

# Fostering Communications

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

April 2021

Upcoming State  
Conferences...

North Dakota Conference  
of Social Welfare  
"Past-Present-Future"

September 22-23, 2021  
Bismarck, ND  
(In Person)

Check out [ndcsw.org](http://ndcsw.org)  
for more information to  
come...



**C • F • S • T • C**  
Children and Family  
Services Training Center  
Department of Social Work  
University of North Dakota

## PRIDE LINK

In this issue of the PRIDE LINK we are taking a closer look at the PRIDE competency *"Meeting children's developmental needs"*, specifically caring and nurturing an adolescent in foster care. As we may recall from our own adolescence, this time can be an extremely challenging period of time, not to mention the additional challenges that youth who have experienced trauma and being placed into foster care face. Regardless of all of this, during adolescence there are physical changes to the body as well to the adolescent's brain. In order to better understand a youth's perspective, it is helpful to understand some of these changes that are occurring in the brain during this time period. Please check this short video from Nicola Morgan BrainFacts.org to learn about the changes and differences between the adolescent and adult brains.

### Your Special Teenage Brain

Understanding how adolescents may think, process, and perceive themselves and their surroundings is helpful. This is why it is important to ask ourselves "How can we, as adults, be supportive to youth during these critical years of development?" Brain Frames is a series of printable science-based handouts/tools regarding adolescents in foster care and how supportive adults, including foster parents, can provide the positive interactions these young adults need. The Brain Frame tools were developed from the a comprehensive report, "The Road to Adulthood", from the Jim Casey Youth Opportunities Initiative. The printable handout/tools focus on five areas: *"Keeping the Family Conversation Alive"*-cultivating permanency families for young people; *"Healing Comes First"*-helping young people understand their experiences of racism and trauma; *"Successful Connections to School and Work"*-promoting college and career pathways; *"Promoting Safe and Stable Housing for Young People"*-ensuring adequate and safe housing for youth while also encouraging their personal choice; and *"Supporting Young Parents"*-supporting a young parents' progress toward self-sufficiency and healthy lifestyles and relationships. These tools include tips on what caregivers and other supportive adults can do. To view each of the five Brain Frame printables please click on the link below. This link includes the link to "The Road to Adulthood", the complete report from Annie E. Casey Foundation regarding what adults can do to ensure that young people leaving foster care can be self sufficient and have successful adulthoods.

### Brain Frames: Short Tools for Positive Interactions with Youth in Foster Care

In addition, AdoptUSKids Blog has seven useful tips for getting to know a teenager that you are fostering or adopting. These tips include helpful hints on ways to communicate with that teenager in your life.

### 7 Tips for Getting to Know a Teen You are Fostering or Adopting

*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.*

# Fostering Communications

Building a Network of People in the Foster Care System

April 2021

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

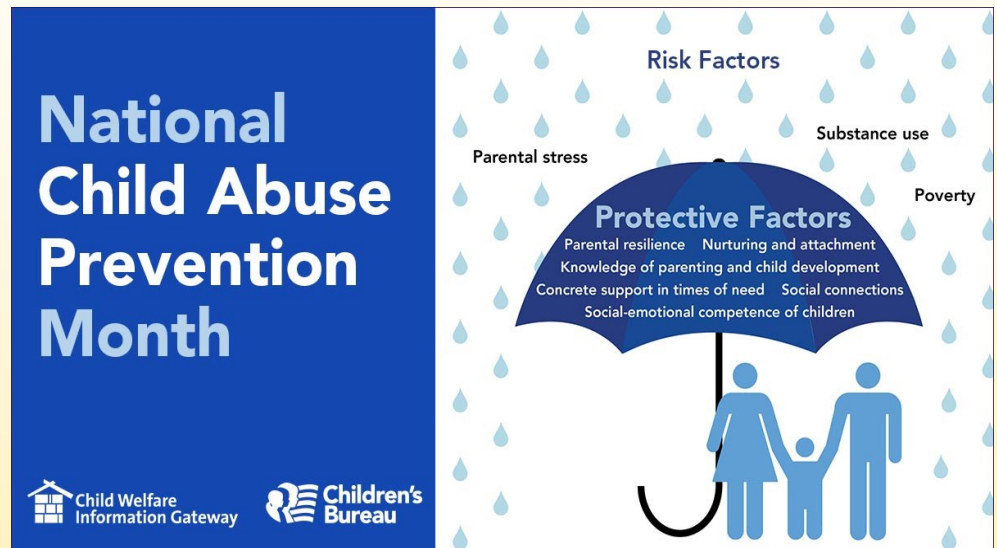


**C • F • S • T • C**  
**Children and Family  
Services Training Center**  
Department of Social Work  
University of North Dakota

## April is National Child Abuse Prevention Month

April is National Child Abuse Prevention Month and the Children's Bureau's theme for 2021 is "Thriving Children and Families: Prevention With Purpose". One way child abuse can be prevented and to help families thrive is to strengthen a parents' protective factors. Protective Factors are characteristics that are positive elements that have positive effects on children and families in our community. The article "Knowing the Protective Factors" from Prevent Child Abuse America identifies five protective factors as well as ways you can promote these factors in our own families as well as families in your communities. Please click on the link below to read the entire article.

### Knowing Protective Factors



For more information regarding this year's National Child Abuse Prevention Month, including a downloaded tool kit, graphics, and additional resources, please click on the link below from Child Welfare Information Gateway.

### April 2021 National Child Abuse Prevention Month

## Child Abuse Prevention Tips

We all play a part in the prevention of child abuse and neglect within our community. No matter what our role: a teacher, a neighbor, a foster or adoptive parent, or a child welfare professional, we are connected to children within our community. Just by the virtue of you reading this newsletter we know that you are critical in this work! Perhaps you have asked yourself, "What can one person accomplish? What role do I play in this?" The Washington State Department of Children, Youth, & Families provides you and I with practical and everyday actions that we can preform within our community and in our homes to prevent child abuse. "Ten Things You Can Do to Prevent Child Abuse" challenges us to be a part of the solution. Please click on the link below to view the complete list.

[Ten Things You Can Do to Prevent Child Abuse](#)

# Fostering Communications

Building a Network of People in the Foster Care System

April 2021



Are you interested or know someone who may be interested in becoming a foster parent?

Please call the **NEW** Toll Free Inquiry Line

1-833-FST-HOME  
(1-833-378-4663)

And speak with Sheila Muus, Foster Parent Recruitment & Retention Specialist



**C • F • S • T • C**  
Children and Family  
Services Training Center  
Department of Social Work  
University of North Dakota

## Recruitment & Retention

### Foster Parent Support Groups Offered Statewide

CFTSC is proud to announce that **Virtual Foster Parent Support Groups** are being offered statewide via Zoom. Two sessions are offered monthly for each half of the state, with one being held over the lunch hour and the other in the evening. Some sessions will have a presentation on a topic of interest to foster parents with educational training hours available. Some will be reserved for open discussion and support. These sessions will be facilitated by Sonja Stang, MSW on Zoom. **Look for emails from your licensor and/or your case manager for invitations to these sessions.**

### Foster Care Success Stories

Success stories in foster care do not usually make headlines, but they should! Everyday amazing healing, change, and growth is happening for children, youth, and families throughout the foster care community. Check out these great success stories from “Washington Fosters” that will inspire and uplift you.

[5 Foster Care Stories That Will Instantly Put You In A Good Mood](#)

Have you own success story to share? We would love to hear it! Please reach out to [sheila.muus@und.edu](mailto:sheila.muus@und.edu) to share your story.

### Questions To Ask Before Placement?????

Making sure that your home is the best fit for children or teens entering your care is essential for success. Information is crucial when making heart level decisions about accepting placements into your home. Here is a helpful article from AdoptUSKids that will guide you in what questions to ask.

[Questions to ask when accepting a foster placement](#)

### CFSTC Facebook Page

Do you follow CFTSC on Facebook? If you do not, please consider giving us a follow! Our page is a great resource for training opportunities, self-care tips, and ways to encourage others to get involved with foster care! We would appreciate you helping us spread the word about the need for more foster parents in North Dakota! Check us out!

[Children and Family Services Training Center | Facebook](#)

