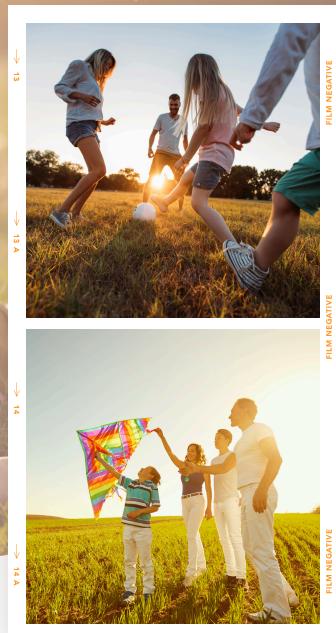


NEWS,
LINKS, AND
HOLIDAY
INFO!



FAMILY TIES

VOLUME 290 | OCT-DEC 2025



FAMILY & COMMUNITY FUN DAY

Date: Saturday, October 4th

Time: 10am - 1pm

Where: Farmington elks lodge
#2430 (120 School St, West
Farmington, ME 04992)

FREE EVENT! Join us for connection, and community! Bring your family, friends, and neighbors.

It's all about celebrating togetherness with games, activities, and so much more!

Fun-Filled Attractions

RSVP HERE!!



A Family
for ME

home
a place
to belong
a place
to belong
a place
to belong

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

SAFE, STABLE,
HAPPY, HEALTHY



Save the Dates

Oct | Nov | December

Upcoming Events

OCT

4

FAMILY & COMMUNITY FUN DAY!
LOCATION: ELKS LODGE
FARMINGTON | 10AM-1PM
RSVP HERE:
[HTTPS://FORMS.GLE/SBQCGZ5BMFYUSJYCA](https://forms.gle/SBQCGZ5BMFYUSJYCA)

OCT

23

TRUNK OR TREAT
AFFM SACO | 5PM-7PM



For more details & upcoming events
VISIT: [HTTPS://AFFM.NET/CALENDAR/](https://AFFM.NET/CALENDAR/)

For more information contact AFFM
Info@affm.net | Main line: 207-827-2331

Adoptive and Foster Families of Maine Inc. & The Kinship Program (AFFM)
501(c)(3) Nonprofit
Office Location: 238 State Street Suite 101
Saco, ME 04072
238 State St. Suite 5 Brewer Maine, 04412

ADOPTION ANNOUNCEMENTS



HAZELTON FAMILY

On September 14, 2022, at seven years old you came up our walkway, the brave little girl you are, with a bouquet of flowers you picked from my garden along the way to give me. You had the biggest smile on your face when we opened the door and there you were. We thought we were going to be your foster parents for a while, but you had a different agenda, you were done moving and you were looking for a forever family and along the way we fell in love. Five hundred-twenty days later we were happy to welcome you into our family.

Mya-Rae S. Hazelton in our hearts you became our daughter way before the adoption, but on February 9th, 2024, when the Honorable Judge, Amy Faircloth signed the documents making it legal and gave you a house key signifying you had a home, our home became yours in front of our family and friends, your dream of family came true. Welcome home Mya-Rae, we love you.

“Whatever the mind can conceive and believe it can achieve,” Napoleon Hill



M-memorable moments, smiles galore
Y-you give amazing kisses, we love you so
A-a little love-bug, a bright ray of sun
R-ready to help when the day is done
A-admiring children, they admire you too
E-eager to love, that's what you do



Celebrating an adoption?
We'd be honored to share
your joyful news!

Email your announcement to info@affm.net
to be featured in an upcoming issue of the
AFFM Newsletter.





Sharing Our Traditions

A Celebration of Family, Culture, and Connection

Every family has traditions - big or small - that are passed down from generation to generation. It could be a special holiday recipe, a bedtime story, a family saying, or a weekend routine that holds special meaning.

We invite you - our kinship families - to share these cherished traditions. Your stories help inspire and strengthen our community by showing how love and legacy live on through generations.

We'll feature a different tradition each month, so send yours in! Whether it's a tale of how Grandpa's chili became the go-to comfort food, or how Auntie always tells the same joke before dinner - we want to hear it.

- Send your tradition or story to: Info@affm.net, Subject-Kinship Traditions
- Include your name (or stay anonymous!), a short description, and a photo if you have one!

Let's celebrate the everyday magic of kinship – together.

Trainings

Training Name	Start Date Time	End Date Time
Empowering Voice: Confident Documentation for Resource Families	10/01/2025 6:00 PM	10/01/2025 7:30 PM
Building Better Bedtime Routines	10/08/2025 6:00 PM	10/08/2024 7:30 PM
Understanding Maine Child Protective Court System	10/11/2025 9:00 AM	10/11/2025 10:30 AM
Mandated Reporter Training	10/14/2025 6:00 PM	10/14/2025 8:00 PM
Building Bridges: Welcoming a Foster Child into Your Family	10/15/2025 9:00 AM	10/15/2025 10:30 AM
Building Healthy Relationships: Child Sexual Development Tough Talk	10/22/2025 6:00 PM	10/22/2025 7:30 PM
Understanding Safety and Awareness	10/25/2025 9:00 AM	9/25/2025 10:30 AM
Trauma 101 & Understand Trauma Effects 10/27 10/29	10/27/2025 6:00 PM	10/27/2025 7:30 PM
Adoption: Minimize Challenges, Maximize Supports 010/28/25	10/28/2025 6:00 PM	10/28/2025 7:30 PM



SCAN HERE

RSVP here: [Trainings](#) or [Scan the QR code](#)

Messages from OCFS



Adrienne W. Carmack, MD
Medical Director, OCFS



Announcement

It's Back to School time of year- a few reminders during this busy time:
Focus on sleep, exercise and nutrition- make sure children have a good healthy breakfast before they head to school. Encourage children and youth to drink water through the day, get daily exercise, and maintain a healthy sleep schedule.
Plan for mindful media use in your home and through out the day- help children choose high- quality, age appropriate games and programs, and balance screen time with sleep, exercise and other healthy activities.

Stay up to date on check ups and immunizations. Check with your child's physician if they are due for a check up, or for any immunizations, including the flu vaccine. Tune into your child's mental health- look for changes in behavior, ask how they are feeling. Build in self-care and outside activities. If your child needs mental health support, there are resources available through schools, and in the community. Let your child know it is okay to talk about their feelings. The website of Children's Behavioral Health Services has many resources available in Maine for caregivers and providers - <https://www.maine.gov/dhhs/obh/support-services/childrens-behavioral-health/services/information-resources>

There are times that a child or adolescent may need a medication to help their behavioral or mental health- these medications are called psychotropic medications. Data from across the country has shown that children in foster care are prescribed psychotropic medications at a higher rate than other children and often without an informed consent. In Maine, we expect that all providers of psychotropic medications will review the risks and benefits of psychotropic medications with the youth and their case worker as well as the resource parents. See the information in this newsletter for a link to a new required training for resource parents on the topic of psychotropic medication for youth in foster care.

Stay healthy and stay safe- and enjoy these beautiful Maine autumn days!
Thank you again for all you do to keep the children of Maine happy, healthy and safe!
Adrienne W. Carmack, MD
Medical Director, OCFS

OCFS has prepared a training about the use of Psychotropic Medication for children and youth in foster care. The training teaches about different types of psychotropic medications and their uses and implications as well as outlines the Department's new protocol. **This training is mandatory for all resource parents, including unlicensed kinship families caring for a child in OCFS custody.** This training is available on the OCFS learning platform called Brightspace. The training should take less than two hours to complete, and can be done any time that is convenient for you. We ask you to complete the training within 30 days of receiving this message, but the training will remain available on Brightspace.

Please sign-up by filling out the form below [or scan the QR code above], and you will be emailed a link to the course once you've been enrolled:
[Sign Up form for Resource and Kinship Families Training on Psychotropic Medications](https://forms.office.com/pages/responsepage.aspx?id=q6g_QX0gYkubzeoajyGTkhbCJnmGkdMtmI_FZGUJFtUN1BOVUs4QldHTzVCVTk3MDVEMII0M1c3TCQIQCN0PWcu&route=shorturl) https://forms.office.com/pages/responsepage.aspx?id=q6g_QX0gYkubzeoajyGTkhbCJnmGkdMtmI_FZGUJFtUN1BOVUs4QldHTzVCVTk3MDVEMII0M1c3TCQIQCN0PWcu&route=shorturl

If you have any problems accessing the training, please reach out to:
OCFSPolicyTraining.DHHS@maine.gov



SIGN UP
TODAY



C.A.R.E.S.

Connect. Advice. Resources. Education. Support

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

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 third 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.

South Portland / Southern Maine Agency on Aging Kinship Only- meets the second Thursday of the month 12-1 by ZOOM the first two months of a quarter and meets in-person at the South Portland Library the third month of the quarter.

Waterboro - F/A/K - Meets the first Tuesday of the month from 6:00-7:30pm at Massabesic Adult Learning Center 84 West Road Massabesic East, Waterboro, ME 04087 (building located back left of the high school campus, behind Central Office and next to the tennis courts)

Biddeford, Kinship Only- Meets the third Tuesday of the month from 10:00A.M. - 12:00 P.M. at The Second Congregational Church at 19 Crescent Street, 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.

Auburn- F/A/K- Meets the fourth Tuesday of the month from 6:00-7:30 P.M. at SeniorsPlus 8 Falcon Rd, Lewiston.

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

Augusta- F/A/K - Meets on the first Monday of the month from 6:30-8:00 P.M. by **ZOOM**.

Orono - F/A/K - Meets on the third Monday of the month from 6:00-7:30 P.M. at the Orono United Methodist Church (36 Oak Street).

Damariscotta - F/A/K- Meets the first Thursday of the month from 5:30-7:00 P.M. at Central Lincoln County YMCA (525 Main Street).

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

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

Skowhegan-F/A/K- Meets the second Tuesday of the month from 4-5:30 P.M. at The Federated Church (13 Island Ave.)

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

Lincoln--F/A/K- On Hold.

Machias- F/A/K- Meets on the 2nd Thursday of the month from 5:30 - 7:00 PM at the Rose M Gaffney School (15 Rose Gaffney Road)

Milford-Kinship Only- Meets on the 3rd Thursday of the month from 6:00 -7:30 PM at the Dr. Lewis S Libby School (13 School Street)

Presque Isle- F/A/K- On Hold.

[Click here to view the live google doc to view current C.A.R.E.S. or scan the QR Code](#)



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

Staff Contact List for Support

DISTRICTS 1 & 2 (COUNTIES: YORK & CUMBERLAND)



Chad Rosas
Kinship Navigator
Chad.r@affm.net
291-1401
York only



Tammy Cutchen
Kinship Navigator
tammy.c@affm.net
207-478-6990
Cumberland only



Beth Gilboy
Resource Family
Specialist
Beth@affm.net
207-631-4318



Brigid Torberg
Resource Support
Coordinator
Brigid@affm.net
207-710-2089

DISTRICT 3 (COUNTIES: OXFORD, ANDROSCOGGIN, FRANKLIN, SAGADAHOC)



Jessica Richards
Kinship Navigator
Jessica@affm.net
207-817-6062



Brigid Torberg
Resource Support
Coordinator
Brigid@affm.net
207-710-2089



Denise Yegge
Resource Family
Specialist
Denise.y@affm.net
207-631-8206

DISTRICTS 4 & 5 (COUNTIES: WALDO, LINCOLN, KNOX, KENNEBEC & SOMERSET)



Alyssa Rovella
Kinship Navigator
Alyssa.r@affm.net
207-817-6060



Sheila McDougal
Resource Support
Coordinator
Sheila@affm.net
207-817-6063



Heather Crooker
Resource Family Specialist
HeatherC@affm.net
207-817-6065
Kennebec & Somerset only



Denise Yegge
Resource Family
Specialist
Denise.y@affm.net
207-631-8206
Waldo, Lincoln, Knox
only

DISTRICT 6 (COUNTIES: PENOBSCT AND PISCATAQUIS)



Heather Crooker
Resource Family
Specialist
HeatherC@affm.net
207-817-6065



Terri Barnett
Kinship Navigator
Terri.b@affm.net
207-659-0801



Sheila McDougal
Resource Support
Coordinator
Sheila@affm.net
207-817-6063

DISTRICTS 7 & 8 (COUNTIES: WASHINGTON, HANCOCK, AROOSTOOK)



Sarah Hatt
Resource
Family Specialist
Sarah@affm.net
207-631-0342



Sheila McDougal
Resource Support
Coordinator
Sheila@affm.net
207-817-6063



Mindy Kane
Kinship Navigator
Mindy@affm.net
207-631-0580



ALL DISTRICTS (ALL COUNTIES) P: 207-827-2331 E: INFO@AFFM.NET



Meagan Sprague
Resource Family
Program Manager



Monica Bushey
Training Program
Manager



Holly White
Digital Outreach &
Marketing Specialist

Travis Bryant
Executive
Director



Bette Hoxie
Kinship Program
Manager



Hether Anderson
Lead Resource
Family Trainer



Jane Maynard
Administrative
Specialist

Adoptive and Foster Families of Maine, Inc.
238 State St Suite 5, Brewer, ME 04412
333 Lincoln Street Suite 101 Saco, ME 04072

Phone: (207) 827-2331
Fax: (207) 573-3023
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

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

NON-PROFIT
U.S. POSTAGE
PAID
Bangor, ME
PERMIT NO. 72



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



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

Contact Us



Save a tree, sign up for the E-Newsletter!

207-827-2331

Email: info@affm.net

[LEARN MORE](#)

Visit Our Website
www.affm.net

