

Building Connections

A Newsletter for Resource Families

Volume 14 | Issue 2

October 2020

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NEED SUPPORT?

We have many resources to share for financial and other assistance, referrals, even if you just want to talk! We are here for you.

CONTACT THE WARM LINE !

STATEWIDE
7 DAYS A WEEK
8:30AM—10:00PM

(808) 545-1130 or
(866) 545-0882 Toll Free
warmline@familyprogramshi.org
Mobile App Warm Line Chat

Compassion Fatigue During a Pandemic

By Wilma Friesema, EPIC 'Ohana

These are stressful days. For those of us working in the field of Child Welfare, even under the best of circumstances compassion fatigue – that emotional and psychological exhaustion that comes from repeated contact with trauma's aftermath – can sneak in. Especially now, with the world feeling less safe because of the pandemic, the likelihood of compassion fatigue taking hold is even greater.

I often think of compassion fatigue like this: we, who strive to make a difference in the lives of children and families, draw upon a well within each of us that's filled with care, compassion, creativity, and personal values. It's a well that is deeply connected to the very roots of who we are – it's the well of our being. When we expend energy to care for others, we draw down on that well. The more we focus our energy and attention on others' needs, the more our well gets drained.

But it's not all one way. Our wells do get refilled with the satisfaction of giving to others, the joy of making genuine connections, and the optimism we feel when our efforts make a difference. Receiving appreciation from those we help, or recognition for the work we do, can also give us a boost. Contributing to someone's healing is both gratifying and purposeful. It's a reaffirmation of why we do what we do: we *can* help children and families to lead happier, more fulfilling lives.



However, because sometimes those moments don't happen frequently enough; or we encounter resistance, hurdles, and setbacks; or we feel disheartened because there's always another case, our inner well gets depleted. When that happens, our well-being suffers. We can feel depressed, irritable, or ineffective. We may have difficulty focusing or sleeping soundly, eat or drink excessively, or feel burdened by other people's problems. We start to disengage. We keep trying to care for others, but we're not all there. Our well is nearly tapped out.

Which is why it's so important to attend to our own well-being. Though, during this pandemic, some of the ways we normally rejuvenate ourselves aren't accessible, finding ways to replenish our wells, our well-being, is crucial. Whether that be through a simple practice of daily gratitude, meditation, prayer, walks, journal writing, virtual meetings with others, exercise, music – whatever fills you up – it's essential to take the time to care for yourself.

Because working in trauma's wake is so affecting, there are two key elements of trauma that I think are also crucial to understand as we deal with the stress of this pandemic. While trauma is a very complex issue, these two elements are something we are all collectively experiencing too.

The first element is the experience of powerlessness. While the abuse is occurring, the victim is confronted with their own powerlessness. The victim couldn't prevent the abuse from happening, and they can't make it stop. What they can do is endure and survive. That experience of powerlessness is often deeply rattling.

The second element is broken trust. An abusing parent fails to put the protection and care of their child first. Or, a person makes their victim suffer to meet their own self-serving ends. Again, the impact is a deep rattling of a survivor's sense of safety and security; relationships can't be trusted to be the way they're supposed to be.

In our work, whether as social worker, administrator, service provider, or resource caregiver, we are always trying to create reparative experiences for survivors. Whether that's trying to empower youth or family members to have a voice,

HUI HO'OMALU STATEWIDE GLUE COMMITTEE

The Hui Ho'omalua Statewide Glue Committee 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:

441-1121 (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!



or create policies and services that give needed support, or provide a safe home for an abused or neglected child, we are doing our best to empower the disempowered so they can have fuller lives. Likewise, we're always striving to build trust by meeting distrust with integrity, anger with patience, fear with reassurance, and avoidance with engagement. We draw on our inner wells a lot during the course of our days.

Unfortunately, the pandemic is replicating these two trauma experiences in all of us and that, in turn, is taking an emotional toll. While less direct and personal than relational trauma, we are all experiencing varying degrees of powerlessness related to the COVID-19 virus. While there are measures we can take to protect ourselves and others, we also have to endure and survive however long this pandemic lasts. Our world has shrunk because of the virus, and daily activities that we could once do without a second thought, such as going out for dinner or social gatherings, now carry a risk. Our trust has been subtly rattled, and wearing facemasks are a constant reminder of how our sense of safety has changed.

As we continue to work to empower others and build trust, it's important to recognize how our own sense of safety and security have also been affected. We are all human, and the stress of uncertainty is draining and impactful. Acknowledging and coming to terms with our own vulnerability can actually strengthen and empower us. It can help us be kinder and gentler with ourselves and others as we find our way through these challenging days. It can help us accept those periods of exhaustion, and help us look more intently for those silver linings. It can heighten our sense of gratitude and allow us to relish the successes that do happen. It can also give us permission to not always be the care giver but also to be a care receiver, and make reaching out for support and connection with others an acceptable priority. After all, sustaining that well of caring and compassion within us, our own well-being, is so crucial. It really is at the heart of all that we do.

Some resources:

<https://www.childwelfare.gov/topics/management/workforce/workforcewellbeing/burnout/>

<https://www.nacac.org/resource/combating-compassion-fatigue-the-art-of-taking-care-of-yourself/>



Krystal Alcayde is a Community Liaison for PIDF on O'ahu, and makes an amazing Pumpkin Crunch! During this pandemic, baking for herself and others is one of the things that have brought her lots of joy. She shared that she baked Pumpkin Crunch six times since the lockdown!

She has graciously agreed to share her recipe just in time for the holidays! Happy Baking!

Pumpkin Crunch Recipe

- 1 13 oz. can pumpkin
- 1 12 oz. can evaporated milk
- 1 cup sugar
- 3 eggs
- 1 teaspoon cinnamon (Plus a bit for the topping)
- 1 box yellow cake mix
- 1 cup nuts, chopped (I prefer walnuts, but pecans are yummy too!)
- 1 stick of melted butter
- 1 tub of cool whip

Mix together the pumpkin, evaporated milk, sugar, eggs and cinnamon in a bowl. Pour mixture into a greased, parchment lined 9x13 cake pan. Sprinkle the cake mix and nuts over the mixture. Pour melted butter over top. Try your best to coat the crust with butter as evenly as possible. Don't forget to sprinkle in some love :) Bake in 350 degree oven for about 50 mins or until crust is a golden brown. Take out of oven to rest and cool. When cool, loosen pumpkin crunch from side of pan and flip over onto a cutting board (Now your top is the crust on the bottom). Spread cool whip over the top, dust with cinnamon and enjoy!

Do you have a recipe you'd like to share? Email us at rac@pidfoundation.org



Operation "Shine the Light"



(Excerpt from Press Release by the Department of the Attorney General, October 26, 2020) On October 26, 2020, the Department of the Attorney General and the Hawai'i Department of Human Services announced the results of a joint child recovery operation in Honolulu.

Operation "Shine the Light" is a cooperative effort between federal, state and local agencies, including four non-profit organizations. The lead agencies worked with the Federal Bureau of Investigations, U.S. Marshalls, U.S. Secret Service, Homeland Security Investigations, Honolulu Police Department, Susannah Wesley Community Center, Hale Kipa, the National Center for Missing and Exploited Children, and the National Child Protection Task Force on this joint task force centered on the recovery of endangered and runaway foster youth over the weekend.

The operation resulted in five children being recovered, between the ages of 16-17.

There is a misconception that runaways choose to leave their placement, but the truth is it's a much more complicated issue. This operation was at the intersection of ICAC TF partner and child welfare services and was designed with one goal in mind: to show our foster kids that we see you and to remind them that their lives matter.

The COVID-19 pandemic has resulted in decreased opportunities for concerned citizens and mandatory reporters to recognize and report signs of child abuse and neglect. Perpetrators and traffickers target vulnerable children: runaway youth from the foster care system; children who have been physically or sexually abused; and youth experiencing substance abuse or homelessness.

"It is an undeniable and unfortunate reality that this pandemic has highlighted the increased risk of exploitation for our most vulnerable youth. It takes collaborative strategy, swift action, and an utmost care for these youth in order to respond to their needs," said Cathy Betts, Hawai'i Department of Human Services Director. "I am proud of our child welfare services team for the hard work that they do and for their collaborative spirit in taking on this project. The success of this project is a reminder to all of our workers that their efforts matter and have an impact on the lives of others."

Although this operation has led to a positive outcome, there are many more children who may fall prey to sex traffickers and online predators. With distance learning, and the decrease of sports and summer school programs, this pandemic has increased the amount of time that youth spend on the internet.

Community members can help to combat child abuse, exploitation and sex trafficking.

Contact the Department of Human Services to report:

**Suspected Child Abuse and/or Neglect:
(808)532-5300 or (toll free) 1-888-380-3088**

**Suspected Child Trafficking:
(808)832-1999 or (toll free) 1-888-398-1188**

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

All numbers available 24 hours a day, 7 days

November is National Adoption Month

childwelfare.gov/adoptionmonth/

#youthvoice






NATIONAL

ADOPTIONDAY
 Celebrating a Family for Every Child

November 18

Did you know...

Adoption is just one of several Permanency Options for children in foster care:

Legal Guardianship: The legal guardian has the responsibilities of a parent until the child reaches age 18.

Permanent Custody: The permanent custodian has the responsibilities of a parent until the child reaches age 18.

APPLA (Another Planned Permanent Living Arrangement): DHS has the responsibilities of a parent until the child reaches age 18.

Financial assistance in the form of adoption/permanency assistance, medical coverage may still be provided for families in all permanency options.

DHS will pay the legal fees for all permanency options.

Imua Kākou is available to the foster child who is in foster custody or permanent custody when he/she turns 18. This is a program that helps young adults who exit foster care at age 18 or older to build successful futures.

Meet Kama

Kama is a seventeen year old boy of Hawaiian ancestry who has hopes and dreams of serving his country by joining the military once he graduates from high school. He is the eighth of eleven siblings, and has learned a lot from his biological family on what he does and doesn't want for his life. He loves experiencing all that life has, and holds respecting and honoring people as two of his highest values. Kama admits that there has been hurt in his life, but he knows people just raised him the way they were raised so he chooses not to blame them. Kama is excited that the military will provide a way for him to pursue college, as he desires to be a husband and father his family can rely on.

Kama still has some strong ties to his biological family, and once COVID-19 lifts hopes to be able to see them again soon. Kama is very comfortable in social settings, and has no problem making new friends. Despite the places where he holds a position of leadership and responsibility, Kama has a mischievous side to him and loves to have fun!

If you would like to learn more, contact Mindy Chung, Wendy's Wonderful Kids, (808)260-6524, mchung@familyprogramshawaii.org



**Dave Thomas
Foundation
for Adoption®**

**Wendy's
Wonderful Kids®**

SUPPORT SERVICES FOR HAWAI'I'S ADOPTIVE FAMILIES

Support Services are available for families who achieved permanency through adoption or legal guardianship within Child Welfare Services. Permanency Support Services by Catholic Charities Hawai'i is available on O'ahu, Maui, Kaua'i, and the Big Island. Depending upon a family's need, services such as information/referral/service linkage, material support, counseling (i.e. parenting education, communication), individual/group skill building, case management (to include monthly visits), crisis intervention, and home-based services are available. The program is voluntary and services are provided for up to 6 months. Once a family has completed the program, follow-up contact is completed at 30 days, 3 mos, 6 mos, and a year to see how they are doing. Families can be referred by CWS, Voluntary Case Management (VCM), Family Strengthening Services (FSS), or by self-referral.



**CATHOLIC CHARITIES
HAWAI'I**

Contact CCH at 524-4673.



HAPA
(Hawaii Adoption and Permanency Alliance)
 would like to invite all
 Oahu adoptive and guardianship families to
 celebrate National Adoption Day 2020
 by enjoying a day at the zoo!

Where: Honolulu Zoo

When: Saturday, November 21, 2020

Cost: Admission is on us!

Entrance time: 10:00 am to 12:00 pm. Zoo closes at 3:30pm

Plans are tentative and subject to change according to the zoo policies and governmental restrictions at that time.

All families must register in order to receive free entrance, and spaces are limited.

For Honolulu Zoo policies, please visit: www.honolulu zoo.org

To register and for updates go to:

www.familyprogramshawaii.org/nationaladoptionday

Password: nad



Need a little extra parenting support during this crisis? Child & Family Service operates a phone service for all parenting questions. Parent Line is a free, confidential resource funded by the Hawai'i Department of Health, Maternal and Child Health Branch. The experienced phone line staff can help problem-solve challenges like: Addressing child behavior, development, parenting and caregiver support; the experienced staff can help with new challenges like:

"How can I keep my child in a routine when home from school?"

"What services are offering lunches or food for my children?"

"What are some good activities to keep kids entertained throughout the day?"

"I'm feeling overwhelmed with the global pandemic and trying to take care of my kids all day. Where can I find support?"

If you have your own parenting question, call the free hotline at [808.526.1222](tel:808.526.1222) or [1.800.816.1222](tel:1.800.816.1222) (toll free), M-F: 8 a.m. to 6 p.m., Sat: 9 a.m. to 1 p.m. and NOW OPEN SUNDAYS THROUGHOUT THE CRISIS from 9 a.m. to 1 p.m. Or visit us online at www.theparentline.org. We're just a phone call away and ready to strengthen families through support and our message of HOPE.

22nd Annual Holiday Party



help our keiki & families in foster care
REACH FOR THE STARS!

Despite the disruption to our everyday lives, in times like these, traditions are important to maintain a sense of normalcy. Thus, we are happy to announce that Family Programs Hawai'i will hold its traditional holiday party on O'ahu this year!

You are invited to attend the **22nd Annual Holiday Party for Keiki and Families in Foster Care** on Sunday, December 6, 2020 from 9:00 am – 1:00 pm. Although we can't be together at the Blaisdell this year, we would not miss the opportunity, along with our community partners, to serve over 350 families, representing over 1500 people, to let you know how grateful we are for your commitment to our keiki. This year's theme is "Reach for the Stars," which reflects our efforts to encourage our youth never to stop dreaming, regardless of the circumstances. The possibilities that await them are endless, and we are so excited to see their potential explode as they activate their dreams! "So what's in store for this year?" you ask.

Imagine this: families drive-thru a holiday-inspired celebration set-up in the former Kmart Kapolei parking lot, and watch as ordinary parking lanes become transformed into a magical journey. First, cars slowly drive down the "fun lane" to collect giveaways from tote bags to keepsake ornaments, and festive treats. The next stop is the digital photo station. Smiling faces that peek out from car windows and are captured in a time-honored family photo. Moving along, families receive a delicious food box with an assortment of fresh produce, starches, and local proteins to create a meal that they will share at home. Through their participation, families know that they, too, have helped support Hawai'i's local farmers. But the grand finale awaits at the lane's end - the highly anticipated GIFTS FROM SANTA. Each present is lovingly hand-wrapped by Santa's helpers who share the single goal of making a child smile. As cars drive away, keiki can only imagine just what that festive box holds. Once again, no child leaves empty-handed. No family goes without a celebratory meal. A holiday festivity... without ever leaving the safety of your car. Did I mention we saved the best for last? That's right, as you get ready to leave, Santa and Mrs. Claus will be waiting to say "Mele Kalikimaka" and wish you the happiest of holidays!

Thank you so much for pouring into Hawaii's greatest resources....our keiki. You are truly helping to make this a better world!!!

For more information, and to stay updated, please visit the following link: www.familyprogramshawaii.org

Stay tuned for neighbor island celebrations! Note: all plans are subject to change per State regulations due to COVID19

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!

Here's how it works:

- 1) Refer Prospective General Licensed Resource Family.**
- 2) When the family calls Hui Ho'omaluku 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'omaluku.**
- 4) Once the family is issued a foster home license by DHS the gift card is awarded!**

Refer to the Calendar of Events for Foster Care Information Sessions! Invite friends and family!

Congratulations to this quarter's recipients!

Brad & Esther McDaniel

Kau'i Keola

'OHANA NAVIGATOR PROGRAM

~NEW PARTICIPANTS WELCOME~



Do you have the knowledge
and experience of being a
resource caregiver?

Become a Peer Navigator Today!

If you are an experienced resource caregiver, make a difference in the lives on a new Resource Family by becoming a Peer Navigator today!

What is a Peer Navigator?

A Peer Navigator is an experienced resource caregiver (with at least 3 years of experience) who will establish and build a one-to-one supportive peer mentoring relationship with a new child specific resource caregiver. Peer Navigators provide peer and emotional support, insightful coaching, and practical caregiving strategies, and effectively support new resource families by increasing their knowledge of community resources and helping them navigate the child welfare system.

The benefits of mentoring

- Earn a \$50 gift card & incentives
- Invitations to special events and social gatherings
- Free Peer Navigator training
- Earn 3 DHS Training Hours!



Why should I become a Peer Navigator?

- Help another RCG in their caregiving journey
- Mutual learning and personal development
- Share helpful caregiving information
- Build a support network of resource caregivers
- Help to reduce in-home stress and difficulties
- Expand the capacity of knowledge and retention of new resource caregivers

For more information please contact:

Crystal Wong, MSW

Program Coordinator - 'Ohana Navigator

Direct: (808) 540-2560

Or Email:

Crystal@FamilyProgramsHawaii.org



Mentoring

The 'Ohana Navigator Program was developed to provide support for relative (child-specific) caregivers to help stabilize and maintain placement.

The Program is accepting new Resource Caregivers to be Peer Navigators and new child-specific Resource Caregivers who could use a mentor.

Peer Navigators receive training to be able to assist new child-specific Resource Caregivers:

- ~Navigate the child welfare system;
- ~Identify and connect new child-specific resource caregivers to community resources for themselves and the children in their homes;
- ~Provide the support needed to child-specific resource caregivers to improve retention and minimize placement disruptions.

The training curriculum consists of information on:

- Boundaries and Confidentiality
- Communication and Feedback, Conflict Resolution and Assessment
- Community Resources
- Child Welfare System, Courts, and Schools
- Normalcy and Prudent Parenting
- Cultural Considerations
- HANAI Overview
- Trauma-Informed Care
- Professional Panel of service providers to explain their role in the CWS process

Meet other Resource Caregivers

Build a network of support

Attend fun social events

The 'Ohana Navigator Halloween Social included fun activities for the entire family to participate in, like Spooky Pictionary, Haunted Zumba, Quarantine Bingo, and Gimme Gimme!
More events to come!

JOIN NOW!

Contact Crystal at (808)540-2560 or (808)699-0298 or
Crystal@FamilyProgramsHawaii.org



Are You a New Resource Caregiver in need of Support?



Why Should I Join the Peer Navigator Program?

- Learn from an experienced caregiver
- Mutual learning and personal development
- Build a network of resource caregivers in your community
- Gain a support team through your caregiver journey
- Gain access to helpful caregiver information and resources through your peer navigator
- Share stories with someone who understands your caregiver experiences
- Invitations to special events & social gatherings

What is a Child Specific Resource Caregiver?

A child specific resource caregiver (RCG) is a caregiver that is taking care of child who they have some type of kinship with. With the 'Ohana Navigator Program the new child specific RCG will establish and build a one-to-one supportive peer mentoring relationship with an experienced RCG (peer navigator). The experienced RCG will provide peer and emotional support, insightful coaching, and practice caregiving strategies. Peer navigators will effectively also increase the new RCG's knowledge of community resources and help to navigate them through the child welfare system.

For more information please contact:

Crystal Wong, MSW

Program Coordinator - 'Ohana Navigator

Direct Line: (808) 540-2560

Or Email:

Crystal@familyprogramshawaii.org

Annual Survey for Resource Caregivers

2020 Annual Questionnaire for Resource Families

In each question below, please mark an "X" in the boxes provided for your answers. Also, we highly encourage you to provide us with any comments you have when answering the questions. The survey should not take more than 20-25 minutes.

Another option is to complete this survey online. To learn more, please visit our website at <https://www.pidfoundation.org/2020survey>

Or go to: <https://www.surveymonkey.com/s/00mua8f7survey2020>

OVERVIEW

1. Do what kind of care do you currently have?

☐ Only ☐ West Hawaii ☐ East Hawaii ☐ Maui ☐ Kauai ☐ Molokai ☐ Lanai

2. Type of care providing: ☐ Child Specific ☐ General License ☐ Both

3. If Child Specific: Do you have a biological relationship to the child in your care? ☐ Yes ☐ No

4. If yes, what is your relationship to the child in your care? (e.g. Grandparent, Aunt/Uncle, etc.) _____

5. Have been a Licensed Resource Caregiver in Hawaii for _____ years.

6. How many total children have been placed in your home since you have been licensed (approximate #)? _____

Please complete the following questions based on your experience as a Resource Caregiver from:

July 2019 - Present

PLACEMENT

1. Did you have any new placements in your home during the period July 2019 to present?

☐ Yes ☐ No If Yes, list in "Additional Placements" section on page 2

2. If you had any children placed in your home during the period of July 2019 to present, were you given:

Child Information Table (2019)	Yes	No	Comments
a. Child was placed in your home by DHS			
b. Child was placed in your home by a family member			
c. Child was placed in your home by a friend			
d. Child was placed in your home by a community member			
e. Child was placed in your home by a religious organization			
f. Child was placed in your home by a court order			

Comments: _____

All licensed Resource Caregivers should have received an Annual Survey in the mail. We need your assistance in providing information and feedback that will help us enhance services and support for children and families involved in foster care.

All responses are anonymous. Surveys are still being accepted.

Three ways to complete the Survey:

- 1) Mail your survey in the self-addressed stamped envelope provided;
- 2) Mobile App, "Hawai'i Foster Care Connections", click on "Annual Survey" in the main menu;
- 3) Online by clicking on the QR code
Android devices require a QR reader



If you need another copy or did not receive one in the mail, please contact (808) 441-1117 or Toll-Free (888)879-8970 or email hui@pidfoundation.org

PRUDENT PARENTING:

Are children/young people who are in foster care allowed to participate on Facebook or other age-appropriate social media?

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.

Answer: Yes. Children/young people can participate in social media, including Facebook (13+) with the permission of a Resource Caregiver and depending on the age of the child, supervision of their Resource Caregiver, this includes young people placed in Child Caring Institutions.

Some common forms of social media are Facebook, and messaging services such as Kix, Instagram, Twitter, Snapchat, video-sharing services such as YouTube and photo sharing services such as Flickr.

Social media can be used to socialize and communicate and help you do things—for example, get a message to many people at once, or find a job—but you may not have thought about some of the problems it can cause for you.

What can Resource Caregivers and Child Caring Institution staff do to help the child/young person who are using various forms of social media? Educate them about some of the unintended consequences of posting information.

Share with the child/young person that they need to think before posting information, including photos or videos online, or sending them to friends. Explain to the young person that their privacy is important. There may be negative consequences for the child/young person now, as well as in the future, as once the information is out there it can be in many places that they don't even think about. Their friends can copy what the child/young person posts and send it to people that they don't know who can then send it to even more people. This information, videos and photos that the child/young person sends to their friends, could be sent on to other people without the child/young person's knowledge or permission. For more information:

<https://www.childwelfare.gov/pubs/smtips-youth/>

<http://archive.ncpc.org/topics/internet-safety/social-networking-safety.html>





Welcome to FPH's Resource Family Support Services Corner

By Karen Kaneshiro-Soon, Family Resource Specialist

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



COVID-19 Impact and Acts of Kindness, Genorosity

To no one's surprise, the COVID-19 pandemic has affected us all in big and small ways. Families may be stretched to their limits with the additional challenges on their time, finances and resources. The demands and changes have been significant and stressful, with no end in sight as of this writing. With all that is happening, some caregivers are facing job loss, financial difficulties, health challenges, child-related or personal difficulties and are asking "what kinds of support are there to help us as resource caregivers?"

Resource Families Support Services remains available to assist on a daily basis through the Warm Line, the Hawai'i Foster Care Connection application's chat feature, and our Facebook page. On a monthly basis, we invite you to join our webinar trainings, virtual support groups, and special events. Please remember that you are not in this alone and you have a whole community of helpers to provide you with needed Kōkua.

A valuable resource for resource families is our newly launched web application, the Hawai'i Foster Care Connection app. This app is easy to download for either iPad or android devices, & features a section called COVID-19 Information and Resources. This is a quick and handy reference for resource families throughout the State for financial assistance, child care, health updates, and how to access resources.

Those of us who field the Warm Line calls have been surprised and delighted to learn that despite the global pandemic, the powerful spirit of Aloha in the 50th state continues to shine bright. Even during this age of COVID-19, so many are moved to share what they have and remember our children in need.

In these past months, the Warm Line has never received so many kind offers of donations on behalf of our resource families. Through our Care to Share feature on the Warm Line, we have received school supplies from individuals who just want their donations to go to "foster children who need it", as well as donations of backpacks filled with school supplies from a local church. In August 2020, three resource families were gifted with a beautiful, gently used guitar from a donor who wanted the guitars to be a source of enjoyment and to promote the love of music for a child in care. In September 2020, Family Programs Hawai'i distributed 150 prom gowns to high school students in care through a generous donation from Macy's. See below for a feature on the Marks Family who donated iPads for youth in foster care.

We want to recognize and express our appreciation for these Acts of Kindness that continue to benefit our resource families and their children. To all the helpers who reached out with your Aloha and donations, to those who provide random acts of kindness and live your strong spirit of community ... Thank You.

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster', I remember my mother's words, and I am always comforted by realizing that there are still so many helpers ~ so many caring people in this world."

~ Fred Rogers (Mr. Rogers)

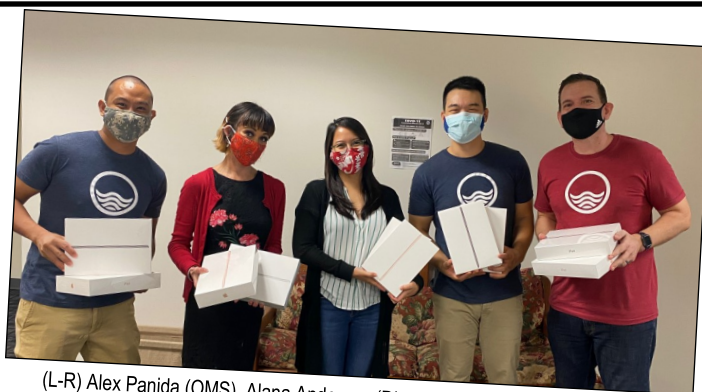
SPEAKING OF ACTS OF KINDNESS...

"Foster Care. It's our Kuleana. Be there for them today."

Giving of time, talent and treasures reflect our vision that **"Everyone can do something."** Access to technology has become a critical need for children in foster care, especially in this restrictive COVID-19 environment. We are grateful to 'Ohana Mortgage Solutions, who donated 10 iPads to help children in foster care continue their education and maintain online sibling and birth family connections in this virtual world.

Behind most donations, there is usually a connection to the cause or organization. This is especially true in this case with Steve and Larissa Marks, of 'Ohana Mortgage Solutions, who were general licensed resource caregivers. They contacted Hui Ho'omalua and wanted to find additional ways to help children in foster care. Steve and Larissa along with their team, Alex Panida and Joseph Lee, generously donated 10 iPads for children who have limited or no online access to technology for online learning. These computers will also help children keep connected to their siblings and birth families with virtual visits.

Mahalo to 'Ohana Mortgage Solutions for being a part of bringing hope and transformation to children and families.



(L-R) Alex Panida (OMS), Alana Anderson (Director of Development, FPH), Ria Rigoroso (Program Manager, FPH), Joseph Lee (OMS), and Steve Marks (OMS and Resource Caregiver)

Calendar of Events

STATEWIDE

- Nov 4 (Wed)** **Mental Wellness: Tips & Strategies for Surviving and Thriving** (Webinar Training): 6:00pm-7:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH1104> by 11/3.
- Nov 6 (Fri)** **Understanding Feelings**, 3:00-4:00pm, contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free).
- Nov 13 (Fri)** **Safe Sleep**, 3 to 4 pm, contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free).
- Nov 18 (Wed)** **Statewide Online Support Group**: 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH1118> by 11/17.
- Nov 19 (Thurs)** **Assisting Resource Caregivers with Grief in Fostering**: 6:00pm—7:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH111920> by 11/18.
- Nov 20 (Fri)** **Communicating with Respect**, 3 to 4 pm, contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free). contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free).
- Nov 28 (Sat)** **Online Coffee with a Caregiver Session**: 8:30am – 9:30am. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH1128> by 11/27.
- Dec 4 (Fri)** **Water Safety**, 3 to 4 pm, contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free).
- Dec 11 (Fri)** **Praising Children and their Behavior**, 3 to 4 pm, contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free).
- Dec 18 (Fri)** **Safe Sleep**, 3 to 4 pm, contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free).
- Dec 29 (Tues)** **Building Self-Worth**, 3 to 4 pm, contact Parent Line at 808.526.1222 or 1.800.816.1222 (toll free).

O'AHU

- Nov 13 (Fri)** **Online Windward Resource Families Support Group**: 6:30pm-8:30pm. Zoom Web-Conference. RSVP to the Warm Line at 808-545-1130 or at <https://tinyurl.com/FPH1113> by 11/12.
- Nov 20 (Fri)** **Wai'anae Resource Families Support Group**: 6:00pm-8:00pm. Location TBA. RSVP to the Warm Line at 808-545-1130 or at <https://tinyurl.com/FPH112020> by 11/19.
- Dec 6 (Sun)** **Family Programs Hawai'i Annual Holiday Party**
- Dec 17 (Thu)** **Central O'ahu Support Group Holiday Activity**

EAST HAWAI'I

- Nov 7 (Sat)** **Online Hilo Resource Families Support Group**: 12:30pm-2:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH1107> by 11/6.

WEST HAWAI'I

- Oct 20 (Tues)** **Online Kona Resources Families Support Group**: 5:30pm-7:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPHS1020> by 10/19.

KAUA'I

- Oct 1 (Thurs)** **Online Kaua'i Resource Families Support Group**: 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH1001> by 9/30.

MAUI


- Dec 1 (Mon)** **Online Lāna'i Resource Families Support Group**: 5:30pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 by 11/30.
- Dec 10 (Thu)** **Maui Support Group Holiday Activity**
- Dec 15 (Tues)** **Online Moloka'i Resource Families Support Group**: 5:30pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 by 12/14.

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

THE FAMILY PROGRAMS HAWAII MOBILE APP IS AVAILABLE NOW!

DOWNLOAD FOR FREE!

Easy access to training videos, resources,
calendar of events, message boards,
Warm Line Chat and more!



AVAILABLE NOW

Hawaii Foster Care Connections is a place for Resource Families to connect with helpful support services, community resources, and most importantly, each other.

Download on the App Store | GET IT ON Google Play

FEATURES

- Training Videos to Earn Hours Towards Re-Licensing
- Calendar of Upcoming Support Groups, Training, and Community Events
- Warm Line Chat
- Posting of Care to Share Needs or Available Items
- Community Resource Search Option
- Message Board to Talk Story with Other Resource Families
- Register for Upcoming Resource Caregiver Events
- Access to Information and Needed Forms
- Tips and Tools for Caregiving

For more information please call the Warm Line at 545-1130 (Oahu) 1-866-545-0882 (toll-free on neighbor islands) or email us at WarmLine@FamilyProgramsHI.org

The Hawaii Foster Care Connections mobile application is made available to you as a collaborative effort by The Department of Human Services, Partners in Development Foundation, Catholic Charities Hawaii and Family Programs Hawaii.

FAMILY PROGRAMS HAWAII | **HAWAII FOSTER CARE CONNECTIONS**

Accessing Resources Virtually

By Sarah Olson

Case Assistant, Family Programs Hawai'i

Family Programs Hawai'i Resource Families Support Services was excited to offer its first Virtual Resource Fair on July 30, 2020, featuring 10 state-wide service providers who offer applicable support available to Resource Families in Hawai'i. A wealth of information was provided by the Department of Human Services (DHS), Aloha United Way (AUW), EPIC 'Ohana, Child and Family Service, and many more. During this 1.5-hour Zoom webinar, each service provider introduced its organization and services for approximately 10 minutes. The Virtual Resource Fair goal was to help families connect with needed services and information, especially during COVID-19. Service providers shared how they have adapted to COVID-19 by making their services easier to access virtually. We, too, have had to make some adjustments as we continue to provide support services to resource families making it easier to access for families who are unable to attend events in person. Families may access live and recorded Zoom webinar trainings you can view for DHS training hours through the Online and DVD Lending Library. The Online and DVD Lending Library also has various additional recorded live trainings available for free to resource caregivers, including Behavior, Parenting, Trauma, and Culture. There are also virtual Support Groups available to resource caregivers on each island. Also, if you haven't already heard, the Hawai'i Foster Care Connections is a mobile application that provides recorded live trainings, registration links for upcoming events, and state-wide support services offered in Hawaii. To register for an Online Training or Support Group, please call the Warm Line or use the Hawai'i Foster Care Connections mobile application to register for Zoom webinar trainings and Support Groups. Registration links can be found under the Calendar and Registration tab in the app. Hawai'i Foster Care Connections is a place for Resource Families to connect with helpful support services, community resources, and most importantly, each other. The Hawai'i Foster Care Connections application is updated regularly with upcoming events, Care to Share items, COVID-19 info, resources, and the new Warm Line Chat feature. Before the pandemic, resource fairs were a live event that resource caregivers are invited to attend in person, it is now possible to access it from home. This fair collaborated with many exceptional service providers in Hawai'i with statewide support services that are useful to resource caregivers. If you are interested in learning about available resources and would like to view the Virtual Resource Fair, please call the Warm Line at 808-545-1130 (Oahu) 1-866-545-0882 (toll-free).

PARTNERS IN DEVELOPMENT FOUNDATION

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Statewide Glue Committee

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888-879-8970 (Toll Free)
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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 Glue Committee (not an acronym) 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 Glue 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. In February 2020, the committee (formerly known as the Resource Advisory Committee (RAC) became a collaboration that now includes the Foster Care Appreciation Committee (formerly known as the Foster Care Training Committee), Hawai'i Adoption and Permanency Alliance (HAPA), GLUE Committee, and the RAC Committee so we can better serve children and families together.

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

Glue 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 ~ Hale Kipa ~ Hawai'i International Child
Child and Family Service ~ Better Together Hawai'i ~ Epic Foundation
Resource Caregivers ~ Adoptive Parents ~ Former Foster Youth*