

RESOURCE FAMILY APPROVAL

Module 3



FOSTER & KINSHIP CARE EDUCATION PROGRAM College of the Redwoods

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REDWOODS



**NORTH COAST
RESOURCE FAMILY TRAINING
MODULE 3**

**CR COLLEGE OF THE
REDWOODS**

Pre-Service Training

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Module 3 Training Objectives

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- Provide caregivers with the knowledge, skills, and tools to help meet the needs of any foster youth regardless of race, ethnic group identification, ancestry, national origin, color, religion, sex, sexual orientation, gender identity, mental or physical disability, or HIV status.

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The Old Framework: Cultural Competency

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- A framework built on the belief that we as individuals are capable of becoming experts on everything “culture”
- Risks associated with the old framework:
 - Assumptions
 - Judgments
 - Stereotyping
 - Missed Opportunities
 - Altered Relationships



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The New Framework: Cultural Humility

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- A framework built on the belief that diverse cultural understandings develop from efforts to learn from one another in a mutually respectful manner
- **Advantages associated with new framework:**
 - Diverse Cultural Awareness
 - Personal Growth & Development
 - Stronger Bonds & Relationships



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Cultural Humility Definition

Culture serves as a road map for perceiving and interacting with the world

Culture is a set of learned beliefs, traditions, principles & guides for individual & collective behaviors that members of a particular group commonly share with each other.

What is Culture?

Culture affects:

- How you THINK
- What you BELIEVE
- How you EXPRESS YOURSELF

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Practicing Cultural Humility

Ask questions in a humble, safe manner

Seek Self-Awareness

Suspend Judgment

Express Kindness & Compassion

Support a Safe & Welcoming Environment

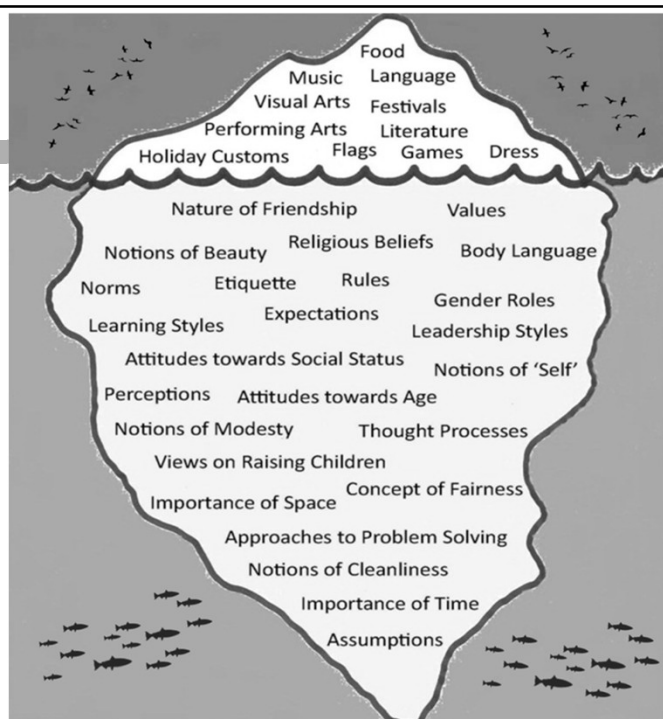
Start Where the Individual is at

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What item below the water was important in your upbringing?

What practice will you share with the youth in your care?

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Caring for Children of Other Cultures

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- ☐ When a child is cared for by people of a different culture, be aware of discrimination that might arise
- ☐ Show respect for diversity and differences
- ☐ You cannot know all of the experiences your child may go through. Have a continuous dialog about this.
- ☐ Manage your own feelings: if children sense that parents don't like a particular group, they are likely to feel that it is "bad" to be different
- ☐ It is helpful for children to know persons of other cultures & to have positive role models of persons who are of diverse background



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Humboldt County

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- ☐ Humboldt County is comprised of approximately 7% Native American people
- ☐ Approximately 39% of the youth that Humboldt County Child Welfare serves are Native American
- ☐ What concerns might arise from this disproportionate representation?
- ☐ What are considerations in the care of Native American youth?
- ☐ 8 federally recognized tribes in Humboldt County



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Del Norte County

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- Del Norte County is comprised of approximately 8% Native American people
- Approximately 36% of the youth that Del Norte County Child Welfare serves are Native American
- 4 federally recognized tribes in Del Norte



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Indian Child Welfare Act (ICWA)

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- The Indian Child Welfare Act (ICWA) was enacted in 1978 in response to a crisis affecting American Indian and Alaska Native children, families, and tribes.
- “protect the best interests of Indian children and to promote the stability and security of Indian tribes and families”

ICWA
Indian Child Welfare Act



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“Ms. Obie, Yurok Tribal Social Worker

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- Native American children are at 35% higher rate for removal
- 85% Native American children placed outside of their family and culture.
- Native American families are four times more likely to have their children removed



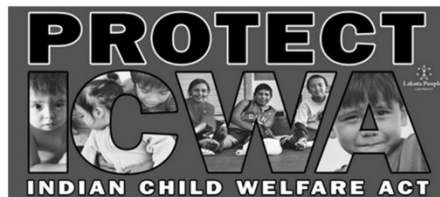
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Concurrent Planning, Permanency & ICWA Placement Preferences

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- ICWA says place with
 - Extended family;
 - Foster home licensed or approved by tribe;
 - Other members of tribe;
 - Other Indian families

For More info go to:
<http://www.courts.ca.gov/5807.htm>



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Tribal Placement

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ICWA Additional Training

- ❑ Tribes can determine if any additional training is necessary for the Resource Family applicants to meet the needs of the Indian Child.
- ❑ FKCE now offers a class on “Indian Child Welfare Act (ICWA)” quarterly.
- ❑ Counties may determine this to be mandatory for all applicants in the future.

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California Tribal Coalition

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2023 | LEADERSHIP AWARDS

📺 The James Irvine Foundation

<https://www.youtube.com/watch?v=XRO8CDwRMbE>

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Personal Rights of Children and Youth

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- ☐ Recognizes that the rights of foster children and youth are critical to ensuring their overall well-being
- ☐ Encourages various departments, agencies & associations to develop practices to help foster youth understand their rights and resources available to them
- ☐ Requires that Resource Families orient children and youth to their personal rights in an age appropriate manner
- ☐ JV 290 – Caregiver Information Form (8 copies)
- ☐ Reference handout for details of Foster Children/Youth Rights – updated 2020 new version

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Personal Rights of Children and Youth

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- ☐ To live in a safe, healthy, and comfortable home where they are treated with respect.
- ☐ To receive adequate and healthy food, adequate clothing, grooming and hygiene products, and an age-appropriate allowance.
- ☐ To have storage space for private use.
- ☐ To be free from unreasonable searches of personal belongings.
- ☐ To attend religious services, activities, and ceremonies of the child's choice.

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Personal Rights of Children and Youth

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- ☐ To participate in extracurricular, cultural, racial, ethnic, personal enrichment, and social activities.
 - ☐ To be placed in out-of-home care according to their gender identity, regardless of the gender or sex listed in their court, child welfare, medical, or vital records.
 - ☐ To not be locked in any portion of their foster care placement, unless placed in a community treatment facility.
 - ☐ To have a placement that utilizes trauma-informed and evidence-based de-escalation and intervention techniques
- * NOTE – the full list is in the class packet.

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Use of Video Cameras Indoors

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- ☐ Video cameras are allowed inside the home, located at the exterior doorway locations, provided they are pointed toward the doorway and away from the interior of the home.
- ☐ Video cameras in common areas such as hallways, family rooms, living rooms or kitchens are allowed when there is a genuine security purpose.
- ☐ Video cameras are NOT allowed in private rooms or spaces, such as bedrooms and bathrooms.

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Contact the Office of the Foster Care Ombudsman if you have concerns about a foster youth and their care, placement, services, and rights.

Call Our Toll-free Hotline

1-877-846-1602

Email Us

fosteryouthhelp@dss.ca.gov

Write to Us

Office of the Foster Care Ombudsman
744 P Street, MS 8-13-25 Sacramento, CA 95814

Visit Our Website

www.fosteryouthhelp.ca.gov

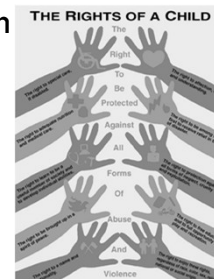
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Sexual and Reproductive Health Care Rights

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Foster Youth have the Right to access age-appropriate, medically accurate information about reproductive and sexual health care, the prevention of unplanned pregnancy including abstinence and contraception, abortion care, pregnancy services, and the prevention, diagnosis and treatment of sexually transmitted infections (ACL 16-82)



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Which Means Foster Youth Can:

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- ☐ Consent to medical care related to the prevention or treatment of pregnancy at any age without need of consent from a caregiver, social worker or anyone else.
- ☐ Consent to an abortion at any age without need of consent of a caregiver, social worker, or anyone else.
- ☐ Consent to medical care related to the diagnosis and treatment of rape and sexual assault and the collection of medical evidence without need of consent of a caregiver, social worker, or anyone else.
- ☐ At age 12, to consent to medical care for the prevention, diagnosis or treatment of sexually transmitted infections without need of consent of a caregiver, social worker, or anyone else.

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Sexual and Reproductive Health Care Rights (con't)

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It is expected that Resource Parents talk to Foster Children/Youth about healthy sexual development and reproductive and sexual health in a manner that is medically accurate, age or developmentally appropriate, trauma-informed, and strengths-based.



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A few things to consider when communicating about difficult topics:

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- ❑ Always build relationship; help them understand they can talk to you about anything
- ❑ Be aware of need for privacy and confidentiality when discussing sensitive matters
- ❑ Be non-judgmental and supportive – your embarrassment or avoidance of a topic will instill that in others
- ❑ Answer questions honestly and according to Foster Care regulations
- ❑ Work to eliminate inappropriate shame



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A few things to consider when communicating about difficult topics: (con't)

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- ❑ Learn the signs of relationship abuse and trafficking
- ❑ Elicit the support of others including the social worker and on-line resources such as:
 - ❑ www.plannedparenthood.org/parents/talking-to-kids-about-sex-and-sexuality
 - ❑ www.talkwithyourkids.org
 - ❑ www.cdc.gov/lgbthealth/youth-resources.htm



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Sexual Orientation, Gender Identity, or Expression (SOGIE)

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- The SB 407 states a Resource Family (RF) applicant and approved RF must demonstrate an ability and willingness to meet the needs of foster youth regardless of their sexual orientation, gender identity, or expression (SOGIE).
- It goes on to state that should challenges or difficulties around SOGIE arise prior to, upon, or after placement, a RF applicant or approved RF must demonstrate a willingness to access resources offered by the agency to resolve or mitigate those challenges and meet the needs foster youth.

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Blue

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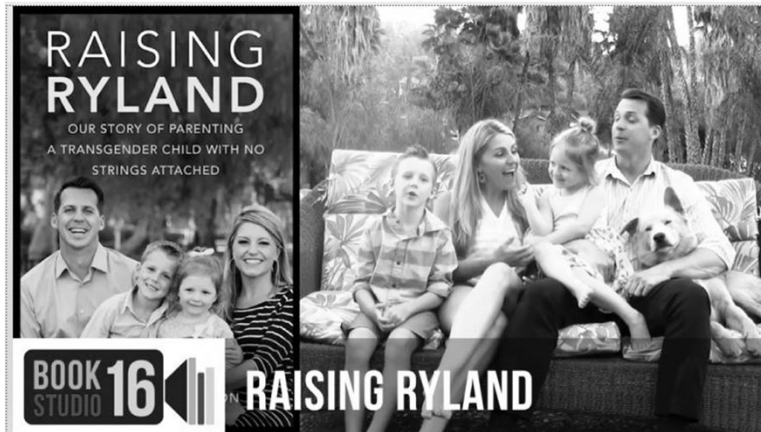
Listening to Myself

<https://www.youtube.com/watch?v=hPNzdBFhNL4&list=UULFmYZNFJSIvj2nhPkWBpDvA&index=4>

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The Ryland Story

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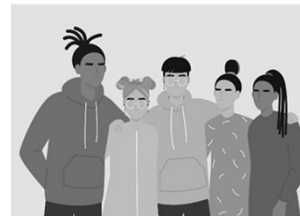
Transgender Youth

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Protective Factors: A study on youth showed that having their names and pronouns respected and affirmed at home, school, and work.

- ✓ 71% of fewer symptoms of severe depression
- ✓ 34% drop in reported suicidal thoughts
- ✓ 65% decrease in suicide attempts

Cite: Russell, ST, 2018. Journal of Adolescent Health



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Trans-Affirming



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- ❑ Believing that a person's gender identity is valid and true.
- ❑ Providing emotional support or encouragement.
- ❑ The collective actions and process of ensuring that someone's gender is respected and honored.

***Important: You don't need to understand completely to affirm**

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LGBTQ+ Youth in Foster Care

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- ❑ According the National Center for Lesbian Rights:
 - 260,000 LGBTQ+ Youth in Foster Care Nationwide
 - 40,000 LGBTQ+ Youth in Foster Care in California
 - 5-10% of the total population of Youth in Foster Care
 - LGBTQ+ Youth are disproportionately targeted for harassment and discrimination in the Foster Care System
 - By Youth Peers
 - By Facility Staff &/or Care Providers
 - By Service Providers

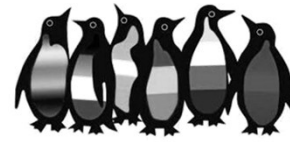


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SOGIE: Human Development Continuum

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- SOGIE is an acronym:
 - **Sexual Orientation, Gender Identity, Expression**
- Represents a shift in paradigm for understanding & supporting the sexual orientation & gender identity needs of **ALL** youth:
 - **Gender Conforming & Gender Variant**
 - **Heterosexual & Non-Heterosexual**
- Replaces traditional binary discussions with an all inclusive continuum approach to human development



Sexual Orientation, Gender Identity and Expression

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What Does Structure Look Like?

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- ▣ Establish Daily Routines & Expectations
- ▣ Establish Household Rules
- ▣ Follow Through on Appropriate & Reasonable Consequences
- ▣ Model Desirable Behavior
- ▣ Maintain Consistency



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Benefits of Daily Structure

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Structure is key to promoting a child's emotional and physical safety & well-being:

- Provides the security of knowing what to expect
- Fosters cooperation & reduction in power struggles
- Promotes mastery & independent functioning
- Offers containment & balance for daily transition periods (meal time; school readiness; homework; bed time)



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What Does Boundary Setting Look Like?

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Establish expectations around:

- Physical touch
- Privacy
- Respect for each other's personal possessions
- Family & social engagement



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Benefits of Boundary Setting

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Boundaries are also key to promoting a child's emotional & physical safety & well-being:

- Emphasis on internal and external boundaries
- Establishes what is appropriate versus inappropriate
- Offers corrective emotional & physical experiences
- Reduces shaming &/or violation of personal space



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Punishment vs. Discipline

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	<u>Punishment</u>	<u>Discipline</u>
Definition:	Technique of discipline— focused on retribution, retaliation or deterrence	Process of shaping and molding a child's attitudes & behaviors
Purpose:	Instill Fear to Prevent Behavior in the Future	Corrective Learning Experience
Attitude of Parent:	Anger & Frustration	Love & Concern
Emotional Outcome on Child:	Fear, Guilt, Shame	Security & Responsibility

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Principles of Positive Parenting

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Safe and Supportive
Environment

Emphasis on
Positive Learning

**Parent
Self Care**

Reasonable
Expectations

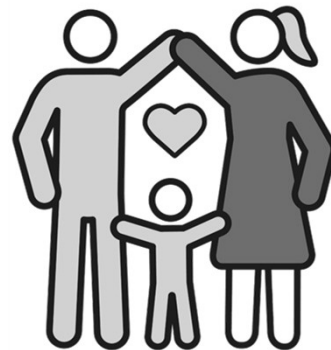
Respectful and
Relevant Discipline

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Positive Parenting = Patience

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- ▣ Limit Testing
- ▣ Power Struggles
- ▣ Crisis before Recovery
- ▣ Long Term Outcomes



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Communicating with Teens

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https://www.youtube.com/watch?v=m_HfbiM5jjE&list=RDLVm_HfbiM5jjE&index=2

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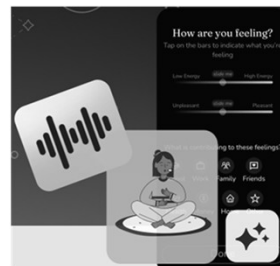
Online Resources

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Soluna App

<https://solunaapp.com/>

This is an app created by CalHOPE and funded by California Department of Health Care Services. It is designed for youth ages 13 to 25 years old. It provides one on one chat with professional coaches, interactive tools to destress, videos, forums, and other resources. It is all free. Soluna is not a crisis service.



BrightLife Kids
A CalHOPE program by Brightline



BrightLife Kids

<https://www.hellobrightline.com/brightlifekids/>

It's FREE personalized support for families in California with kids ages 0-12 years old. They provide live coaching for sleep issues, worry, social skills, and more.

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Working With Bio Families

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- The best possible outcome for a child is to return to their family of origin with the supports in place to keep them safe and allow them to thrive.
- Most important is that foster and biological families have a common goal: to have the youth be safe, stable, and happy. Becoming a united team takes time, but tiny moments throughout the youth's time in foster care can turn into a strong relationship that spans years.

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Working With Bio Families

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Ways Foster Parents Can Reassure Birth Parents

- Determine the best means of communication with birth parents
- Encourage the child to contact their birth parents.
- Share updates and pictures when possible.
- Help children and birth parents connect on special days.
- Save school projects, art pieces and other creations to share.
- Join a support group of foster parents to find more ways to support the bio parents.
- Keep journals about activities and share with birth parents.

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Foster and Kinship Care Education Program

**WE JUST WANT TO SAY...
THANK YOU!**

Website: www.redwoods.edu/foster

Facebook: Foster/Kinship Care Education Program-
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Phone: (707) 476-4455

Email: foster-kinship@redwoods.edu

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