



# FAMILIES FORWARD

ISSUE 13  
MARCH 2022



## Stress Management for Foster Parents

Stress influences all of us in many different ways, whether we acknowledge it or not. Stress is so relevant in all of our lives that it affects people of all ages, whether it be in teenagers, college students, parents, foster parents, etc. For foster parents, in particular there are an array of various emotions that can occur while having a placement. As a foster parent, having to deal with stress is a huge factor, but being able to manage it is essential for all foster parents. In an article written by the MillarRich Family titled The Importance of Stress Management in Foster Families the importance of teaching children to manage stress in their daily lives is crucial. The MillarRich Family Model is a company that provides services for both children and adults and strives to make a difference in the lives of the children and families they work with. The MillarRich Family Model seeks to help those they serve by helping them work through their disabilities, or the various challenges they are facing. There are various forms of stress, multiple levels, and stress can affect children in school, with their friends, and in so many different aspects of their life. The article further explains the importance of providing an environment for children that allows them to heal from stress in their life to help them against future stresses.

There are a variety of resources that are beneficial for foster parents when it comes to parenting which can be helpful in providing support and guidance. The Child Welfare Information Gateway lists various resources for foster parents when looking for support and guidance when it comes to the stress and how to manage it. Some of the resources given are: Behavioral Management for Adolescents in Child Welfare, Advocating for Your Foster or Kinship Child at School, Affirming and Nurturing Racial Identity and Equality in Children, and 10 Resources for Foster Parents. This array of resources provided by the Child Welfare Information Gateway is available for foster parents dealing with stress and looking for ways to be able to better manage and cope with it.

Another great resource for foster parents is through the Foster2Forever website for foster parents who need help combating the stress in their life. Some of the helpful tips they suggest are exercise, eating properly, journaling, music, join a support group, ask for respite care, family fun, massage, yoga and/or meditation, and acceptance. It is important for foster parents to acknowledge the difficult feelings and signs of stress they may be having which can be physical, mental, or behavioral types of stress.

Forever Families offers resources and support for all of our foster parents and families as they go through their foster care journey such as, support groups and have a 24-hour emergency phone line. For more information please contact us at (734) 762-0909 and reach out to your case worker if you have any questions or would like access to additional resources.

## TABLE OF CONTENTS

Employees of the Month

National Social Work Month

Social Worker's Journey

Upcoming Trainings

# EMPLOYEE OF THE MONTH



Celine has been praised by multiple staff members of what a treat it is to be on a case with her. Celine's writing is fabulous, she is inclusive of all necessary parties and she is so well organized that people love working with her. Her social work contacts for January were 100%. Celine is always willing to be a team player and help others in need.

## National Social Work Appreciation Month



March is National Social Workers Month. We applaud Forever Families' social workers for their hard work and dedication. We honored our awesome social workers and case aides with a delectable lunch catered by Busy Days Meal Plating. Jean Stenzel, President, provided them a newly-branded backpack for their laptops. Thank you for your continued commitment.

# A Social Workers Journey

## Foster Care Worker Since 2017: Jeremy

### Why did you choose social work?

I grew up helping other kids, who were not a part of my family because my mom ran a daycare out of our house. Social work made sense and I felt drawn to helping other people, and I feel that I have a responsibility to give back to others in any way that I can.

### Tell us about a special experience you have had at Forever Families?

A few years ago, I was the foster care worker for a 2-year-old girl, who I had a very great relationship with. She would call me her best friend, she would be so happy to see me, we always had a great time and it made me feel like I was making a true difference and made my job very worth it. About a year after her case had closed, I was told by her adoptive parents that she saw a car that looked like mine and said that was my car. It was special to know that the little girl still remembered me and that I truly do have connections with the children, that help to make my job so special.

### Any advice for prospective foster care workers/social workers?

It is not just "playing with kids" but being able to work with kids and making sure they are safe truly makes the job worthwhile. The success stories, whether it is reunifying a child with their family or helping them to find their forever families, there is success and happiness at the end of the road. Focus on the positive outcomes and remember that we don't control everything!

# What else are we up to?

- We currently have 91 foster children in care.
- So far in 2022 we have:
  - Reunified 3 child with their birth parents.
  - Finalized 8 State Ward adoptions.
  - Licensed 5 foster homes.
  - Had 2 Domestic adoption placements and a safe surrender placement.

## Don't forget about your training hours!

The monthly support group for foster parents is the 4th Saturday of the month from 9-11 am.

Remember you earn 2 training hours every time you attend a support group, and have an opportunity to receive a prize by attending support groups.

Check out our upcoming support group dates & topics for 2022:

3/26/2022: Resources

4/23/2022: Cultural Comp

5/28/2022: Self-Care

6/25/2022: LGBTQ/SOGIE

Here is the zoom link to our monthly support group:

<https://us06web.zoom.us/j/84986619737>

Meeting ID: 849 8661 9737

Hope to see you there!

Don't forget to check out our monthly blog post on our website!