

THE PRICE OF LOVE- PATIENCE, PRESENCE AND PAIN: HOW RESOURCE PARENTS CAN SUPPORT HEALING IN YOUTH

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THANK YOU!

THE UNIQUE ROLE OF FOSTER PARENTS

- HEALERS OF HIDDEN WOUNDS
- TEMPORARY GUARDIANS
- HOME AS SAFE SPACE
- LOVING CHILDREN NOT YOURS
- **DOING SOMEBODY ELSE'S JOB**
- BRIDGE BUILDERS
- ADVOCATES
- SUPPORT
 - EMOTIONAL
 - FEAR CONFUSION LOSS





UNDERSTANDING TRAUMA

- YOUTH CARRY COMPLEX TRAUMA
 - MULTIPLE EVENTS
 - **PROLONGED**
 - REPEATED
- TRAUMA IMPACTS BEHAVIOR:
 - ANGER
 - WITHDRAWAL
 - MISTRUST
 - ABANDONMENT
 - NEGLECT
- **CHRONIC**
- **ACUTE**
- **SECONDARY - VICARIOUS**

TYPICAL CHARACTERISTICS OF FOSTER CHILDREN

- MISTRUST OF ADULTS
- FEAR OF REJECTION
- **ABANDONMENT**
- **NEGLECT**
- EMOTIONAL DYSREGULATION
- **HOW DOES IT MANIFEST?**
- CONTROL ISSUES
- LOW SELF ESTEEM
- GRIEF AND LOSS
- SUBSTANCE ABUSE
- SEXUAL MISCONDUCT



BUILDING TRUST

- PREDICTABLE — STABILITY BUILDS TRUST
- **CONSISTENCY**
- TRANSPARENCY
- ASK- DON'T ASSUME
- SHOW EMPATHY, NOT JUST DISCIPLINE
- AVOID THREATS OF REMOVAL
- GIVE GRACE AND TIME
- **WHAT HAPPENED TO YOU?** (ALWAYS)
- **WHAT DID YOU DO?** (NEVER)
- KIDS WILL TAKE YOU THERE!



PRIORITIZE RELATIONSHIP OVER RULES

- HEALTHY RELATIONSHIPS
 - ENABLE GROWTH
 - ACCOUNTABILITY
- SPEND INTENTIONAL TIME TOGETHER
- CELEBRATE SMALL WINS
- BUILD SELF-WORTH
- **HUMAN CONNECTION**



RESPECT IDENTITY AND EXPERIENCE



- HONOR IDENTITY
 - CULTURE
 - RACE
 - GENDER
 - FAMILY TIES
- AVOID NEGATIVE TALK
 - ABOUT BIOLOGICAL FAMILY
 - PEER ASSOCIATIONS
 - DISCUSSION OF THE PROCESS
- ENCOURAGE SELF-EXPRESSION
- **WE LISTEN, WE DON'T JUDGE**

COLLABORATE WITH THE SYSTEM

- **COMMUNICATE**

- CASEWORKERS
- ATTORNEYS
- GUARDIAN AD LITEM
- HOME BASE CASE WORKERS

- **PARTICIPATE**

- ATTEND HEARINGS
- MEETINGS
- ADVOCATE FOR THE YOUTH
- MAKE TIME
- ASK QUESTIONS



MODEL HEALTHY CONFLICT AND REPAIR



- CONFLICT IS NORMAL
- REPAIR BUILDS RESILIENCE
- APOLOGIZE WHEN NECESSARY
- **MODEL ACCOUNTABILITY**
- EMOTIONAL REGULATION
- HONESTY
- TRANSPARENCY

CARE FOR YOURSELF

- SELF-CARE IS ESSENTIAL TO SUPPORT OTHERS

- SEEK SUPPORT

- TRAINING
- RESPITE (REST)
- FAMILY
- SPIRITUAL
- OTHER FOSTER PARENTS

- TAKE CARE OF YOUR NETWORK

- SET BOUNDARIES

- SET TIME FOR YOU



CLOSING MESSAGES

- - "YOU MAY NOT ERASE THEIR PAIN, BUT YOU CAN BE THEIR LIGHT."
- "EVERY CHILD IS ONE CARING ADULT AWAY FROM BEING A SUCCESS STORY"
- "TO BE LOVE UNCONDITIONALLY FOR THE FIRST TIME IN YOUR LIFE, CAN FEEL LIKE A REVOLUTION"
- "NO CHILD ENTERS THE CHILD WELFARE SYSTEM BECAUSE OF SOMETHING THEY DID. BUT RATHER SOMETHING THAT WAS DONE TO THEM THEY ARE SURVIVORS-DOING THEIR BEST TO COPE IN A WORLD THAT HAS FAILED THEM"