A Story of Strength, Courage, and Determination

This is a speech that former foster youth, James LaBrie, gave at the annual ‘Ohana Is Forever conference on July 18th at the Ko‘olau Country Club. The yearly conference celebrates and inspires youth in foster care and honors those who love and support them. James received a standing ovation after giving his talk; the audience was clearly moved by his strength, courage, and determination.

My name is James Thomas Lee Labrie. I was born in Lewiston, Maine on November 2, 1993. I am diagnosed with Cerebral Palsy. I am enthusiastic for college and determined to accomplish my career goal to become a journalist in the future. I was moved, I only weighed 69 pounds. I spoke up for myself by asking the workers from CPS (Child Protective Services) to take me away from that house. I am in a good home now, but I didn’t think I had a future. I try to stay positive, but sometimes it is hard because of pain and my health.

After I graduated high school, I learned about the Hawai‘i Foster Youth Coalition (HFYC) and Kids Hurt Too Hawai‘i. I was welcomed and invited to participate in many positive activities. One of the activities I got involved in was “You Are In Charge” program. This is an eight week mentoring group for learning how to achieve goals. The facilitator of the sessions is a successful businessman in the community, Seymour Kazimirski. At one of the sessions he organized a birthday celebration for me. He and his family sponsored a Thanksgiving dinner for HFYC. He invited me to talk on his on-line program called Seymour’s World. Through the sessions, I talked about my goals and learned how to create steps for reaching my goals. One thing I achieved was to create a video about my life. Other youth helped me to complete it, and in the last session we all watched the video. With the support of this group, I also enrolled in college.

Being a part of the group helped me to believe in myself and believe that I can achieve my goals. Having goals helps give me hope for my future. I want to be able to attend college even though I am disabled because I have a great future planned ahead of me. Going to college will expand my knowledge and experience to become a writer and journalist. In addition, I want to attend college because it will benefit me to improve my social skills, to overcome my fear of public speaking, and increase my confidence overall in school and my daily living. If I get the opportunity to step foot into college, I will give the best of my abilities to succeed.

To become a journalist, I must take liberal arts classes to refresh my memory of reading, writing and math. Taking liberal arts is required and, when I complete that coursework, I plan to transfer to the University of Hawai‘i or Hawai‘i Pacific University to get my degree. My career goals are to get my degree in journalism because I want to be the person who brings the important news out to the people of Hawai‘i so that they can be aware about what is going on around them. I thought to become a journalist because I was interviewed by KGMB9 in 2007 and was placed on the cover of Sports Illustrated after competing in the Special Olympics.

I also plan to take the facilitator training from Kids Hurt Too. That will help me be able to also give to Hawai‘i by helping current foster kids. I feel that I can be an inspiration for former and current foster kids by sharing my experiences. I participate in the Kids Hurt Too peer support group for children and teens in care that is facilitated by former foster youth from the Hawai‘i Foster Youth Coalition. They have been very kind to me and are becoming like family. Thank you.
**OUTSTANDING DHS WORKER!**

**Dianne Pana**
**O‘ahu CWS Case Manager, Kapolei Unit**

I’ve worked with Dianne on several cases over the past 4 years. Through my experience with her, it is apparent that she genuinely cares about the children and always does her best. She knows her cases, has an amazing memory for details, and is approachable and available to both resource caregivers and children. Even with the amount of responsibilities and cases that she has, she is able to do her job and she does it well. The amount of care that she has for others is admirable. Dianne treats me with respect and acknowledges the job that I do which I really appreciate. She truly is an amazing worker.

Jennifer Gruver, Resource Caregiver

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 and what 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

---

**Strategies for Success in Adoptive Families**

**By Chiyomi Chow, RFSS Program Manager**

Did you know that the child in your home is AMAZING, BRILLIANT, and EXCEPTIONAL? He or she is! That was one of the things shared at Hawai‘i Adoption and Permanency Alliance’s conference called “Strategies for Success in Adoptive Families.” Adoptive parent, Chiyomi Chow, and former foster youth, Crystal Brown, started the day off with an interactive discussion about seeing children in a positive perspective. Paulette Bethel, President/CEO of Family Programs Hawai‘i, spoke on Mindful Parenting and demonstrated a coaching exercise with one of the participants. Families had a great lunch provided by Queen Lili‘uokalani Children’s Center, and Vernon Viernes wrapped up the day with relaxing hand massages. In addition, everyone went home with a jar of foot soaking salts to pamper themselves later.

The training was very interactive and participants came up with great ideas. One of the discussions focused on reframing behavior. Instead of certain behaviors driving us crazy, we can reframe it to highlight the child’s strengths. Here are some examples taken from participant discussions:

When a child lies, you could see him/her as creative, imaginative, story tellers with ability to embellish, able to see different perspectives, self-preserving, communicative, and loyal to others whom they are protecting.

When a child does nothing, instead of seeing him/her as lazy, he/she can be seen as relaxed, good at self-care, patient, tolerant of mess and nagging, selective, strategic, thinkers, reflective, focused on whatever they are doing, and energy conservationists.

Although we might not agree with the certain behaviors, our perspective can make a big difference. When we see them as amazing, resilient youth who have endured a lot, we can provide the encouraging support that they need. Then, we’ll get to see them grow even more into their potential.
LABEL-MAKING: WE ALL DO IT
By Dr. Paul Brennan

“I’m an amethyst,” the youth in our care proclaimed so confidently. Our family was on our way to attend church, so my wife helpfully suggested to this 12 year old, “You mean, you’re an atheist?” “Oh yes, I’m an atheist!” he replied with emphasis.

All of us must acknowledge that in our own adolescence we’ve made some gems of mislabeling ourselves. Words aren’t always used correctly, nor are our self-identities always accurate. Especially if a child in its fetal state has been subjected to alcohol abuse through its mother, a pattern of cognitive and functional disabilities may emerge ... and with more than just an occasional misuse of language. Unfortunately, Fetal Alcohol Syndrome (FAS) has become an all too-common disability among many of our youth. When high levels of alcohol consumption during pregnancy have occurred, the developing brain cells and structures may become permanently malformed. Poor memory, attention deficits, impulsive behavior and poor cause-effect reasoning may, for some, become a life-long pattern.

We didn’t know LeEddie well when he came into our home for respite care, but he had been labeled as a FAS child. Accordingly, we tried to be observant and cautious that he would not hurt himself, do damage to our home, and any of us. Always we enjoyed his presence, and over time—after many respite occasions—became very comfortable and attached. That relationship exists to this day, now that he has reached the grand age of 22. What a journey it has been for him, especially now that he has recently been released from prison.

Ten years ago I couldn’t help but notice his fascination for my workshop. My own grandsons, like LeEddie, are curious about my tools and the hardware that I’ve accumulated there—not all of it in a neat and orderly arrangement! The gadgets that especially attracted LeEddie’s attention were my label-makers, metal and plastic devices which can emboss letters onto plastic tape. These handy and inexpensive tools have been part of my arsenal to help me label shelves, files, books and whatever helps me become organized. When the label no longer applies, pull off the tape, and make a new reference. So, if “Amethyst” isn’t correct, put “Atheist”—you get the point! Armed with his several rolls of color-coded tape, LeEddie took great delight in labeling what was fascinating to him.

In the passage of time, self-identity has suddenly taken on new significance. At the age of 22, just recently released from prison, he has no option but to take very seriously his young life, his career, and his choices. Now, living in a “Safe and Sober” house with other men, he has a new opportunity to re-label his future. In close proximity to where he lives, we continue to be a resource to him, inviting him into our home, our church, and our circle of friends. Having never had a job, without training in a career, and having spent one-tenth of his years in confinement, he has a long way to go. And we have promised to be there for him, always believing that his basic intelligence, his great sense of humor, his compassion, his gentleness, and his beautiful singing voice, will help him overcome whatever weaknesses might have emerged in his past. Of course, being reconciled to his mother and sister won’t hurt either!

If he needs to go into my garage again, I’ll guide him to where my label-makers are stored . . . then smile as I hand him a new roll of tape! We’re sure he’ll get it right this time!

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!
The Frogs and the Tower

There once was a bunch of tiny frogs who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to see the race and cheer on the contestants.

The race began...Honestly, no-one in the crowd really believed that the tiny frogs would reach the top of the tower. You heard statements such as: "Oh, WAY too difficult!!"..."They will NEVER make it to the top"..."Not a chance that they will succeed. The tower is too high!"

The tiny frogs began collapsing, one by one, except for those who in a fresh tempo were climbing higher and higher...

The crowd continued to yell, "It is too difficult!!! No one will make it!"

More tiny frogs got tired and gave up...But ONE continued higher and higher and higher...This one wouldn't give up!

At the end, everyone else had given up climbing the tower except for the one tiny frog who, after a big effort, was the only one who reached the top!

THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it?

A contestant asked the tiny frog how the one who succeeded had found the strength to reach the goal?

It turned out...That the winner was deaf.

Don’t let the words of others hold you back from reaching your goals. Believe in yourself, don’t give up, and you can be like the tiny frog who made it to the top!

Pumpkin Crunch

Courtesy of Rhea Olsen, PIDF Program Coordinator I

Ingredients

Cake:
1 (15 oz) can fresh pumpkin
1 (12 oz) can evaporated milk
1 teaspoon cinnamon
1 cup sugar
3 eggs, beaten
1 box yellow cake mix
1 cup chopped pecans
2 sticks butter, cut into pieces

Frosting:
1 (8 oz) pkg. softened cream cheese
1 cup heavy whipping cream
1/2 cup powdered sugar
1/2 teaspoon cinnamon

Directions

In a large mixing bowl, whisk together the pumpkin, evaporated milk, cinnamon and sugar until well combined. Add eggs and mix well. Pour mixture into a 9x13 baking dish prepared with a non-stick spray. Sprinkle cake mix evenly over entire top. Sprinkle nuts evenly over cake mix and top with butter pieces. Bake at 350°F for 50-60 minutes. Set aside to cool. Prepare frosting while cake is cooling. In a large mixing bowl using a hand mixer, whip cream cheese until fluffy. Add in whipping cream and continue to whip until fully combined and thickening. Add powdered sugar and cinnamon and whip until smooth.

To Serve

Scoop out a slice of the pumpkin crunch and top with a dollop of the cream cheese frosting, or frost the entire pumpkin crunch with the frosting.

ENJOY!
A heartfelt thank you to Stephanie Torres for collecting school supplies at her work place. She held a one month long school supply drive, and everything collected will be given to children in foster care.

Also, thank you to Esther McDaniel who has been a collaborative partner with Care to Share and has helped resource caregivers secure needed items. If you need an item that Care to Share is not able to secure immediately, please visit Kōkua Closet which is located at the First Baptist Church in Wahiawa. They have many items and their inventory is always changing. Esther McDaniel can be reached at 694-0000.

Dr. Choy wanted to follow-up his training with a list of books that have many activities that parents can use to “re-energize” the brain. These have fun activities that are easy for any family to do to help the emotional and behavioral regulation of children in their home. He recommends:

- 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills by Alanna Jones
- 101 Life Skills Games for Children: Learning, Growing, Getting Along (Ages 6-12) by Bernie Badegruber
- Learning to Feel Good and Stay Cool by Judith Glasser
- Stress Relief for Kids: Taming Your Dragons by Marti Belknap
- 101 Relaxation Games for Children: Finding a Little Peace and Quiet In Between (SmartFun Activity Books) by Allison Bartl
- 101 Movement Games for Children: Fun and Learning with Playful Moving by Huberta Wiertsema
- 404 Deskside Activities for Energetic Kids (SmartFun Activity Books) by Barbara Davis

Want to know how you could receive a $200.00 gift card?
Would you like your name to appear in a future RAC newsletter?
All you need to do is help us find more homes for Hawai’i’s keiki in foster care!

If you can refer, help, cheer, and see your referral to the finish line to become licensed, you could earn a $200 gift card of your choice and be listed here as an ‘Ohana Rewards recipient!

Call Hui Ho’omalu today at 441-1117 or 1-888-879-8970 (toll free) for more information!
Welcome to FPH's Resource Family Support Services Corner

By Lorie Naftel, RFSS Family Resource Specialist

Resource Family Support Services (RFSS) is funded by the Department of Human Services

Ask the Warm Line

The Warm Line not only provides resources to foster caregivers, it is also a support system for resource caregivers when they just need someone to talk to. For example, a caregiver may utilize the Warm Line to express sadness when a foster child is returned home or removed to live with a family member. It isn’t that they aren’t happy that the child is with family, it’s just that saying goodbye to the child can be emotionally hard, especially if they were in your home for a while.

I recently spoke with a resource caregiver who had celebrated her foster child’s first birthday. She’s had him since he was 4 days old and I asked her how things were going. She reported, “The case was extended for another 6 months while mom gets services and I have to keep reminding myself that I’m the temporary caregiver because it’s all about reunification”. I know this caregiver pretty well, so I know that when the day comes to say “goodbye” to this child, she and her husband will be heart-broken. But, for now, they cherish each day they have with him.

In the end, it’s not unusual for caregivers to feel a sense of loss or emptiness. Everyone deals with grief differently; some resource caregivers readily say they need to take a little break from fostering, some will attend support groups so they can share their experience with other caregivers, and some just need to talk with someone one-on-one. Grieving over a loss is natural and sometimes we just need time to heal and rejuvenate.

Now, it’s time for me to say “goodbye” to all of the wonderful resource families that I have had the honor and privilege to assist through the Warm Line. I have left Family Programs Hawai’i to pursue a new chapter in my life in the State of Colorado. Resource caregivers are my heroes for their service in caring for children in foster care even if it means being on a roller coaster of emotions, learning, and resiliency. Thank you for all that you do.

Lorie Naftel

Making each day special for a child in foster care could turn out to be the best medicine for both parties. Resource caregivers could start by creating a life-book to record those special moments or milestones from the first week the child is in their home. Older children can participate in putting their life-book together. You could include pictures of the child, school work, significant events, funny moments, favorite foods—the list is endless. When the time comes to say “goodbye,” it’s a nice gift to give the child. You might even want to keep a copy for yourself. It may not make saying “goodbye” any easier but the memories will last a lifetime.

At Home With the Herd: Kohala Youth Ranch Gets Involved in Foster Care

By Kaulana Iokia, PIDF West Hawai’i Community Liaison

Human Building with Horses

Joe Vitorino, Owner-Operator of Kohala Youth Ranch with his wife Kelly, shares that what they do is human building. Joe contacted Hui Ho’omalu to invite foster youth of West Hawai’i to come and participate in their program which is free of charge. Youth are introduced to Paso Fino horses. They are allowed to pet, groom, talk to, and interact with the horses but no actual horseback riding is involved. Through various symbolic engagement activities, these beautiful horses help teach youth various principles such as respect, responsibility, trust, and self-esteem.

These sessions are tailored to each individual group and participating youth receive a Kohala Youth Ranch Tee-Shirt and Certificate of Participation upon completion.

Kohala Youth Ranch

Kohala Youth Ranch is located in beautiful Kapa’au, North Kohala. Since 2012, they have helped hundreds of participants using their innovative program. Joe is certified in equine-assisted learning and therapy by the Equine Assisted Growth and Learning Association. While carrying out assigned tasks with horses, participants engage in activities that focus on principles of respect, responsibility, relationship skills, boundaries, empathy, choices and consequences, teamwork and leadership skills. Based on the Hawaiian belief systems of Aloha and Lōkahi, Kohala Youth Ranch invites participants to use these new tools to help make a positive impact in their lives.
O'AHU
Nov 14 (Fri) Windward Resource Families Support Group: 6:00pm-8:30pm. Queen Lili'uokalani Children's Center -Ko'olau Poko Unit. RSVP to FPH at 521-9531 ext. 245 by 11/7.
Nov 16 (Sun) National Adoption Month Celebration at Ice Palace: 6:30-9:00pm. A fun evening of ice skating for adoptive families. For more information, call the Warm Line: 545-1130.
Nov 21 (Fri) Wai'anae Resource Families Support Group: 5:30pm-8:00pm. 'Ohana Ola Kahumana. RSVP to FPH at 521-9531 ext. 245 by 11/14.
Dec 7 (Sun) 2014 Holiday Party: 10am-2:30pm. Special party for all resource, guardianship and adoptive families at Neal Blaisdell Center Exhibition Hall. For more information, call the Warm Line: 545-1130.
Dec 18 (Thu) Central O'ahu Resource Families Support Group: 5:30pm-8:00pm. O'ahu Veterans Center. RSVP to FPH at 521-9531 ext. 245 by 12/11.

MAUI COUNTY
Dec 18 (Thu) Maui Resource Families Support Group: 5:30pm-8:00pm. Queen Lili'uokalani Children's Center. RSVP toll free to the Warm Line at 1-866-545-0882 by 12/11.

EAST HAWAI'I
Nov 8 (Sat) Hilo Resource Families Support Group: 12:00pm-2:30pm. Haili Congregational Church. RSVP to Michele Carvalho at 987-5988 by 10/25.

**If you have access to the internet please check the calendar for any additional or updated events at www.familyprogramshawaii.org**

Funding for FPH support groups, trainings, and annual conferences is provided by the Department of Human Services

---

**EMPLOYMENT OPPORTUNITIES**

Co-trainers Needed. Resource Caregivers/Former Foster Youth in East Hawai'i and O'ahu are needed to co-train new Resource Caregivers in the HANAI curriculum. Your experience is invaluable to a new family just learning about providing foster care. Come and share what you've learned/experienced over the years with others!!! Trainings are generally held on weekday evenings and Saturdays. Training and compensation provided.

Child Care Providers needed in East Hawai'i, West Hawai'i, Kaua'i, and O'ahu to provide child care (i.e., during trainings), in the evenings and weekends on an occasional basis. Training and compensation provided.

Recruitment Assistance needed on O'ahu to staff various recruitment booths and share information with potential applicants about the need for additional Resource Caregivers. Training and compensation provided.

HUI HO'OMALU
A Program of Partners in Development Foundation
See www.pidfoundation.org/about/careers
Email resume & application w/cover letter to:
HR@pidfoundation.org
or fax to 440-6619
PIDF is an Equal Employment Opportunity Employer

---

PATCH publishes a quarterly newsletter -- Training Tracks, to inform the community of our upcoming trainings around town, and provide the latest child care news and information to professionals and the public. PATCH offers over 100 FREE child care workshops open to all caregivers such as family child care, preschool and infant and toddler staff, before and after school care programs, parents, resource caregivers, medical professionals, babysitters and informal child care. Please visit our website for the latest news and training schedule:

www.PatchHawaii.org or contact your local PATCH office
O'ahu: 808-839-1988  🅰️  Maui: 808-242-9232  🅰️  Kaua'i: 808-246-0622
Hilo: 808-961-3169  🅰️  Kona: 808-322-3500
Lāna'i & Moloka'i: 1-800-498-4145
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 ‘Obana
Resource Caregivers
Adoptive Parents
Hawai’i Foster Youth Coalition
Partners in Development Foundation—Hui Ho’omalu