

# FOSTERING COMMUNICATIONS

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

November 2022

## Upcoming State Conferences

### North Dakota Indian Child Welfare and Wellness Conference

February 21-23, 2023  
Sky Dancer Casino  
Belcourt, ND  
(In Person)

Details to come...

### North Dakota Family Based Conference

March 28-31, 2023  
Fargo, ND  
(In Person)

Details to come...



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

## PRIDE LINK

In this issue, the PRIDE competency we are taking a closer look at is attending to "Loss" as a developmental need; specifically looking at how children who are placed away from their parents and/or biological families may experience loss differently during the holiday season and ways that as caregivers we can assist children/youth during this time. Many of us can relate that the holiday season can be a time of joy as we connect with family and friends and experience holiday family traditions. However, as noted this same time of year can also be difficult for those who experience the loss of not able to be together with family and friends and being able to experience traditions that they hold dear. That could not be truer for children who have been placed foster care or have been adopted. You may recall in the PRIDE curriculum that often time foster care providers are also "loss managers" and during the holiday season a child's loss can be magnified; and thus you may find yourself deep in the role as a "loss manager" and wondering what can I do? Foster & Adoptive Care Coalition created a Top 5 Tips for Holidays in Foster Care that may assist you in navigating loss during this time. This Top 5 list contains practical tips of things you can do for children and youth you are caring for to help ease their pain. Please click on the link below to read access the list of tips.

### [The Holidays in Foster Care: Top 5 Tips](#)

As "loss managers" you also are encouraged to be mindful and to take care of yourself. Mike Berry at Honestly Adoption Company reminds us that this holiday season can be high emotion for both caregiver and child, and provides insights for what current or former foster youth as well as adoptees may be experiencing. In his article he provides five insights into how we can survive this difficult season with a reminder that "We're in this together". Please click on the link below to read the complete article.

### [How To Survive This Holiday Season](#)

In the article, "Holidays in Foster Care" by Foster Talk we get two perspectives from foster parents regarding how they navigate the holiday season. The first perspective from "Heather" contains advice for foster parents on how to face the holidays as well as ways she, a foster/adoptive parent, had to adjust ways she celebrates the holidays to meet her children's needs. The second perspective from "Megan" provides thoughts on the loss biological families may feel during this time of year and ways foster parents help ease that sense of loss by maintaining connections for both children and their biological families. Please click on the link below for the complete article.

### [Holidays In Foster Care](#)



# Native American Heritage Month

In honor of November being Native American Heritage month, we have several different video resources for you to check out that explore Native American History and culture.

First, "Origins of Native American Heritage Month" is a short video that provides a brief explanation of the history and origin(s) of Native American Heritage month.

## [Origins of Native American Heritage Month](#)

"6 Misconceptions About Native American People" is another short video from *Teen Vogue* that includes Native youth providing their perspective as they address common misconceptions about Native American people. Please click on the link below to watch the short video.

## [6 Misconceptions About Native American People](#)

The third video, "Native American History for Kids" is a short video directed for children providing a brief lesson regarding Native American history.

## [Native American History for Kids](#)

Lastly, it is important for you to be aware of some North Dakota tribal resources as well as information regarding Indian Child Welfare Act (ICWA) that is available on the Children and Family Services Training Center (CFSTC) website. Please click on the link below to take you to that the Indian Child Welfare Act (ICWA) tab on the CFSTC website, this is where you can find information and links as it related to North Dakota Tribes, Spirit of ICWA, and other ICWA related resources.

## [ICWA-Children & Family Services Training Center](#)



# MODELING COPING SKILLS

As noted in the PRIDE LINK above, the holiday season can be stressful for both children and caregivers and thus this time of year may provide numerous opportunities for both children and caregivers to use and strengthen coping skills. As caregivers it is important that we not only use our coping skills for self-care, but also as an opportunity to demonstrate to the children and youth in our homes how to actively use these skills when emotions are running high. In the article "How to Model Healthy Coping Skills" from Child Mind Institute, they talk about what coping skills are and how to model these skills for the children and youth in your homes as well as how as parents your coping skills may require some self-kindness.

## [How to Model Healthy Coping Skills](#)

**Trauma Informed Parenting 101**  
FOSTER PARENT TRAINING WITH ALLISON DOUGLAS, M.S. HARMONY FAMILY CENTER

**1 11.1.22 "Where Do I Begin?"**

**2 11.8.22 "Relationships Matter"**

**3 11.15.22 "Trauma Informed Discipline"**

**4 11.29.22 "Building Resilience"**

**Trainer: Allison Douglas, M.S.**  
Allison Douglas, M.S. (MEd-Ed) is the Resource Center Program Manager at Harmony Family in Knoxville, TN. She has been teaching for over two decades, starting her career as a Montessori trained early childhood educator. After seeing a need for robust, trauma informed education for foster families, Allison became the lead Parents as Tender Healers (PATH) training specialist in Knox County, TN. She has held a variety of positions in state and regional Foster Care and Adoption Advocacy groups and currently sits on the Greater Knoxville Bright Starts Advisory Committee. Allison is certified in Phase 1 and II of The Neurosequential Model of Therapeutics, as well as in the Neurosequential Model in Education. She is a fellow of the Trauma Informed Parent & Early Childhood Mental Health Fellowship at U.C. Davis and was selected for the 2022-23 All Educators cohort at The Fred Rogers Institute. Allison and her husband are grateful to share their lives with their four children, adopted via foster care.

**Learning Objectives:**

- Define complex developmental trauma.
- Identify 3 areas of development impacted by early adversity.
- Apply Regulate, Relate, Reason framework to foster adaptive parenting scenarios.

**Learning Objectives:**

- Explain the attachment cycle.
- Identify four ways that early relational trauma/attachment breaches impact healthy development.
- Integrate Higher PACE model into parenting practices.

**Learning Objectives:**

- Recall the three capacities of resilient children as stated in the MCTN Resource Parent curriculum.
- Define "unconditional positive regard".
- Develop two actionable steps to build felt safety in children.

**Learning Objectives:**

- Recognize the impact of early childhood trauma on children's behavior.
- Formulate three empathetic responses to common childhood misbehaviors.
- Compare the goal and principles of traditional discipline to those of trauma-informed discipline.

# TRAUMA INFORMED PARENTING 101

CFSTC recently partnered with Allison Cooke Douglas from Harmony Family Center and provided four sessions foster parenting trainings in November (11.1, 11.8, 11.15, and 11.29). The Trauma Informed Parenting sessions focused on topics, "Where Do I Begin", "Relationships Matter", "Trauma Informed Discipline", and "Building Resilience". These sessions were recorded and these recordings as well as handouts are now on CFSTC's website for a limited time (30 days). If you were not able to attend the live session or you want to review any of the great information that Allison shared, please click on the link below. As always, please talk to your foster care licensor regarding obtaining continuing education credit for viewing any of the recordings.

## [Trauma Informed Parenting 101](#)

# Recruitment & Retention

## Reflecting on November: National Adoption Month

Since 1995, November has been designated as National Adoption month. Throughout the entire month, statewide efforts were put into spreading additional awareness about adoption, and to recognize the need for permanent homes for children right here in North Dakota. Currently, there are 23 children in foster care across the state waiting for a permanent placement option. The goal of the AASK (Adults Adopting Special Kids) program is to get this number to zero! A few helpful ways community members can bring attention to this need is through word of mouth, sharing social media posts, or inviting a worker to come visit with their business or organization! National Adoption Month is also a special time to reflect on the important work being done to secure forever families for children waiting in foster care. This past fiscal year, 271 adoptions were completed statewide through the AASK program. In addition, AASK provided services to more than 900 children in various stages of the adoption process! Supportive services continue to be available as well once permanency is established. Adoptive families, or those who provide guardianship to a child in their home, have access to a wide array of supports through the ND Post Adopt Network! Therefore, families in North Dakota who provide permanency to a child, will never have to feel alone! If adoption through foster care is on your heart, take a moment to view this video to learn more!


### AASK VIDEO

## What is the ICWA Cultural Liaison Program?

Keeping Native children connected to their culture is essential to their overall well-being. At times, this can be challenging for non-Native caretakers, however support is available! The ICWA Cultural Liaison Program is a service provided through the Native American Training Institute, and supported through the Recruitment and Retention contract. The program is designed for Native children placed with non-Native foster parents, or Native children who have been adopted into a non-Native family. Families can be matched with a Cultural Liaison to receive guidance and education to prevent cultural disconnect for Native children in their care. If you are a caregiver that would like additional cultural support, or if you are a Native community member who has interest in becoming a Cultural Liaison, please reach out to Andrew Mokena at AndrewM@nativeinstitute.org. Or check out this video for more information:

### ICWA Cultural Liaison Program VIDEO

## Virtual Foster Care Panels



Do you know somebody who is interested in fostering?  
Attending a Virtual Foster Care Panel is a great place to start!  
Keep an eye on the UND CFSTC Facebook page for upcoming dates,  
and consider sharing with friends, family, and through social media!

**December Panel held on Tuesday, December 27, 2022  
from 7:00-8:00 PM CST**

Anyone interested can simply register through the Zoom Link  
[HERE](#) and join on the scheduled date!

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NORTH DAKOTA

FOSTER OR ADOPT



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

Please call the  
Toll Free Inquiry Line @  
**1-833-FST-HOME**  
**(1-833-378-4663)**

And speak with  
Recruitment & Retention  
Specialist, Carissa Cox.



## UPCOMING Foster Parent Support Sessions:

**12.01.22**

7:30-8:30 p.m. CST  
\*Education Opportunity\*  
Topic-Team Selection &  
Adoption Process

**12.15.22**

5:00-6:00 p.m. CST  
\*Open Chat\*

**12.20.22**

11:30 a.m.-12:30 p.m. CST  
\*Open Chat\*

Session details come by email  
from CFSTC. Please reach out if  
you would like to attend and have  
not received an email invite.

NORTH  
**Dakota** Be Legendary.  
Health & Human Services