

May is
National
Foster Care
month



FAMILY TIES

VOLUME FIVE | MAY 2023

This Month's Theme:
Strengthening Minds.
Uplifting Families.



<https://www.childwelfare.gov/fostercaremonth/>

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 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 support and resources 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.

PH: 207-827-2331



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

WWW.AFFM.NET

ADOPTION ANNOUNCEMENTS

THE JELLISONS ARE EXCITED TO ANNOUNCE THE ADOPTION OF LANA JANE ON DECEMBER 12, 2022. AFTER 1,277 DAYS IN OUR HOME, WE ARE THRILLED TO KNOW SHE IS PERMANENTLY HOME.



DECEMBER 5, 2022 YOUR ADOPTION WAS LEGALIZED! NEARLY FIVE YEARS SINCE YOU MOVED IN AND YOU'RE MONTHS SHORT OF BEING A TEENAGER! IT HAS BEEN A LONG TIME GETTING HERE. WE LOVE YOU, AARON!

LARRY REYNOLDS
MARY DEHN-REYNOLDS
AMANDA REYNOLDS

On December 2, 2022 Richard Harper and Mary-Gene Rumery had much to celebrate. Their oldest daughter was married in Illinois and just an hour before by phone they legalized the adoption of Nadia Grace Rumery-Harper. Hannah, Jeffery, Karson, Laci Jane and brother in law, Branden, are pleased to be forever stuck with the final piece to their family puzzle!



CONGRATULATIONS TO THE GILBOY'S ON THE ADOPTION OF LIAM AND KATIE ON MARCH 9, 2023!

ADOPTION ANNOUNCEMENTS CONTINUED



We adopted Norah on December 7th after being in care for 639 days. She has been with us since she was 5 months old. Norah loves to play dress up, play with her cousins, play with her 2 dogs Lyla and Bubba, likes to watch Frozen and go to her gymnastics class. Daddy Bop and Mama GiGi are beyond blessed to have given her our last name, Norah Dugal. We thought she needed us but as it turned out we needed her just as much.

Rick, Wendy, and Norah Dugal



After 35 years we are officially done fostering. We adopted 6 kids with No regrets at all!
Nancy Tardif



My husband and I went from being Memere and Pepere to mom and dad on January 12, 2023. Our granddaughter became our daughter as she joined the family as adoption #4. Being the only girl in a house full of boys....you know who rules!

Angela & John Gagnon



Email: meagan@affm.net for your adoption announcement to be featured in AFFM newsletter!





KINSHIP CORNER



AFFM is Excited to Welcome the Newest Kinship Navigators to the Team!



Bette Hoxie
Kinship Program
Manager
bette@affm.net



Tammy Cutchen
Kinship Navigator
York & Cumberland
County
tammy.c@affm.net



Jessica Richards
Kinship Navigator
Androscoggin,
Franklin, & Oxford
County
jessica@affm.net



Mindy Kane
Kinship Navigator
Washington &
Aroostook County
mindy@affm.net



Alyssa Rovella
Kinship Navigator
Waldo, Knox,
Lincoln, Kennebec, &
Somerset County
alyssa.r@affm.net



Teresa Barnett
Kinship Navigator
Penobscot &
Piscataquis County
terri.b@affm.net

AFFM has partnered with the University of Maine to help survey kinship families who receive support from AFFM. Please keep an eye out for the survey (by mail or e-mail) from the University. Surveys will arrive about 6 months after your first call or service from AFFM. This will help AFFM document the impact of our work with families and identify areas for improvement. Thank you for helping AFFM with this important effort!



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& The Kinship Program**

ANNOUNCEMENTS!

In honor of National Foster Care Month this May, AFFM will be offering t-shirts with all proceeds going towards direct supports AFFM provides to resource families! Youth in care were given the opportunity to enter an art contest to have their artwork featured on the t-shirts. The artwork youth submitted focused around the theme: 'The Heart of Healing'. Thank you to all the artists who submitted their drawings. It was very hard to choose from the wonderful submissions! AFFM is thrilled to announce "Heart of Flowers" by Keilee Hatt as the contest winner! Below is the artwork that will be featured on this year's t-shirts. Congratulations Keilee!

T-Shirts Can Be Ordered Here:

<https://www.customink.com/fundraising/affm-heart-of-flowers>



A Message from OCFS Medical Director

May is National Foster Care Month and Mental Health Awareness Month! Once again, I want to say thank you for being a safe, secure, nurturing adult in the lives of the children in your homes and your families. During this month, take some time to look at the website of Maine's Children's Behavioral Health Services and AccessMaine- both provide information about resources in our communities and through out Maine to connect youth and families to supports that are needed to be safe, happy, healthy and successful. <https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health>

<https://www.accessmaine.org/> Please also remember to make sure that all children in your care have had their well child check-ups according to the recommended schedule, and are up to date on immunizations recommended for their age. Contact the pediatrician, the dentist, and other care providers to schedule any appointments that are needed.

Thank you-

Adrienne W. Carmack, MD
Medical Director, OCFS



SAVE THE DATE

JUNE 28, 2023

THE 28th

mcwe

Maine Child Welfare Education



Annual Conference

Moving Beyond ACES: Trauma and Resiliency in a Post-Pandemic World

CROSS INSURANCE CENTER

515 MAIN STREET, BANGOR, MAINE



FEATURING KEYNOTE SPEAKER

Allegra Hirsh-Wright, LCSW

Allegra Hirsh-Wright is the Clinical and Training Manager in the Department of Clinical Innovation at Maine Behavioral Healthcare and is a licensed clinical social worker with over fifteen years of experience working in the field of trauma. Ms. Hirsh-Wright is a nationally recognized expert in the areas of trauma-informed care, secondary traumatic stress (STS), and professional resilience and has presented on the topics in both national and local fora. Ms. Hirsh-Wright has expertise in direct clinical practice providing treatment to children and families who have been exposed to trauma and is a nationally certified clinician, supervisor, and consultant in multiple child trauma treatment models. Ms. Hirsh-Wright has extensive experience facilitating organizational, community, and state-wide change efforts related to evidence-based practices and trauma-informed care. Ms. Hirsh-Wright sits on multiple state and national committees and Boards that focus on childhood exposure to trauma, trauma-informed care, and resilience, and she has authored multiple resources on the topics of STS and resilience. Ms. Hirsh-Wright is an adjunct professor in the University of Southern Maine's School of Social Work and is a lover of all things orange.

DISCOUNTS & PASSES!

NEW DISCOUNT IN
KENNEBEC COUNTY

RAGGAMUFFINS
CONSIGNMENT
279 WATER ST.
GARDINER
582-2886
30% OFF TOTAL
PURCHASE

Are you Aware of AFFM's Passes or Discount Card Program? Here's What you Need to Know.

It is important that you call AFFM at 827-2331 with the date you wish to visit a museum, the wildlife park, or Pineland Farms as it's still required only one resource family attends per day.

Your AFFM Discount Card acts as your pass for up to 6 people for a day's visit to the children's museums. ***Note, stickers for your discount card are not automatically mailed out. If you are in need of a 2023 sticker, please call the office or email info@affm.net** State Park passes are still available to licensed foster homes. If you are interested in receiving a state park pass please contact AFFM. We ask that you have your foster care Id number (found on your license), readily available.

As always, thank you to the Children's Discovery Museum in Waterville, Maine Discovery Museum in Bangor, Children's Museum and Theatre of Maine in Portland, the Coastal Children's Museum in Rockland, the Maine Wildlife Park, Pineland Farms, Maine Department of Agriculture, Conservation & Forestry, and all the businesses participating in the Discount Card Program for your continued support!

HAVE YOU ATTENDED A C.A.R.E.S. MEETING?

C.A.R.E.S. meetings allow for families to make connections and form relationships with other families and find support that can last a lifetime. People who attend often find others that are in a similar situation as their own. Members of a meeting may share their personal experiences and offer one another emotional comfort and moral support. C.A.R.E.S. meetings provide practical advice and tips to help families cope with the challenges and joys of being a resource family. In-person meetings typically have onsite child care which allows kids to interact with other kids who are experiencing similar life events. Youth benefit from knowing that they are not alone, and others are experiencing similar situations.

This opportunity is a great resource for the whole family and provides many other benefits including but not limited to:

- Gaining a sense of empowerment and control.
- Improving your coping skills and sense of adjustment.
- Talking openly and honestly about your feelings.
- Reducing stress, fatigue, or a sense of isolation.
- Developing a clearer understanding of what to expect with your situation.
- Getting practical advice or information about additional support options.

NEW: Attend a meeting and receive 1.5 hours of training!

C.A.R.E.S. Meeting schedules can be found in the newsletter, on www.affm.net or on AFFM's Facebook page. We look forward to connecting with you at an upcoming meeting!



STATEWIDE C.A.R.E.S. MEETING meets the second Tuesday of the month from 10-11:30 A.M

STATEWIDE Kinship C.A.R.E.S. MEETING meets the second Tuesday of the month from 6:00PM-7:30PM

Friday With Friends meets the fourth Friday of the month from 6:00 AM-7:00AM

****NEW: Attend a meeting and receive 1.5 hours of training!****

Southern Maine C.A.R.E.S. Meetings: *Childcare is Available at in Person Meetings with Advance Notice*

F/A/K Evening- Meets the second Wednesday of the month from 7:00-8:30 P.M. by **ZOOM**.

F/A/K Afternoon- Meets the fourth Thursday of the month from 12:00-1:30 P.M. by **ZOOM**.

A/PG Afternoon - Meets the third Tuesday of the month from 12:00-1:30 P.M. by **ZOOM**.

South Portland - F/A/K- Meets the second Tuesday of the month from 6:00-7:30 P.M. at The Point 345 Clarks Pond Pkwy, South Portland.

Biddeford, Kinship Only- Meets the third Tuesday of the month from 10:00A.M. - 12:00 P.M. at JR Martin Community Center 189 Alfred St #1 Biddeford. Childcare is not provided.

Wilton, Kinship Only- Meets the third Thursday of the month from 6:00-7:30 P.M. at SeniorsPlus 284 Main St. Suite 210, Wilton.
Childcare is not provided at this time.

Farmington - F/A/K- Meets the third Tuesday of the month from 6:00-7:30 P.M. at UMF Roberts Learning Center Rm 001 & 003.

Sanford - F/A/K- *Temporarily on hold*

Auburn- F/A/K- Meets the fourth Tuesday of the month from 6:00-7:30 P.M. at Opportunity Enterprises 400 Center St. Auburn.

Northern Maine C.A.R.E.S. Meetings: *Childcare is Available at in Person Meetings with Advance Notice*

F/A/K- Meets the first Wednesday of the month from 6:00-7:30 PM by **ZOOM**.

F/A/K- Meets the third Monday of the month from 6:00-7:30 P.M. by **ZOOM**.

Damariscotta - F/A/K- Meets the first Thursday of the month from 5:30-7:00 P.M. at The Lincoln County Assembly of God Church (672 Main Street).

Bangor - A/PG - Meets the second Monday of the month from 6:00-7:30PM at the Redeemer Lutheran Church (540 Essex Street).

Dover-Foxcroft - F/A/K - Meets the second Thursday of the month from 6:00-7:30PM at the Dover-Foxcroft Congregational Church (824 West Main Street).

Ellsworth - F/A/K- Meets the third Tuesday of the month from 5:30-7:00 P.M. at United Baptist Church (28 Hancock Street).

Skowhegan-F/A/K- Meets the second Tuesday of the month from 6-7:30 P.M. at The Federated Church (13 Island Ave.)

Belfast- F/A/K- Meets the first Wednesday of the month from 5:30-7:00 P.M. at the Baptist Church (95 High Street).

Machias- F/A/K-- Meets the second Thursday of the month from 5:00-6:30 P.M. at the Rose M. Gaffney School (15 Rose Gaffney Road)

Presque Isle- F/A/K- Meets the first Thursday of the month from 5:30-7:00 P.M. at the Northern Lighthouse (172 Academy Street).

Notices regarding C.A.R.E.S. Meetings are sent out via AFFM's email listserv. Please make sure you are signed up to receive emails from AFFM. RSVPs are required to obtain login information for virtual meetings.

Questions for Southern Maine Meetings Please Email: brigid@affm.net

Questions for Northern Maine Meetings Please Email: sheila@affm.net

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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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THE ADDRESS 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! Below are all the ways you can connect with AFFM and learn more about services offered.

Locations:

304 Hancock Street Suite 2A, Bangor, ME 04401
333 Lincoln Street Suite 101 Saco, ME 04072

Phone: 207-827-2331

Email: info@affm.net

Website: www.affm.net

Like us on Facebook: <https://www.facebook.com/pages/Adoptive-and-Foster-Families-of-Maine-Inc/>

[Save a tree, sign up for the E-Newsletter!](#)