

Families First

a newsletter for Nebraska Families

July/August 2018

N F A P A

Just For Foster Dads (Parts 1 & 2)

By Dr. John N. DeGarmo, Ed.D.

Without a doubt, fathers are just as important to the nurturing and development of a child in foster care as a mother. Yet, much research has shown that the love of a father is different than that of a mother. Leading child psychologist Erik Erikson stated that a father's love and a mother's love are quite different, indeed, when he said that fathers "love more dangerously" because their love is more "expectant, more instrumental" than a mother's love." To be sure, successful foster fathers, or foster dads, recognize that they need to utilize different abilities, skills, and resources when working with children in foster care.

The placement of a child into your foster home is a life changing experience for a foster child. Placement disruption is the term used when a child is removed from a home and placed into the custody of a child welfare agency, and thus into a foster home. For many, it is a frightening time, as the fear of the unknown can quickly overwhelm a child. Others are filled with anger, as they emotionally reject the idea of being separated from their family members. Feelings of guilt may also arise within the foster child, as the child may believe that he or she may have had something to do with the separation from the birth and/or foster family. Some children experience self doubt, as they feel that they simply did not deserve to stay with their family.

For all, it is a traumatic experience that will forever alter the lives of foster children.

As a foster dad, it is important to properly prepare for the child's arrival beforehand, if possible. While there are certainly those times when you do not get much, if any notice before a child is placed in your home, as a phone call might only give you a few moments notice. Yet, if you do have time, try to get as much background information as you possibly can about the child in foster care that is being placed into your home, and into your family. Perhaps the most important thing you can do to prepare for the arrival of a foster child is to educate yourself with as much background information and history as you can about the child. Do not be concerned if you have a large number of questions for your caseworker when you are first approached

about of a placement of a child in your house. While the caseworker may not have all the answers, you will find valuable information by asking.

After all, the more information you have, the better prepared you are to help meet the child's needs. Some questions to consider include:

- How old is the child?
- Why is the child in care?
- How long might the child stay with you?

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Nebraska Foster & Adoptive Parent Association

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Families First is published bimonthly.

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Call NFAPA at 877-257-0176 or 402-476-2273.

This publication is supported by Grant #93.566 under a sub-grant from HHS
 Administration for Children and Families and Nebraska DHHS.

Attention Foster Parents!

Earn Your In-Service Hours While Getting the Chance to Win a Great Prize!

Answer these 10 questions correctly and you will not only earn .5 credits toward your in-service hours, but your name will also be put in a drawing for a prize. For this issue we are offering a \$10 Walmart gift card.

There are a variety of ways to do this. You can email the information to Corinne@nfapa.org, send the questionnaire to the NFAPA office at 3601 N. 25th Street, Suite D, Lincoln, NE 68521 or you can complete the questionnaire online at <https://www.surveymonkey.com/r/JulyAugNewsletter2018>. We will then enter your name in the drawing! We will also send you a certificate for training credit to turn in when it is time for relicensing. Good Luck!

1. True or False. Attachment, bonding and trust take time.
2. Fortunately, my child's behavior makes a lot more sense to me now that he's been diagnosed with _____.
3. True or False. Foster parenting is often chalked up to being strict, or unwilling to bend. But, it's actually something different than that. It's structure.
4. I'm not raising a _____, I'm raising a future _____.
5. What is the term used when a child is removed from a home and placed into the custody of a child welfare agency, and thus into a foster home? _____.
6. True or False For some children, you will not be the first father figure in their lives, while others will compare you to the father or father figure that they were living with previously.
7. True or False It is important that Foster Fathers, or Foster Dads, treat all others with the upmost respect, kindness, and love.
8. Positive foster dads help to delegate _____ in the home.
9. Foster care is intended to be a _____, while child welfare agencies work to reunify a child with his or her birth parents, place them with a trusted relative or find them a new permanent family.
10. True or False. Children who have lost trust in adults, namely parents are often quick to react out of fear. They may lie about the most trivial situations.

Name: _____

Address: _____

Email: _____

Phone #: _____

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- Will the child need day care supervision?
- Does the child have any learning disabilities or special needs of any kind?
- Does the child have any anger management or extreme emotional issues that you need to be aware of?
- Is this the first time the child has been in foster care?
- Is the child's medical shots up to date? Are there any medical concerns?
- Is the child from the same town? Does the child need to be enrolled in your local school system?
- Does the child have clothes? Will you need to buy diapers and baby wipes?

Role Model

As a foster dad, it is important that you embrace being a role model for your foster child. Indeed, you may very likely be the first positive role model the child has had in his life. So many children come into foster care from broken homes and broken families, suffering from neglect, abuse, and abandonment. For thousands of these children, their concept of a loving parent has been twisted, distorted, and perverted by the abuses and experiences they previously had before moving into your home. For some children, you will be the first father figure in their lives, while others will compare you to the father or father figure that they were living with previously. Whatever the situation, these children will be watching your every move and every action, and listening to your every word as they learn from you what a loving and caring father is supposed to be like. You are this example; you need to be that loving and caring father for them.

Duties and Responsibilities

For many years, the perception of the stereotypical father figure was that of breadwinner and disciplinarian. The father would go to work during the day, come home after a long day at work to a cooked meal by his wife, place his feet up on the couch after dinner, read the paper and watch the evening news. Along with this, he might dole out some discipline to the unruly child in the home, all the while leaving the housework and child raising to the mother in the home. Today's foster fathers must be much more involved in all areas of child care, not only for the benefit of the foster child, but for the benefit of all who live in the home, as well as the marriage, itself. After all, a marriage is a partnership, and those partnerships that share the responsibilities in a 50-50 ratio are the ones that are the healthiest and strongest.

Children begin to learn how to form healthy and positive relationships with others during infancy. Sadly, for many children in foster care, these opportunities did not come when they were babies, and as a result, the child in care struggles greatly when trying to form a healthy relationship with

another. When a baby or infant is placed into a foster home, foster dads should help with the feeding of the baby. The time spent with a baby while feeding it is often instrumental in good mental health, as it can be a time of laughter and joy, sharing fun moments over a bowl of baby food, or while holding a child in one arm and a bottle in the other. Indeed, babies and infants learn about trust as they are nurtured during this time. Dinner time and/or bottle time can be instrumental in helping a foster infant develop feelings of trust and love, and a foster father can help to lead the way in this. Furthermore, nothing spells love to a small baby than the father, or foster father, singing to the child; telling stories; and simply acting silly with the little one.

Along with this, foster dads can take a small child on solo errands with him. Trips to the grocery store, public library, hardware store, or mall are opportunities to bond with the child, as well as give the foster mother some much needed time off. A good foster dad is also one who learns about child development and the stages that correspond with this.

Learning about Love

Sadly, many children in foster care come from homes where violence reigned. Profanity, abuse, and harsh words filled the air that surrounded a child. Additionally, where love was to be a child's cornerstone, there was neglect instead, as the basic needs of the child were not met, and where the emotion of love was instead substituted with just the opposite. Along with this, there may be those foster children who have had poor examples of fatherhood in their lives, resulting in poor examples of so called "manliness." There are those who may believe that a real man does not express love, does not state that he loves someone, or even grant a hug to another under the misguided belief of weakness. For these children, the understanding of parental love, of unconditional love is an unknown one. Unconditional love is simply being loved without restrictions or stipulations. For a foster child who may have been abused, beaten, or neglected, this type of love is most important. Without this type of love, a foster child will not form necessary and healthy attachment with others, resulting in a number of attachment disorders. Foster children who suffer from these disorders will have great difficulty connecting with others, as well as managing their own emotions, not only during their childhood and time in foster care, but many times throughout the remainder of their lives. Emotional difficulties such as a lack of self worth, trust, and the need to be in control often result in the lack of unconditional and healthy parental love. As anyone who has worked with foster children will tell you, most foster children face an enormous amount of emotional issues, many times stemming from the lack of healthy love.

More than anything, a foster child wishes one thing and has one desire; to be loved. Foster dads can protect the child from harm, provide a safe and secure home, offer nutritious meals, and open up a doorway of opportunities for foster

children, granting them new and exciting experiences that they may never have dreamed of. Yet, with all of this, with all of the wonderful opportunities and safe environments, foster children really crave love the most. They want to be loved. After all, every child deserves to be loved. Not only do children deserve love, they need it in order to grow in a healthy fashion. While there are many forms of love, the strongest one, and most important for a foster child, is that of unconditional love. Sadly, many children in foster care either do not receive this love at all, or receive it too late, after too much emotional damage has been done.

With this in mind, it is especially important for a foster dad to communicate love to their foster children at all opportunities, and in a variety of ways. A strong foster dad is one who is not afraid to say "I love you" to his wife, to his children, and to his foster children. These simple words, these three words, can make a significant difference to a child who has only known violence and abuse. Along with this, foster dads need to be nurturing to the foster children in their home, as well. When needed, foster dads need to be comforting to a child in need, gentle in his words and actions. After all, this may be the only positive example of a loving father that the foster child may ever have.

Sadly, many children in foster care come from homes where violence reigned. Profanity, abuse, and harsh words filled the air that surrounded a child. Additionally, where love was to be a child's cornerstone, there was neglect instead, as the basic needs of the child were not met, and where the emotion of love was instead substituted with just the opposite. As a result, it is important that Foster Fathers, or Foster Dads, treat all others with the upmost respect, kindness, and love.

This may be especially true with how a foster dad treats a woman. Too many foster children come from homes and environments where the male in the household treated the female, or mother, in an abusive manner. For these children in foster care, the hostile and negative treatment of the male figure towards others may be their norm. Therefore, foster fathers need to break this image and stereotype. To begin with, foster fathers need to remember that they are a role model for the child, and that they are never to lash out in anger towards the child, their wife, or anyone else. Foster fathers should take time to teach the child how to control their anger and their emotions. Foster dads also need to ensure that they treat their partner, or foster mother, with the upmost respect. Kindness, love, and gentleness must be the regular pattern from the foster father towards his wife. It is essential for the foster child's well being and future social skills he watch his foster father treat not only the foster mother with respect and love, but treat all

girls and women with these values, as well. After all, this may be the first time the child sees a father figure treat others of the opposite sex with such integrity and decency.

Foster fathers also need to teach his foster child the importance of playing fair. Whether in a game or at home, one of the responsibilities of a strong and positive foster father is to show the child how to win and loose with grace. Strong foster dads will also teach their foster child the importance of treating others with fairness and integrity at school, in the business world, and in all areas of life. Along with this, a strong foster father is one who will demonstrate the importance of making good decisions. Foster children need to learn how to make sound and thought out choices as well as to consider all possible consequences of their actions. For many children in foster care, this will be a completely foreign concept to them, yet it is one



they must learn if there is to be hope for their future. Foster dads can also teach the foster children in their home that it is okay to take calculated risks from time to time. Strong foster dads are those that teach their foster children the importance of honesty, and how to apologize and say those simple words that they may never have heard in their own home, "I'm sorry." Finally, good foster fathers are those that model paying and accepting compliments, and teach their foster child this important lesson, as well.

Work Ethic

Many times, children in foster care have never been taught the value or importance of a good and honest work ethic. It may fall upon the foster father to share this value with the child.

Children in foster care can take place in the attending to the responsibilities of household chores with the other children in the house. Positive foster dads help to delegate responsibilities in the home. Along with this, foster dads need to teach the importance of dependability to a foster child, though this may be a most difficult and challenging task. Nevertheless, this is an important trait for all children to learn, and good foster dads do not give up on a foster child in this, as he continues to try to teach the child that the family is depending upon him. This not only teaches the importance of working together as a team, as well as taking part in keeping a clean house, it also helps to show the child that he is an important member of the household, just as important as the birth children who might live there. Some children in foster care may have come from a home where he was shamed and bullied so often, that there is no sense of personal pride inside the child in need. Foster fathers need to recognize this, and attempt to help the child gain a sense of pride in his performance, whether in the home

or at school

As mentioned before, a foster father may be the first positive and loving role model and father figure the child has ever had. As a result, it is most essential that foster dads spend individual time with the child, if possible. Keep in mind, though, that it is vital that you, as a foster parent, are never left alone with a foster child who has been abused in any way. This will help to protect yourself from any false accusations that might be made. Trips to museums, parks, and movie theatres can be healthy ways to spend time with your foster child. Reading books and bedtime stories are also enjoyable opportunities to share time. Making cookies, having picnics, and simply taking a walk around the neighborhood are also great ways for a foster dad to form a positive relationship with the child. By learning the child's interests, hobbies, hopes, fears, and concerns, the child not only feels valued and important, but a level of trust is also developed. Foster dads need to also ensure that the child not only spends time with the family, but that the child is included in his new foster family, as well. Far too many foster children try to exclude themselves from their foster families, which only brings about more emotional turmoil and sadness for the child. Therefore, it is necessary that foster fathers strive to encourage the child to join in with the family and their activities, and find ways for the child to participate in all the family does

Another important role of a foster father is that of teaching the child of the dangers drugs and alcohol. Chances are that your foster child has been exposed to both in some fashion. Along with this, the chances are also high that your foster child will drink alcohol when older. Not only must a foster father warn of the dangers of drugs and alcohol, foster dads need to teach a child the importance of drinking in moderation and responsibility later in life.

The importance of partnership

Being a foster parent is a difficult task; perhaps one of the hardest things you will ever do. The hours are long, the emotional toils are burdensome, the housework never ends, and the point of complete exhaustion seems to always be around the next corner. Strong foster fathers appreciate this, and recognize that if his family is to remain intact, healthy, and strong, he must take steps to see that his own wife/partner has not reached that stage of exhaustion. Indeed, a foster dad is one who places his marriage as a priority. If not, the family will no longer be able to function as a foster family, as the partnership with his own wife will have suffered from lack of attention.

Although it may be difficult to schedule, foster dads need to try and have a Date Night with their spouse on a regular basis. Whether this is once every two weeks once a month, or a similar example, spouses need to have time alone to re-charge their foster batteries, have time to talk without the constant interruption of children, and simply to re-connect with each other and listen to the wishes and frustrations each has. If the

partnership is to remain healthy, and the foster family a stable one, foster dads need to communicate daily with their spouse, if only for five minutes a day. Anniversaries, birthdays, and other important dates should not be forgotten by the foster father, as this usually leads to some heavy apologizing afterwards. Indeed, foster dads should make a commitment to their marriage and make time for it each day in some way. Express appreciation for all the work your partner does. Maintain a positive sense of humor. Learn the fine art of compromise; practice forgiveness and learn to fight fair. These are all practices a healthy foster father should employ. Remember, there should be no shame in seeing a marriage counselor with your spouse. Sometimes, a listening ear and a helpful word can aid in creating a healthier marriage. There may be times when your spouse simply needs a break from the demands of being a foster parent. A strong and wise foster father is one who allows the foster to spend some time by herself, or with her friends. Shopping, a trip to the movie theatre, out to dinner with friends, or just some personal time by herself are necessary for her own well being.

To be sure, your role as a foster father is an important one, and one that should not be taken lightly. You are an example for not just this child in need, but for his biological family members, your friends and colleagues, members of your community that you live in, and those in your own household. As noted before, you may be the first and only positive male role model the child has ever had, and maybe the only one in his lifetime. By following some simple guidelines and practices, your role as a foster father will leave a positive impact in the child's life, preparing him for his own future.

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Facebook page, Dr. John DeGarmo, or at his website, drjohndegarmofostercare.weebly.com

5 Ways To Stop Taking Attachment Disorder Personally.

by Kristin Berry

Attachment disorder is one of the hardest, loneliest, and defeating aspects of parenting children from traumatic pasts. If you're anything like us, you struggle to not take the words and actions of your child personally. So, how do you find light at the end of a very dark and long tunnel?

It IS personal. That's the trouble with Attachment disorder. It is the opposite of the parental connectedness that we all desire with our children. Children attach through constantly having their needs met. When this attachment doesn't happen during a child's first few years, it can take a lifetime to recover the loss. As adoptive parents this is where we find ourselves

with many of our children.

Often we are ashamed to admit that our child is not attaching to us. We may feel judgment from others who do not understand the cycle of bonding or the lengths we are going through to repair years of past damage and trauma. When we are living in a cycle of shame and disappointment as parents we are further hindering our own ability to attach. Here are a few things you can do to put shame behind you and stop taking your child's attachment disorder personally.

1. Lose Expectations. Do you have a healthy bond with another child? Did you have a healthy attachment to your parents? This relationship is different. A child who has been through trauma is going to view his or her world through a different lens than other children. They have built an emotional wall as a protection against further hurt. They did not consciously intend to keep your love out as well. They do not know how to differentiate. Lose your old expectations and allow your relationship to evolve at its own pace.

2. Take a Minute. Children who have lost trust in adults, namely parents are often quick to react out of fear. They may lie about the most trivial situations. They may respond to requests with hurtful words or refusal to comply. They may curse at or push parents away emotionally. When these things happen, it is important for yourself and for your child to take a minute. The first reaction is usually not their real reaction. When you realize that your child is responding to a situation inappropriately, take a moment to allow their brain to catch up to the reality of the event. Often when our children are allowed to have a do-over they will aim for a different outcome.

3. Correct and Guide. While you must understand where your child's attachment disorder comes from, you don't have to surrender to the disconnectedness. As your child grows and matures it is ok to find moments to address the issue with your child. Our son is now a pre-teen. He is beginning to have the maturity to understand a small correction like, "When you yell at me, it really hurts my feelings." Sometimes we desire for the connection to be there so badly that we are tempted to deny the hurt. It is more than ok to allow your child to take responsibility for his or her words and actions. Keep in mind that your child may not seem to care how you feel. Brace yourself for that but if they do seem to understand, this can become a time of careful guidance.

4. Cherish Moments Of True Connectedness. Be on the lookout for real moments of connectedness. Often I am exhausted from the everyday wearing down that the lack of trust takes on my relationship with my children. I sometimes forget to look for the hope that still exists within our relationship. Hope is still there. Connectedness is always possible. The connection could happen in a brief moment of eye contact. Maybe it will be a genuine hug. You may laugh at the same joke or find out that you love the same food. My daughter was 24 when she called me "Mom" for the first time. I cling to that moment in my memory to this day.

5. Be Prepared to Start the Cycle Over. Tuck those good memories away where you can retrieve them quickly because attachment disorder may rear its ugly head just moments after a wonderful success. Attachment, bonding and trust take time. My children are worth all the time it takes. I'm willing to bet yours are too!

Often you will feel as if you're fighting a losing battle. It's hard to see the sun behind storm clouds. Hang in there. Remember, you're not alone. We're in this trench with you. Keep your head up and keep fighting for the heart of your child.

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<https://confessionsofadoptivemom.com/5-ways-to-stop-taking-attachment-disorder-personally/>

An Open Letter To Friends/Family Of Those Raising Kids With Reactive Attachment Disorder



by Keri Williams, brave mom, author, and RAD advocacy hero

Dear Friend,

I've told you before how I'm struggling with my child's behavior but I'm not sure you understand how serious—how desperate—things are.

Here's the unvarnished truth—my child relies on manipulation and melt-downs to control his surroundings. He refuses to follow the simplest of instructions and turns everything into a tug-of-war as if it's a matter of life or death. Every day, all day, I deal with his extreme behavior. He screams, puts holes in walls, urinates on his toys, breaks things, physically assaults me and so much more. I'm doing

the best I can but it's frustrating and overwhelming.

Most people, maybe even you, blame me for my child's behavior.

This makes me feel even worse. I already blame myself most of the time, especially because I've struggled to bond with him. It's heartbreaking to know he only feigns affection to get something from me. There's not a parenting strategy I haven't tried. Nothing has worked. Often, I feel like a complete failure as a mother and struggle to face each new day.

Fortunately, my child's behavior makes a lot more sense to me now that he's been diagnosed with reactive attachment disorder (RAD).

Let me explain. When a child experiences trauma at an early age his brain gets "stuck" in survival mode. He tries to control the surroundings and people around him to feel safe. In his attempt to do so, he is superficially charming, exhibits extreme behaviors, and rejects affection from caregivers. Unfortunately, even with a diagnosis, there are no easy answers or quick treatments.

Even though I work so hard to help my child heal, friends and family often don't believe or support me which is incredibly painful. I understand it's hard for you to imagine the emotional, physical, and mental toll of caring for a child with RAD when you haven't experienced it yourself. And, you can't possibly be expected to know the nuances of the disorder and its impact on families like mine. That's why I'm putting myself out there about the challenges I'm facing.

When you undermine me, you inadvertently set back the progress I've made in my already tenuous relationship with my child.

I wish you could understand how good my child is at manipulating people—how he turns on that sweet, charming side you usually see. In fact, you may never witness a meltdown or even realize he's manipulating you. Yes, he's that good. When you think he's bonding with you, know there's always an end in mind. He may seek candy or toys. The biggest win of all for him, however, is to get you to side with him against me.

Here's how easily it happens—my child is sitting in timeout, looking remorseful as he watches the other kids play. You think I'm too hard on him and say, "He's sorry and promises he'll make better choices next time. How about you give him another chance?"

You need to understand there's a lot going on behind the scenes that you simply don't see or know about.

When you undermine me, you inadvertently set back the progress I've made in my already tenuous relationship with my child. The structured consistency—what you feel is too strict—is exactly what my child needs to heal and grow into a healthy, happy and productive adult.

Please know I'm following the advice of therapists and

professionals. Strategies for raising a child with RAD are often counterintuitive and, watching from the outside, you may not agree with them. That's okay. But, instead of interfering, would you give me the benefit of the doubt?

Over the years, well-meaning people have said some pretty hurtful things to me, things like:

- All kids have behavioral issues. It's a phase. They'll grow out of it.
- He's so sweet. It's hard to believe he does those things.
- Let me tell you what works with my child...
- Have you tried _____?
- Oh, he's just a kid. I'm sure he didn't do that on purpose.
- A little love and attention is all he needs.

I know these sentiments are meant to be helpful, but here's the thing—my child isn't like yours.

He has a very serious disorder. Statements like these minimize our situation as if there are easy solutions that I just haven't tried. Honestly, I'm not looking for advice. What I need most from you is a shoulder to cry on and an ear upon which to vent—without being judged, second-guessed, or not believed.

Reactive attachment disorder is a challenging disorder that's difficult to treat so we have a long road ahead of us. Everyday is a struggle and I'd love to be able to count on you but not for advice or answers. I just need you to listen and offer encouragement. I know how deeply you care for me and my child and I'm thankful to have you in our lives. I've lost some relationships through this incredibly difficult journey. I don't want to lose you too.

Sincerely,

A parent of a child with reactive attachment disorder

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<http://instituteattachment.org/support-parents-raising-kids-rad/>

No Longer Fostering? We Would Love To Hear From You.

We are interested to learn about families leaving foster care and the reasons behind their decision. This information can assist us to advocate for future policies to support foster families. If you are a former foster parent, please take a moment to provide feedback on your foster care experience.

<https://www.surveymonkey.com/r/nfapaexitsurvey>

Waiting for a Forever HOME!

The following are children available on the Nebraska Heart Gallery.



Names: Ariana, Ronald and Bruce

Ariana, Ronald and Bruce are fun loving, active siblings looking for a Forever Family where they can be together. They share a love for reading and learning new things.

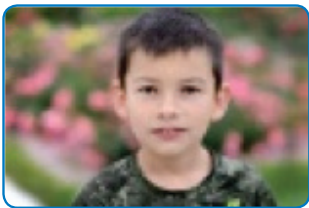
15 years old

Ariana is a friendly, outgoing young woman. She is talkative and able to express her wants and needs appropriately. Ariana loves music, especially Taylor Swift, Ariana Grande and Usher. Ariana also is a great reader and enjoys Harry Potter and Judy Moody books. Ariana describes herself as being helpful and a great big sister. She enjoys going to school and likes to learn new things. Ariana is looking for a Forever Family to help guide her into adulthood



9 years old

Ronald is described as very smart, doing well in school both academically and behaviorally. Ronald is very proud of his grades in school and works hard to maintain these. Ronald



says his favorite thing is to learn new math skills as that is his favorite subject. Ronald also enjoys being active and spending time with his siblings. He likes being creative with drawing and coloring. Ronald plays soccer, likes to watch Marvel movies and loves to read.

5 years old

Bruce, the youngest in his sibling set, is very inquisitive and eager to learn. He is looking forward to starting school and being able to meet new friends. Bruce loves to play with Transformers, Nerf



guns and dinosaurs. He is active and has fun going to the park, swimming and the zoo. Like his older siblings, Bruce enjoys reading, especially Clifford books. Bruce looks up to his siblings and enjoys spending time with them.

Connections

Ariana, Ronald and Bruce will need support maintaining relationships with important people in their lives, including an older sister, uncles, aunts and cousins.

For more information on these children or others on the Heart Gallery please contact Sarah at:

Email: scaldararo@childsaving.org

Phone: 402-504-3673



Membership Drive

The Nebraska Foster & Adoptive Parent Association empowers, supports, and advocates for Nebraska families by promoting safety, permanency, and well-being of our children. Your membership supports the important mission of NFAPA. There are several membership levels to accommodate everyone in the foster care, adoptive care, and child welfare community.

NFAPA offers four annual membership levels; Single Family (\$25), Family (\$35), Supporting (\$75) and Organization (\$150). In order to enrich NFAPA's mission, we are offering a new membership program – Friends of NFAPA. This membership level is billed \$5 monthly.

To join, simply mail in the membership form included in this newsletter or visit

www.nfapa.org. Your membership will ensure that Nebraska's most vulnerable children will have their greatest chance at success!

Spaulding: Making the Commitment to Adoption

Sponsored by Nebraska Department of Health and Human Services

Facilitated by Nebraska Foster & Adoptive Parent Association

Scottsbluff

Location:

Harms Advanced Technology Center-WNCC
2620 College Park
Scottsbluff, NE 69361

Date and Time

July 20, 2018: 6:00pm—9:30pm

July 21, 2018: 8:00am—5:30pm

Kearney

Location:

United Methodist Church
4500 Linden Drive
Heritage Room
Kearney NE 68847

Date and Time

August 24, 2018: 6:00pm—9:30pm

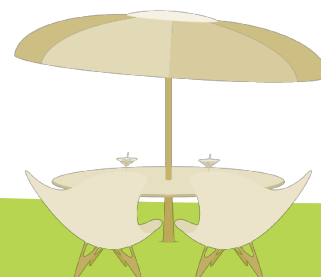
August 25, 2018: 8:00am—5:30pm

Register online at: <https://www.surveymonkey.com/r/2018Spaulding>
or call the office at 402.476.2273 or 800.257.0176

On Saturday there will be a one hour break for lunch

The Spaulding program is offered to prospective adoptive families and you will earn 12 CEU's by completing the training. Spaulding training offers families the tools and information that they need to:

- Explain how adoptive families are different
- Importance of separation, loss, and grief in adoption
- Understand attachment and its importance in adoption
- Anticipate challenges and be able to identify strategies for managing challenges as an adoptive family
- Explore the lifelong commitment to a child that



Nebraska Foster & Adoptive
Parent Association
3601 North 25th Street Suite D
Lincoln, NE 68521
402-476-2273



Foster Parent In-Service Training

Lied Scottsbluff Public Library, 1809 3rd Avenue

August 4, 2018

Time: 9:30 a.m. – 4:30 p.m.

Sponsored by Nebraska Department of Health and Human Services

Facilitated by Nebraska Foster & Adoptive Parent Association

Register online at: <https://www.surveymonkey.com/r/2018NFAPainervice>

or call the office at 402.476.2273 or 800.257.0176

Participants will receive up to 6-CEU's by attending all trainings.

Youth Thrive 3-hour Overview

The Youth Thrive™ training is designed to:

Instructors: Faith Mills and Betsy Vidlak

- Increase your knowledge regarding the Youth Thrive™ project, history and goals.
- Become familiar with a set of guiding premises that support our practice as we apply the Youth Thrive™ Framework.
- Explore the Youth Thrive™ Protective and Promotive Framework and the research behind each of its five components.
 - Knowledge of adolescent behavior
 - Social connections
 - Promoting youth resilience
 - Concrete support in times of need
 - Cognitive and social/emotional competence
- Learn how these promotive and protective factors, important for ALL youth, work together to increase the likelihood that youth develop characteristics associated with healthy adolescent development and well-being.
- Create a self-reflection plan to assess how you currently utilize the framework in your personal practices and how you plan to increase the use of the framework in future practices.



Prepare yourself to assist injured people following a traumatic event

Instructor: Susan Wilson, Trauma Program Coordinator

Motivated by the 2012 tragedy in Sandy Hook and multiple tragedies that have occurred in the ensuing years, the participants of the Hartford Consensus concluded that by providing first responders (law enforcement) and civilian bystanders the skills and basic tools to stop uncontrolled bleeding in an emergency situation, lives would be saved.

Civilians need basic training in Bleeding Control principles so they are able to provide immediate, frontline aid until first responders are able to take over care of an injured person. Due to many situations, there may be a delay between the time of injury and the time a first responder is on the scene. Without civilian intervention in these circumstances, preventable deaths will occur.

QPR

QPR-Suicide Prevention Gatekeeper Training: 3 steps anyone can learn to help prevent suicide.

Instructor: Sam Crouch

QPR stands for Question, Persuade, and Refer. It is an evidenced-based training program to help you respond to someone in a mental health crisis and thinking about suicide. Participants will learn how to recognize the warning signs of suicide, offer hope, and refer to appropriate resources.



We Have to Stop Losing Half of Foster Parents in the First Year



Irene Clements (center, in blue) with her adopted children, some of the 127 kids she and her husband fostered over the years.

One hundred and twenty seven. That's the number of children that were entrusted to my husband Billy and myself over our 27 years as foster parents.

Each year, as we celebrate National Foster Care Month, I like to take a few moments to reflect on the children who came into our lives as foster parents. We adopted four children, three from foster care, and today we have 18 grandchildren and three great-grandchildren, not to mention the many others who stayed with us that we still keep in touch with. That's a lot of lives and laughter, and love.

We never intended to become life-long foster parents, but feel fortunate we had the opportunity. Because the truth is, although foster care is an important safety net for children, it's not a great place to spend one's childhood. As foster parents, we were able to make things a little better.

This week, the U.S. Senate passed a resolution that for the first time ever designates May 31 as National Foster Parent Day to honor the many critical contributions of foster parents as part of our safety net for vulnerable children.

Foster care is intended to be a short-term solution, while child welfare agencies work to reunify a child with his or her birth parents, place them with a trusted relative or find them a new permanent family. But while they are in foster care, children need someone to love them unconditionally, and help them to grow and flourish. Foster parents try to fill that role.

We saw children blossom in our home, time and time again. And, as the executive director of the National Foster Parent Association, I've seen and met many caring families who have taken in children needing a home, and given them love and the support they need.

With the right supports from child welfare agencies, foster families can help children who were abused, neglected or

otherwise traumatized begin to heal. In fact, foster parents are the primary "tool" we have to help our nation's children while they are in foster care. And, these foster parents not only help the children entrusted to their care, they can help families recover and heal, so that children can return home safely.

I am lucky to have developed close, supportive relationships with a number of birth mothers of children I cared for. In fact, just last month, I spoke with a birth mother who I've known and mentored for over 30 years. She called to talk about her daughter who is now 34.

Unfortunately, we lose too many of our quality foster families. Nearly half of foster parents quit in their first year of fostering due to lack of support, poor communication with caseworkers, insufficient training to address child's needs and lack of say in the child's well-being.

Foster parents do their best for children when they're valued as important partners. That's why the National Foster Parent Association has recently joined CHAMPS, a national campaign working to improve foster parenting policies throughout the United States. CHAMPS, which stands for CHildren need AMazing Parents, is working with child welfare agencies, advocates, foster parents and youth formerly in foster care to promote the highest quality parenting policies.

CHAMPS builds on research that shows loving, supportive families – whether birth, kin, foster or adoptive – are critical to the healthy development of all children. Leveraging this research, CHAMPS aims to spur policy reforms in 20 to 25 states over five years to ensure that foster parents are equipped with the training and support they need to be the best they can.

Fostering children changes lives one child at a time. It can also bring positive change to birth families. There's a continuous need for families to step up and become foster families, but there's an equally urgent need for policy makers and agency leaders to improve policies and practices so that all foster parents have the support they need to provide the stable, loving care children deserve.

I hope you'll take a few minutes to learn more about CHAMPS and the fostering policies that could make a huge difference for children while they are in foster care. And, that you'll join us in honoring foster parents, not just on May 31, but throughout the year, as they work to provide a safe, nurturing family for the children we've entrusted to their care.

Irene Clements is the executive director of the National Foster Parent Association. More information on CHAMPS can be found at www.fosteringchamps.org.



My Parenting May Seem Strict, But I Have A Few Good Reasons For It.

by Mike Berry

The glares, stares, and judgmental glances. We've seen it all in our 15 years on the adoptive and foster care journey. Particularly as we've worked hard to parent children with major special needs. While we owe no one an explanation, we have some solid reasons for parenting our children the way we do.

It's a mild September afternoon in Central Indiana where we live. My family and I have spent the past hour watching my oldest son play football for his 7th grade team. Another game, another victory. This team is so good it's scary. As the clock ticks down to the final seconds, we make our way down to the sideline to say hello to our sweaty, dirty mess of a child. He loves the game. Especially the hard-hitting aspect of it. The sun has gone down and it's nearing 8 PM. He sees us waiting by the track and excitedly jogs over to us.

"Hey Mom, Dad, can I go to Steak 'n' Shake with the team? Everybody's going and I want to go."

"Not tonight buddy, it's bedtime," my wife replies matter-of-factly. "You need to come home and shower and head to bed."

"Why?" he replies with a snippy tone and an irritated look.

"You know why buddy. Dad will be over to pick you up outside of the school in a minute."

He argues for a minute but we stand our ground. We have to. Every night is the same, even on the weekends. At 7:30 PM we begin the routine. By 8 PM lights are out. It's structured, it's consistent, it's almost without fail.

As I walk away from my son and head to the car, I catch a glimpse of a few parents standing nearby. Without even looking directly at them, I can feel their stares. I can feel their judgmental looks. They can't believe we won't let him go out with the rest of the team. By now, I'm sure their sons, who all look like a walking advertisement for Under Armor and Nike, have given notice of our decision. One mom even shrugs (but not the "Oh well" shrug. More like the "Wow, they're mean," shrug). Sometimes the suburbs drive me completely crazy. I don't fit in here.

By now, though, I'm used to this. After more than a decade of parenting children with special needs, I've grown accustomed to the stares, whispers, and gossip. I used to get annoyed, even angry at them. Now, after more times than I can count, I know why they stare at us unbelievably. They don't understand our situation or why I parent my special needs child the way I do. My son experienced brain damage caused by drug and alcohol exposure before he came to live with us. More than a decade ago, we brought him into our home as a foster care placement, and then he was adopted a few years after that.

As a result of drug and alcohol exposure, the executive

NFAPA Support Groups

Have you ever thought about attending a support group? NFAPA offers support groups to foster, adoptive and kinship families! This is your chance to gain understanding and parenting tips through trainings, discussions and networking with fellow foster families.

This is a great way to meet other foster/adoptive families in your area! In-service training is offered at most support groups for those needing credit hours for relicensing. Up to date information with each support group location will be on the calendar page on our website at www.nfapa.org. Support Groups will be cancelled for inclement weather.

Contact a Resource Family Consultant for more information:

Jolie Camden (Panhandle Area): 308-672-3658

Tammy Welker (Columbus): 402-989-2197

Terry Robinson (Central/Southwest Area): 402-460-7296

Robbi Blume (FACES): 402-853-1091

NFAPA Office: 877-257-0176

IN-PERSON SUPPORT GROUPS

- Alliance Support Group:** Meets the third Thursday of the month. Registration is required.
Contact Jolie Camden to register: 308-672-3658
Box Butte General Hospital, Alliance Room, 2101 Box Butte Ave.
6:00-7:30 p.m.
July 19, August 23, September 20, October 18, November 15, 2018
- Scottsbluff Support Group:** Meets the second Tuesday of the month. Registration is required.
Contact Jolie Camden to register: 308-672-3658
Sugar Factory Road-*please do not bring in Pepsi products.*
6:00-7:30 p.m.
July 17, August 14, September 11, October 9, November 13, 2018
- Chadron Support Group:** Registration is required.
Contact Jolie Camden to register: 308-672-3658
CHA Daycare and Home School, 237 Morehead
6:00-7:30 p.m.
July 23, August 27, September 17, October 22, November 19, 2018
- Columbus Support Group:** Meets the second Tuesday of the month (except July and December). Childcare available.
Contact Tammy Welker at: 402-989-2197
(Thank you Building Blocks and Behavioral Health Specialists for providing childcare!).
Peace Lutheran Church, 2720 28th St.
7:00-8:30 p.m.
August 14, September 11, October 9, November 13, 2018
- Norfolk Support Group:** Meets quarterly.
Childcare available by Building Blocks and Behavioral Health Specialists.
Contact Terry Robinson at 402-460-7296
Northern Heights Baptist Church, 3000 Harvest View Drive
6:30-8:00 p.m.
June 28, August 23, September 27, October 25, 2018

ONLINE SUPPORT GROUP

- FACES:** Online Support Group: Every Tuesday 9:00-10:00 p.m. CT Contact Felicia at Felicia@nfapa.org to become a member of this closed group. Meets weekly to discuss issues foster parents are facing. Support only.

TRANSRACIAL SUPPORT GROUP

- Parenting Across Color Lines:** This group supports and strengthens racial identity in transracial families. Support only. Meets the fourth Monday of the month.
Children welcome to attend with parents.
Newman United Methodist Church, 2242 R Street, Lincoln. 6:15-8:00 pm
Contact the NFAPA office to register for Family Events or any questions. 402-476-2273
For more information or to RSVP, contact Laurie Miller at Laurie@nfapa.org
Family Event: August 1. Meetings: August 27, September 24, October 22, 2018

Be sure to mark your calendars! If you have a topic you want discussed, please contact the Resource Family Consultant for that group.

functioning portion of his brain is absent. His brain is always on overload and there is very little reasoning, if any. Logic and patience is trumped by irrational thinking and impulsiveness. Because of this, he must follow a solid schedule. A routine. A format. It's almost night and day from the schedule or pattern of a child with normal functionality. A child who's mother took all of her prenatal vitamins, and did not drink a drop of alcohol or abuse her body while her child was in utero.

So, I understand their misunderstanding. While I don't owe anyone an explanation, here's my logic...

1. **It's not strict, it's structured.** My parenting is often chalked up to being strict, or unwilling to bend. But, it's actually something different than that. It's structure. Structure is built on purpose, intention, and logical reasoning. We have a very clear reason why our child follows a structured schedule. His body, his brain, only thrives when he knows what to expect. When time is left open, or a blank in the daytime routine is not filled in, he feels out of control and chaos ensues.
2. **We have to be consistent.** The only way he grows within the structure is through consistency. One of the most valuable pieces of advice we received from a medical expert, who specializes in diagnosing and treating fetal alcohol spectrum disorder, was: "Repeat, repeat, repeat. Every single day must match the one previous. When he knows what to expect, his mind will be at ease and his body at peace." We've never wavered. Again, this looks strict and unreasonable on the outside, but internally, we are achieving health and well-being.
3. **I'm working on a bigger picture.** My vision supersedes the here and now. That's one of the biggest things parents of normal functioning children misunderstand. I have to look past the present and into the future. Not only that, but I have to focus on a bigger picture. One that includes helping my child function in society, make wise choices, and navigate a sometimes tricky world that can be all-consuming. There will be a day (even now so) where my child will have to make choices apart from me. I will fail him if I drill down on a one pixel of the picture of life, as opposed to the bigger picture of the world he lives in. The real world. I'm not raising a child, I'm raising a future adult. One I hope and pray is able to relate to this society as normal as possible. I'm not raising a child, I'm raising a future adult.

I don't expect every single person who reads this to empathize, understand, or relate to what I'm saying. I especially don't expect this from a reader who may not be raising a child with the same special needs as mine. I'm just asking for a little less judgment and a little more compassion for my real-life situation. If you can choose that path, it helps me help my child succeed.

For those who are nodding right now, I'm going to guess that we are rowing in the same boat (so-to-speak). Hang in there. I get you. I know the struggle all-too well my friend. You are not alone. Keep doing what you are doing. Don't apologize to anyone. You've been called to a great task. But called you are!
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<https://confessionsofadoptivemom.com/my-parenting-may-seem-strict-but-i-have-a-few-good-reasons-for-it/>

Why Some Kids Are Resilient And Others Aren't

(The Unfortunate Effects of Trauma)



This is a special edition article by our guest blogger, Robert W. McBride, LCSW. Thank you, Robert, for volunteering your time and expertise in the areas of adult attachment issues. Click here to read part I of this topic series.

*For over 30 years, Robert W. McBride, LCSW, MSW, has provided therapy for adults, primarily men, in regard to their childhood and adult trauma, depression, criminal behaviors, personality issues, maladaptive schemas, and attachment issues. He is the author of *Change is The Third Path* and *Breaking the Cycle*. He currently volunteers at the Institute for Attachment and Child Development and Futures Academy.*

Many people believe kids are resilient. That's true—sometimes.

People can overcome great odds. But they are stronger through the help of others. Humans yearn for and rely upon relationships and attachment to survive. Kids are only as resilient as their attachment strategies allow. Attachment researchers have found that our early relationships affect how we interact with others throughout our lifetimes. The way a child learns how to survive affects the sort

of adult he'll be—whether healthy and well adjusted or destructive and self-defeating.

The importance of early attachment and bonding

A child who reasonably and consistently gets his needs met during his first year of life—eye contact, smile, touch, motion, and food—feels satisfied and secure for the most part. This sense of satisfaction and security allows the infant to learn he can trust his caregiver to respond in safe and helpful ways. Therefore, he trusts, relies upon, and allows the caregiver to take care of him growing up. If this type of care continues, the child will likely learn to securely attach and build his future from a secure base.

When infants don't get their needs met, however, the opposite is true. They feel dissatisfied and insecure when raised with neglectful, punishing, and otherwise inadequate caregivers. The child begins to feel hopeless and helpless and expresses anger to get his needs met. The infant learns to distrust caregivers. He does not trust them to be in charge of his life and begins to try to take control in inappropriate ways. The child learns to manipulate caregivers and remains fearful and angry. If this pattern of inadequate care continues, the child likely becomes insecurely attached and builds his future from an insecure model.

Most people with insecure attachment strategies experienced trauma in childhood from their families of origin. Such trauma typically includes physical, sexual, and psychological abuse or neglect, abandonment, or loss of the child's caregivers. Sometimes, the trauma is subtle and can occur in seemingly healthy families (read more here) as well. A child who grows up in such environments learns survival behaviors that result in unusual or maladaptive strategies as an adult.

Early attachment issues follow people into adulthood

Mary Main identified five attachment-related risk factors arising out of childhood that influence mental or behavioral disorders later in life:

- failure to form a healthy attachment between six months and three years
- development of an insecure attachment
- major separations from or permanent loss of attachment figures
- disorganized attachment in response to early maltreatment
- disorganized attachment as a second-generation effect of the parent's own trauma

In this third article of the series *How Attachment Grows Up*, we'll explain two more (out of four) attachment

strategies (a.k.a. schemas) that begin and develop throughout a person's lifetime (please visit here to read about the first two strategies):

- How an ambivalent strategy grows into a preoccupied strategy—

Kids with ambivalent attachment strategies—

Children with ambivalent attachment strategies tend to have had inconsistent, unreliable, and ineffective caregivers early on. Such caregivers react to their children in unpredictable and insensitive ways. As a result, children have a difficult time attaining closeness in a dependable manner. They tend to develop inflexible behavior strategies to deal with moderately stressful situations. Even when placed with healthy caregivers, children with this strategy remain needy and constantly seek contact. Yet, they're also distrustful, angry, and unwilling to accept comfort from adults. "They develop maximizing attachment behaviors," says Mary Main. "[due to fear] of the caregiver's potential inaccessibility." These children often grow into adults with preoccupied attachment strategies.

Adults with preoccupied attachment strategies—

Preoccupied adults maximize attachment strategy and appear preoccupied and entangled in relationships. They tend to feel confused and angry about and are non-collaborative toward attachment figures. These adults lack the objectivity to move beyond their preoccupation, says Main. Preoccupied adults often describe an unloving family of origin that lacked nurturing, understanding, and reasonableness. They are often stuck in their distress and dissatisfaction over the way they were treated by early caregivers.

People with a preoccupied attachment strategy tend to spend a great deal of time actively controlling others so that they are available for them. They seem needy and clingy in their relationships but also emotionally unavailable. They also tend to distrust all relationships, especially intimate ones, and blame their partners for the problems and dissatisfaction in their lives. They often take little responsibility and are frequently vocal about their troubles being caused by others—co-workers, bosses, police, or parents. They tend to feel angry and punish others but try to hold on to relationships even when dissatisfied with them.

George* is representative of people who demonstrate a preoccupied strategy—

George felt as though both his parents were unavailable to him. No one looked at schoolwork, attended school meetings or activities in which he was involved. They

seldom spoke to him. He felt his mother was unfair, punishing, and seldom loving toward him. George's father lived in another state and never showed any love or interest toward him. No matter what he did, he could not gain favorable attention from either parent.

Although George praised his mother for doing her best to raise him, he disclosed that his mother and aunt molested him as a child. He never remembered his mother sober. George described his recurring memory of how his mother died after she had a substantial amount of whiskey. He reported having tremendous guilt and feeling responsible for her death. He blamed himself because he knew no life-saving techniques and was unable to get rescue help fast enough.

When his mother died at 12-years-old, his older brother received custody of him. George's brother treated him poorly. While living with his brother, George went to school sporadically for awhile, earned money playing pool and stealing, stole all his clothing and most of his food, and slept on pool tables at friend's homes and in parks. He began using alcohol and drugs before he was fourteen. George abused girls his age and much older women who took him in. He began a trade in his late teens and married in his mid-twenties because the woman was pregnant. They had five children together.

By his 30s, George was convicted for drunkenness and assault of his wife and a police officer. It was at that time that George began to realize how angry he was toward his mother for sexually abusing him, dying of alcoholism, and leaving him afraid and alone to fend for himself. While trying to resolve the issue of his mother's death, he contacted his father and discovered his mother had committed suicide by taking large amounts of barbiturates and whiskey. Neither George nor anyone else could have saved her. At age thirty-eight, he realized he had lived with twenty-six years of guilt, anguish, and anger about an event for which he had never before known the truth. His life was full of anger and self-doubt, always unclear and confused about his past.

- **How a disorganized-disoriented strategy grows into an unresolved-disorganized attachment strategy—**

Kids with disorganized-disoriented strategies—

Children with a disorganized-disoriented attachment strategy tend to have been under the care of adults who were unpredictable, rejecting, frightening, and out of control in the child's early years. The adults were often abusive or violent and alcohol and drug dependent. The child often faced fear and anxiety when he requested attention, protection, and nurturing from his caregiver.

Disorganized-disoriented children lack a coherent

attachment strategy toward their caregiver(s). They reverse care-giving patterns in which they either act punitively toward their parents or take on a care-giving role. Disorganized children are most at risk for mental illnesses (read why here). School children with disruptive, aggressive, and dissociative behaviors have been associated with disorganized attachment status. According to Main, a large "majority of maltreated children have been found to be disorganized."

Adults with unresolved-disorganized strategies—

Adults exhibiting an unresolved-disorganized strategy tend to be more socially isolated than other people. They may have no intimate relationships and are without much idea about how to go about beginning new relationships, even if desired. They also tend to distrust all relationships. Many seem depressed and with a suicidal ideation.

Mary* is representative of people who demonstrate a preoccupied strategy—

Mary was an only child, raised by her mother. She never revealed much about her home life other than that her childhood environment included drugs and fighting. Her mother had a series of male partners over the years and she was not sure about the status of her father or any other relatives. Her mother was drug addicted and an alcoholic. The mother's boyfriends who occasionally lived with her were also drug addicted or alcoholic. A couple of the mother's boyfriends physically abused, as Mary described, "just for the fun of it." One of the boyfriends sexually molested her until he left after Mary cut and stabbed him with a knife. Mary remembered little else of her childhood. What she did report of her childhood was general information—having a loving mother, life was boring, and she could do what ever she wanted because no one cared what she did. She watched television a lot and roamed the streets with other young people. She was using alcohol and drugs with the other children before she was a teen. At seventeen, she came home one night after being gone for several days and found her mother's bloated body on the floor. She had finally drunk herself to death.

By eighteen, Mary had a child. Her relationship with the father failed shortly after the child's birth. She started another relationship and had another child at that time. That relationship also ended in less than four years. In both relationships, she continued to abuse drugs and alcohol and obtained low-paying temporary jobs when she worked. On the job, she often fought with co-workers. She saw herself as incompetent and without much value.

She denied and minimized her behaviors and problems. She claimed the only problem she had was alcohol because it had ruined her relationships and caused her to rage. She

refused to see herself as a person with abusive, violent, and criminal behavior. She appeared to be a dangerous person and was emotionally closed down and volatile when she lost her composure.

Attachment education is sad, but not without hope

It does us no good to deny that people like George and Mary struggle. Although their names are changed to protect their identities, they are true stories of real people—this reality may feel uncomfortable for many people. But to dismiss their lives is to deny, and therefore perpetuate, the effects of attachment problems in our world.

Humans are amazing. And they are resilient—when given the gift of healthy early attachment. When they struggle with attachment, however, hope is still possible. Early intervention is critical.

But early intervention means far more than removing, and keeping kids out of, harmful homes. Trauma follows a child wherever he lives, no matter how safe, nurturing, and responsible his new caregivers. A child needs specialized help from highly qualified attachment clinicians. Adoptive and foster parents cannot overcome attachment problems for their children with love, time, or “good parenting”. Our society must surround these caregivers with the support and resources necessary to provide for their children.

People don't typically think about attachment. **Yet, it is the basis of human interaction and behavior all around us.** We're all affected by trauma—whether directly or indirectly—throughout our lifetimes. We all pay the cost of violence and a cycle of child abuse and neglect in our country when we do nothing. It is not pleasant to ponder. It is also not time to throw up our hands. Or to say there's nothing anyone can do. It is time to learn more, educate others, advocate for kids who battle trauma, and support the responsible, caring adults who now raise such children. When we do nothing, we accept the cycle of abuse and neglect. There is hope in early intervention and highly specialized attachment clinicians.

**names changed to protect client identities*

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<http://instituteattachment.org/why-some-kids-are-resilient-and-others-arent-the-unfortunate-effects-of-trauma/>

Upcoming Training

Facilitated by the Nebraska Foster & Adoptive Parent Association

Sponsored by Nebraska Department of Health and Human Services

The Kinship Connection

This six hour training will provide Relative & Kinship families with training on the following topics:

- The Legal Process
- RPPS/Respite
- Trauma & Attachment
- Safety
- Behavior Management
- Redefined Roles
- Loss & Grief
- Permanency Options for Children & Youth

Saturday, July 14, 2018

from 9 am – 4 pm: Grand Island

Saturday, July 14, 2018

from 9 am – 4 pm: Lincoln

Saturday, July 28, 2018

from 9 am – 4 pm: Hastings

Saturday, August 11, 2018

from 9 am – 4 pm: Kearney

Saturday, September 1, 2018

from 9 am – 4 pm: Scottsbluff

Saturday, September 15, 2018

from 9 am – 4 pm: Lincoln

Saturday, September 22, 2018

from 9 am – 4 pm: North Platte

Saturday, September 29, 2018

from 9 am – 4 pm: Omaha

Registration is required.

Register online:

<https://www.surveymonkey.com/r/KinshipRegistration2018>

These informational classes are for Relative & Kinship families who have not taken pre-service classes to be licensed foster parents.



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www.nfapa.org

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JOIN NFAPAyour support will enable NFAPA to continue supporting foster parents state-wide!

Benefits

- Ongoing trainings/conferences at local and state level
- Networking opportunities with other foster families, adoptive families, and relative caregivers
- Opportunity for all foster families, adoptive families and relative caregivers to be actively involved in an association by serving on committees and/or on the Executive Board
- Working to instigate changes by alertness to legislation affecting the child welfare system
- An advocate on your behalf at local, state and national levels
- 25% of membership dues goes toward an NFAPA Scholarship

Thank you for your support!

Please mail membership form to:
NFAPA, 3601 N. 25th Street, Suite D
Lincoln, NE 68521.

Questions? Please call us at 877-257-0176.

NFAPA is a 501c3 non-profit organization comprised of a volunteer Board of Directors and Mentors.

Name(s): _____

Organization: _____

Address: _____

City: _____ County: _____

State: _____ Zip: _____ Phone: _____

Email: _____

I am a Foster/Adoptive Parent. I have fostered for _____ years.
(circle one)

I am with _____ agency.

I wish to join the effort:

- ☐ **Single Family Membership** (a single foster or adoptive parent), \$25
- ☐ **Family Membership** (married foster or adoptive parents), \$35
- ☐ **Supporting Membership** (individuals wishing to support our efforts), \$75
- ☐ **Organization Membership**
(organizations wishing to support our efforts), \$150
- ☐ **Friends of NFAPA**, \$5 billed Monthly

My donation will be acknowledged through Families First newsletters.

- ☐ Gold Donation, \$1,000
- ☐ Silver Donation, \$750
- ☐ Platinum Donation, \$500
- ☐ Bronze Donation, \$250
- ☐ Other, \$ _____