

Resource Family Approval

Newsletter



Important dates coming up:

- December 9, 2019 to December 11, 2019
RFA Annual Review
- December 14, 2019
Holiday Party for Transitional Aged Youth, Foster Children & Caregivers' Families
- December 25, 2019
Christmas
- January 1, 2020
New Year's Day
- January 25, 2020
CPR for Foster Parents
- January 29, 2020
Caregiver Forum

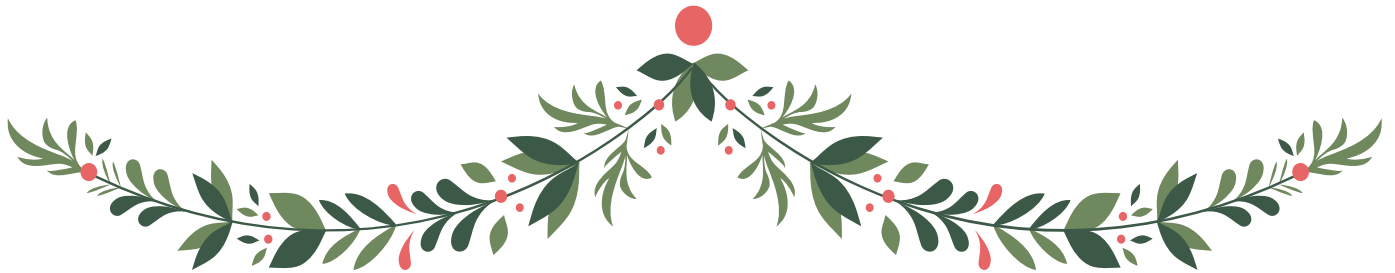
RFA ANNUAL SITE REVIEW

Yolo County Resource Family Approval team will be participating in the Annual Site Review visit on December 9, 2019 to December 11, 2019. We are eager to get recommendations to further enhance our Yolo County RFA program. In addition, we will be gaining knowledge and skills to continue the mainstream the RFA process.

CPR/First Aid is offered by Yolo County RFA Team free of cost to the RFA community. The November class had 27 individuals RSVP; however, only 6 individuals were in attendance. Please note that we will offer the training in January but if the turnout is similar to November, we will no longer provide CPR/First Aid as we don't have the numbers to support the need for this training. Resource Families and prospective Resource Families will then be responsible to obtain the training at their own cost. Thank you for your understanding.

Meet Angela McGraw

For the last three years, Angela has been providing a safe, stable, and nurturing environment for numerous children/ youth who have entered the foster care system. Angela's love and passion to foster began three years ago with the placement of her granddaughter, who she later adopted in October 2018. Angela describes the effect on the child of finding a safe and loving home as life changing, both for the child and for herself, with descriptions of the effect including: "inspiring" and "nothing I have encountered has been as rewarding". "I love what I do," she said. As a family, Angela and the kids take day trips, vacations, and attend to all the farm animals. Angela admits that she encounters significant challenges while fostering, but said that the rewards of fostering outweighs the difficulties. Angela has had placement of youths who suffer from schizophrenia to ADHD but says "learning personal triggers is critical...this helps the child adjust into the home and build trust". Angela said her motivation to continue as a foster parent results from seeing the life-changing effects on her foster children and the bond she has formed with her foster children. "All I can do to help is to continue to foster". The RFA team would like to acknowledge Angela for all her hard work.



Tip of the day:

SAMPLE EMPOWERING RESPONSES

- AVOID "SET UPS": Instead of saying, "Did you _____", say, "I notice that you _____"

Proceed with any of the following:

- INVITE RESPONSIBILITY: "What is your plan?"
- CURIOSITY QUESTIONS: "What were you trying to accomplish? How do you feel about what happened? What ideas do you have to solve the problem?"
- EXPRESS YOUR LIMITS: "If you need my help with your assignment, please let me know in advance"
- VALIDATE FEELINGS: "I can see that you are very upset."
- LISTEN WITHOUT FIXING OR JUDGING: "I would like to hear what this means to you."
- AGREEMENT NOT RULES: "Could we sit down and see if we can work on a plan that we can both can help each other to solve this problem?"
- CHOICES
- RESPECT AND ENCOURAGE: "I believe in you to learn from your mistakes and figure out what works for you in your life."
- ASK FOR HELP: "I need your help. Can you explain to me why it isn't important to you to do your homework?"
- SHARE YOUR FEELINGS: "I feel _____ about/when _____ because _____ and I wish _____" (Share without expecting anyone else to feel the same or grant your wish. This is a great model for children to acknowledge their feelings and wishes without expectations.) "I feel upset when your homework isn't done because I value education and think it could be beneficial in your life, and I really wish you would do it."
- JOINT PROBLEM SOLVING: "What is your picture of what is going on? Would you be willing to hear my concerns? Could we brainstorm together on possible solutions?"

Happy Holidays