

Inside this issue:

Spirit for His Soul	1
Outstanding DHS Worker— Marcia Ota	2
Legislative Update	3
Who Ya Gonna Call	3
'Ohana Rewards	3
Annual Conference 2016	4
Prudent Parenting: Common Question	4
A Child in Pain: When to Get Help and What Help to Get	5
Ask the Warm Line	8
Resource Family Basics	8
2016 National Foster Care Month Events	9
Adoptive Families Needed Through Wendy's Wonderful	10
Help Siblings Stay Connected: Volunteer With Project Visita- tion	10
Calendar of Events	11
Employment Opportunities	11
PATCH Training	11

Spirit for His Soul

By Wilma Friesema, MFT

On June 23rd, 2016 the State of Hawai'i celebrated National Reunification Month (NRM). Originally spearheaded by the American Bar Association's Parent Attorney Project in 1999, NRM is a nationwide celebration which honors and gives well deserved recognition to families who have completed a challenging journey. It's a journey that traverses the pain of child abuse or neglect, navigates the mazes within the legal and social services systems, and, after much hard work, ends with a healthier and *safer* intact family.



Stanley Soares & 'ohana

As with all significant change and growth, the families do not do all the work on their own. Support from state and non-profit agencies, as well as the parents' own personal supporters, can make all the difference in the world. The sponsors of this year's NRM in Hawai'i – the Department of Human Services, Family Court, EPIC 'Ohana, Partners in Development Foundation, and It Takes an 'Ohana – are reflective of a statewide collaborative effort to keep children safe and families intact.

Stanley Soares, this year's honoree, intimately knows the difficult journey to reunification. In January of 2013 Stanley's three minor children were taken into foster custody because problems in their mother's care threatened their safety and well-being. Stanley, who was separated from the children's mother, was an attentive father, but he also had substance abuse issues. Both parents agreed to Voluntary Foster Custody, which meant the children would be in foster care while they worked with Child Welfare Services (CWS) to resolve the safety concerns. For Stanley that meant substance abuse treatment, anger management courses, and parenting classes.

For many families who enter child welfare, CWS involvement is not the beginning of their arduous journey. Frequently they are on a trail of broken dreams, trauma, poverty, and substance abuse that harkens back to the parents, their community, and into the preceding generations. Stanley, who grew up in the Kalihi housing campus, saw and experienced much of that arduous journey. His father's stinging words and harsh physical punishment were common inside his home; drug abuse and poverty were common outside his front door. Young Stanley began to break rules to release his anger and heartache. At age twelve he was running away from home, skipping school, and meeting up with friends to use drugs. The harder he was pushed to behave, the more he rebelled.

Stanley was well on his way to self-destruct, but a nine year stint in the army helped him learn self-discipline. By the time he returned to civilian life he had job skills and optimism. Though he was illiterate, he soon landed a steady job, got married, and eventually had three children. He thought his rough past was behind him.

Methamphetamine, that insidious temptress, entered his life without fanfare. Friends were using it, but Stanley resisted...until he didn't. By the second time he tried it, he was hooked. "It added more spirit to my soul," he said when asked about the drug's appeal. Though he did stop for a period of time, he turned to methamphetamine again when his marriage was in trouble.

The road that unfolded from there was typical. Stanley would function in his daily life, but methamphetamine would "enhance" it. Daily life would seem duller and a little less manageable and the desire to get high would increase. It helped ease the heartache and anger that was returning. Eventually Stanley and his wife divorced.

Continued on pg. 2

HUI HO'OMALU STATEWIDE RESOURCE ADVISORY COMMITTEE

The Hui Ho'omalua Statewide Resource Advisory Committee (RAC) provides support to the resource family community through identifying ongoing needs, facilitating communication and by sharing resources.

The Building Connections Newsletter is published four times a year to provide information regarding foster and adoptive care to resource families, service providers, and to the public.

This newsletter may be viewed on the following websites:

www.hawaii.gov/dhs/protection/social_services/child_welfare/foster

www.pidfoundation.org

Partners in Development
Foundation

2040 Bachelot St.

Honolulu, Hawai'i 96817-2433

If you would like to receive this newsletter, please call:

441-1125 (O'ahu),

888-879-8970 (Toll Free) or

E-mail: RAC@pidfoundation.org

GO GREEN!

Want to help our environment? Contact us today and request an electronic copy!



OUTSTANDING DHS WORKER!

Marcia Ota Kaua'i CWS Licensing Worker

It Takes An 'Ohana's Advisory Committee (IAC) would like to thank Marcia Ota for going above and beyond in her accessibility, advocacy, commitment and dedication in creating positive outcomes for children and families on Kaua'i.

Resource caregivers described Marcia as an effervescent personality who holds a very public-spirited and optimistic view of child welfare. She is an exemplary person who works tirelessly to bring the best possible outcomes to the future of each child and youth touched by her department. If an issue in a foster child's case arises, she is always thoughtful and insightful when helping to find a solution.

When Marcia has to contact resource caregivers regarding the required hours needed or updating mandatory certifications, she does so with a gentle and humble approach. The request is preempted by an e-mail with a follow-up phone call. She is always aware of the family's needs and has strategies in mind on how she can help.

Marcia is a humanitarian who silently goes about gathering necessary items, such as clothing, beds, blankets, food, used computers, toys, monetary donations and whatever else she can acquire, to support resource caregivers and the children they were awarded. For all this and more, we send a BIG MAHALO to Marcia!



Marcia Ota

Do you know a DHS-CWS worker(s) that you would like to acknowledge for his/her exceptional work? Share their name(s) with us and what makes them so special so we can let others know how wonderful they are!
441-1125 (O'ahu) ★ 1-888-879-8970 (Toll Free) ★ RAC@pidfoundation.org

Spirit for His Soul (cont.)

After the divorce, Stanley got involved with a woman who became the mother of his next three children. These were the children taken into foster care in 2013. Throughout, Stanley loved his children and vowed to be an attentive dad, but, as much as he tried, his drug use kept him from living up to that promise.

One night, as he was sleeping in his truck alongside the ocean, he had a vivid dream about being home with his children. It was such a profound and realistic dream that when he woke up it was jarring to see his reality – he was homeless, sleeping in a truck, separated from his children whom he loved so much. In that moment he admitted his life *had* to change.

With CWS support, Stanley willingly entered the Hina Mauka substance abuse program. He was successfully discharged a year later to a clean and sober house. He took all the recommended parenting classes, anger management classes, and attended all the court hearings. He also visited the children daily, which helped to further his resolve to stay clean and sober. Every time, he said, when he saw the State car leave with his children he wanted to run after it and grab them. Feeling that powerlessness and loss further strengthened his determination to stay straight and get his children back.

It took three years for Stanley to reunify with his children. CWS staff turnover, communication issues, and the challenges of navigating State government while not being able to read or write took their toll. It wasn't until a new program, Family Wrap Hawai'i, came onboard that Stanley's case took a turn for the better. His Wrap team worked to creatively find ways to meet his needs, and as a result he began working with a Hawai'i Literacy volunteer, which helped build his confidence. He also worked with his Comprehensive Counseling and Support Services workers to address his own health needs and to grow more knowledgeable and effective as a parent. Stanley thrived.

Last autumn, Stanley's two youngest children came home for good. His teenage son continues to live with Stanley's older son and daughter-in-law nearby. They all spend time together and are truly a family. On January 6th, 2016, nearly three years to the day of the children's removal, Stanley's CWS case was officially closed in Family Court.

Today, Stanley is filled with joy and believes that his children now have a true sense of belonging and security. He wants them to know he loves them and openly tells them so. He's also very clear about his priorities and realizes the high price he paid for getting high. "The thing that took my kids away was dope," he said. "If I stay away from dope, no one will take them away." It's pretty clear that being with his children is what's truly adding "spirit to his soul," these days.

Legislative Update

By Judith Wilhoite, Family Advocate, *It Takes An 'Ohana, Family Programs Hawai'i*

We are happy to report that we were successful in our advocacy efforts for 5 of the issues we worked on at the Hawai'i State Legislature this year! Thank you to all who helped make Hawai'i a better place for children and youth by joining us in legislative action. By being involved in the law-making process, you made your voice heard and gave meaning to the democratic process! *Here is a recap of the 2016 session:*

Prudent Parenting

This bill establishes qualified immunity for resource caregivers when they use reasonable and prudent parent standards when authorizing children in foster care to participate in activities. This helps us to give more opportunities to our foster children and youth, allowing them to participate in developmentally appropriate activities such as field trips, sleepovers and other extracurricular activities. It also brings Hawai'i into compliance with the Preventing Sex Trafficking and Strengthening Families Act (HR 4980) that was signed into law on September 29, 2014.

Higher Education for Foster Youth

This extends the application deadline for financial assistance for higher education available to foster or former foster youth. It also makes two adjustments to the eligibility requirements for Imua Kakou (the Voluntary Foster Care to Age 21 program) that will enable more youth to take advantage of this great program.

Sex Trafficking

This bill will ban sex trafficking in Hawai'i in a victim-centered way. Many have worked to address the issues that caused last year's bill to be vetoed. We hope this will be the year that Hawai'i will join the rest of the nation in having a law that addresses sex trafficking.

Preschool Open Doors

This year the budget for POD has been increased from \$6,000,000 to 10,000,000!! This is great news and may allow the program to begin serving some 3 year olds.

Hawai'i Child Welfare Education Collaboration

This restores the program to recruit and train graduate students from the UH Myron B. Thompson School of Social Work for child welfare positions at DHS. This was a great program that brought wonderful talent to the DHS, which in turn helped bring great results to many families. This is the year this program comes back!

Thank YOU again to all who helped give voice to the needs of children, youth and families!

If you aren't yet a part of our team and want to join us next year, go to www.ittakesanohana.org, scroll down on the right hand side of the page until you see *ITAO Newsletter*. Click on the "Click here to sign up" link. Enter your name and email address and check the *Legislative Update* box. We promise to e-mail you when legislative action is needed and to make the process as easy as possible with step-by-step directions.



There may be times when you, as a resource caregiver, have a question or concern and are not sure where to go for help. We will be presenting scenarios in each newsletter as a way to highlight different situations and suggestions on "Who Ya Gonna Call?"

Who Ya Gonna Call?

Your teenaged foster youth walks into the room wearing a pair of jeans that he got just a few months ago. While it was the perfect length then, it now looks like he is waiting for the tide to come in! It's amazing how teens can grow seemingly overnight but unfortunately their clothes can't do the same. Pull out your handy dandy "Who Ya Gonna Call" list that was also in the January 2015 Building Connections Newsletter. Look under *Clothing Needs of Child* and find some direction by contacting the Social Service Assistant!



'OHANA REWARDS

Want to know how you could receive a \$200.00 gift card?

Would you like your name to appear in a future RAC newsletter?

All you need to do is help us find more homes for Hawai'i's keiki in foster care!

If you can refer, help, cheer, and see your referral to the finish line to become licensed, you could earn a \$200 gift card of your choice and be listed here as an 'Ohana Rewards recipient!

Jennie Endriss
Lily Nahoopii

Call Hui Ho'omalulu today at 441-1117 or 1-888-879-8970 (toll free) for more information!

Annual Conference 2016: “Learning by Doing: Encouraging Emotional and Developmental Growth Through Life Experiences”

by Michelle Sajona

Are children/young people who are in foster care allowed to participate in sports activities and attend other social activities or functions? If you answered yes, you are on the path to providing an opportunity for your youth to experience normal social activities!

This year's 9th Annual Conference featured familiar guest speakers, Kimo Alameda, Ph.D. and the Department of Human Services' Laurie Jicha, MSW. Resource, adoptive, and guardianship families and DHS Social Workers and service providers were invited to learn about the new procedures on normalcy and prudent parenting. Dr. Kimo brought humor to discuss the spectrum of normalcy and how it changes over time. What was once thought of normal such as rotary phones and hosting a wedding have changed over the years, and when new norms arise, it challenges us to think differently. Along with this, Dr. Kimo touched on the varying types of parenting and decisions we make, such as when to allow dating, when to get children cell phones, and whether to allow your child to sleep over their friend's house. There are no easy answers to these types of questions. Many times the answers depend on the age of the young person, their social development, safety, birth family wishes, and other surrounding circumstances. These considerations along with culture, religion, disabilities, etc., should be taken into account when making a prudent parenting decision. To help understand the prudent parenting standards a guide, "Normalcy for Children and Young People in Foster Care" was handed out at the conference.



**Delia Ulima &
Dr. Kimo Alameda**

Laurie emphasized the importance of caregivers and social workers to provide opportunities for youth to engage in normal social activities because we learned that by doing so, young people develop skills, learn about themselves, build healthy relationships with adults and peers, and learn important decision making skills that prepare them for successful transitions into adulthood. We were fortunate enough to hear from social workers, resource caregivers, and young people at each location about their experiences participating in social activities and how it has helped them to succeed. We saw videos presented by EPIC 'Ohana's HI HOPES which also emphasized the importance of this issue. To further help caregivers navigate common questions about what is or is not allowed, DHS CWS developed the "Don't Say "NO" Before You "KNOW" guide for caregivers to promote normalcy and well-being for children and youth in foster care.

Did you miss this year's 9th Annual Conference for Resource Caregivers? Please call the Warm Line 808-545-1130 (O'ahu) or 1-866-545-0882 (Toll-free) to request a DVD copy of the amazing training and/or to receive a copy of the documents shared at the conference. You may also submit a verification form to your licensing worker to receive credit hours for relicensing.

Prudent Parenting: Common Question

The following is an excerpt from the *Don't Say "NO" Before You "Know" guide*, created by the State of Hawai'i Department of Human Services, Child Welfare Services. The guide presents common questions and answers for Resource Caregivers on providing normalcy for children/young people in foster care to participate equally in age or developmentally appropriate extracurricular, social, and cultural activities as their classmates and peers. These Q & A's can be found within the Normalcy Guidelines provided by your DHS licensing worker.

Question: Are children/young people who are in foster care allowed to participate in sports activities and attend other social activities/functions?

Answer: YES. ALL children/young peoples who are in foster care, whether they are in a resource family home or in a Child Caring Institution, need and deserve the opportunities and experiences appropriate to their age and maturity. This includes participation in social activities, dating, recreational, school dances, cultural, religious and community activities. A child/young person participating in sports, whether it is through their school or in their community is a normal part of being a child.

Permission and encouragement of the child/young person, is dependent on his or her age and maturity level, to engage appropriate social and extracurricular activities in order to promote social development, if approved, have contact with family members, have access to phone usage, have reasonable curfews, and travel with other youth or adults.



Advertise in the Newsletter—Promote Your Business

100% of the proceeds will be used towards supporting Hawai'i's resource families

Display advertisements with borders: business card size = \$30; 1/4 page = \$50; 1/2 page = \$75; full page = \$115.

Send information to: Hui Ho'omaluu—RAC, 680 Iwilei Rd., Ste. 500, Honolulu, HI 96817

441-1125 (O'ahu) ★ 888-879-8970 (Toll Free) ★ Fax: 441-1122 ★ Email: RAC@pidfoundation.org

A Child in Pain: When to Get Help and What Help to Get

By Ken Huey, PhD

This article is reprinted with permission from Adoptalk, published by the North American Council on Adoptable Children, 970 Raymond Avenue, Suite 106, St. Paul, MN 55114; 651-644-3036; www.nacac.org. Please note that although this article mentions "foster families" and "foster parents", in Hawai'i they are referred to as "resource families" and "resource caregivers."

Dr. Huey, a therapist and adoptee, serves as CEO of Kaizen, a residential treatment center for adolescent boys. He is the keynote speaker for the 2016 NACAC conference and will be coming to Hawaii to speak at the HAPA & FCTC Conference in September titled, "Brains, Beasts, and Behavior: Healing Trauma from the Inside Out." See the calendar on page 11 for more information.

The memory is vivid. I am eight years old and I am screaming. I am hysterical in my room. I ache at a level that I cannot give words. Over and over again I cry that no one loves me and that I don't fit. My father holds me. He cries while I cry. He tries to tell me that I am a handsome young boy and lovable and people do like me. He tells me he likes me. "You have to because you are my dad," I cry. "You adopted me so you have to love me. No one who has a choice loves me."

Insecurities are normal part of childhood, but what I experienced was well beyond normal childhood angst, and it was coming at a very early age. In grade school and especially in junior high and high school I was racked with insecurities beyond anything you would typically see in any young person.

I had no faith in my ability to sustain a relationship. I would not have used those words but I "knew" it all the way to my core. I "knew" relationships would end if you just gave them a little bit of time. I did not trust anybody in my life with the possible exception of my father. I felt my grandparents, cousins, mother, even my siblings did not truly love me. I know now that I was wrong, but at the time that was my reality. It is only after many years of experience that I can look back and realize how tragically wrong I was.



When to Get Help...

With the benefits of education and experience, I better understand myself as a child. I see myself as having been hurt by the trauma of adoption and also by abuse in my early childhood. That trauma ruled the emotional centers of my brain and my brain then lied to me about unreal threats to security around me. I was stuck in a fight, flight, or freeze response.

I never got any professional help in my early childhood or at any time through my teen years. It was in my mid-20s before I began to sort out some of the emotions and fears that were driving me. I was able to heal through a number of very fortunate events. Call it divine intervention or dumb luck but it certainly was not a thoughtful application of trauma informed therapy that changed me. That therapy didn't exist at the time.

As I look back, I wonder, what help would have benefited me? Did I need psychiatric help, residential treatment, a good therapist? At what point were my trauma responses severe enough to warrant intervention? When and what help would have been beneficial?

To answer the questions of what help to give children and youth, and when to give it, we first must consider the levels of care that are available. There are four broad levels of intervention, listed below from least invasive to most invasive:

1. Parent-educated care
2. Outpatient therapeutic interventions
3. Wilderness therapy and residential treatment
4. Psychiatric hospitalization

Starting with parent-educated care, let's consider each of these levels of intervention. We want to know what each level of care encompasses, when each level is appropriate and sufficient, and when to move up to a higher level of care.

Parent- Educated Care

Parent or guardian-educated care speaks to the notion that problems are handled at home but in an informed way. Too often parents believe they just need to love a child who experienced trauma and all will sort itself out. While well-meaning, this ignores a host of potential problems. Whether trauma issues are immediately discernible or not, parents or guardians simply must commit to understanding trauma and attachment theory. They have to commit to understanding what adverse childhood experiences do to the brain. They have to have some understanding of the best experiential ways to help traumatized kids.

Absent major behavioral disruptions, this is the place to start when there is any inkling that a problem may be around the corner. It probably would have been the perfect place for my parents to start when I was having troubles at such a young age. All children melt down at times. But usually there is an identifiable precursor to a meltdown.

Perhaps some friend at school has been repeatedly mean. Perhaps schoolwork is overwhelming and the child just cannot understand math. Maybe a younger sibling gets into a child's personal belongings and destroys something.

Continued on pg. 6

A Child in Pain: When to Get Help and What Help to Get (cont.)

Loss of emotional control in such settings is somewhat understandable. When there is not an identifiable precursor or the emotion is repeatedly and wildly disproportionate to the level of the irritation, that is the time to worry. My pain and hysteria was exactly this type of disproportionate response. When traumatized children act out emotionally and behaviorally beyond what peers do, parents need to intervene.

As parents seek to address trauma at home, here are some important points to keep in mind:

1. Trauma and adverse experiences can have a life-long impact on a child's brain, and can affect behaviors, relationships, social skills, mental and physical health, and more. Thinking about negative behaviors as a survival response to trauma or as a result of a re-wired brain can really help parents move from blaming their children to understanding their child. '
2. It's important to focus on attachment first. Sometimes new parents get caught up in enforcing rules (such as making the bed, eating vegetables, or doing chores) or teaching life skills when instead it may be better to be hyper-focused on bonding with their child in the early days
3. When a child or youth is in extreme distress, it may be best to focus on your connection with the child and provide emotional comfort. Wait to have a conversation about why the child was so emotional until after immediate crisis has passed.

First and foremost, parents who want to become more educated should pursue additional information in a number of ways. You can:

- Learn more about adverse childhood experiences (ACEs) at www.acestudy.org
- Explore the work of Dr. Dan Siegel (<http://www.drdansiegel.com>) and Dr. Bruce Perry (<http://childtrauma.org>)
- Read the work of Dr. Daniel Hughes at www.danielhughes.org
- Join the Attachment and Trauma Network (www.attachmenttraumanetwork.org)
- Attend the NACAC conference
- Connect with other adoptive parents, including by joining a support group

The learning curve is steep but relatively short to get to a place of conversant knowledge. In many cases learning what to do from the best minds available will equip you to intervene early and change the course of your child's life early.

Outpatient Therapeutic Interventions

There are two fundamental questions related to outpatient therapy: At what point do you need a therapist for your child? And how do you find a qualified therapist?

In answer to the first question, if you are out of your element and the education you have acquired is not making a noticeable impact after a few months, it's time to find a therapist. Sooner rather than later is important. There is little chance of inflicting harm by finding a qualified, specialized therapist too early. My parents likely could have helped me without a therapist until I reached adolescence. Once I hit my teenage years I began to be involved in some risky behavior that should have triggered a therapist search. I was partying and becoming heavily involved with girls when I was much too young. Had my parents been more aware, individual and family therapy would have likely helped me reduce my problem behaviors.

A competent trauma-specialized therapist will help you in the education process and give your family solid interventions that will help at home. As soon as such a therapist becomes aware that you are not in need of their services, she will tell you. The key is that the therapist must be specialized. Don't talk to just any generalist practitioner who says she knows adolescents or young children. Find someone with a trauma-informed practice. ATTACH.org has a list of registered clinicians across the country. If you join the Attachment and Trauma Network, scores of parents who have walked your road will have names they can suggest. If you belong to an adoption or foster care support group or are involved with an organization supporting adoptive or foster families, ask other adoptive and foster parents or service providers if they have a recommendation.

If you cannot find a therapist by asking for a recommendation, you should be able to find one by asking a few thoughtful questions. Use your new-found knowledge about trauma. What does the therapist know about the Adverse Childhood Experiences study? Is he well-versed in the work of Dr. Bruce Perry, Dr. Dan Hughes, or Dr. Dan Siegel? What specialty or experience does he have in adoption or foster care? Is she strengths-based and family oriented? Is he using any evidence-based techniques that have been tried with young people who have experienced trauma and loss? Interview each potential therapist. When you are comfortable that the therapist knows much more than you, you can proceed.

Wilderness Therapy and Residential Treatment

Wilderness therapy and residential treatment are high impact and offer relatively long-term solutions. You might consider wilderness and residential options when outpatient therapy continues to fail, and your child's behaviors and issues are too emotionally exhausting and maybe even threaten family security. Some combination of ongoing running away, defiance without resolution, failure at school, violence, threats to parents or other family members, sexual acting-out, or constant broken relationships may be an indication that wilderness therapy or residential treatment is needed.

Had I been in therapy my parents would have had data on my behavior and mental state. If I didn't improve with therapy, and I began to act out more severely wilderness and residential options should have come into play.

Wilderness therapy is anywhere from four to eight weeks (sometimes a bit more) and is outside of four walls, in nature, just as the name suggest.

Continued on pg. 7

A Child in Pain: When to Get Help and What Help to Get (cont.)

It might be in a desert or mountain setting. It can be winter or summer. Youth in these programs learn primitive survival skills or just community living in a challenging environment. At the end of the day, a trauma-focused wilderness program is going to try to teach trust and communication in a dynamic environment. These trust and communication experiences can be the building blocks for some very helpful family change.

Before you choose a wilderness program, make sure it is trauma-informed and has excellent reviews and recommendations from people you trust. Your goal is to find a place that has a healing practice, rather than a harsh boot camp that may further traumatize young people in pain.

Effective, trauma-informed residential treatment typically lasts at least 10 months. As the name implies, a child must leave home and live in the residential facility. It is a bit counterintuitive to send a child who is struggling with trauma and attachment issues away to get treatment. However, in dire circumstances a setting is needed where all variables are controlled in the healing process. This is often best accomplished outside of the home. When a traumatized child's behavior is life threatening, residential is needed.

As with outpatient therapy, find a specialist. Just as you would never go to a general practitioner for cancer treatment, you would never go to a generalist residential treatment center to tackle developmental trauma. A trauma-specialty residential setting will be very focused on the family system. Specialty residential treatment will require you to be on site often, to have weekly therapy, to have lots of contact with your child. The best residential will have transition planning that starts months before your child comes home. They will manage the transition home, likely with the residential therapist coming to your home to facilitate the transition.

Of course, wilderness programs and residential treatment are not cheap, with costs ranging up to \$10,000 or more per month. Adoption subsidies, medical insurance, Medicaid, and even second mortgages might come into play. I must unfortunately acknowledge that some families simply cannot access this level of care.

Psychiatric Hospitalization

Usually short-term, psychiatric hospitalization is a high-impact, invasive treatment option. The decision as to whether psychiatric hospitalization is needed is usually fairly straightforward. In my example at the beginning of this article, hospitalization would not have made sense. But if I had started cutting myself in the middle of that pain, that would have been a game changer. If I had described voices I was hearing telling me to hurt my mother that also would have immediately increased the needed level of intervention. Anything that looks like an immediate threat to the well being of the child or others is need for psychiatric care. If there is active suicidal ideation or a child pulls a weapon on a family member, it is usually time to hospitalize.

Decades ago, before residential treatment, psychiatric hospitalization was the final destination for most mental health and behavioral issues. Psychiatric hospitalization could last for months. Managed care changed that, and hospital stays decreased from half a year, to a few months, then to just a few weeks. These days hospitalization is typically for only a few days to a week, with the goal of stabilization only. No real therapy is done, and stabilization usually means changing medications to get behavior changes. Once a child is stabilized, it is usually time to move into a residential or wilderness setting or to access therapeutic supports in the home or community.

I struggled needlessly for years. My healing timeline could have been dramatically shortened if my parents had known where to start. My hope is that this article will guide you to make appropriate decisions at the appropriate time. Remember that others have walked this path before you. Don't believe for a minute your situation won't get better. Don't try to find help without reaching out to others who have gone before you. Using the resources mentioned above you can find help. You can find hope. Your child can heal.

HAPPY ANNIVERSARY!

How long have you been a resource caregiver? We would like to honor you by printing your name and current years of service in our newsletter. We know you are out there but we need your help. Please send your name and years of service to:

RAC@pidfoundation.org ★ (O'ahu) 441-1125 ★ (Toll Free) 1-888-879-8970

Mahalo for your dedication and heart for Hawai'i's keiki and families!

Help! Looking For Stories!

Would you like to share some helpful tips? Got an inspirational story to tell? Know of some useful resources in your community?

These are just some of the many possibilities that you can contribute to this newsletter. Please send them over so we can all benefit from each other's wisdom!

We would also appreciate any feedback, comments and suggestions on ways that we can improve this newsletter so that it is useful to you. What would you like to see in it? Topics of interest? We look forward to hearing from you!



Welcome to FPH's Resource Family Support Services Corner

By April Lum, RFSS Family Resource Specialist

Resource Family Support Services (RFSS) is funded by the Department of Human Services

Ask the Warm Line



April Lum

The last few months on the Warm Line we have seen an increase in calls for the Care to Share project. Many had heard about the project but weren't sure exactly what it was. There are two different ways that families can participate with the Care to Share project. Here is some information on what Care to Share is all about:

What is Care to Share?

Care to Share is a way for people or businesses in the community to share their gently used items with families who have opened their homes through fostering, adoption, or guardianship. The Warm Line keeps a list of available items and matches them with resource families requesting needed items. As we may not always have needed items available immediately through a donation, we search "for sale" ads and inform sellers of our program and how it benefits children in care. Sellers will often donate the item or offer a significant reduction in price. The resource family in need may choose to purchase the item at the price offered or wait until a donated item becomes available.

How do I donate items?

You may call the Warm Line or email WarmLine@FamilyProgramsHi.org and let us know that you have an item to donate. Because of limited storage space, we ask that large furniture items be held at the donor's home to be picked up when a request is made.

How do I request an item that I need?

Resource families may call the Warm Line or email WarmLine@FamilyProgramsHi.org and let us know what item you are looking for. If the item is available, you will be given the contact information of the person with the item and would arrange pick up with the donor or seller.

Items currently available:

<p>Oahu</p> <p>Two pack-n-plays Baby swing Suitcases Baby items (clothes, shampoo, toys)</p>	<p>Kaua'i</p> <p>Full size bed</p>
---	---

Needed items:

<p>Twin beds Bunk beds Dressers Walker/Exersaucer</p>

A BIG MAHALO to our recent donors:

- ☆ BedMart in Kona for donating 20 brand new mattresses for families on the Big Island ☆
- ☆ Jennifer for donating a crib and changing table ☆
- ☆ Kristie for your donation of a toddler bed, toys, and clothes ☆
- ☆ Katrina for donating a toddler bed ☆
- ☆ Angelina for your donation of a crib ☆
- ☆ AJ for donating suitcases ☆
- ☆ Pearl Harbor Kai School for donating sports equipment ☆

To celebrate the spirit of Care to Share, we would like to share with you a chance to win a \$50 gift card to Macy's. We want to hear about your favorite moment on your foster care journey. All entries submitted before August 30th, will be considered eligible for the drawing. To enter, please call the Warm Line at 545-1130 (O'ahu) or 1-866-545-0882 (toll-free), email (WarmLine@FamilyProgramsHi.org), mail (Family Programs Hawai'i, Attn: Warm Line, 250 Vineyard Street, Honolulu, HI 96813) or post on our Facebook page (www.facebook.com/FPH.RFSS). Please remember to keep names and information about children in your care confidential by not including identifying information in your story.

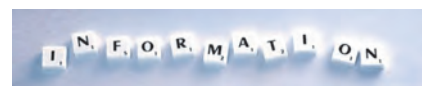
RESOURCE FAMILY BASICS

Did you know...

Kamehameha Schools will often offer scholarships/financial assistance for summer school sessions for Native Hawaiian children.

You can find this information under the *Summer School Scholarships* section on the Resource Family Basics document. This is just one example of the wealth of information you can find on the Resource Family Basics to help resource families! Learn about different financial assistance, services, and resources, that are available and so much more! Go to the website below to see all that it has to offer!

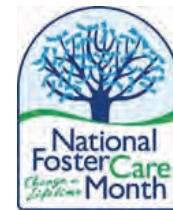
<http://humanservices.hawaii.gov/wp-content/uploads/2016/05/RESOURCE-FAMILY-BASICS-040516.pdf>





2016 NATIONAL FOSTER CARE MONTH EVENTS

May was National Foster Care Month. Wonderful events took place statewide, all with the same goal, to honor and thank the compassionate people who make a difference in the lives of Hawai'i's children and families.



★ O'AHU ★

PACT Keiki Day

Every year, Parents and Children Together (PACT) looks for volunteers to help them sell a special edition of The Honolulu Star Advertiser's *Parents and Children Together Keiki Day* newspaper to raise funds for their programs. On May 4, 2016, the Foster Care Training Committee (FCTC) assisted in this community endeavor. This committee, made up of representatives from the Department of Human Services, Queen Lili'uokalani Children's Center, EPIC Foundation, Hale Kipa, Inc., Family Programs Hawai'i, Catholic Charities Hawai'i and Partners in Development Foundation, gathered in the early morning and enthusiastically sold papers, with some community supporters, for PACT. There was much support from patrons who bought papers, provided additional donations, tooted their horns and gave thanks for the services provided to children and families. It was a fun day for a worthy cause.



Resource Families Celebrated on Secret Island

In celebration of National Foster Care Month, Resource families on O'ahu were invited to the beautiful Secret Island at Kualoa Ranch. Families were able to relax, sail on a 40 foot Catamaran, ride a glass bottom boat, paddle board, kayak, swim, snorkel, paddle a 16 man outrigger canoe and play all day!

This once a year celebration is one day all the Resource families around the island can come together to celebrate what foster care really means. Families on that day shared some thoughts with us:

This was my first time at Secret Island and I can't believe what a beautiful event this is! I feel so appreciated for the work I do and I'm definitely coming back next year! – Resource Caregiver

Being on an island with so many people who give kids love and a family, is truly inspirational. Thank you to everyone who created such a special day for all of us! – Resource Caregiver

It's so nice to see children from different homes across the island playing together and feeling so loved. – Resource Caregiver



Wells Fargo Volunteers



I love coming here! Secret Island is the best! – 9 year old foster child

With almost 50% of children in foster care being Native Hawaiian, we had a very special guest this year on the island. Kumu Ian Masterson is a cultural practitioner as well as a surf instructor at three O'ahu colleges. Kumu Ian was able to share stories with the families about Kualoa, telling the story of the one-toothed shark demigod Mano-niho-kahi who cruised the waters of Windward O'ahu. Kumu Ian also brought his very own surfboard he made to show the youth!

★ MAUI ★



On May 17, 2016, staff from the Department of Human Services, Partners in Development Foundation, Catholic Charities Hawai'i, Monsanto and Hyatt came out to support the sign waving event held on the corner of Kane St. and Kaahumanu Hwy from 7am—9am. It was a fun event! The small crowd received lots of honks and waves from the morning commuters. The morning traffic died down at around 9am, but the few cars that passed continued to honk and give the shaka sign. The children at the event enjoyed when delivery trucks sounded their horns, which made other cars honk as well! It was a fun and exciting morning to bring awareness to the Maui community about foster care.



2016 NATIONAL FOSTER CARE MONTH EVENTS (cont.)



★ KAUA'I ★

In recognition of National Foster Care Month we asked Kauai's Mayor, Bernard Carvalho Jr. to share the county's NFCM proclamation to the attendees at our annual conference coordinated by Family Programs Hawai'i. He thanked resource caregivers, families, social workers, and service providers for all their hard work and dedication. He urged everyone to keep up the good work! AND for a special treat, he sang to us :)



Adoptive Families Needed Through Wendy's Wonderful Kids

Shayna is a 13-year-old of Hawaiian, Filipino, Japanese, Samoan, and Puerto Rican descent. She was born and raised in Hawai'i and has three sisters and two brothers. As a typical teenager, Shayna is interested in boys and identified some of her favorite celebrities, including Austin Mahoney, Cameron Dallas, and Justin Bieber. Her favorite foods are pizza and orange chicken. She also enjoys shopping and social media such as Instagram and Snapchat.

She has an outgoing personality and is described as humorous, street smart, upbeat, and talkative. Shayna is also quite athletic and plays softball and basketball. Shayna proves to be resilient in light of years of past trauma. She is brave and is able to stick up for herself. She has a very charming and charismatic character, as well.

At this time, Shayna would like to be adopted by a Native Hawaiian family without any other children in the home and preferably a family who likes to go to the beach. She's open though to other children and a few pets in the family, just not too many.

As Shayna is currently in a therapeutic foster home, she would benefit greatly from a family who is willing to continue supporting her in therapeutic services. A forever family would need to be able to provide supervision and set clear boundaries, especially around individuals of the opposite sex and with social media. She would do best in a caring, stable, and nurturing home with parents that are able to model appropriate behaviors when angry or stressed.

Wendy's Wonderful Kids seeks to find *good homes for great kids in tough situations*. If you are interested in learning more about Shayna and her need for permanent, nurturing connections, please contact WWK worker, Chiyomi Chow at 540-2552 or by email at cchow@familyprogramshi.org.



HELP SIBLINGS STAY CONNECTED! Volunteer with Project Visitation!

You can play an important role in bringing together brothers and sisters who have been separated through foster care by facilitating monthly visits. Volunteers help by scheduling visits, picking up and dropping off siblings and supervising visits.

It's easy to become a volunteer! To join us you will need to:

- ◆ Complete a volunteer application packet
- ◆ Attend an interview and training orientation
- ◆ Receive ongoing training and support
- ◆ Have no criminal convictions and a clean driver's abstract
- ◆ Be at least 21 years of age.
- ◆ Be willing to make a 6 month commitment



If you or anyone you know is interested in making a difference by volunteering, please call Family Programs Hawai'i: 271-3144 or email: volunteer@familyprogramshi.org.

Calendar of Events

O'AHU

- Aug 12 (Fri) **Windward Resource Families Support Group:** 6:00pm-8:30pm. Queen Lili'uokalani Children's Center - Ko'olau Poko Unit. RSVP to FPH at 521-9531 ext. 245 by 8/5.
- Aug 25 (Thurs) **Central O'ahu Resource Families Support Group:** 5:30pm-8:00pm. Location TBD. RSVP to FPH at 521-9531 ext. 245 by 8/18.
- Sept 10 (Sat) **HAPA & FCTC Conference. "Brains, Beasts, and Behavior: Healing Trauma from the Inside Out"** with guest speaker Dr. Ken Huey. 9am-2pm. Catholic Charities Hawai'i. RSVP to the Warm Line at 545-1130 by 9/2.
- Sept 16 (Fri) **Wai'anae Resource Families Support Group:** 5:30pm-8:00pm. Mā'ili Learning Center. RSVP to FPH at 521-9531 ext. 245 by 9/9

MAUI COUNTY

- Aug 18 (Thurs) **Maui Resource Families Support Group:** 5:30pm-8:00pm. Queen Lili'uokalani Children's Center. RSVP toll free to the Warm Line at 1-866-545-0882 by 8/11.

KAUA'I

- Aug 18 (Thurs) **Kaua'i Resource Families Talk Story Time:** 5:30pm-8:00pm. Location TBD. RSVP to the Warm Line at 1-866-545-0882 by 8/11.

EAST HAWAII

- Sept 3 (Sat) **Hilo Resource Families Support Group:** 12:00pm-2:30pm. Haili Congregational Church. RSVP to the Warm Line at 1-866-545-0882 by 8/26.

***If you have access to the internet, please check the calendar at www.FamilyProgramsHawaii.org for any additional or updated events.*

Funding for FPH support groups, trainings, and annual conferences is provided by the Department of Human Services

EMPLOYMENT OPPORTUNITIES

Part-time Co-trainers Needed. *Resource Caregivers/Former Foster Youth in Maui, Kaua'i and O'ahu* are needed to co-train new Resource Caregivers in the HANAI curriculum. Your experience is invaluable to a new family just learning about providing foster care. Come and share what you've learned/experienced over the years with others!!! Trainings are generally held intermittently on some weekday evenings and some Saturdays. Training and compensation provided.

Part-time Child Care Providers needed in East Hawai'i, West Hawai'i, and O'ahu to provide child care (i.e., during trainings), in the evenings and weekends on an occasional basis. Training and compensation provided.

Part-time Recruitment Assistants needed in West Hawai'i and O'ahu to staff various recruitment booths and share information with potential applicants about the need for additional Resource Caregivers. Training and compensation provided.

HUI HO'OMALU

A Program of Partners in Development Foundation

See www.pidfoundation.org/about/careers

Email resume & application w/cover letter to: HR@pidfoundation.org or fax to 440-6619

PIDF is an Equal Employment Opportunity Employer



PATCH publishes a quarterly newsletter -- Training Tracks, to inform the community of our upcoming trainings around town, and provide the latest child care news and information to professionals and the public. PATCH offers over 100 FREE child care workshops open to all caregivers such as family child care, preschool and infant and toddler staff, before and after school care programs, parents, resource caregivers, medical professionals, babysitters and informal child care. Please visit our website for the latest news and training schedule:



www.PatchHawaii.org or contact your local PATCH office

O'ahu: 808-839-1988

Maui: 808-242-9232

Lāna'i & Moloka'i: 1-800-498-4145

Kaua'i: 808-246-0622

Hilo: 808-961-3169

Kona: 808-322-3500



PARTNERS IN DEVELOPMENT FOUNDATION

2040 Bachelot St.

Honolulu, Hawai'i 96817-2433

NONPROFIT ORG.
U.S. POSTAGE PAID
HONOLULU, HI
PERMIT NO. 1554

Statewide Resource Advisory Committee

2040 Bachelot St.
Honolulu, HI 96817-2433

441-1125 (O'ahu)
888-879-8970 (Toll Free)

Fax: 441-1122

E-mail:

RAC@pidfoundation.org

The concept for the Statewide Resource Advisory Committee (RAC) was created by the Department of Human Services (DHS) as a means to support the resource family community. Hui Ho'omalua facilitates this committee comprised of adoptive parents, resource caregivers and various community agencies, all dedicated to providing services and support to Hawai'i's keiki and the resource families who care for them. The purpose of the RAC is to identify ongoing needs, facilitate communication, share resources, provide information through a statewide calendar of events and a quarterly newsletter and report on local projects and other topics of interest to benefit Hawai'i's resource families.

This committee, the newsletter and many of the represented agencies are supported and funded by Department of Human Services contracts.

RAC Committee Members:

Catholic Charities Hawai'i—Hui Ho'omalua

Department of Human Services

EPIC, Inc. 'Ohana Conferencing

Family Court

Family Programs Hawai'i—Hui Ho'omalua & It Takes An 'Ohana

Resource Caregivers

Adoptive Parents

Hawai'i Foster Youth Coalition

Partners in Development Foundation—Hui Ho'omalua