

Building Connections

A Newsletter for Resource Families

Volume 10 Issue 3

January 2017

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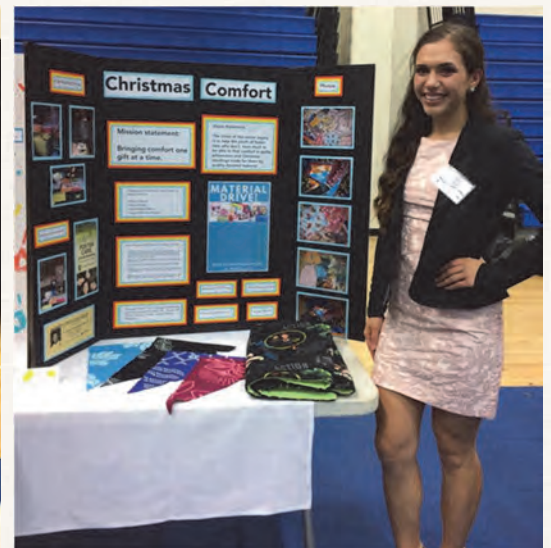
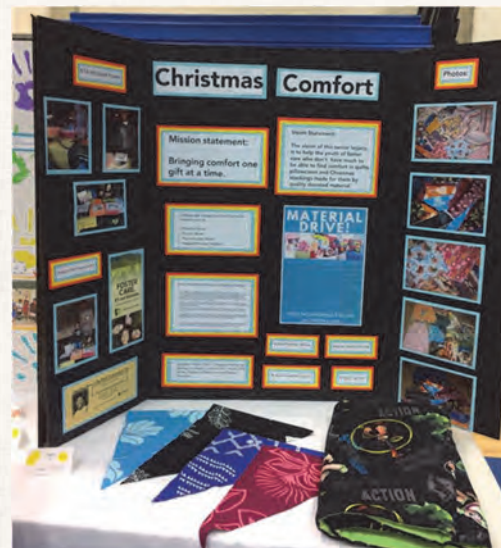
A Senior Project for East Hawai'i Keiki in Foster Care

Teijah Texiera, a senior at Kamehameha High School East Hawai'i Campus, chose to do her senior project on the needs of the current keiki in the East Hawai'i foster care system. Michele Carvalho, East Hawai'i General License Community Liaison was Teijah's mentor for this project. Understanding the insistent need for finding foster homes for children, Teijah assisted Michele in a recruitment activity outside of the KTA Puainako Halloween Haunted House event. She made Halloween "touch" boxes, depicting witches teeth with corn, and worms and zombie brains with cold pasta. It was a fun activity that drew people to Hui Ho'omalū's information booth giving Michele an opportunity to speak to families and give out information on foster care.



For the second half of Teijah's senior project, she chose to take on the task of procuring material donations for Hamakua Quilters Christmas project. Every Christmas, Hamakua Quilters make pillowcases, quilts and stockings for our children in foster care. They are more than willing to share their time and talents but obtaining material for the project is sometimes costly and challenging. Teijah procured material donations from Sig Zane designs, local merchants and individuals. Through her efforts, and that of Hamakua Quilters, 91 stockings, 80 pillowcases, and 20 quilts were made and donated to East Hawai'i Child Welfare to distribute to our keiki in foster care. Kuulei Baduo, from the Hamakua Quilters, has assisted in this project for the last 3 years. Teijah's senior project, with the time and talent of the Hamakua Quilters, made a direct impact on our current keiki in foster care. "It was great working with Teijah. She was open to doing the project and really wanted to make an immediate impact on the children that are currently in care. Working with Teijah was a breath of fresh air; she was always smiling and so willing to help", stated Michele.

Michele Carvalho and East Hawai'i DHS would like to thank Hamakua Quilters and Teijah for all their efforts in helping to make this a project a success!



HUI HO'OMALU STATEWIDE RESOURCE ADVISORY COMMITTEE

The Hui Ho'omalua 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 quarterly by Partners in Development Foundation, 2040 Bachelot St., Honolulu HI 96817-2433, 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

If you would like to receive this newsletter, please call:

441-1125 (O'ahu),

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!



OUTSTANDING DHS WORKER!

Lori Kanaeholo

O'ahu Special Services Unit 2 CWS Supervisor

The ITAO Advisory Committee sends a big MAHALO to Lori Kanaeholo for going above and beyond in helping Hawai'i's 'ohana. Everyone we talked to, including resource caregivers, foster youth, service providers, and Lori's CWS colleagues, had such good things to say about Lori—everyone! Resource caregivers said Lori is an amazing worker because she is someone they can count on. Lori treats them like a true partner and friend. She provides them with support, but she also goes above and beyond, doing things she doesn't "have" to do. For example, she has been known to visit a home with a special treat in hand, sometimes for the resource caregiver, sometimes for the children and youth. Several service providers mentioned that they were impressed with how well she does with youth, even those with major behavior problems. Foster youth themselves state that she really listens to them and that she is available to them after office hours, even late at night on the weekends! She gives youth her cell phone number so they can text her anytime. Lori has been observed in Youth Circles telling youth who are turning 18 that if they ever have any questions, they can still call her. People told us that Lori is "down to earth" and that she is one of those people that you can truly count on. Lori was recently promoted to supervisor for the O'ahu Special Services Unit 2, yet still stays connected to her families and youth.

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

Prudent Parenting: Common Question

The following is an excerpt from the *Don't Say "NO" Before You "Know"* guide, created by the State of Hawai'i Department of Human Services, Child Welfare Services. The guide presents common questions and answers for Resource Caregivers on how to provide normalcy for children/young people in foster care, so that the children/youth can participate equally with their classmates and peers in age or developmentally appropriate extracurricular, social, and cultural activities. These Q & A's can be found within the Normalcy Guidelines provided by your DHS licensing worker.

Question: Do the individuals who participate in community, cultural, and extracurricular activities with the child/young person have to undergo a background clearance before the child/young person can participate in the activity?

Answer: NO. Background screening of individuals is not a requirement for a child/young person's participation in community, cultural and extracurricular activities. Only the licensed Resource Caregiver(s), where the child or youth is placed and all adult household members residing with the resource caregiver(s) will need to meet licensing requirements of fingerprinting, Hawai'i State Criminal History Background Clearance and the Child Abuse and Neglect (CA/N) clearance. The criminal history and background requirements are in the licensing rules and Hawai'i Revised Statute.



Advertise in the Newsletter—Promote Your Business

100% of the proceeds will be used towards supporting Hawai'i's resource families

Display advertisements with borders: business card size = \$30; 1/4 page = \$50; 1/2 page = \$75; full page = \$115.

Send information to: Hui Ho'omalua—RAC, 680 Iwilei Rd., Ste. 500, Honolulu, HI 96817

441-1125 (O'ahu) ★ 888-879-8970 (Toll Free) ★ Fax: 441-1122 ★ Email: RAC@pidfoundation.org

This next article was written by a former foster youth who goes by the pen name, Shining Goose. Shining Goose poignantly describes the hardship of living in poverty with a parent who couldn't really be a mom because of her mental illness. Though mental health services have improved over the past several decades, there still are children today who find themselves in similar circumstances. When those children are taken into care, it is important for the adults in their lives to acknowledge the profound insecurity and uncertainty they endured and attend to the impact it has had on them. Shining Goose shares a glimpse of why that is so necessary.

My Story

by "Shining Goose"

Three shirts and two pants. At the age of ten, that's what was in my closet. My clothes and appearance were so ragged that even though I went to school in a poor neighborhood in Hawai'i, I somehow looked even poorer in comparison to my classmates. I was incredibly skinny. I had not yet experienced eating 3 meals a day. In fact, we were so poor that our refrigerator was unplugged because there was never any food to refrigerate. That was poverty. However, the hardship of poverty paled in comparison to the emotional toll that living with my mother, a poor, uneducated, undiagnosed paranoid schizophrenic caused me. I never had a single conversation growing up with my mother. My only memories were of her going outside and yelling at hallucinations. After a long string of school absences, Child Protective Services visited our home when I was ten and took me away. Though I found normalcy living in foster care, it has taken many, many years of confusion, low-confidence, feeling unwanted, feeling incompetent, and feeling unprepared for the real world before I could learn to come to terms with my childhood.

I was not without help in foster care. I had great resource caregivers whom I still keep in touch with today. I also had an amazing social worker who did his best in helping me find the right resources to get through college. I am grateful for what they have done, because without them, I would be another throwaway life born into nothing and growing up to be a burden on society. However, I felt that while growing up, so much more could have been done to help me. So many things were not understood about me and other people in my situation. So many people thought I was okay, just a little shy, and would eventually turn out normal, like I was a crooked tree that needed a wood stake to help me grow straight. People are not trees. People and human psychology are complex.

If we were to look at resource caregivers, we would find a common trait: big hearts. Fostering requires a big heart: it is what propels people to bring in children, who have been hurt, into their home knowing that havoc will likely ensue. My objective is to use my own personal experiences and my heavy readings in psychology to help families who are either fostering children or plan to foster children. Resource caregivers' big hearts are a tremendous asset, but it needs to be coupled with a strategy and understanding of their particular foster youths in order to help those foster youth grow and mature despite their dysfunctional upbringings.



RESOURCE FAMILY BASICS

Did you know this about **Higher Education Board Payments**?

- A. If a youth wishes to attend an institution of higher education and qualifies: Higher Education Board payments of \$676 per month may continue through the youth's 26th year. Clothing allowance may be available if the youth aged out of care. Discuss this with the youth's SW. SEE DHS WEBSITE.
- B. Education Training Voucher (ETV): Former DHS foster youth adopted from DHS at age 16 or older may be eligible to receive up to \$5,000/year to assist with the cost of attendance until age 23.

You can find this information under the *Higher Education Board Payments* section on the Resource Family Basics document. This is just one example of the wealth of information you can find in the Resource Family Basics to help resource families! Learn about different financial assistance, services, and resources, that are available and so much more! Go to the website below to see all that it has to offer!

<https://humanservices.hawaii.gov/wp-content/uploads/2016/08/RESOURCE-FAMILY-BASICS-with-signature-082516.pdf>

Eight Suggestions for Relating to Your Child About Trauma

by Juli Alvarado, Founder/Sr. Clinical Consultant
The Alvarado Consulting and Treatment Group

~Parent to many, from many parents~

I received an email last week from an adoptive parent who wrote, "I want to know how and when to tell my son what he and we went through." This mother shared with me the family's 9 years of anguish, social, emotional and behavioral struggles that were beyond comprehension, and she was looking for a way to reach her child with no more medications or therapy. YEA!!!!!!

This parent has been following my work and wanting to implement a tangible, strategic plan, in her words, to bring about the change from chaos to calm. She knows that a deeper understanding offered within a safe environment, can bring calm in and of itself.

After speaking with her, I realized that she is far from alone and decided to write down the outline of my conversation with her.

Hoping this brings hope through science and spirit and sending peace, love and healing to all who this may reach. ~Juli



Eight suggestions for relating to your child about trauma~

1. First and foremost; get to know your child.

All of the suggestions in this list will mean nothing and do nothing to help you if you do not know your child. The way you will relate to your child depends on their social and emotional age, not simply their chronological age, as well as their temperament. Short conversations during other activities may be best. Sitting down to talk may be best. Waiting until bed time may be best, or worse! Know your child, consider your child before moving forward. Do you know your child? Our objective is to lessen the sensations of threat and fear and to increase safety and acceptance; none of which can be accomplished if you do not know and consider what you know about your child first. Let that which you know and feel be your guide. Move gently, you can do this.

2. Discover what your child already knows.

Before telling your child about the traumatic events, ask what he already knows and remembers about it. Listen to his perceptions, memories and stories. Allow your child to completely and fully speak before you tell them anything else. Move within their framework. Don't tell them they are wrong, even if they are. Let them know what you know and share your stories as you help them move to the truth. Suggest to your child that their birth parent loved them the best way that they knew how to love them. Knowing that we were loved is a powerful force moving into later stages of development and life. Knowing what your child has been telling themselves will help you determine which details to include—and what confusions need to be cleared up as you relate.

3. Maintain a steady confidence in your child and their resilience.

You might help your child feel safer as you share with them the number of people that it took to bring your child to you, how many people worked hard to protect your child and the number of other children who are being protected as well. You can frame the story of your child within lessons in life; bad things do happen to people all over the world AND, we can learn from them, become wiser and move to help others who may be in the same position of need one day. Remember, adoption and foster care is often celebrated by the adults and grieved by the child. It took a huge loss for 'our' children in order for us to gain.

4. Slow and Low.

When you speak to your child, I encourage you to practice what I call Slow and Low. If you are highly emotional when you relate, your child picks up that emotion and will have to navigate through the confusion. The sound of your voice, all sounds, carry vibrations; some of which are healing and some of which are toxic. If you remain calm, speak quietly, move slowly, and breathe deeply, your child is likely to grasp what's important: that what happens in the world can upset our lives, even deeply, but we can learn from bad experiences and work together to recover and even grow stronger. A child who lives with a distressed parent often learns to be apprehensive. A child who lives with a resilient parent tends to show confidence and faith in the face of adversity.

5. See through their 'lens'.

We each see Life, Love, Family and Relationship through a unique lens. Some of us see family as safe, loving, forever and fun. Others, not so much. Respect the 'lens' through which your child sees the world, even if it may be painful for you to learn. The more you can see through their 'lens' the safer they will feel with you. Through that safety you can teach the important lessons as your child grows.

Continued on pg. 5

Eight Suggestions for Relating to Your Child About Trauma (cont.)

6. Explain the truth with some concrete terms.

We can't always provide the reason why one adult parent will give a child up for adoption in a way that makes sense to a child. But we can offer tangible reassurance that we will not do the same thing and that we are the forever parent. To an 8-year-old who has been given up, the truth is that they can be given up again. Period. Forever. That will never change. They can be given up again. They live within that truth. You cannot take that away from them. You can, however, continue to reassure them in ways that matter to them, that they will be your child forever. Do not be afraid to speak of this. Your child may already be wondering.....

7. Teach your child mindfulness and the power of thoughts.

We cannot change what has happened to us, but we can change how we think about it. Teach your child how to breathe deeply, how to slow down the thoughts as we make sense of them. Teach your child how to become aware of what they think and why they think that thought. Ask your child about what feels true to them and work with that. Ask your child what they think about at bedtime and during the day. Practice slowing down and living more intentionally within the truth so that your child may too.

8: Do something.

Children typically learn the most by doing. You may choose to create a LIFE book or write a book about their life asking them to name the chapters. You may listen as your child expresses a need to be in touch with a birth parent and seek counsel with regard in how to best proceed. You and your child may volunteer at a shelter or in a food line for the homeless. Focus on the power that your child has to create the life of his/her choice from this day forward and then go out and teach them how to do that!

Your experiences have shaped who you have become. The same is true for your child. The experiences that you offer to your child will help to shape who they will become from here forward.

If you feel stuck or unsure, trauma sensitive and attachment focused parent coaching can help.

You can contact Juli Alvarado at juli1@alvaradoconsultinggroup.com



18th ANNUAL HOLIDAY PARTY

By Michelle Sajona, Family Programs Hawai'i



The holiday season can be an especially difficult time for children and youth who have been separated from their biological families. For this reason, Family Programs Hawai'i (FPH) and our community partners have come together to bring holiday cheer to children in foster care. This year, over 1500 attendees gathered for a holiday meal, entertainment, activities, and a visit with Santa who brought personalized gifts for the children.

On December 4th, 2016, families were lining up as early as 8:00 am to get into the 18th Annual Holiday Party. Volunteers and FPH staff worked thoughtfully to decorate and set up indoors at the Neal S. Blaisdell Center while community members from the Rotary Club and other volunteers caroled outside to entertain the families waiting to enter.

At 10:00 am, doors opened to hundreds of families bringing nearly a thousand children with bright smiles and wide eyes as they took in the festive sights and sounds. Cosplayers, volunteers in costumes such as Belle from Beauty and the Beast and a Stormtrooper from Star Wars, greeted children who were thrilled to see their favorite characters walking around the Exhibit Hall.

Volunteers at the booths lining the walls offered a wide range of activities for adults and children that included arts and crafts, archery and sailing classes, and treats like rainbow popcorn, cotton candy, and ice cream. Young ones got the chance to make sock snowmen and decorate holiday cookies with frosting and candy tidbits, while the older children enjoyed being pampered at the hairstyling booth run by volunteers from Regis Salons. The Bird Guy brought an assortment of brightly colored birds while Human Caricature offered fun sketches.

On stage, we heard the voices of the emcees, Peter Apo and Bulla Eastman. We started off with FPH's own, Michael Leong and friend, John Flynn who sang Christmas and local songs for the families. Dancers from Iolani's Dance Team showed off their moves and, towards the end of the event, the Honolulu Dance Studio Boogie Down Productions taught children a choreographed set of dance moves to "24K Magic" by Bruno Mars with even adults dancing alongside the kids.

At the end of the day, volunteers and FPH staff were happy to be a source of support for families. We loved seeing the excited looks on the faces of the adults and children alike. Thank you to everyone who took part in making this another successful holiday party and we cannot wait to do it all again next year!



Fostering 'Ohana: A Play for Hawai'i's Children in Need

By Terri Madden

PlayBuilders is the only exclusively community collaborative theatre company based in Hawai'i and has worked with the geographic communities of Chinatown, Wahiawa, and Waipahu, as well as with identity specific communities such as Hawai'i's homeless population and LGBTQ community.

We are currently working with the foster care community on "Fostering 'Ohana", creating a platform for the foster care community to tell their stories, to educate local audiences about the difficulties foster youth may encounter and the need for more resource caregivers, especially to care for youth over 11 years of age. We'd also like to help build a sense of connection between this often fragmented, disparaged, and marginalized population and the rest of Hawai'i's population.

This is the first time that we created a play at the request of a community asking us to collaborate with them on the development of a play, rather than the other way around. Vernon Viernes of Queen Lili'uokalani Children's Center and Alan Castillo of Partners in Development Foundation, approached me with the idea while we were working on "The Waipahu Project." They were both involved as members of the Waipahu Community Coalition and were very happy with how that play came together. They saw the value right away.



In January 2016, we invited former foster youth to come and audition for this play. This is when I learned that for many former foster youth, anything with the word "foster" in it can serve as a repellant. However, four former foster youth have been meeting and working with our PlayBuilders Ensemble once a week over the last 8 months. Together we have held story circles and interviews with other members of the foster care community, and participated in dance classes and acting workshops. We have had some amazing discussions and although I am writing the script based on the information collected, we are currently working on honing the script together.

The reason why our plays can be so empowering is because through the process of talking, listening, devising and writing the play, painful stories become re-framed. Community collaborative playwright, Jo Carson, said in her book *Spider Speculations*, "sharing stories and participating in community collaborative theatre, community members are creating within themselves the capacity to exert power or agency to act on their own behalf." I love how she put that and believe with all my heart that it is true.



In fact, one of our former foster youth recently wrote a song about forgiveness towards her birth mother. This was a huge step for her to take. When we first started talking, there was nothing about forgiveness in her story. It's things like that that keep me dedicated to this kind of work. Looking at the world through plays like this is actually a pretty wonderful way to live. Community stories not only inform, they transform and heal.

As you might guess, those of us involved with "Fostering 'Ohana" feel pretty passionate about what we are doing. We strongly believe this play is going to make a difference to many children currently in need. We are going to be presenting the play statewide and hope that you and your 'ohana will be able to join us. Go to ittakesanohana.org to check for dates and locations near you.

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!

Email: RAC@pidfoundation.org



'OHANA REWARDS

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!

Melagro Delgado
Jessica Kaleo

Call Hui Ho'omalu today at 441-1117 or
1-888-879-8970 (toll free) for more information!

Who Ya Gonna Call?

There may be times when you, as a resource caregiver, have a question or concern and are not sure where to go for help. The ITAO Advisory Committee, in collaboration with the Department of Human Services, updated the following "Who to Call" list in January 2015.

| If you have questions or problems regarding any of the following, here's who to call: | Child's Social Worker | Social Service Assistant | Licensing Social Worker | Other Source |
|---|-----------------------|--------------------------|-------------------------|--|
| Behavior problems of child | X | | X | <ul style="list-style-type: none"> Therapist School counselor DOH CAMHD |
| Certificate of Approval | | | X | |
| Check: late, lost, stolen, or overpayment | | X | | |
| Clothing needs of child | | X | | |
| Complaint Line-DHS | | | | <ul style="list-style-type: none"> (808) 586-4994 |
| Death of child | X | | | <ul style="list-style-type: none"> Call 911 (Police) If after hours call <i>DHS Hotline</i> at 832-5300 or 1-800-494-3991 (toll free) |
| Difficulty with birth parents | X | | | <ul style="list-style-type: none"> Therapist GAL Judge Request an 'Ohana Conference |
| Emergency medical care (after hours) | X | | | <ul style="list-style-type: none"> 911, Emergency Room, Nearest emergency medical facility, <i>DHS Hotline</i> at 832-5300 or (toll free) 1-800-494-3991 |
| Illness or injury of child | X | | | <ul style="list-style-type: none"> Regular Doctor as needed 911 or Emergency Room if needed |
| Illness of resource caregiver or other family member | X | | X | |
| MedQuest/Medicaid card | | X | | |
| Moving | X | | X | <ul style="list-style-type: none"> ASAP |
| Payment for emergency shelter homes | | | X | |
| People moving in or out of your home, including long term visitors | | | X | |
| Psychiatric help needed for child | X | | | <ul style="list-style-type: none"> Therapist |
| Request removal of child from your home | X | | X | <ul style="list-style-type: none"> DHS Hotline at 808-832-5300 or (toll free) 1-800-494-3991 If safety concern, dial 911 (Police) |
| Reporting changes in placement | | | X | |
| Resources | X | X | X | <ul style="list-style-type: none"> Warm Line at 545-1130 or (toll free) 1-866-545-0882 |
| Respite care | X | | X | |
| Runaway child | X | | X | Call 911 (Police) |
| School problems | X | | | <ul style="list-style-type: none"> Teacher School counselor Therapist GAL Surrogate Parent |
| Structural changes in your home | | | X | |
| Time off needed before accepting another child | | | X | |
| Vacations | X | | X | |
| Visits between child and birth family | X | | | |
| Worker not available in emergency that does not require 911 during DHS work hours (Mon – Fri 7:45 AM – 4:30 PM) | | | | <ul style="list-style-type: none"> Use the DHS Chain of Command: Supervisor/Administrator/Section Administrator |
| Worker not available in emergency that does not require 911 after DHS work hours | | | | <ul style="list-style-type: none"> DHS Hotline at 808-832-5300 or (toll free) 1-800-494-3991 If safety concern, dial 911 (Police) |

November ~ National Adoption Month

East Hawai'i

By Michele Carvalho

Partners in Development Foundation

East Hawai'i Friends of Foster Families, a coalition of agencies consisting of Partners in Development Foundation-Hui Ho'omalu, Department of Human Services, The Salvation Army-Family Intervention Services, Catholic Charities Hawai'i-Na 'Ohana Pūlama and Statewide Resource Families, and Hawai'i Behavioral Health, put on a workshop on November 1, 2016 titled Resource Family Basics. This was done in conjunction with National Adoption Month to raise awareness of the children in foster care waiting to find permanent, loving families.

This event consisted of several presentations. Kristi Uehana, a DHS Licensing worker, presented on *The Life of a Case*; Vanessa Kekahuna, a DHS Permanency worker, spoke on the *Difference between Adoption and Guardianship*; and, Salvation Army's, Beth Pelanca, provided information on *Imua Kakou*. There was also a guest panel consisting of DHS workers, former adoptive youths, former guardianship youths, and adoptive parents.

The event was held at Nani Mau Restaurant. Lunch and refreshments were served, door prizes were provided, and information was given out. When families were asked what was the best part of the workshops, the hands down most common answer was that they enjoyed hearing from former foster/guardianship youths who were adopted and would like to thank them for sharing their thoughts and being an inspiration to everyone that attended.

O'ahu

By Abby Sylvester, LCSW
Hawai'i International Child

Everyone loves ice skating! On November 20, 2016, over three hundred 'ohana members braved the ice and cold to celebrate adoption. This year's National Adoption Day celebration event, sponsored by Hawai'i Adoption and Permanency Alliance (HAPA), took place at The Ice Palace. Adoptive families delighted in a complimentary night of ice skating and bonding with other adoptive families. Hot cocoa and snacks were also supplied.

Families shared that this event is something they look forward to every year. Families appreciate being able to gather with other families with whom they have so much in common. They enjoy seeing their children connect and play with other adoptive children. Alan and Rayn Ritari enthusiastically voiced their appreciation of being able to ice skate on a school night!

Many of the parents head large families and expressed appreciation for the free event. For some, purchasing ice skating tickets for all their family members would be too much of a financial burden. Adoptive mother Tish Reasoner said that her children love to skate and she is grateful for the opportunity for her kids to learn and practice a new skill.

For families like the Edralins, this event provides a chance for their children to have a fun visit with their two biological siblings who live with another adoptive family. The siblings had a blast giggling and holding hands while skating and the two adoptive families enjoyed bonding with each other.

HAPA is a group of individuals and organizations within the Hawai'i adoption community who work to promote, support, and maintain permanency for children. HAPA's main activities consist of providing education and training to the Hawai'i adoption community, advocating on behalf of individuals affected by adoption, and coordinating inter-agency work among adoption and permanency providers. HAPA meets monthly and membership is open to anyone within the adoption community. Current members include adoptees, adoptive and birth parents, Catholic Charities Hawai'i, Child and Family Service, Department of Human Services, Family Programs Hawai'i, Hawai'i International Child, Korean Adoptees of Hawai'i, LDS Family Services, Partners in Development Foundation, and Queen Lili'uokalani Children's Center. If you would like to become more involved with HAPA, please contact the Warm Line: 545-1130.



Ritari Family



Edralin Family



Reasoner Family



Family Strengthening Center Opens

Family Programs Hawai'i is pleased to announce the opening of the Family Strengthening Center (a non-profit center) in affiliation with the Hawai'i School of Professional Psychology at Argosy University. The mission of the Center is to promote healthy development of children by strengthening their families through a multidisciplinary approach. This is accomplished in collaboration with many other organizations and agencies that address the healthy development of children. The Director of the Center, Dr. Steven J. Choy, is an Associate Professor at Argosy University and has over 40 years of clinical experience facilitating healthy development of children and helping families provide a nurturing and growth facilitating environment for their children. He specializes in the diagnosis and treatment of interpersonal violence and trauma, early childhood assessment and intervention, and the assessment and treatment of Developmental/Learning Disabilities. Through the Center's multidisciplinary staff, the Family Strengthening Center provides an array of services that address the developmental needs of children & assists their families in facilitating healthy development.

Currently, services are available on O'ahu only. The hope is to expand services to Neighbor Islands by mid-2017. The following are some of the services provided by the Family Strengthening Center:

EVALUATIONS

- Comprehensive Clinical Psychological Evaluations (Infant, Child, Adolescent and Adult)
- Developmental Psychological Evaluations
- Family Systems Psychological Evaluations
- Child Parent Relationship Assessments
- Psychoeducational Evaluations
- Developmental Disabilities Evaluations

TREATMENT SERVICES

- Individual, Couples, Family and Group Psychotherapy Services (Infant, Child, Adolescent, and Adult)
- Child Parent Psychotherapy-CPP (Evidence-Based Psychodynamic Trauma Focused Relationship Treatment)
- Parent-Child Interaction Therapy-PCIT (Evidence-Based Relationship Treatment Focused on Improving Parent-Child Relationships and Child Emotional and Behavioral Regulation Challenges)
- Trauma Focused Cognitive Behavior Therapy (Evidence-Based Cognitive Behavioral Therapy)

VISITATIONS AND TRANSITIONAL SERVICES

- Therapeutic Child Parent Visitations
- Reunification Transitional Counseling Services
- Termination of Parental Rights Counseling Services
- Family Separation & Change of Placement Counseling Services

SUPPORT SERVICES

- Mentoring Support Services
- Supportive Services to Prevent Juvenile Incarceration
- Parenting Support Groups
- Foster Care Support Groups
- Support for Youth Aged-Out of Foster Care

FAMILIES



Center fees are paid through grants, sliding scale fees and all major health insurances including Quest.

Resource caregivers can self-refer. For more information, contact Dr. Choy at 808.223.8483 or SChoy@familyprogramshi.org.

Legislative Opportunity

By Judith Wilhoite

Children in foster care are going through the most difficult time in their young lives. They need strong, caring people like yourself to guide them through this period and inspire them to build on their strengths. Taking on the role of a caregiver is not easy. We understand how dedicated you are to ensure the well-being and safety of the children in your care. We want to invite you to join us in legislative advocacy. We promise to make it as easy as possible for you by emailing you step-by-step directions when action is needed.

We will work on issues that help families like yours. One of things we may be called upon to advocate for this year is for the release of funds by the legislature to cover board and clothing allowance increases to resource families for foster children.

To join us, please go to www.ittakesanohana.org and sign up on the right hand side of the webpage under *Sign up for our Mail List*. Let us help you get your voice heard! Thank you for all you do!





Welcome to FPH's Resource Family Support Services Corner

By April Lum, RFSS Family Resource Specialist

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



April Lum

Ask the Warm Line

I often hear from families, on the Warm Line, who just want to provide the best care that they can for the children in their home. We talk about the different resources available, strategies that can be used in navigating the foster care system, and the emotional roller coaster that we sometimes feel we are on. But very rarely do I get a call from a caregiver wanting something for themselves. Taking care of ourselves is hard to do when we are so busy taking care of others, yet it is so important! When we neglect to take care of ourselves it is easier to get angry, overwhelmed, and exhausted and that can lead to our becoming ineffective and losing sight of the joy that we gain from what we do.

If you're feeling overwhelmed, stressed, or maybe just a little tired, here are some helpful tips to consider:

1. Get and give support. Talking with other caregivers who are facing the same experiences and successes as you, and can truly understand what you are going through, can be so refreshing. You may also surprise yourself with how much you can help others through what you have learned. Also, other group members can be a great resource for encouragement and perhaps even respite!
2. Gain knowledge. At first glance this may not seem so exciting, but as we learn more about the children in our care and how to meet their unique challenges, we feel empowered in knowing that we have the tools to provide the best care possible. There is a lot of great information available on websites like www.nfpaonline.org (National Foster Parent Association) or www.ittakesanohana.org. You can borrow a movie or training DVD through our lending library or you can attend a quarterly training or the Annual Conference for Resource Caregivers.
3. Participate in community classes or activities such as yoga, painting, music, etc. What is relaxing for one person may not be relaxing for you, so find what energizes you.
4. Take advantage of our beautiful outdoors! You can go hiking, to the beach, a park, or go camping.
5. Have fun! Laughter can help your body to relax and improve your outlook. Watch a funny movie, play board games or family games, and spend some time just being silly.
6. Pamper yourself, whatever that means for you. Go to the spa, get your hair or nails done, get a massage, spend some time alone, eat out or order in, etc.

Providing self-care is easier said than done and is a skill that we all probably need to practice a little more. If you have a suggestion, or want to share what you do to relax and recharge, we would love to hear from you on the Warm Line at 545-1130 (O'ahu) and 1-866-545-0882 (toll-free on neighbor islands).

HAPPY ANNIVERSARY!

How long have you been a resource caregiver? We would like to honor you by printing your name and current years of service in our newsletter. We know you are out there but we need your help. Please send your name and years of service to:

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

Mahalo for your dedication and heart for Hawai'i's keiki and families!

EMPLOYMENT OPPORTUNITIES

Part-time Co-trainers Needed. **Resource Caregivers/Former Foster Youth in Kaua'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 intermittently on some weekday evenings and some Saturdays. Training and compensation provided.

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

Part-time Recruitment Assistants needed in West Hawai'i, Maui and 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

Calendar of Events

O'AHU

- Jan 20 (Fri)** **Wai'anae Resource Families Support Group:** 5:30pm-8:00pm. Mā'ili Learning Center. RSVP to FPH at 521-9531 ext. 245 by 1/13.
- Jan 28 (Sat)** **TRAINING: Creating Sexual Safety in Placement:** 9:00am-2:00pm. Catholic Charities Hawai'i. RSVP to FPH at 521-9531 ext. 245 by 1/20.
- Feb 10 (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 2/3.
- Feb 23 (Thurs)** **Central O'ahu Resource Families Support Group:** 5:30pm-8:00pm. 'Aiea United Methodist Church. RSVP to FPH at 521-9531 ext. 245 by 2/16.
- Mar 17 (Fri)** **Wai'anae Resource Families Support Group:** 5:30pm-8:00pm. Mā'ili Learning Center. RSVP to FPH at 521-9531 ext. 245 by 3/10.

MAUI COUNTY

- Jan 26 (Thurs)** **TRAINING: Creating Sexual Safety in Placement:** 9:30am – 12:00pm. Location TBD. RSVP to the Warm Line at 1-866-545-0882 by 1/19.
- Feb 16 (Thurs)** **Maui Resource Families Support Group:** 5:30pm-8:00pm. Grace Bible Church Maui. RSVP toll free to the Warm Line at 1-866-545-0882 by 2/9.

KAUA'I

- Jan 27 (Fri)** **TRAINING: Creating Sexual Safety in Placement:** 9:30am – 12:00pm. Līhu'e Lutheran Church. RSVP to the Warm Line at 1-866-545-0882 by 1/20.
- Feb 16 (Thurs)** **Kaua'i Resource Families Talk Story Time:** 5:30pm-8:00pm. Līhu'e United Church. RSVP to the Warm Line at 1-866-545-0882 by 2/9.

EAST HAWAII

- Jan 14 (Sat)** **Hilo Resource Families Support Group:** 12:00pm-2:30pm. Haili Congregational Church. RSVP to the Warm Line at 1-866-545-0882 by 1/6.
- Jan 23 (Mon)** **TRAINING: Creating Sexual Safety in Placement:** 5:00pm – 7:30pm. Church of the Holy Cross. RSVP to the Warm Line at 1-866-545-0882 by 1/16.
- Mar 11 (Sat)** **Hilo Resource Families Support Group:** 12:00pm-2:30pm. Haili Congregational Church. RSVP to the Warm Line at 1-866-545-0882 by 3/3.

WEST HAWAII

- Jan 23 (Mon)** **TRAINING: Creating Sexual Safety in Placement:** 9:30am – 12:00pm. West Hawai'i Civic Center. RSVP to the Warm Line at 1-866-545-0882 by 1/16.

****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

COMING SOON

Annual Conference for Resource Families

Family Programs Hawai'i in collaboration with the Department of Human Services and Partners in Development Foundation is happy to announce our 10th Annual Conference for Resource Families scheduled between April 24, 2017 and May 6, 2017. We are excited to have Dr. Denise Goodman, who is an adoption consultant and child welfare professional. Dr. Goodman has many years of experience in social work as a consultant to numerous public and private agencies in the areas of separation, attachment, adoption and foster care. She has worked in child welfare as a foster parent, childcare worker, ongoing protective worker and coordinator of residential treatment. Please look out for the conference flyers to be mailed in late March 2017.

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:



Supporting Hawaii's Child Care Needs



www.PatchHawaii.org or contact your local PATCH office
 O'ahu: 808-839-1988 ♦ Maui: 808-242-9232
 Lāna'i & Moloka'i: 1-800-498-4145 ♦ Kaua'i: 808-246-0622
 Hilo: 808-961-3169 ♦ Kona: 808-322-3500



PARTNERS IN DEVELOPMENT FOUNDATION

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Statewide Resource Advisory Committee

2040 Bachelot St.
Honolulu, HI 96817-2433

441-1125 (O'ahu)
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'omalua 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'omalua

Department of Human Services

EPIC, Inc. 'Ohana Conferencing

Family Court

Family Programs Hawai'i—Hui Ho'omalua & It Takes An 'Ohana

Resource Caregivers

Adoptive Parents

Hawai'i Foster Youth Coalition

Partners in Development Foundation—Hui Ho'omalua