriate family."
Available, unwanted	Waiting children are wanted—the right family just has not been found—and they are not available to whomever is interested	In need of a family, waiting	"He is waiting for a forever family." NOT "He is available for adoption."

What is AFFM up to This November?

The month of November always proves to be a busy time of year for AFFM as we celebrate Adoption Awareness Month. AFFM has the pleasure of celebrating with the many amazing resource families across the state, as well as the Office of Children and Families Service (OCFS), the Department of Health and Human Services and private agencies. Throughout the month of November, adoption celebrations are scheduled to take place. On November 1st OCFS kicked off Adoption Awareness Month in Augusta at the Hall of Flags. Guest speakers, agencies with information and activities as well as treats and give aways were a part of this fun filled event. Following the Hall of Flags celebration, AFFM will host an intimate gathering at the Blaine House in Augusta on November 15th. Families who have recently adopted have been invited to the Blaine House to enjoy refreshments and a small ceremony of celebration.



As always, if you've recently legalized an adoption and would like to share the exciting news with others, AFFM would love to create an adoption announcement in the newsletter. Please send a write up and photo (if you wish) to meagan@affm.net. Did you know that after you've adopted you are still able to access AFFM's support services? Call AFFM today to learn about post adoption support!

AFFM's Annual Holiday Parties!



Date: Sunday November 25, 2018

Time: 11:00PM-3:00PM



Location: Bangor Ramada Inn (347 Odlin Road Bangor)

Attendees will take part in arts and crafts, a potluck and swimming (don't forget bathing suits) and a special visit from Mr. and Mrs. Claus as well!

If you plan to bring food please let us know when you RSVP.

RSVP: 827-2331 or sheila@affm.net

Please provide children's ages with your RSVP. All children in attendance will receive an age appropriate book from Santa!



Date: Saturday December 8, 2018

Time: 11:00AM-1:00PM



Location: Eastpoint (345 Clarks Pond Pkwy, South Portland)

Attendees will take part in arts and crafts, pizza and a special visit from Mr. and Mrs. Claus as well!

RSVP: 827-2331 or brigid@affm.net

Please provide children's ages with your RSVP. All children in attendance will receive an age appropriate book from Santa!

Thank You!

AFFM would like to thank the following individuals and businesses for their generous donations that help support AFFM's mission and resource families statewide:

- ◇ *Birth Roots of Portland*
- ◇ *Pleasant Mountain Presbyterian Church in Bridgton*
- ◇ *All the folks at Comfort Cases*
- ◇ *Dannette Ellis and Aid for Kids*
- ◇ *Mary Lake for donating blankets, teddy bears, and her famous handmade dresses!*



AFFM would also like to thank our newest board members: Sharon Carter, Lynn Copeland, Dr. Adrienne Carmack, Lauri Legere, and Chelsea McAuliffe. Welcome to the team, AFFM is grateful for your time and dedication!

New Addition to the Discount Card Program!

Cumberland County: Sugar Supply Co.



20% off any order of 1 dozen
or more
Call or text (207) 523-0053,
Instagram or Facebook
@sugarsupplyco.maine

**A
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M**

Adoptive and Foster Families
of Maine
Discount Card

Is Eligible for Discounts Through
the AFFM Liaison Program
1-800-833-9786

If you have a suggestion for a
business to participate in the
Discount Card Program
Please Contact AFFM:
info@affm.net or 207-827-2331

Don't Forget to Attend the Festival of Fostering Trees!

The Festival of "Fostering" Trees is back for another year continuing our mission of raising awareness and funds to support Maine youth involved in the foster care system, while joining the entire community together by providing a beautiful festival of decorated Christmas Trees for you to enjoy and hopefully win!

Where: Foster's Clambake 5 Axholme Road York, ME

When: Thursday November 29th, Friday November 30th, Saturday December 1st & Sunday December 2nd open daily from 9:00am – 8:00pm.

Calls to all winners will be placed on Monday December 3rd from 6:00pm-9:00pm Pick-up of ALL trees is Tuesday, December 4th 8:00am-12:00pm – NO EXCEPTIONS!

Admission is "FREE": Voluntary donations accepted for the York Food Pantry and Toys for Tots! Come and enjoy the amazing "Spirit of the Season" without spending a penny - purchasing raffle tickets is optional.

Raffle Tickets: 25 raffle tickets for only \$5.00, available to purchase at the Festival.

Who receives the proceeds? The Festival of "Fostering" Trees (FOFT) serves as the signature fundraising event for A Place Called H.O.M.E. – Having Opportunities Means Everything, which exists to serve the multifaceted and critical needs of older youth (16-26) who are aging out or have aged out of Maine's foster care system and find themselves in need of a support system.



Trust Based Relational Intervention TBRI®

Imagine if you will, an approach to caring for kids from hard places that actually works! What a powerful statement! As a foster mom of a child with RAD and PTSD there were many aspects of my child's treatment I was not prepared for. Our family had done a lot of research into the best therapy and interventions available and resources were scarce. Then last year we hosted the Empowered to Connect Conference here in Southern Maine. I sat, after the first day, with a group of providers, teachers and foster/adoptive parents saying, "How did I not know this?" Everyone who left the conference was thirsting for more information on attachment, and the power of connection to heal trauma experienced through relationships.

In the months that followed I learned about TBRI® as an intervention model and I read "The Connected Child" by Dr. Karyn Purvis. This book was life changing in the way I began to see all of my children and work we began doing to build connection with our foster children. I was so convinced this intervention could be a valuable tool for families, I began saving every dime I could to attend practitioner training in the Summer of 2018. Miraculously I received a scholarship, did the coursework and was able to travel to Texas to complete the training to become a TBRI® Practitioner in Southern Maine.

TBRI® Trust Based Relational Intervention is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. Dr. Purvis said it like this, "Relationship-based trauma can only be healed through a nurturing relationship". TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection. The research done around this type of intervention is fascinating. The idea that communities including: counselors, school systems and families could align their practice models to include a trauma informed, attachment based model as a way to care for children from hard places is exciting!! TBRI® is simple, practical, and works to build connection and felt-safety within family systems. Our kids deserve better, and when we know better we can do better! I look forward to being able to bring this training to foster, adoptive, and kinship families in Southern Maine.

For more information on TBRI® you can visit The Karyn Purvis Institute of Child Development at <https://child.tcu.edu/#sthash.dWghIEbQ.dpbs>.

Marie Briggs
Director at BeLoved
Advocate for The Forgotten Initiative
TBRI® Practitioner



Would You Like to Contribute an Article to the Family Ties Newsletter?

AFFM would love to hear from you! Do you have an upcoming event or activity that you'd like to share? Are you a professional that is interested in sharing information pertaining to the child welfare system? Please send all submissions to meagan@affm.net and you may be featured in an upcoming newsletter!

Kinship



Corner

Adoptive and Foster Families of Maine, Inc. and the Kinship Program, (AFFM) celebrates and applauds grandparents, aunts, uncles and other family members who open their hearts and homes to parent their relative's child/ren every day all year long. AFFM offers support groups statewide that welcome all foster, adoptive and kinship families. Additionally, there are two kinship only support groups. They are located in Augusta and Biddeford. See page 7 for more information.

Bette Hoxie, is back at AFFM in a new role as Orono's Kinship Specialist! Sheila Peakall has transitioned to the position of Orono's Resource Support Coordinator and will be working more closely with the CARES meetings.

Carey Cole is our full-time Kinship Specialist in our Saco office. Both Bette and Carey have personal experience within a kinship family home. This lived experience helps them truly understand how vital the kinship caregiver role is to the children in their care, as well as the many struggles and strains that often impact the dynamics within the family.

AFFM's Kinship Specialists are here to provide listening support and help you navigate the systems you may encounter as you travel this often twisting and sometimes seemingly endless road. The systems you may encounter might include: child protection, education, special education, corrections and the court system. Bette and Carey can often help with making referrals and obtaining materials goods that your family may be in need of. AFFM is a statewide non-profit organization and our services are free to those who provide kinship care either in the formal or informal system.

Bette and Carey can be reached by calling AFFM at 207-827-2331 or by email at: bette@affm.net or carey@affm.net.

If a Child Under 5 Years of Age is in Your Care, Call WIC to Enroll Them Today!

The Maine Women, Infants and Children (WIC) Nutrition Program is a supplemental nutrition program helping Maine kids to grow up strong and healthy.

WIC provides:

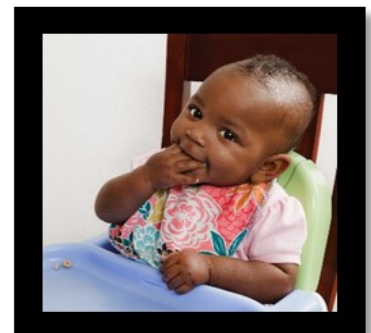
- Checks for healthy foods such as:

Bread	Eggs	Peanut Butter	Infant Formula
Cereal	Cheese	Beans	Baby Foods
Milk	Juice	Fresh fruits & vegetables	Whole grains

- Health screenings
- Individual nutrition counseling
- Referrals to health care and social service providers

We look forward to hearing from you!

**1-800-437-9300 or 207-287-3991
or go online at: Wicforme.com**



AFFM Statewide Resource Family Support Groups

C.A.R.E.S.

Connecting. Advice. Resources. Education. Support

At times meetings are cancelled due to weather and other unforeseen circumstances, cancellation notices are sent out via AFFM 's 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 @ 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= Childcare is available upon request

Augusta – Kinship only/CC: 3rd Wednesday of the month from 5:30 – 8:00 pm at the Buker Community Center (22 Armory Drive) 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 – A/F/K/CC 2nd Tuesday of the month from 5:00-6:30pm at Redeemer Lutheran Church (540 Essex Street).

Belfast— A/F/K/CC: 2nd Monday of the month from 5:30-7:00pm at Christ The King Church Room 330 (9 Field Street).

Biddeford – Kinship only/CC: 3rd Tuesday of the month from 10:00–Noon at J Richard Martin Community Center (189 Alfred Street).

Bridgton – A/F/K/CC: 3rd Monday of the month from 6:30 – 8:30 pm at the Community Center (Behind Reny's) (15 Depot St)

Brunswick – A/F/K/CC: 4th Tuesday of the month from 6:00 – 7:30pm at St Paul's Episcopal Church (25 Pleasant St).

Caribou—A/F/K: 4th Monday of the month from 10:00am-noon at Caribou CHCS, 7 Hatch Drive #120. No RSVP needed.

Damariscotta— A/F/K: 1st Thursday of the month from 5:30-7:00 PM at the Lincoln County Assembly of God Church (672 Main Street).

Dover-Foxcroft – A/F/K/CC: 2nd Thursday of the month from 6:00 – 7:30 pm at Mayo Regional Hospital, Borestone & Sebec conference room (897 W Main Street).

Ellsworth – A/F/K/CC: 3rd Tuesday of the month from 5:30 – 7:30 pm at Moore Community Center (133 State St.)

Farmington – A/F/K/CC: every 3rd Tuesday of the month from 6 – 7:30 pm at the Gwilym R. Roberts Learning Center (by the administration office), UMF rooms 001 and 003

Houlton– A/F/K: 3rd Monday of the month from 10:00am – noon at Houlton CHCS, 2 Water Street. No RSVP needed.

Lewiston/Auburn– A/F/K/CC: 4th Tuesday of the month from 6:00 – 8:00 pm at Opportunity Enterprises, *use the back door* (400 Center St. Auburn)

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

Machias – A/F/K/CC: 3rd Thursday of the month from 6:00 – 7:30 pm @ University of Maine Machias Torrey Hall Rooms 228 & 230 (116 Obrien Ave).

Orono – A/F/K/CC: 3rd Monday of the month from 6:00-7:30pm at the Orono United Methodist Church (36 Oak Street).

Presque Isle – A/F/K/CC: 3rd Tuesday of the month from 6:00 – 7:30 pm at the Wesleyan Church (387 Centerline Road).

Rockland—A/F/K/CC: 1st Wednesday of the month from 5:30PM-7:00PM @ Grace Bible Fellowship (30 Sherer Lane).

Richmond— A/F/K/CC: 4th Tuesday of the month from 5:30PM-7:00PM at Isaac F. Umberhine Public Library (86 Main St.)

Saco— A/F/K/CC: 3rd Monday of the month from 6:00-7:30PM at Saco AFFM (333 Lincoln St.)

Sanford— A/F/K/CC: 3rd Wednesday of the month from 6:00PM-8PM at Curtis Lake Church (38 Westview Drive)

Skowhegan— A/F/K/CC: 2nd Thursday of the month from 6:00-7:30pm at the Federate Church in the Sunday school and nursery rooms (13 Island Ave.)

South Paris— A/F/K/CC: 2nd Wednesday of the month from 6:00-7:30PM at the University of Maine Cooperative Extension (9 Olson Road).

South Portland—A/F/K/CC: 2nd Tuesday of the month from 6:00-7:30pm at Eastpoint Church (345 Clarks Pond Pkwy).

Wells— A/F/K/CC: 3rd Tuesday of the month from 6:00-7:30pm at Wells Congregational Church (1695 Post Road, Wells).

Adoptive and Foster Families of Maine, Inc.
34 Main Street, Orono, ME 04473

Phone: (207) 827-2331
Fax: (207) 889-6978
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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ABOVE.

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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 or visiting www.affm.net

Locations: 34 Main Street, Orono, Maine

& 333 Lincoln Street, Saco. Maine

Phone: 207-827-2331

Email: info@affm.net

Website: www.affm.net

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