

Building Connections

A Newsletter for Resource Families

Volume 13 | Issue 3

January 2020

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Trauma and the Light Within

By

Wilma Friesema, MFT

EPIC `Ohana, Inc.

According to the kahuna, or spiritual teacher, Hale Kealohalani Makua, there's a Hawaiian tradition which teaches that every child is born into the world with an inner bowl of light. That light within sustains us, and shines throughout our days if we live our life in balance. If we become imbalanced, however, if we get caught up in negativity or hurt others through words or deeds, a stone gets put into our bowl with each painful exchange. Enough stones can diminish and, eventually, extinguish our true light. We can empty our bowl and regain the light, but only if we're intentional and willing to change.



In a similar vein, Western Transpersonal Psychology is based on the premise that we all have a life force in us -- some call it *spirit* or *essence*-- that animates us and finds expression through our activities, relationships, creativity, and passions. It is a fundamental force that drives us from birth to the grave and connects us to the world around us.

What happens to us as we interact with the world, however, can make all the difference in *how* that force expresses itself. This is especially true when we're young, when the roadmaps for relationships and survival are etched into our brain and nervous system. It's those early experiences that have the most long-term and enduring impact because they lay the template for our internal guidance system.

That spirit, that light within, is the deepest part of our being. It is the vital energy, the *vitality* that feeds our *personality* -- our own unique expression of light. Our light can be diminished not only by how we treat others, but by how others treat us too. This is especially true when it comes to trauma.

Picture this: a baby cries out and her dad picks her up. He smiles, coos, and rocks her until her tears subside. All the while, he checks to see what she needs and responds in a caring way. She experiences being heard, cared for, and protected. The world feels safe.

As the baby grows and her needs become more complex, that fundamental feeling of safety, of being heard and responded to, of security and belonging continues, which allows her spirit to thrive and express itself through play, creativity, and connections to others. As she matures her personal relationships deepen, she finds her passion, and discovers ways that she wants to contribute to society.

Now picture this: a young boy, as he grows up, is neglected, beaten, or sexually abused. In each abusive episode he is given the unspoken message that his needs don't matter, that he is secondary. A foundational relationship promise -- that adults are the caretakers of the young -- is broken. At the core of the boy's experience is a feeling of powerlessness; the adults who are supposed to protect him don't. Even his body's automatic response of fight, flight, or freeze fails to keep him safe. He endures and survives, but he wasn't protected by an adult and wasn't able to protect himself.

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.

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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:

441-1121 (O'ahu),

888-879-8970 (Toll Free) or

E-mail: rac@pidfoundation.org

With each abusive experience, his light goes more and more into hiding. Depending on the extent and intensity of the abuse, his vitality, which would normally fuel his creativity and growth, gets channeled into being fearful, vigilant, self-blaming, distrustful, or a myriad of other trauma related responses. His *personality* gets twisted and becomes more of a *persona*, disconnected from his deepest nature, his truest self.

In truth, all of us land somewhere on the spectrum of being connected or disconnected from our inner light. However, trauma survivors, who have stones in their bowl that were not of their choosing, often have a longer journey in emptying their bowls and reclaiming that light. While many stones can be removed, for some the stones are so massive they can be dislodged but not discarded. For others, even expelled stones still cast a shadow.

So how can trauma survivors remove their stones? Doing so is a complex journey that is neither quick nor easy, but is truly worthwhile. Throughout my decades of working with trauma survivors, I've learned attending to that light is crucial.

Because most trauma happens within relationship, it's within relationship that most healing occurs as well. While not an extensive list, here are a few suggestions for how resource caregivers and other supporters can be of help to the young survivors in their care.

One way is to always remember that the inner light exists, even if it's hidden, and consistently give the survivor reparative experiences that are the opposite of the abuse. For example, being curious about who they are and what's important to them, and allowing them to respond in their own time and own way, is healing. During the abuse their needs, feelings, and well-being didn't matter, which also suggested that *they* didn't matter. Let the child or youth know that they *do* matter, that they are important and valued even during the most stressful times. Doing so, patiently and consistently, will help dislodge the stones of distrust.

Because trauma has impacted the survivor's brain and relational template, behaviors can be unexpected and challenging. Understanding what drives the behavior, rather than just reacting to it, is also helpful. Within the field of Trauma Informed Care an important question is: *What happened to you?* Understanding triggers, and what the survivor has gone through, can help put those behaviors in perspective. From a survival point of view the behaviors may make sense, even if, from a relational point of view, they seem destructive.

Besides understanding their history, conveying to the survivor that the abuse doesn't have to define them is essential. After all, the "you" in "What happened to you?" is really the most important word. Look for those moments when that authentic self, that inner light comes shining through. Highlight it. Appreciate it. If that spirit is recognized and responded to in an affirming way, the survivor, again, has an experience of being seen, valued, and of relational safety.

Because so much of the survivor's energy has been diverted towards coping and self-protection, encouraging creativity and activities that give them an opportunity to develop a sense of mastery is vital. Whether it be sports, art, music, dance, writing – whatever the activity is, listen for what makes the survivor's heart sing and encourage him or her to pursue it. The development of skills, of moving from beginner to practitioner to master, is immensely empowering and enables survivors to recognize that they are not powerless. They can follow their heart, personally grow, have a voice, and impact the direction of their own lives.

At its core, all art, all mastery, is about transformation. What was once just paint becomes a portrait, what was once just a jumble of thoughts becomes a story, what was once hitting a ball becomes a homerun. One of the deepest levels of healing for survivors is when they take the stones of their trauma and turn them into the building blocks of compassion, creativity, truth-telling, or service to others. It is the ultimate act of empowerment to take one's pain and transform it into an inspiration for good, to break the devaluing legacy of trauma and reclaim the preciousness of the inner light within one's self and others. In doing so, that light, which has journeyed so far, shines all the brighter.

GO GREEN!

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



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



Trauma Healing Informed Care

Why is this important for me to understand? What does this mean?

Elladine Olevao was featured in the October 2018 edition of Building Connections. She had just taken on the role as Child Welfare Services Branch Administrator. She explained that the Department was currently going through staff training on Trauma Informed Healing collaboration, with the hope of incorporating this into the Department's practice to improve relationships with caregivers. Since that time, there have been a variety of training curriculum provided to Resource Caregivers, namely the 2019 Annual Conference provided by Family Programs Hawaii that featured presentations by Tia Hartsock and Sharon Simms (contact the Warm Line if you would like to see a recording of this, #545-1130 or Toll Free (866)545-0882).

Trauma-informed practices and interventions can assist parents and caregivers who have experienced trauma to provide nurturing and safe homes for children. Additionally, trauma-informed foster and kinship parents are more aware of the connection between a child's exposure to trauma and the child's behavior, and are better equipped to provide children with protective and coping skills to mitigate the impact of being removed from their homes. (1)

Each edition of Building Connections will feature a "Translating Trauma" case scenario to help us look at behaviors from a Trauma Healing Informed Care perspective.

Email Chiyomi at BetterTogetherHawaii@gmail.com and we might use your example in our next issue.

Translating Trauma

by Chiyomi Chow, LSW, Co-Founder of Better Together Hawaii

Sometimes our children's behaviors and words are not what they seem. We might think that their behaviors mean what they typically would mean for a child of his/her age, or we may take their words for face value. However, due to the trauma that they have experienced, we might be missing the whole point. We all must learn to decipher what our children are really saying and become expert translators for the specific children in our care.

Here's an example: Your child gets upset when you make a simple decision that you think shouldn't be a big deal. Then, you let him pick between two choices, and he picks a third choice that wasn't even offered.

Possible translation: Your child needs to be in control, because he doesn't trust adults. Adults in his life have been untrustworthy. Why would you be any different? It also could be that so much is going on that he doesn't have control over, such as where he stays, who he gets to see, his schedule, etc. He feels like his life is out of control, and to feel safe he needs some sense of control.

(1) Casey Family Programs, (2018) Why should child protection agencies become trauma-informed?

Maui's Dream Day 2019

By Samantha Uu, Maui HI HOPES Board Advisor

This year's Maui's Teen Day, which is now referred to as "Dream Day," was focused on self-care and self-growth. The board tried to make it relevant to the Ohana Is Forever Conference because not all Maui youth were able to attend. The goal was to bring the Conference's theme to Maui and provide that opportunity. The Maui HI HOPES board really wanted to focus on how self-care gave them the opportunity to strive to be better in their daily lives, and how important it was to take charge and actively participate in getting out of their comfort zone in order to grow.

Our Maui County Judges are Adrienne Heeley (Molokai and Lanai) and Lloyd Poelman (Maui). This year they were really gracious enough to host the 6th annual Dream Day at the Wailuku court house for the very first time. They also reached out to other community resources and invited Maui Police Department, UH Maui College, Maui Youth and Family Service, Job Corp, Teens on Call, Hawaii NVC, EPIC Ohana Youth Circles, and LGBTQ resources to offer information on their program. The wonderful thing about this Dream Day, was that HI HOPES made it into a workshop so that the youth would have that opportunity to introduce themselves and gather information from the different resources available to them. We did not make this mandatory for participants to do, but offered it as a chance to see if the youth would take hold of the opportunity. We had an awesome turn out with all the youth visiting all the 11 resource tables.

We also put on a mock court hearing every year so that the youth in care have an opportunity to participate and learn that they can make their own decision in their lives while still in care. That is the main reason why we have Dream Day. The goal is to have youth that are still in care actively participate in their own court hearings. We show that by putting on a skit for all to see. The skit is about the life of one youth who is actively talking with their resource care giver, judges, social worker, GAL/CASAS, etc. It shows youth how to advocate for themselves, and what keeps them productive, healthy, and interactive with community, peers and family. It also give them a chance to seek out what their aspirations, their hopes and dreams are.

To make it fun this year, instead of having a traditional skit with the perspective adults playing the roles of a RCG, Judge, social worker, GAL/CASAS, etc., we opened the skit to have a couple of the youth play the roles of the adults. As the skit came to an end we had an open Q&A which led to a discussion of the youth's rights while in care. We encouraged our youth to try to have that open communication with their trusted adults so that their voices are heard and not misrepresented. That discussion, with the HI HOPES board members present, continued on through lunch when some of the youth actively and openly got to interact with board members and trusted adults and share their personal stories and opinions with one another. Thus, we built a bond to show support that youth are not alone in this process.

As a form of Self-Care, the workshops we had planned were: pumpkin painting; create your own self-care plan and necklace charm, which was put on by YES Ha-waii; and foster youth advocate (FYA) talks with our special guest speaker Ipo Ma'e. As much as we tried to make it informative, we also wanted to make it enjoy-able too. So, because we were in the month of October and it's the holiday season, the HI HOPES board thought to celebrate it with painting your own pumpkin. As a form of self-care, what better way to express yourself and bring out your creativity? Unfortunately, due to time constraints, we couldn't paint for the day, however the youth and adults were able to take it home. The self-care plan worksheet and building your own necklace charm had a great turn out with the youth. During the workshop, we got to have a discussion with what self-care meant to youth and how it serves as a reminder that we need to take care of ourselves first before we take care of others. Example: getting a mani & pedi, advocat-ing for self, self-affirmation, getting a good night's rest, partici-pation in sports/extracurricular activities, hanging out with friend, beach therapy, drinking enough water, breathing exer-cises, etc.



For the FYA talks we had three speakers talk about their aspiration in life and how self-care changed their life for the better. We had two former foster youth: the current HI HOPES Board Members Jason Gumboc, who serves as the Secretary, and Aponi Boyer who serves as the President for Maui's HI HOPES board. We also had an additional speaker, Ipo Ma'e, who was a former board member and is a current all-around advocate. One talked about how advocating for one's self paved the way to follow their hopes and dream, the other talked about putting themselves first before others and to focus on health, and lastly how eating right and losing weight gave them a second chance at life.

As we closed out the event, each youth was able to walk away with a duffle bag filled with supplies of hygiene, scrubber, school supplies, pumpkin, and swag gears like headphone, glasses, chap sticks, flask and visa gift card. We hope that these items will be useful tool for the youth to utilize till next year's Dream Day event.

Pictured: HI Hopes Board Member, Guest Speakers, Judges and Judiciary Team

Holiday Cheer at the FPH Annual Holiday Party

Super heroes was an appropriate theme for this year's **Family Programs Hawaii 21st Annual Holiday Party for Resource Families** on Oahu. On December 8th, over 1,600 resource families and children in foster care came together to not only celebrate the holiday season, but to enjoy and celebrate with each other, our everyday superheroes. Entertainment, activity booths, games, holiday treats, and laughter filled the room. Here's what some families had to say about it:



"This is our first Annual (Holiday) Party to be a part of--everyone has been very welcoming, the games are fun...really enjoy(ed) it."

"Everything at the Annual Holiday Party is done very well from all the volunteers, the games, the treats, and most of all the smiles on each foster parent and foster child/children's face."

"The Annual Holiday Party is the best--so many things to do, great food--so grateful for all the people to come together each year for this wonderful event."

This party is truly a community effort that would not be possible without the assistance of the Department of Human Services, our title sponsor, Cutter Auto Group, and the many other amazing sponsors, community groups, and volunteers who gave so much to make the annual holiday party another successful one. Mahalo nui loa and we look forward to the many years ahead that we can celebrate all the amazing resource families who share their love and aloha with Hawaii's keiki!

Family Programs Hawaii staff share holiday cheer at the Annual Holiday Party (From left: FPH Intern Bridgette Henningsen, Mindy Chung, CEO Keith Kuboyama, and Jennifer Carter)

SUPPORT
Foster Care
change a lifetime

BAKE SALE

February 14, 2020 (Friday)

7:15 am - 1:00 pm

Shops at Dole Cannery, 2nd Floor Atrium

Treats & gifts for Valentine's Day!

SILENT AUCTION!

BAKED GOODS!



ALL proceeds earned will be used for events that directly support Hawai'i's foster keiki & the resource families who care for them.

For more information, contact

Partners in Development Foundation-Hui Ho'omalulu Program

Stephanie 441-1121 or Richele 441-1127

This event is brought to you by the Department of Human Services, Partners in Development Foundation, Catholic Charities Hawai'i, & Family Programs Hawai'i



Calling all bakers!

Professional experience

not needed!

The GLUE Bake Sale proceeds support events in celebration of National Foster Care Month, National Adoption Month, and National Reunification Month statewide. We are always looking for more baked goods to sell! Please contact us if you would like to donate an item.

Donations must be packaged, labelled with item name, and priced, ready to sell in dollar increments (no cents). For example, a snack sized-Ziploc with (4) chocolate-chip cookies could be priced at \$2.

Call 441-1121 or 441-1127

STATE OF HAWAII
SOCIAL SERVICES DIVISION
DEPARTMENT OF HUMAN SERVICES
CHILD WELFARE SERVICES BRANCH



RESOURCE FAMILY BASICS

A summary of important information for DHS Resource Families

* DHS - Dept. of Human Services	* SW-Social Worker	* GAL-Guardian Ad Litem	* FC-Foster Custody
* SSA - Social Service Assistant	* CWS-Child Welfare Services	* CASA- Court Appointed Special Advocate	* PC-Permanent Custody
* Child - Child in DHS foster or permanent custody who has been placed under your care			* CA/N-Child Abuse & Neglect
* RCG - Resource Caregiver			

Topic	Information
Warm Line – Information Resource	The Warm Line is a number you can call for information, referrals, & telephone support. They have lists of community resources (also available on-line at www.FamilyProgramshawaii.org), support groups, and training opportunities for resource families. Call (808) 545-1130 (Oahu) or 1-866-545-0882 (Toll-free for Neighbor Islands), 7-days a week from 8:30am – 10pm or E-mail: WarmLine@FamilyProgramshawaii.org
After-Hour Calls	911 (Police/Fire/Ambulance): <ul style="list-style-type: none"> Emergencies such as medical or dangerous crisis situations Report runaway incidents Child Abuse & Neglect Hotline: (808) 832-5300 (Oahu) or 1-888-380-3088 (toll-free) <ul style="list-style-type: none"> To report child abuse/neglect Seek consultation and for medical consent Human Trafficking Reporting Line: 1-888-398-1188 or toll-free fax: 1-888-988-6688 <ul style="list-style-type: none"> If you suspect a minor is a victim of human trafficking Adult Mental Health Division (AMH/D) Crisis Line of Hawaii: 1-800-753-6879 <ul style="list-style-type: none"> Help from trained professionals during a mental health crisis
Role of Resource Caregiver	A resource caregiver provides temporary care for children in foster care. It is therefore essential to work with DHS to support reunification or to transition the child to appropriate relatives for permanency. Dependent upon the situation, it may involve at least an initial meeting with the birth parent(s). Some resource caregivers may even feel comfortable to mentor the birth parents. It may involve transporting or supervising and supporting interactions between the birth parents and child or between siblings. Also, it will involve facilitating and participating in services to support the child's well-being (cultural, ethnic, mental and physical health, education, spiritual, etc.).

Last Revision: 11/01/19

Page 1 of 12

Attention!

Resource Family Basics has been updated. Licensed Resource Caregivers should have received a copy of this updated document by mail. Please be sure to review the document for updates.

Hard copies are available on resource tables at Family Programs Hawaii events, and can be accessed online at:

<http://humanservices.hawaii.gov/ssd/home/child-welfare-services/foster-and-adoptive-care/>

Scroll down to “Resource Family Basics—Helpful Information”

REFER A NEW RESOURCE FAMILY AND RECEIVE A \$200 GIFT CARD! 'OHANA REWARDS

Help us find more homes for Hawai'i's keiki in foster care and receive a \$200 Gift Card of your choice!

Here's how it works:

- 1) Refer Prospective General Licensed Resource Family.**
- 2) When the family calls Hui Ho'omalua to inquire about fostering, they identify you as the referral source.**
- 3) The family asks the referral source to confirm the referral by contacting Hui Ho'omalua.**
- 4) Once the family is issued a foster home license by DHS the gift card is awarded!**

Congratulations to this quarter's recipients!

Kennie & Jacob Bender (West Hawaii)

Steve & Diana Guo (West Hawaii)

Henrilyn Akima (East Hawaii)



IMPORTANT

**A FEW IMPORTANT
NUMBERS HAVE BEEN
UPDATED RECENTLY:**

**To report suspected
Child Abuse and/or Neglect:
1-888-380-3088**

**To report suspected
Human Trafficking of Children:
1-888-398-1188**

Toll-free Fax: 1-888-988-6638

**All numbers available 24 hours a
day, 7 days**

EMPLOYMENT OPPORTUNITIES

Partners in Development Foundation ~ Hui Ho'omalū Program

Go to 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

- *Part-time Co-trainers Needed. Resource Caregivers/Formal Foster Youth on Kaua'i*
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. \$15.00/hr.
- *Part-time Child Care Providers needed in West Hawai'i, Kaua'i, and Maui*
to provide child care (i.e., during trainings), in the evenings and weekends on an occasional basis. Training and compensation provided. \$15.00/hr.
- *Part-time Recruitment Assistants needed in Kaua'i and Maui*
to staff various recruitment booths and share information with potential applicants about the need for additional Resource Caregivers. Training and compensation provided. \$15.00/hr.

Family Programs Hawaii ~ Resource Family Support Services

Email cover letter and resume to rfss@familyprogramshawaii.org

- *On-call Child Care Providers needed in Waianae, Windward, Central Oahu, Maui, Kauai, Hilo, Kona*
to provide child care during evening and weekend support events on an occasional basis. Training and compensation provided. \$15.00/hr.

Catholic Charities Hawaii ~ Statewide Resource Families

Go to <https://www.catholiccharitieshawaii.org/careers/> for more information

- *Licensing Assistant, Full-time (Oahu)*
The Licensing Assistant is responsible for all administrative aspects of the licensing phase.

- *Home Study Specialist, Full-time (Oahu)*
The Home Study Specialist conducts home inspections and a series of person-to-person interviews with prospective foster care families, reviews and assesses submitted clearances, verifications, application, questionnaires, etc. are in compliance with licensing requirements and timely writes a disposition per family that includes integrating the gathered information into a comprehensive report.

PERMANENCY STRENGTHENING SERVICES

Did you know that there are services available to support families who have achieved permanency through adoption or guardianship through CWS?

Intake & Referrals: Case Managers will work with families to provide information and referral services to resources such as: Mental Health services, material support, community resources.

Case Management: Case Managers will provide monthly contact with the child and family. Case Managers will provide support to the family by providing them with information, referral to services, linkage to needed resources, education and/or counseling on areas of need. They can also provide in-home crisis intervention, counseling, and individual and group skill building services.

Ongoing Training: PSS will provide a minimum of two trainings a year for PSS families.

How do I get help? Families can be referred to PSS from CWS, Voluntary Case Management (VCM), Family Strengthening Services (FSS), or by self-referral.

Contact Catholic Charities Hawaii, Permanency Strengthening Services Program

527-4782 (Oahu) or 527-4413 (Neighbor Islands)

Services available on Oahu, Kauai, Mani, East and West Hawaii

PRUDENT PARENTING:

PRUDENT PARENTING FOR LGBTQ CHILDREN/YOUTH

The following is an excerpt from the *Don't Say "NO" Until You "Know"* guide, which was developed by the State of Hawai'i Department of Human Services, Child Welfare Services and our community partners. The guide presents common questions and answers for Resource Caregivers on providing normalcy for children/young people in foster care so they can participate equally in age or developmentally appropriate extracurricular, social, and cultural activities, just as their classmates and peers do. These Q & A's can be found within the Normalcy Guidelines provided by your DHS licensing worker.

Question: Does the prudent parenting standard apply to the lesbian, gay, bisexual, transgender and questioning (LGBTQ) children/young people?

Answer: Yes. Normalcy and prudent parenting standards apply to all children/young people who are in foster care and are no different for the children/young people who identify as LGBTQ. Ensuring that the Resource Caregiver and/or the Child Caring Institution is welcoming to all differences, including race, ethnicity, disability, religion, gender, and sexual orientation, will help ensure that all children/young people in resource homes and/or Child Caring Institutions feel safe and that they can grow into adults who embrace diversity in all of its forms.



There may be times when you, as a resource caregiver, have a question or concern and are not sure where to go for help. We will be presenting scenarios in each newsletter as a way to highlight different situations and suggestions on "Who Ya Gonna Call?"

If the child in your care requires Emergency medical care (after hours) contact the Child's Social Worker, 911, nearest emergency medical facility. You can also contact the DHS hotline at 832-5300 or toll free 888-380-3088



Welcome to FPH's Resource Family Support Services Corner

By Ronnie Hee, RFSS Program Manager

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

Meet the Voices Behind the Warm Line



Family Programs Hawaii would like to warmly welcome **Luisa Edralin**, MSW, to the temporary position of Family Resource Specialist (a.k.a. “The Warm Line Person”) for a few months while Karen Kaneshiro-Soon is on extended leave. Luisa recently retired from Child Welfare Services where she served as a case manager and then licensing social worker for over 28 years. Her knowledge and experience will be a great support to resource families who call the Warm Line. Resource Families Support Services (RFSS) is happy to have Luisa join the team!

As many of you already know, the Warm Line now has extended evening and weekend hours thanks to our newest RFSS team members, also known as Support Specialists. Meet the rest of the Warm Line team below. They all wear many hats and are well known in their respective communities. RFSS is excited to have them on board!

Rhonda Felix (Maui): Rhonda has been a resource caregiver for 4 years. She started out providing foster care to her grandchildren before becoming a general licensed resource caregiver. Rhonda also works as a licensed massage therapist specializing in reflexology.

Leah Ho (Kauai): Leah has been a resource caregiver for over 6 years. She and her husband have provided care to babies and little ones in foster care and are now legal guardians to two girls. Leah also works at Child Care Connection Hawaii on Kauai.

Joe O’Connell (East Hawaii): Joe has been a resource caregiver for 6 years. He is a former foster youth who now provides foster care to teens and sibling groups. Joe also works at PARENTS Inc. in Hilo.

Sharla-Ann Fujimoto (West Hawaii): Sharla has worked with foster youth for 10 years and has been a resource caregiver to children ages 2-17 for the last 5 years. Sharla also works with teens and young adults at EPIC ‘Ohana, Inc. in Kona.

Please join Family Programs Hawaii in welcoming these new staff members!

REMINDER: The Warm Line is now open daily from 8:30am – 10:00pm (including weekends!). Please give us a call to register for support groups and in-person trainings, view past trainings and webinars, find out what topics are available for online trainings, get information and referrals to community resources, and receive emotional support for caregiving challenges. Call the Warm Line at 808-545-1130 or toll-free at 1-866-545-0882.



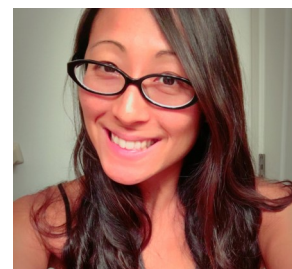
Rhonda Felix



Leah Ho



Joe O’Connell



Sharla-Ann Fujimoto

Calendar of Events

STATEWIDE

- Jan 29 (Wed)** **Youth Transitioning Out of Care** (Webinar Training): 6:00pm-7:30pm. Call the Warm Line at 1-866-545-0882 by 1/22 for online registration instructions.
- Feb 12 (Wed)** **Online Resource Families Support Group**: 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 by 2/5.
- Mar 25 ((Wed)** **Understanding the Court System** (Webinar Training) 6:00pm-7:30pm. Call the Warm Line at 1-866-545-0882 by 3/18 for online registration instructions.

O'AHU

- Jan 19 (Sun)** **Better Together Hawaii's Together Group**: 5:30pm-7:30pm, Mililani. For more info and to RSVP, visit BetterTogetherHawaii.org.
- Jan 29 (Wed)** **Waianae Coast Resource Families Support Group**: 5:30pm-8:00pm. Maili Learning Center. RSVP to FPH at (808) 540-2538 by 1/22.
- Feb 3 (Mon)** **Licensing Fair**: 2:00pm-5:00pm, CWS Waiakamilo Office, 420 Waiakamilo Rd, Suite 400. Call (808)441-1117 for more information.
- Feb 6 (Thurs)** **Helping Youth Who Have Experienced Sexual Abuse** (In-person Training): 5:30pm-8:00pm. Aiea Methodist Church. RSVP to FPH at (808) 540-2538 by 1/29.
- Feb 14 (Fri)** **GLUE Bake Sale fundraiser to support National Adoption Day, National Reunification Month, and National Foster Care Month events**: 7:00am- 1:00pm, Dole Office Building, 2nd Floor Atrium. Call 441-1121 to donate baked goods or more information (see ad on page 5).
- Feb 23 (Sun)** **Better Together Hawaii's Together Group**: 5:00pm, Bravo Restaurant in Aiea. For more info and to RSVP, visit BetterTogetherHawaii.org.
- Feb 27 (Thurs)** **Central Oahu Resource Families Support Group**: 5:30pm-8:00pm. Aiea United Methodist Church. RSVP to FPH at (808) 540-2538 by 2/20.
- Mar 6 (Fri)** **Windward Resource Families Support Group**: 6:00pm-8:30pm. Parker United Methodist Church, Kaneohe. RSVP to FPH at (808) 540-2538 by 2/27.
- Mar 13 (Fri)** **Waianae Coast Resource Families Support Group**: 5:30pm-8:00pm. Maili Learning Center. RSVP to FPH at (808) 540-2538 by 1/22.
- Mar 21 (Sat)** **Better Together Hawaii's Together Group**: 6:00pm- 8:00pm, Honolulu. For more info and to RSVP, visit BetterTogetherHawaii.org.

EAST HAWAI'I

- Feb 8 (Sat)** **Hilo Resource Families Support Group**: 12:00pm-2:30pm. Christ Lutheran Church. RSVP to the Warm Line at 1-866-545-0882 by 2/1.

WEST HAWAI'I

- Feb 10 (Mon)** **Prenatal Substance Exposure: Regulations and Relationships** (In-person Training): 5:00pm-7:30pm. Kealahou High School. RSVP to the Warm Line at 1-866-545-0882 by 2/3.
- Mar 23 (Mon)** **Kona Resources Families Support Group**: 5:00pm-7:30pm. Kealahou High School. RSVP to the Warm Line at 1-866-545-0882 by 3/16.

KAUAI'

- Feb 19 (Wed)** **Helping Youth Who Have Experienced Sexual Abuse** (In-person Training): 5:30pm-8:00pm. Kauai District Health Office. RSVP to the Warm Line at 1-866-545-0882.

Calendar of Events con't

MAUI

Jan 23 (Thurs) **Helping Youth Who Have Experienced Sexual Abuse** (In-person Training): 5:30pm-8:00pm. Kahului Union Church. RSVP to the Warm Line at 1-866-545-0882 by 1/16.

Feb 20 (Thurs) **Maui Resource Families Support Group:** 5:30pm-8:00pm. Kahului Union Church. RSVP to the Warm Line at 1-866-545-0882 by 2/13.

MOLOKAI

Jan/Feb **Molokai Resource Families Support Group:** Details TBD. Call the Warm Line at 1-866-545-0882 for more information.

Mar 6 (Fri) **Helping Youth Who Have Experienced Sexual Abuse** (In-person Training): 10:00am-1:00pm. Liliuokalani Trust. RSVP to the Warm Line at 1-866-545-0882.

LANAI

Feb/Mar **Molokai Resource Families Support Group:** Details TBD. Call the Warm Line at 1-866-545-0882 for more information.

Please follow Resource Families Support Services on Facebook at www.facebook.com/FPH.RFSS for additional information about services and events.



New Support Service Additions in the New Year

Family Programs Hawaii is excited to announce several new supportive services for resource families in 2020, including the following:

'Ohana Navigator Program – A pilot program in which experienced resource caregivers (called peer navigators) will come alongside new child-specific resource caregivers to help them navigate the Child Welfare Services (CWS) system and mentor them in their caregiving journey for the first few months. This pilot program will start with a few families in Waianae (Oahu) and Hilo (East Hawaii) then possibly expand statewide in the summer. If you live in these areas and would like to volunteer to become a peer navigator, please call Crystal Chong-Wong at 808-540-2560. Look for more info to come!

Molokai/Lanai Support Groups – Support Groups for resource families will expand to both Molokai and Lanai in the beginning of the year. Resource families will be provided a meal, childcare, and an opportunity to share their experiences with other resource families in a safe and supportive environment. For more information about participating in upcoming support groups, please call the Warm Line at 808-545-1130 or toll-free at 1-866-545-0882.

Financial Aid Webinar Training to Help Youth Pursue Higher Education

On November 20th, 2019, Family Programs Hawaii hosted the online webinar training, "**Supporting Successful Transition into Higher Education**," presented by Jennifer O'Donnell. The webinar focused on the educational aspects of youth transitioning out of foster care and what Resource Caregivers can do and expect. Jennifer has many years of professional experience working with teens, including helping them navigate the many challenging aspects of educational financial aid.

The webinar training covered the FAFSA process and the various scholarships that are available to current and former foster youth. In addition, the webinar included commonly asked questions about student loans, school applications, and the importance of sticking to a timeline. The webinar also contained valuable information for Resource Caregivers, including money management and how to support youth wanting to pursue higher education.

If you know a foster youth who is a high school junior or senior, please remind them that there's a multitude of options available to them and resources to help them in planning for their future. For access to this free online webinar training, please call the Warm Line at 808-545-1130.

PARTNERS IN DEVELOPMENT FOUNDATION

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Statewide Resource Advisory Committee

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Fax: 441-1122

E-mail:
RAC@pidfoundation.org

IMPORTANT NUMBERS:

To report suspected Child
Abuse and/or Neglect:
1-888-380-3088

To report suspected Human
Trafficking of Children:
1-888-398-1188

Toll-free Fax: 1-888-988-6638

Available 24 hours a day, 7 days
a week

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:

State of Hawai'i Department of Human Services

Partners In Development Foundation

Catholic Charities Hawai'i

Family Programs Hawai'i

EPIC, Inc. 'Ohana Conferencing

Family Court

Resource Caregivers

Adoptive Parents