

Building Connections

A Newsletter for Resource Families



Volume 5, Issue 3

April 2012

HUI HO'OMALU STATEWIDE RESOURCE ADVISORY COMMITTEE

OUNDATION

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A.F.T. (A Fostering Thought)

Climbing the Stairs By Dr. Paul Brennan

As you enter our home the front door opens to a spiral staircase leading up to the level on which we live. Any stranger should find it easy to navigate for the steps curve around predictably and the handrail is solid and easy to grasp. It is probably the most familiar part of our abode to the many youth who have come to live with us; even in the dark it is a safe structure to manipulate, without fear of falling. We who reside there take it for granted for it fulfills its function without questions needing to be asked. In addition, it is a useful metaphor for what we intend our home to be, in every part, for whoever might come to live with us.

So when Fred, our first foster child, re-entered our home last December-after be-

ing gone for 28 years—it was great to see his smile as he walked through the front

door. "It's still here!" he gushed on seeing the stairway, and making a bee-line for



Dr. Paul Brennan

his old room. Suddenly the layout of our house and the memory of what was important to him—the landmarks on that early, impressionable terrain—flooded back with an innocent exuberance so delightful to behold. Our kitchen, the special foods, our yard, the neighbors, the church we attended . . .all were like warm beacons still shining in his memory bank, lights that must have cast their glow through the dark-

ness of his troubled but salvaged youth. Even on his final morning with us, before flying off 4,000 miles away, Fred was up early to walk our street, to pause, to smile, to recollect.

The words "<u>family</u>" and "<u>familiar</u>" are derived from the same linguistic origin. Centuries ago what a person experienced within the family, became the map, the most ancient GPS, for navigating through life. What was familiar was what one could associate with his family, whether for the good or for the bad. Probably for most of us adults, what we experienced within our family was the comfortable, positive grid for helping us navigate through the unfamiliar, uncharted waters when we left our family. Disorientation came from the loss of the familiar.

I will forever remember the sense of disorientation when we took in two siblings fourteen years ago. They had been living in a tiny, two bedroom apartment with eight of their Chinese relatives. Each had a black, plastic bag filled with their possessions. Our dog bound to playfully greet them, which in itself was overwhelming, but even more so the interior of our house, which at every turn was 'so big'. At bedtime, my wife and I assumed they would eagerly retire to their separate rooms to stretch out on their beds outfitted specially for them. But T.F., 12, found his surroundings over-stimulating and frightful. Trying to comfort him, I stayed up to try to answer his



many, anxious questions: "Where did you get this?" "How did you buy your house?" Do you have stocks?" Finally, close to midnight I thought he was comfortably ready for sleep in his bed. The next morning I found him sleeping on the floor beside his sister's bed, the nearest equivalent to the familiar that could put him to sleep.

Seven years later, after he was enrolled in college, his phone call came to me on Father's Day. "Guess what I'm eating for breakfast?" he challenged. "Oatmeal," he said, knowing I would be impressed. He talked glowingly about the qualities of that grain, reminiscent of my words to him years before. Then he exclaimed, "Guess what? I'm giving hugs to my sister all the time!" "You wouldn't guess that, would you?" And I wouldn't have. He never once said, "Happy Father's Day", but his timing and sharing were unmistakable, and its impact on me will never be forgotten.

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HUI HO'OMALU STATEWIDE RESOURCE ADVISORY COMMITTEE

The Hui Ho'omalu Statewide Resource Advisory Committee (RAC) provides support to the resource family community through identifying ongoing needs, facilitating communication and by sharing resources.

The Building Connections Newsletter is published four times a year to provide information regarding foster and adoptive care to resource families, service providers, and to the public.

This newsletter may be viewed on the following websites:

www.hawaii.gov/dhs/protection/ social_services/child_welfare/ foster

www.pidfoundation.org

Partners in Development Foundation 2040 Bachelot St. Honolulu, Hawai'i 96817-2433

If you would like to receive this newsletter, please call: 441-1125 (Oʻahu), 888-879-8970 (Toll Free) or E-mail: RAC@pidfoundation.org

GO GREEN!

Want to help our environment? Contact us today and request an electronic copy!



March is National Professional Social Work Month

March is National Professorial Social Work Month and this year's theme, "Social Work Matters", seeks to showcase the impact of more than 642,000 professional social workers in America.

In celebration of their contributions, the Rotary Club of Hilo honored our East Hawai'i DHS social workers by presenting them with gift baskets.



(L-R) E. HI Licensing Workers, Nora Kaaua and Diane Kubo

Thank you Rotary Club of Hilo. This is the first time our DHS Social Workers were ever honored for National Social Work Month.



(L-R) Peggy Hilton, E. HI CWS Director & Rotarian Misti Tyrin



MAHALO TO...

Do you know a DHS-CWS worker(s) that you would like to acknowledge for his/her exceptional work? Share their name(s) with us andwhat makes them so special so we can let others know how wonderful they are!

> 441-1125 (O'ahu) 1-888-879-8970 (Toll Free) RAC@pidfoundation.org

Bringing Siblings Together

By Chiyomi Chow, FPH Project Visitation Program Coordinator

Although the State tries to place siblings together in foster care, many sibling groups end up separated in different homes. Losing contact with their siblings can be devastating. Children often worry about and miss their brothers and sisters, especially when one held a parental role in caring for their younger siblings. Because of these unfortunate circumstances, youth sometimes run away from their foster homes in order to see their brother or sister.

That is why Project Visitation was started over 10 years ago and continues to help siblings who are separated from each other. Family Programs Hawai'i's Project Visitation provides opportunities for children in foster care to maintain connections with their siblings when placed in different homes on O'ahu and the Island of Hawai'i. The program serves approximately 200 children of all ages and legal status who have a history of involvement in foster care.

Volunteers dedicate their time to help sibling groups see each other on a monthly basis. Adoptive mother Sharon Ameen shares, "The volunteers are wonderful and supportive. They are so generous and giving of their time and resources to encourage Tabby and Fabian. We have enjoyed getting to know the volunteers, Evelyn, Phil, Cecilia, and Noreen. They have been faithful in getting Tabby and Fabian together almost every month!"

Siblings such as Tabby and Fabian may live in separate homes, but that doesn't mean they have to feel disconnected. They can enjoy spending time together each month through Project Visitation visits and events. Tabby and Fabian both



Tabby & Fabian

love each other and look forward to their visits and events. They fondly remember going ice skating, playing water balloon toss, going to the beach, and going to the water park together. Tabby shares, "My brother is awesome! He is the best, because he plays with me." It is because of Project Visitation that siblings like Tabby and Fabian are making memories and building a relationship that will last a lifetime.

Thanks to donations, grants, and the help of approximately 120 volunteers, Family Programs Hawai'i continues to provide sibling visits on Oahu and West Hawai'i. Family Programs Hawai'i expanded services to include East Hawai'i, as well. For more information, you can call Chiyomi at 540-2544 on O'ahu or JoYi at 935-2876 ext. 237 in East Hawai'i.

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OHANA CONNECTIONS CORNER

Dear Reader.

In this newsletter's 'Ohana Connections Corner the story is one you may already be familiar with. It's the account of Fred Van Cleave, a former foster youth whose life was forever changed by a single year with his resource family, the Brennans. (Lee Cataluna wrote about Fred and the Brennans' reunion in the Star Advertiser on 12/13/11 as did Paul Brennan in January's Building Connections newsletter.)

As Resource Caregivers and service providers, it can sometimes be hard for any of us to know if we're really making a difference in our foster children's lives. This is particularly true if the time spent is fleeting or the child continues to have challenges that seem insurmountable. Even with our best efforts, the answer isn't often clear or clear-cut.

Those of us on the Statewide Resource Advisory Committee (RAC) chose to continue with this story because it is a strong reminder that kindness has its own power – a power that can ripple across time and distance. Though Fred only lived with the Brennans for a year, that year etched into his heart and mind an understanding of what a family could be, and values that were important to him. It was a lived reality he clung to over and over again through some very dark times.

We may never know who the Freds are in our lives - those children we may lose touch with but whom we've touched deeply. Those of us on the RAC committee want to thank all of you for the tremendous kindness and "gift of belonging" that you are giving to the children in your care. Your efforts can and do make a difference.

Aloha and mahalo from all of us at RAC.

–Wilma Friesema, OES EPIC 'Ohana Conferencing, Inc.

The Gift of Belonging By Wilma Friesema, OES

Fred was as alone as any eight year old boy could be. His mom, Thuy, an immigrant from Viet Nam, was dying of cancer. His dad, Frederick, originally from Mississippi, had disappeared when Fred was three. There was no other family Fred could turn to. During his mother's final days, he slept on a cot in his mother's hospital room, clinging to her as she clung to life.

Fred and his mom were no strangers to hardship. Prior to his birth in 1972, Thuy had lived in war-torn South Viet Nam. She was doing administrative work for the army when she met Fred's dad. They fell in love and moved to Hawai'i in 1969. Thuy became a naturalized citizen in 1978.

As a single, immigrant mom, Thuy worked hard to make ends meet. Fred, a bright young boy, attended five different elementary schools as his mom struggled to find a stable home. Thuy was fiercely protective of her son, but she couldn't shield him from the precariousness of her circumstances. Despite the ups and downs, however, they always made it, they always had each other.

Breast cancer was one obstacle they couldn't overcome. Thuy fought the disease for three years, undergoing chemotherapy and a mastectomy, but in the end she couldn't win. The night she died, Thuy's nurse took Fred home and kept him until he entered foster care.

Fred had been in two resource homes before he was placed with the Brennan family. Those early foster experiences were painful. In the second home he noticed the foster children were treated differently than the biological children. He felt unwanted and like an inconvenience, which heightened his loneliness and isolation. Overwhelmed, his pain and sorrow came out sideways in difficult and destructive behavior.

It was a local minister who first asked the Brennans to take Fred in. The boy was a terrible, disruptive ten year old, Paul Brennan was told, but one in need of male figures in his young life. Paul, and his wife Dottie, had four sons; their home was bursting with boy energy. Paul and Dottie had no foster care training, but what they did have was a loving family and a desire to respond to a child in need. They hoped it would be enough.



It was clear there was much Fred could learn from the Brennans. He had been an only child living in the city. The Brennans lived in the country; their four boys were athletic and active. Fred had never gone on a hike, played basketball, ridden a bike, or had siblings to drag him into new adventures. He had never sat at a dinner table with so many people with so many opinions. He had never known the rituals and unspoken rules that kept family life humming. What Fred soon learned, however, was Paul and Dottie praised and disciplined him like he was one of their sons, like he was part of the family.

The Brennans had their own learning to do. Sometimes Fred had intense outbursts, at home and in public places, that were outside the realm of Paul and Dottie's experience. Sometimes the Brennan boys thought their foster

brother was treated with favoritism, and they begrudged having to share their possessions and parents. While those moments were fleeting, the Brennans repeatedly had to step outside of their comfort zone to integrate Fred into their family.

It was the depth of his loss, however, that affected the family the most. As a close-knit unit, they had never experienced having their world turned upsidedown in one fatal moment. They never knew the deep ache and shock waves that such a traumatic loss could create, but they witnessed it in Fred. It was especially visible one day when he was late for lunch and nowhere to be found.

"Fred, Fred, where are you?" they yelled, inside and outside of the house. They were about to give up when Paul finally thought to look in the attic. There was Fred, sitting with his mother's pictures and dresses, completely lost to the world, crying quietly, privately.

(continued on page 6)

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Welcome to FPH's Resource Family Support Services Corner By Eva Chau, RFSS Program Manager Resource Family Support Services (RFSS) is funded by the Department of Human Services







Who is answering the Warm Line?

Sabrina Lee Dixon is the new voice of the Warm Line. She will be assisting resource families with their questions, need for referrals, and information about various programs, necessities, and upcoming events.

Who is she?

Sabrina previously worked at Child and Family Service on Maui, providing children and families with therapeutic services, many of whom are in the Child Welfare System. Her background is in clinical psychology, where she studied at Hawai'i Pacific University and attended graduate school at the California School of Professional Psychology in San Diego. Her dissertation topic was about experiences of hānai on the adult individual. While investigating the topic of hanai, Sabrina began to explore her own adoption experience, which led her to decide to move back to Seoul and find out where she came from. Needless to say, it was an incredible journey that led to astonishing revelations about her roots, which in turn be-

Sabrina Lee Dixon

came the missing pieces to her identity puzzle.

How can she help?

Given her professional background and personal experience of being an adopted child, Sabrina can provide therapeutic support and feedback as well as resources, referrals, and information to better assist you and your family members. She is inspired to give back in the ways that she knows how and looks forward to connecting and supporting the families of Hawai'i.







Help! Looking For Stories!

Would you like to share some helpful tips? Got an inspirational story to tell? Know of some useful resources in your community?

These are just some of the many possibilities that you can contribute to this newsletter. Please send them over so we can all benefit from each other's wisdom!

We would also appreciate any feedback, comments and suggestions on ways that we can improve this newsletter so that it is useful to you. What would you like to see in it? Topics of interest? We look forward to hearing from you!

> 441-1125 (Oʻahu) 1-888-879-8970 (Toll Free) RAC@pidfoundation.org

REPRESENT MAGAZINE

This magazine is aimed at foster youth and has many articles written by the youth themselves. This is a great resource for youth, resource families and service providers.

http://www.representmag.org/



Do you have something that a family could use? Do you care to share? Then here's a great opportunity to help children in foster care and their generous resource, adoptive or guardianship families.

'Care to Share" is a way for people to share their gently used items with resource, adoptive or guardianship families who need your support.

Items that are in high demand include:

Children's desk Bunk beds Clothes for 7 yr old boy size 14-15 (junior) Feeding booster seat with tray Twin beds with mattress Trundle bed (hideaway bed) Desk lamp

Children's dresser Bed sheets (twin) Toddler bed 2 double bed frames and mattresses Dressers Computer chair

Examples of items currently available include: Luggage, potty chair, strollers, high chair, and women/children/newborn clothing in specific sizes.

> For an up-to-date list of items by island, check out Care to Share at www.FamilyProgramsHawaii.org, under "Resources"

Do you have a question??? Contact the Warm Line! 545-1130 (O'ahu) * 1-866-545-0882 (Toll-free for Neighbor Islands) E-mail: WarmLine@FamilyProgramsHi.org Monday—Friday 8:30 am—5 pm

This program, brought to you by FPH's Resource Family Support Services (RFSS), is funded by the Department of Human Services





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CALENDAR OF EVENTS

O'AHU:

- ★ May 6 (Sun): <u>Resource Family Appreciation Day in Celebration of National Foster Care Month (NFCM).</u> 9 am—3 pm. All resource families currently providing foster care & former foster/guardianship youth are invited. Kualoa Ranch's "Secret Island". Ocean & beach activities, lunch included. \$5/person. Contact Elisa at 527-4921 for more info.
- ★ May 12 (Sat): <u>5th Annual Conference for Resource Caregivers & Service Providers.</u> See pg 5 for details.
- ★ May 18 (Fri): Waianae Resource Families Support Group. 5:30 pm—8 pm. 'Ohana Ola O Kahumana. RSVP to FPH at 521-9531 x245.
- ★ May 19 (Sat): <u>Visitor Industry Charity Walk.</u> Join us to celebrate and help to bring awareness to NFCM. \$35/person. Call Arlina at 441-1123 by May 11 (Fri) for details.
- ★ June 8 (Fri): <u>Windward Resource Families Support Group.</u> 6 pm—8:30 pm. Faith Baptist Church. RSVP to FPH at 521-9531 x245.
- ★ June 22 (Fri): <u>Central O'ahu Resource Families Support Group.</u> 5:30 pm—8 pm. O'ahu Veteran's Center. RSVP to FPH at 521-9531 x245.

MAUI

- ★ May 3 (Thurs): <u>NFCM Luncheon</u>. Hosted by Maui DHS. For more info, contact Scott Yoshida at 243-5149 or Ann Fitzpatrick at 243-4619.
- ★ May 10 (Thurs): Sign Waving for NFCM. 7 am—9 am. Corner of Ka'ahumanu Ave. and Kane St. (mauka side). For more info, call Ethan Aronson at 268-5122.
- ★ May 17 (Thurs): <u>5th Annual Conference for Resource Caregivers & Service Providers.</u> See pg 5 for details.
- ★ May 19 (Sat): <u>NFCM Foster Care Awareness Day.</u> 11 am—2 pm. Keiki Kōkua. Discounts for resource families, free t-shirts to those who have someone sign up to become a resource caregiver. For more info, contact Marq or Lisa Morrison at the Keiki Kō-kua Thriftstore at 575-5393.
- ★ June 21 (Thurs): <u>Maui Resource Families Support Group.</u> 5:30 pm—8 pm. Queen Lili'uokalani Children's Center, Wailuku. RSVP to Kim Bowlin at 250-4457.

WEST HAWAI'I:

- ★ May 7 (Mon): <u>West Hawai'i Resource Caregiver Support Group.</u> 5 pm—7:30 pm. Lutheran Church of the Holy Trinity, Kailua-Kona. RSVP to Susan Acacio at 885-5043
- ★ May 18 (Fri): <u>Healthy from Head 2 Toe Event.</u> 3:30 pm—7 pm. Old Kona Airport Pavilion. Free event with live entertainment, concessions, giveaways, information booths, and much more! For more info, call 322-1532.
- * May 23 (Wed): <u>5th Annual Conference for Resource Caregivers & Service Providers.</u> See pg 5 for details.

EAST HAWAI'I:

- ★ May 4 (Fri): <u>Resource Caregiver Appreciation Dinner/Dance</u>. Sponsored by East Hawai'i Friends of Foster Families. More information to come.
- ★ May 7 (Mon): <u>5th Annual Conference for Resource Caregivers & Service Providers.</u> See pg 5 for details.
- ★ May 11 (Fri): Sign Waving for NFCM. 4 pm—5:30 pm. Bay Front. For more info, contact Michele at 987-5988.
- ★ May 12 (Sat): East Hawai'i Resource Caregiver Support Group. 12 pm—2:30 pm. Haili Congregational Church, Hilo. RSVP to Michele Carvalho at 987-5988.

KAUA'I:

★ May 1 (Tues): <u>5th Annual Conference for Resource Caregivers & Service Providers.</u> See pg 5 for details.



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HUI HO'OMALU STATEWIDE RESOURCE ADVISORY COMMITTEE

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441-1125 (Oʻahu) 888-879-8970 (Toll Free) Fax: 441-1122 E-mail: RAC@pidfoundation.org The concept for the Statewide Resource Advisory Committee (RAC) was created by the Department of Human Services (DHS) as a means to support the resource family community. Hui Ho'omalu facilitates this committee comprised of adoptive parents, resource caregivers and various community agencies, all dedicated to providing services and support to Hawai'i's keiki and the resource families who care for them. The purpose of the RAC is to identify ongoing needs, facilitate communication, share resources, provide information through a statewide calendar of events and a quarterly newsletter and report on local projects and other topics of interest to benefit Hawai'i's resource families.

This committee, the newsletter and many of the represented agencies are supported and funded by Department of Human Services contracts.

RAC Committee Members: Catholic Charities Hawai'i—Hui Ho'omalu Department of Human Services EPIC, Inc. 'Ohana Conferencing Family Court Family Programs Hawai'i—Hui Ho'omalu & It Takes An 'Ohana Resource Caregivers Adoptive Parents Hawai'i Foster Youth Coalition HOPE INC, Inc. Partners in Development Foundation—Hui Ho'omalu University of Hawai'i, School of Social Work