# Fostering Communications

*Building a Network of People in the Foster Care System*

*March 2015*

## Upcoming Conferences…

ND Family Based Services Association Conference
April 8-10, 2015
Fargo, ND

Register at:
www.regonline.com/2015NDFBSAConference

ND Children & Family Services Conference
July 27-30, 2015
Bismarck, ND

## PRIDE Link

The PRIDE Model we follow teaches us that the trauma that children experience from abuse and neglect may have lifelong impacts. Pediatrician Nadine Burke Harris shares in the following video that childhood trauma is not something one can "just get over" as they grow up. Dr. Harris explains how the repeated stress of abuse and neglect along with parents struggling with mental health or substance abuse have real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who have experienced high levels of trauma are at risk for other medical concerns.

**How Trauma Affects Health Across a Lifetime?**

Dr. Harris talks about the Adverse Childhood Experience (ACEs) Study. ACEs are serious childhood traumas that deeply impact a young person and profoundly may affect emotional and physical health later in life. Laura Starecheski wrote the following article explaining a persons ACE score and what it may or may not mean long-term. This article also highlights the impact that positive experiences and relationships.

**What is your Ace Score?**

## Resilience

As noted above, children in foster care often live through many traumatic events; however, with the assistance of positive supports, children can develop resilience in the face of adversity. "When young people develop resilience, they are able to cope with, adapt to, and recover from even the most substantial challenges". The Jim Casey Youth Opportunities Initiative defines resilience and shares what we as caregivers can do to promote the growth of resiliency in the following article.

**Promoting Development of Resilience amount Young People in Foster Care**

Another wonderful resource is a Resilience Guide for Parents and Teachers from the American Psychological Association. They offer10 tips for building resilience in children and teens.

**Resilience Guide**

## Rebuilding Trust

"When a child experiences or witnesses any form of emotional or physical abuse, their trust can become shattered. Trauma survivors may have trouble trusting their close family relationships or friendships. The symptoms of trauma can cause problems with trust, closeness, communication, and problem solving. These problems may affect the way the survivor acts with others". Dr. Sue offers 8 steps to help children heal from trauma and learn to build trust again in the following link.

**8 Tips to Rebuild Trust**

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**Children and Family Services Training Center**
Department of Social Work
University of North Dakota

*Fostering Communications is published by the UND Children and Family Services Training Center under the sponsorship of the Division of Children and Family Services, North Dakota Department of Human Services. It is intended for all foster parents, foster care providers, and child welfare agencies. Comments should be directed to the Training Center.*

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ONE….

One tree can start a forest;
One smile can begin a friendship;
One hand can lift a soul;
One word can frame a goal;
One candle can wipe out darkness;
One laugh can conquer gloom;
One hope can raise your spirits;
One touch can show you care;
One life can make the difference;
Be that ONE today!!

~Author unknown

## Future Planning

"Every child's journey from cradle to career is filled with people who will touch his (her) life in some way. Some of the greatest influences will come from those who help a child toward a secure and stable future. You can be one of those key people in a child's life, wherever the child is on the journey." The Bank of North Dakota offers a unique website called "The College Planning Center". Most often we don't think of planning with the youth in our home until a child reaches high school, the College Planning Center offers information starting in early elementary to help prepare a child to enter college or even decide on what career would fit them best. This website can be used from the perspective of a caregiver or child and links also to a variety of other helpful links. **College Planning Center**

Another particular useful tool sponsored by the Bank of North Dakota for future planning with your youth is RUReadyND. This website offers a variety of options for both a parent or child. It has different option layouts for a middle or high school student. Students are able to explore a variety of careers by searching for a specific career, then they are able to see what the actual careers entails, learn what skills are needed along with education requirements, current national salary compared to ND, and other interesting facts which may help a student. This is just one of the neat tools there is for the youth to explore within this website.

Parents are able to help organize and make sense of future planning with a child by walking through one of these options:

*Review planning timelines (beginning in 7th grade)
*Guide for career planning
*Ways to help prepare a child for their ACT
*Financial Aid Planning 101 along with other tips and scholarship options

If you have a middle or high school child in your care, we highly encourage you to check out this wonderful ND resource. **RUReadyND.com**

## Impactful Words

There are often times when one may wonder if the children in our care hear what we say or know how we feel about them. We may even wonder if we are making a difference in their lives or if they will remember us down the road, long after they have left our home. According to one former foster youth, there are four messages that had great impact on his life and as he said made him "feel awesome".

**4 Impactful Things Foster Parents Can Say to Foster Kids**

## We've Moved

The Children & Family Services Training Center has moved locations. Our new office is located within the Northern Plains Center for Behavioral Research Building in room 320 at 400 Oxford Street, STOP 7090, Grand Forks, ND 58202. You can still reach us by email at: UND.cfstc@email.UND.edu and by phone at: (701) 777-3442.

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## Wear Blue Day

Governor Jack Dalrymple has proclaimed April as Child Abuse Prevention Month. Friday, April 10th, 2015 is the statewide "Wear Blue Day". We encourage you to wear blue to show your commitment to preventing abuse and support strong families along with healthy children for all of ND. Check out the following link to read the details of the Governor's proclamation for this year's Child Abuse Prevention Month:

**2015 Proclamation**

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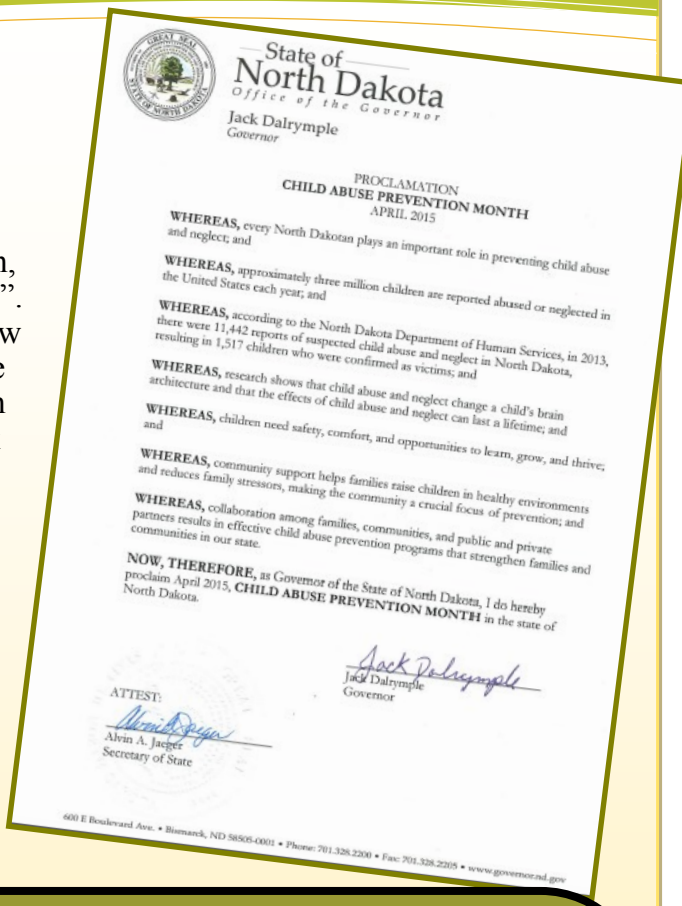

State of North Dakota
Office of the Governor
Jack Dalrymple
Governor

PROCLAMATION
CHILD ABUSE PREVENTION MONTH
APRIL 2015

**WHEREAS,** every North Dakotan plays an important role in preventing child abuse and neglect; and

**WHEREAS,** approximately three million children are reported abused or neglected in the United States each year; and

**WHEREAS,** according to the North Dakota Department of Human Services, in 2013, there were 11,442 reports of suspected child abuse and neglect in North Dakota, resulting in 1,517 children who were confirmed as victims; and

**WHEREAS,** research shows that child abuse and neglect change a child's brain architecture and that the effects of child abuse and neglect can last a lifetime; and

**WHEREAS,** children need safety, comfort, and opportunities to learn, grow, and thrive; and

**WHEREAS,** community support helps families raise children in healthy environments and reduces family stressors, making the community a crucial focus of prevention; and

**WHEREAS,** collaboration among families, communities, and public and private partners results in effective child abuse prevention programs that strengthen families and communities in our state.

**NOW, THEREFORE,** as Governor of the State of North Dakota, I do hereby proclaim April 2015, **CHILD ABUSE PREVENTION MONTH** in the state of North Dakota.

Jack Dalrymple
Jack Dalrymple
Governor

ATTEST:
Alvin A. Jaeger
Secretary of State

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## ND Foster & Adoptive Family Conference

The We know many of you look forward to the annual North Dakota Foster and Adopt Conference to accumulate your annual education hours. In 2015, there will be no statewide conference held in early October. That does not mean there will not be many opportunities to meet your ongoing training hour requirements. The partners who have sponsored the conference in the past, which includes the Children and Family Services Division, North Dakota Foster and Adoptive Parent Association, PATH of ND and the UND Children and Family Services Training Center, met in January to discuss the future of the conference and the growing costs associated with holding an annual conference. We decided to forego an annual conference in 2015 and hold four mini-conferences in four sites during the 2015-16 fiscal year. We hope this plan will not only save some dollars in travel costs but allow more foster and adoptive parents to attend training locally. Planning has already begun to provide great training opportunities for you. We do realize this may inconvenience some of you, who plan their annual training around the fall conference, so we wanted to give you some dates early on so you can plan your busy schedules. Our mini-conferences will be held on Friday evening and Saturday on the following dates and in the following locations:

*October 2-3, 2015: Fargo

*October 16-17, 2015: Minot

*April 15-16: Bismarck

*April 29-30: Grand Forks

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