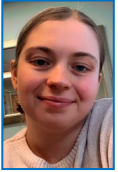


## Greetings from Alaska Center for Resource Families

ACRF provides support and training for foster, adoptive, guardian and relative caretakers in Alaska



### Ashley Garrison, Fairbanks Office

My name is Ashley Garrison. I am the new Project Assistant in the Fairbanks office. I was born and raised in California and brought to Alaska about ten years ago with my family. I am finishing up my last year of college seeking a bachelor's degree at the University of Alaska Fairbanks. In my free time I love to go fishing, hunting, and hiking and enjoy doing all these activities with my 5-year-old daughter and our dog. Together, we also love to read and bake! My daughter has been a blessing and a very big part of why I chose social work as a profession. I am passionate and excited about helping children and assisting their families in any way possible!



### Elizabeth Serrano, Anchorage Office

I am a third generation Alaskan and a mother to an amazing nine-year-old kiddo. In my spare time I enjoy going to UAA hockey and basketball games, exploring our many parks and trails, and reading as many books as I can get my hands on. Volunteerism and community engagement is an important part of my life, having volunteered with The Boys & Girls Club of Alaska, Alaska Junior Theater, Alaska Theater of Youth, and through the education program at the Alaska Zoo among other organizations. Currently I sit on the board of directors for the Chugach Education Corporation, as well as Kenai Academy. In my professional life I have previous experience in the non-profit sector, executive level logistics, and high-end customer service. As a former foster child, I am thrilled to be working with an organization the aligns with my passion for supporting youth in Anchorage. I am looking forward to working with the amazing staff at ACRF and with Alaska's resource families.

## Update from the Resource Family Advisory Board!



The Resource Family Advisory Board met three times during this quarter to work on its three initiatives including the first of its "face-to-face" meetings for FY24 in Anchorage on October 2 and 3. The Board met with the Director and OCS Leadership to discuss recent initiatives and policy changes in OCS focused on improving conditions for foster parents including the respite program and the standing up of the Placement and Support Unit. The Board also gave input on forms for the Respite Program being developed by OCS. This quarter, the Board put effort into recruiting and onboarding new RFAB Members for a fuller representation across the state.

### Newly added members include:

**NORTHERN REGION:** Kristen Haddox (North Pole, promoted to full membership); Jeffrey Rentzel (Fairbanks), and Elizabeth Greninger (Fairbanks, Associate Member)

**SOUTHCENTRAL REGION:** Jan Lefevre (Soldotna) and Cassandra Kroto (Tyonek)

**WESTERN REGION:** Rebecca Stallsworth (Aniak)

**ACRF ADMIN SUPPORT:** Elizabeth Serrano

### Current RFAB Initiatives:

1. Provide input and Ideas for recruiting resource families – new ideas from the foster parent perspective.
2. Support a shift in culture from "Foster a Child" to "Foster to Permanency"
3. Continue promoting the Resource Family Bill of Rights
4. Promote Communication between Alaska Resource Parents and OCS Leadership

## INDIVIDUALIZED TRAINING PLANS

As the new ITPs get implemented and become more familiar, this is a reminder that **all licensed foster parents must complete training every licensing year to be in compliance with foster care regulations**. The ITP is an individualized plan that focuses on training that will directly help you learn about the needs of the children in your care.

### Here's a review of the new process.

- 1) At the time of renewal the resource parent will choose topics of interest to pursue training around the specific needs of the children in your home.
- 2) You and your licensing worker will sign an agreement stating you will complete this training before your next renewal date.
- 3) Families must submit all documentation of completion of training to ACRF to enter into your training record.

All newly licensed OCS foster homes (and homes who have not completed it) are required to take **Core Training for Resource Families** with ACRF. For families licensed through private agencies they can take a similar core training titled Pressley Ridge Training.

Families can find their own methods of learning about these topics or they can contact ACRF for a list of Training Options that a family can consider for completion. Licensing will check with ACRF to make sure that this training is completed within each licensing year. Have a question or need help? ACRF is here to help you get those training requirements completed!

# Changes that OCS has made to better support foster parents statewide!



**Office of Children's Services  
Placement Search and Support Unit**

**Current Statewide Services**

- Emergency Placement Searches
- Non Emergency Placement Searches
- Emergency Relief Support for Unlicensed Relatives
- Resource Family Support
- Available to answer Resource Family Questions.  
When is the next court hearing?  
Who is this child's medical provider?  
Who is this child's primary protective services specialist?  
Can I get this medical consent signed?

**Services Coming Soon**

- Licensed respite care
- Licensing Assistance
- Additional Resource Family Supports
- Additional staffing for the PSSU to expand hours of operation

**MISSION**

Ensuring the safety, permanency and well-being of children by strengthening families, engaging communities, and partnering with tribes.

**VISION**

SAFE CHILDREN • STRONG FAMILIES

**Contact**

[fcs.ocs.pssu@alaska.gov](mailto:fcs.ocs.pssu@alaska.gov)  
\*Phone number being established





## Safe Children, Strong Families

**Resource Family Support**

**Updates**

- ✓ Reduced paperwork for biennial license
- ✓ Support call from supervisor following a licensing investigation
- ✓ Additional level 3 for Difficulty of Care Augmented Rates
- ✓ Additional criteria category for Intensive Augmented Rate
- ✓ Mid-Biennial licensing home visit

**Placement Search and Support Unit**

[Fcs.ocs.pssu@alaska.gov](mailto:Fcs.ocs.pssu@alaska.gov)  
Phone number soon to come

- ✓ Placement searches
- ✓ Electronic placement packet
- ✓ Support calls following placement
- ✓ Assistance with accessing services
- ✓ General questions regarding placement or OCS

**Special Needs Hotline**

1-855-60-FUNDS or  
[fcs.ocs.specialneeds.hotline@alaska.gov](mailto:fcs.ocs.specialneeds.hotline@alaska.gov)

- ✓ Childcare and Summer camps
- ✓ Property Damage or Loss
- ✓ Vacation Travel Requests
- ✓ Special Needs Requests
- ✓ Difficulty of Care Augmented Rates

**Services Coming Soon**

- Licensed respite care
- Licensing Assistance
- Additional Resource Family Supports
- CarePortal



## 1.0 CREDIT SELF-STUDY

Licensed foster parents can read the following article and earn foster parent training credit by filling out the quiz and returning it to the Alaska Center for Resource Families, 815 Second AVE STE 202, Fairbanks AK, 99701 or FAX to 1-907-479-9666.

### SLEEP ISSUES IN FOSTER CARE

Sleep can be a blessing AND a challenge, especially for foster families. Sleep problems result from anxiety, not being able to sleep through the night, night terrors and nightmares, breathing issues, and not wanting to go to sleep. Each situation demands a parent's patience and ability to determine what is going on for your specific child. Trauma history, age, daytime activities, sleeping environment, nighttime routines (or lack of), medical issues, restless legs syndrome, bed wetting, and seizures can all interrupt sleep. If you have a child with sleep challenges that are outside normal expectations, your first step is always to talk with your health provider. A thorough exam and understanding of a child's physical health is always the first step.

Every child and youth does better with structure and a bedtime routine. This allows the child to make the transition and get into a rhythm of preparing for bedtime and soothing themselves into sleep. To create an effective bedtime routine for your foster child, take these initial steps.



If you have a child with sleep challenges that are outside normal sleep time challenges, your first step is always to talk with your doctor or pediatrician.

- 1. Create a safe space** Your child's bedroom should be clean and tidy – a good tip is to make sure the room is dark, with thick curtains or blackout blinds and reduce outside noise with double glazed windows. Allow them to choose whether to keep their door open or closed – as this can give them a sense of flexibility and control over their own environment, which they're likely to not have experienced before. Adding comforting items such as a favorite blanket or stuffed toy can make the space feel like their own, and increase relaxation.
- 2. Choose a bedtime** Plan a bedtime that will allow your foster child to get as much sleep as is required at their stage of development. As a general rule, babies need 12-16 hours of sleep, toddlers need 11-14 hours, pre-school children need 10-13 hours, school children need 9-12 hours sleep and teenagers need 8-10 hours sleep.
- 3. Use the Four B's** Bath: A warm (not hot) bath will help your child relax and get ready for sleep; Brush: Remember dental hygiene; Books: Read a favorite bedtime story or encourage quiet reading before bed; Bed: Set a routine that your child can understand.
- 4. Stick with it** Stick with the bedtime routine and set a morning wake-up routine, too! Getting your foster child in the habit of waking up at the same time each morning can ease them into falling asleep at night.

Other things may also interrupt the ability to sleep, especially for children who come from places of trauma or chaotic beginnings. Let's troubleshoot some of those issues. .

**If your child can't relax before bed:** Due to learned behavior, your child might feel they need to be on constant alert, and this hypervigilance could be preventing sleep. Try to stop your child from using screens 1 hour before bedtime, and instead encourage more soothing activities such as a warm bath, listening to calm music, talking about their day or reading a story together. Keeping the lights dim encourages your child's body to produce the sleep hormone, melatonin. Repeating the same relaxing habits in the same order every night can help promote good sleep. .

**If your child is scared before bed:** Lots of children have a fear of the dark or monsters under their beds, but foster children might also have a fear of being alone, unsafe, or abandoned. Your child might not want to, or know how to, talk about what they are afraid of. Reassure them that they are safe, and that you are there to care for them. Saying comforting words, such as "I am here if you need me" can help reaffirm to them that they are not alone. Some children might prefer a baby monitor in their room, so they know you are reachable if they have a nightmare. A nightlight can also help keep fears of the dark at bay. Some children prefer to have their beds against the wall for security reasons. .

**If your child has anxiety or panic attacks before bed:** Panic attacks can be scary, but it's important to stay calm whilst your foster child is experiencing a panic attack. Explain to your foster child that they are having a panic attack, and matter-of-factly explain the symptoms they are experiencing. Soothe your foster child, explaining it will pass soon. Teaching your foster child breathing exercises can help. Give them plenty of space after the panic-attack has subsided to calm down. Help them to shift their focus onto something more enjoyable like a pet, photograph, or toy. Above all, reassure them that they are not alone. If they are experiencing persistent panic attacks, it may be that they require professional help. .

**If your child is hyperactive before bed:** Is your child running rings around you just when they should be winding down? It can feel like your child is misbehaving, but there are simple solutions to reduce how hyper your child is at bedtime. First, cut sugary, e-number and caffeine filled foods and drinks before bedtime. Non-ADHD causes of hyperactivity also include stress, medical conditions, lack of exercise and lack of sleep. Doing lots of fun exercise throughout the day like riding a bike or playing in the playground, eating healthy, and following the bedtime routine can reduce hyperactivity. If you're concerned, you can also talk to your health provider about your child's symptoms.

**Facing a defiant child at bedtime** Give it time. It may take a while before your foster child settles into their bedtime routine and can sleep through the night. Try setting small goals, such as encouraging the child to stay in their bed all night even if they are not sleeping the whole time and create a reward system for when this happens so they know what is expected of them. If you feel you need more support with managing a bedtime routine, you can speak with your GP.



#### OTHER IDEAS TO HELP WITH SLEEP

**Use a Weighted Blanket or Compression Blanket** Weighted blankets are "grounding" and can really have a calming effect on children. What's a weighted blanket? Basically, they are blankets filled with tiny pellets or woven into the fabric. The weight gets distributed across the body. Think of it kind of like a big bear hug. For lots of children, and adults, this can have a very calming effect.

**Keep your child's bedroom door open, if possible.** Again, lack of permanence comes into play here. While this isn't possible for all children, it can help your child hear you...and keep you "alive". When new parents bring home their newborn, they often try to keep the house as quiet as possible when the little one is sleeping. For adopted and foster kiddos, they often need to hear mom and dad to assure they are still there. Hearing mom and dad assures them they have not been abandoned. It assures them they are not all alone.

**Use A White Noise Machine** White noise machines are a good option, especially for kiddos who wake up in the middle of the night. The rhythmic noise can be very soothing, and really be helpful for a child who is hyper-vigilant and listening for every little sound during the night. When you are on high alert, sleep and rest are a huge challenge. When it's completely quiet, people with insomnia or other sleep difficulties focus more closely on small noises, which can interfere with their getting to sleep."

**CREDIT:** The following articles were used with permission to develop this self-study: [Tips for Managing Foster Children's Bedtime Routines](https://www.capstonefostercare.co.uk) at <https://www.capstonefostercare.co.uk> and [7 Ways to Stop Bedtime Battles with your Adopted or Foster Child](https://tohavehope.com) from [tohavehope.com](https://tohavehope.com) ■

### SLEEP ISSUES IN FOSTER CARE

If you read the above entitled article and want foster parent training credit applied to your training requirement, fill out the following questionnaire and FAX it to 1-907-479-9666, mail to ACRF, 815 Second AVE STE 202, Fairbanks, AK 99701 or email to [acrf@nwresource.org](mailto:acrf@nwresource.org).

Name: \_\_\_\_\_

Provider#: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

1. After reading this material, please list two (2) main nuggets of information you learned from the course.

1) \_\_\_\_\_

2) \_\_\_\_\_

2. After reading this material, think about how this information can be useful to your foster parenting experiences. Please list two (2) specific ways you may use this knowledge in your home.

1) \_\_\_\_\_

2) \_\_\_\_\_

#### WHAT ABOUT MELATONIN?

*Foster parents should never use melatonin with youth in foster care without first consulting a medical provider and obtaining permission from OCS. While melatonin seems to have some success in shortening the time for children with ongoing sleep issues to fall asleep, it should not be used as a stand alone treatment and should always be used under the guidance of a health professional.*



**Strengthening  
Families  
Alaska**

ALASKA  
center for  
RESOURCE FAMILIES



## Foster Parent Edition

Strengthening Families is a researched informed, strength-based approach focused on engaging families, programs, and communities in building five protective factors that help families succeed and thrive: parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children. The overarching goal is the promotion of child and family well being through connection. This session is specifically designed for foster parents. Please join us.

**DATE:** April 18, 2024  
**TIME:** 9am to 4pm  
**WHERE:** The Menard Center  
1001 S Clapp Street, Wasilla

Training is free. Coffee, tea, and lunch are provided.



Register Here: [https://uaa.co1.qualtrics.com/jfe/form/SV\\_4J9L5nwm3jzHZ0G](https://uaa.co1.qualtrics.com/jfe/form/SV_4J9L5nwm3jzHZ0G)

## Defiant? Aggressive? ARGUMENTATIVE? AND impacted by Pre-natal Alcohol Exposure?

A 2 part work-shop for Tired and Confused  
Foster & Adoptive Parents



Parenting a youth impacted by pre-natal alcohol exposure or another neuro-developmental disorder? Exhausted by fights, stubborn behavior, and defiance?

Join us to discuss, share experiences, and seek insights into WHY this happens, and HOW to respond.

Free, and on Zoom. Bring yourself and your situation. Register to attend or get information about its recording.

On Zoom, Tuesdays  
March 26, 2024 Noon to 1:30 p.m.

**PT1: Where the Heck is This Coming From?**

April 2, 2024 Noon to 1:30 p.m.

**PT2: Responding to Decrease Behavior, not Escalate It**

Led by Eileen Devine, LCSW (parent coach, consultant, trainer, and mom to a teenager with neurobehavioral differences)  
[www.eileendevine.com](http://www.eileendevine.com)

"There's more hope than you can imagine..."

# Register

ALASKA  
center for  
RESOURCE FAMILIES

ON LINE  
<https://form.jotform.com/AKRESOURCEFAMILIES/REGISTRATION-FOR-2-PART-FASD-WKSH>

OR CALL ACRF AT 1-800-478-7307  
ACRF@NWRESOURCE.ORG



Led by Eileen Devine, LCSW

Eileen Devine is a licensed clinical social worker located in Portland, Oregon, with over a dozen years of clinical experience, the adoptive mother of a child with fetal alcohol syndrome, and a certified facilitator through FASCETS, Inc. Eileen's goal is to provide caregivers, providers, and parents with hope for their client's or child's well-being, and concrete tools that can be used to help them to live purpose-filled, meaningful lives.



ALASKA  
center for  
RESOURCE FAMILIES

## Post Adoption Skills & Support

*For Adoptive Parents of Children and Youth  
Impacted by FASD*

*Sponsored by the Alaska Center for Resource Families*

5:30 to 7 p.m. Monday. On Zoom.

April 17 through May 15, 2023.

This time limited group is for adoptive parents who are struggling with parenting a child or youth who was prenatally exposed to alcohol or diagnosed with an FASD (Fetal Alcohol Spectrum Disorder.)

Participants will have an opportunity to get feedback and guidance on their own situation as well as learn more about the impact of pre-natal exposure to alcohol and the brain and how to take this knowledge to provide effective interventions when parenting.

Group participation allows one individual consultation at no charge upon completion of the series.

This group is available at no charge to Alaska adoptive parents parenting a child or youth with an FASD. Slots are limited so we ask for a commitment to attend all sessions.

Contact Alaska Center for Resource Families for an application form at [khughes@nwresource.org](mailto:khughes@nwresource.org) or call (907) 279-1799 (or 1-866-478-7307)

## Referral for Post Adoption Support and Services

Adopted families—need support? Got a question and don't know where to start? OCS Workers and home study writers? Want to refer a family for support? ACRF provides post-adoption and guardianship support for families across Alaska. To get started, check out our web page at [www.acrf.org](http://www.acrf.org) or request a contact from one of our Adoption Support Staff.

SELF REFERRALS FOR FAMILIES: Go to <https://form.jotform.com/AKResourceFamilies/acrf-adoptions>



PROFESSIONAL OR OCS REFERRALS: Go to <https://form.jotform.com/AKResourceFamilies/acrf-prof-adoption-spt-referral>







## Kenai Conference: “Connecting To My World”

May 9, 2024

College Heights Baptist Church

Keynote Speaker: Eli Harwood—The Attachment Nerd

### Northern Region Foster Parent Forum Topic: Resource Family Advisory Board (RFAB)

Thursday, February 15, 2024  
6:00PM-7:30PM  
On ZOOM

To receive Zoom Link, please register with ACRF at  
1-800-478-7307 or 907-479-7307  
or email [acr@nwresource.org](mailto:acr@nwresource.org)

You will now have the opportunity to speak  
directly with the OCS management team in your  
region about topics important to you!



### HELPING YOUTH GROW HEALTHY RELATIONSHIPS

A Webi Conference on Zoom  
for Alaska Resource Families

Tuesday, March 19, 2024  
9 a.m. to 4:30 p.m.

Workshops on helping youth grow  
healthy relationships, navigate sexuality  
and dating relationships, and support  
youth to grow and connect with others.

To Register go to:

<https://form.jotform.com/233456828996173>

or call 1-800-478-7307

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RESOURCE FAMILIES

Find schedule at  
[www.acrf.org](http://www.acrf.org)  
Training Calendar



### Weaving Adoption Competency Into Your Practice

The Core Issues of Adoption & Permanency Series

With Brenda Ursel, MS, and Courtney Yemiola, MA/Eds

OCTOBER 2023 THROUGH MAY 2024  
Continuing Education Credits Available through the UAA-  
CHD Family Services Training Center

#### SERIES OBJECTIVES:

- Learn the impact of adoption and permanency on individuals and how it influences mental health and well being
- Become familiar with the seven core issues in adoption and permanency and the 3-5-7 Framework
- Increase your confidence in identifying underlying adoption core issues and learn to use this information to better support individuals in the adoption triad and adoption constellation in your work.

PRESENTED ON ZOOM on FRIDAYS, From 9 to 11:30 a.m.

The Core Issues of Adoption & Permanency Series Topics

October 13, 2023	3 Tasks, 5 Questions, 7 Skills: <i>The Successful Base for Permanency</i>
November 10, 2023	Core Issue #1: <i>Loss Begins the Lifelong Journey</i>
December 1, 2023	Core Issue #2: <i>Rejection: Why Me?</i>
January 12, 2024	Core Issue #3: <i>Shame and Guilt: The Outside-In Emotions</i>
February 9, 2024	Core Issue #4: <i>Grief- The Gateway to Healing</i>
March 1, 2024	Core Issue #5: <i>Identity- The Heart of the Human Journey</i>
April 5, 2024	Core Issue #6: <i>Intimacy- The Drive to Belong and Connect</i>
May 3, 2024	Core Issue #7: <i>Mastery and Control- Connecting to Resilience</i>

#### SPONSORED BY:

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and the

UAA Center for Human  
Development



#### REGISTER AT:

<https://form.jotform.com/232629156387162>

For more  
information about  
this training series,

Contact the Alaska  
Center for Resource  
Families at  
[acr@nwresource.org](mailto:acr@nwresource.org)  
or call 1-866-478-7307.

### Online Learning Center

Alaska Center for Resource Families  
A Project of Northwest Resource Associates



### Core Training for Resource Families WEB BASED VERSION

**Core Training for Resource Families— Web version** is a 10-session web-based class that will allow foster parents in Alaska to complete the Core Training Requirement. New classes start up at the beginning of each month and you have up to 10 weeks to complete the course (though most people complete it in less time).

**Resource Family Orientation** is required before you can sign up for Core Web Based Class. Find out how to attend orientation by going to [www.acrf.org](http://www.acrf.org) under the *How to Foster* Tab or call 1-800-478-7307

#### To Register:

To take *Core Training for Resource Families*, each individual needs to have an email address and reliable internet service. Two ways to sign up:

REGISTER ONLINE AT: <https://form.jotform.com/231235721186149>

OR EMAIL the following information to [CORE@nwresource.org](mailto:CORE@nwresource.org). You will be signed up for the next class and emailed sign in information and be contacted by your instructor. New classes start up at the beginning of each month.

- First and Last Name:
- Mailing Address Including Community:
- Email Address (need a separate email for each person registering):
- Phone Number:
- Name of Licensing Worker and/or OCS Office:
- Have you attended Orientation? ☐ Yes ☐ No
- Have you submitted a foster care application ☐ Yes ☐ No
- I am ☐ Relative Caregiver ☐ Licensed Foster Parent ☐ Other

For more information, contact ACRF at 1-866-478-7307 or email [CORE@nwresource.org](mailto:CORE@nwresource.org)

Sponsored by the Alaska Center for Resource Families, a project of Northwest Resource Associates, and funded through a grant from the State of Alaska DFCS Office of Children's Services.

## MONTHLY RESOURCE FAMILY TRAINING SCHEDULE:

ACRF is offering a series entitled **Foster Parent Professional Skills** to support the skills foster parents need to navigate the challenges of fostering and to learn the importance of maintaining records. ##Bonus: To build your toolkit, a set of documents or forms will accompany each session.

Every family that attends multiple sessions has the opportunity to receive a binder with the printed documents and forms included!

**Held Wednesdays from Noon-1:00pm**

Feb. 14th: Family Contact, Jodi von Brandt

Mar. 20th: Reasonable and Prudent Parent Standard, Maria VanOrd

Apr. 17th: Transitions, Independent Living Skills, Trainer TBA

May. 15th: ICWA (Indian Child Welfare Act), Trainer TBA

Please call in 5 minutes early to give us your contact information so we can record your attendance.

**Call 1-800-944-8766, Participant Code 26867#**

**Check [www.acrf.org](http://www.acrf.org) Teleconference Training Calendar prior to the teleconference for posted handouts or PowerPoints**



### **Statewide Foster and Adoptive Support Group**

**3rd Thursday of each month at 6:00pm via Zoom**

**Next : February 15th: Topic TBA 6:00-7:00pm**

Join us for a chance to talk with other foster and adoptive parents, discuss issues or concerns, get advice and tips, or to share in supporting this group of amazing people and the hard work that they do!

Please call or email for Zoom meeting link or phone number. [acrf@nwresource.org](mailto:acrf@nwresource.org) 1-800-478-7307 or 907-479-7307.

### **FASD Caregiver Support Group—Sponsored by Stone Soup Group**

**Last Wednesday of each month from 5-6:30pm via Zoom**

Parents and caregivers of those affected by Fetal Alcohol Spectrum Disorder (FASD) are welcome to join us!

Please register for this caregiver support group:

<https://www.stonesoupgroup.org/event/fasd-support-and-discussion-group-upcoming/>



### **STATEWIDE ZOOM: Let's Talk ICWA**

**First Thursday of the Month from 4-5pm**

Designed specifically for foster and pre-adoptive parents across Alaska to learn about ICWA (Indian Child Welfare Act) and to have a chance to get your questions answered. Come learn and get your questions answered!

Co-Sponsored by the Office of Children's Services and ACRF.

Contact us for Zoom meeting link at [acrfsc@nwresource.org](mailto:acrfsc@nwresource.org) 1-800-478-7307 or 907-479-7307.



This series provides foster and adoptive families with support, information, and resources regarding preventative maintenance, complex trauma, and threatening behaviors. The information provided can help with skill-building and gathering resources that can be applied to families dealing with escalated behavior, families in crisis, and families recovering after a crisis.

This series is held the first Wednesday of every month from Noon-1:00pm

Register online at <https://form.jotform.com/232625661135150>.

For more information contact Karissa Hughes at [khughes@nwresource.org](mailto:khughes@nwresource.org) or call ACRF at 1-800-478-7307 or 907-479-7307.



### **CONNECTION CAFÉ**

**Support Group for Mat-Su Foster & Adoptive Parents**

**FIRST TUESDAY OF EACH MONTH—5:30-7PM**

Location changes monthly. Kids welcome! Door prizes!

**Call 907-376-4678 for information**



### **ACRF Resource Family Book Club: READING BETWEEN THE LINES:**

*Redefining Normal by Justin & Alexis Black*

**Club meets on Mondays by Zoom from 6-7pm: Feb 12th, March 11th, April 7th**

Come and join us for a fun relaxing book club! Each month we will read a portion of the book and have a meaningful discussion.

To register call 907-279-1799 or sign up by email at [acrfsc@nwresource.org](mailto:acrfsc@nwresource.org)

## FOSTER AND ADOPTIVE PARENT TRAINING:

### **Building Families Through Adoption via Zoom**

**6-8pm Tues/Thurs: February 22 - March 7 OR 10am-Noon Tues/Thurs: June 4-18**

Building Families aims to prepare potential adoptive parents for the realities and joys of adoption. All potential adoptive parents are welcome but it is particularly valuable for persons wanting to adopt from Alaska's foster care system.

### **Adopting Through OCS via Zoom (Two upcoming classes)**

**6:30 - 8:30pm Tuesday February 20 and May 21**

This zoom class will include information about adopting through the foster care system and reviews the "nuts and bolts" of what families need to know.

### **Core Training for Relative Caregivers via Zoom**

**6:30 - 8pm, 5 Sessions (Tuesdays/Thursdays): April 22, 29, May 9, 14, and 16**

Core Training for Resource Families helps you gain a better understanding of the child protection process, the special needs of your children in foster care and your role as a foster parent. It is also a great way to meet other foster parents and hear their ideas about fostering and adopting!

### **Core Training for Resource Families via Zoom**

**6:30 - 8pm, 5 Sessions: April 25, 30, May 2, 7, 9, 14, and 16**

Core Training for Relative Caregivers will help you understand the child protective system, know what your role is as a foster parent to your relatives, and help connect you with resources to support your care for the children in your home.

### **Trust Based Relational Intervention (TBRI)**

**9:00am - 11:30am, 3 Sessions: March 20, 21, and 22**

TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors.

Register for this 3-session TBRI class online! Go to <https://form.jotform.com/231456003713143>

To pre-register for the above training and get the Zoom access information contact:

[acrfsc@nwresource.org](mailto:acrfsc@nwresource.org) or call 1-800-478-7307 / 907-479-7307

### **Emergency Shelter Home Specialization Orientation**

**Wednesday February 21st from 6:30-7:30pm**

New State of Alaska foster care regulations now allow licensed foster families to add an Emergency Shelter Home Specialization.

Interested? Call 1-800-478-7307 or email [acrf@nwresource.org](mailto:acrf@nwresource.org)

**Do you know someone interested in becoming a foster parent?**

**Tell them they can get more information at an Orientation**

**via Zoom: Wednesdays 6-7:30pm:**

March 6th  
April 3rd  
May 1st  
June 5th

**Telephonic: Thursdays:**

March 21, Noon-1pm  
April 18, 7-8pm  
May 16, Noon-1pm  
June 20, 7-8pm

**Need Application Assistance:** An optional additional hour is provided after each of the above sessions.

**For Zoom Link:** Call 1-800-478-7307 or email [core@nwresource.org](mailto:core@nwresource.org).

**For the Telephonic Orientation call:** 1-800-944-8766 then you will be asked to enter a code; please enter: **26867#**



# Thank you

***Every quarter we discover so many special people, organizations and businesses to thank! We can't tell you enough how much we appreciate you! We want you know how much you impact our agency—Without you it certainly would not be possible for us to give to our foster homes, our caregivers caring for their relatives and our adoptive families across the state of Alaska.***

***We hope you recognize how truly important you are!***

***Resource Family Book Club:*** Thank you to ***Fireside Books*** for your awesomeness in supporting our monthly book club!

***Southcentral:*** Many thanks goes out for donating food to our Mat-Su and Kenai Holiday Parties: ***Connection Café and Knik Tribe***. For the donations received we thank you ***Goose Creek Correctional Facility*** for the wooden toys for both Mat-Su and Kenai Holiday Parties, ***Center for Safe Alaskans in Anchorage*** thank you for the helmets. Thank you ***Diversified Tire, Beacon Hill and Costco*** for your donation. Thank you ***Phillips Cruises*** for the Cruise for 2, ***Alaska Sea Life Center*** for a group pass, ***Alaska Wildland Adventures*** for the float trip, and ***Connection Café leaders*** for your time!

***Mat-Su Adoption Appreciation Event:*** Thank you to ***Big Lake Lions Club, Susitna Brewing Company, Fireside Books, Three Bears, Target, Larson's Pizza Joint, Kaladi Brothers Coffee and Valley Quilters Guild*** for making this special event a success!

***Community Organizations:*** We appreciate our community organizations and service groups that support the work of ACRF. We would like to thank and spotlight these organizations for the support they have given ACRF programs. Thanks to ***Anchorage Concert Association*** for tickets to the Nut Cracker. Thank you ***Anchorage Diaper Bank, MTA Event Center, Far North Quilting and Valley Quilter's Guild***.

***Individuals:*** There are many individuals who we are thankful for! Thank you for donating to our ***Fairbanks Donation Closet and ACRF Statewide Programs***. Thank you ***Roxann Lamar*** for the handmade baby sweater sets with booties; ***Garret Baker with Denali Park Store*** for the large selection of brand new Yuvugh Clothing Gear; ***Kathy Vasquez*** on behalf of her brother who passed away for the ***Bearington Bear Collection***; ***Sara Bennett*** for toys and games; ***Shaun Sims*** for the board games; ***Dee Dee Keyser*** for the children's books; ***Alissa Robinson*** for the children's winter gear; ***Mr. Riegle*** for the gifts for kids; and ***Valerie Robancho*** for the baby supplies.

***If you would like to donate to the Alaska Center for Resource Families please reach out to us in the following offices:***



***Fairbanks: 1-800-478-7307 or locally: 907-479-7307***

***Anchorage: 1-866-478-7307 or locally: 907-279-1799***

***Wasilla: 907-376-4678***

Northwest Resource Associates  
Alaska Center for Resource Families  
815 Second Avenue Suite 202  
Fairbanks, AK 99701

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## ACRF STAFF DIRECTORY

### Northern Regional Office 8:30am-4:30pm

*Rachel Hanft, Family Support Specialist*  
*Kendall Musser, Rural Outreach Coordinator*  
*Karissa Hughes, Adoption Resource Specialist*  
*Dee Dee Keyser, Resource Coordinator*  
*Ashley Garrison, Project Assistant*

### Anchorage Regional Office 8:30am-4:30pm

*Aileen McInnis, Director*  
*Maria VanOrd, Family Support Specialist*  
*Brenda Ussel, Adoption Support*  
*Lissa Rylander, Database Coordinator*  
*Elizabeth Serrano, Project Assistant*

### Mat-Su Regional Office 9:30am-3:30pm

*Jodi von Brandt, Family Support Specialist*  
*Erin Monarch, Adoption Support*

[www.acrf.org](http://www.acrf.org)



## Consider Supporting ACRF By Doing What You Do Every Day!

There are many ways to support Alaska Center for Resource Families just by shopping as you normally do, or by choosing to shop at these locations and selecting us as your Non-Profit of choice.

Link your Fred Meyer Rewards Card to Alaska Center for Resource Families and you still earn reward points and ACRF receives a donation! Shop at [smile.amazon.com](http://smile.amazon.com) and when you choose Northwest Resource Associates as your charity, ACRF will earn while you shop, at no additional cost to you!



### ACRF Northern Region

815 Second AVE, STE 202  
Fairbanks, AK 99701

479-7907/FAX: 479-9666  
Toll-Free: 1-800-478-7307

Email: [acrf@nwresource.org](mailto:acrf@nwresource.org)

### ACRF Anchorage

840 K ST, STE 101  
Anchorage, AK 99501

279-1799/FAX: 279-1520  
Toll-Free: 1-866-478-7307

Email: [acrfsc@nwresource.org](mailto:acrfsc@nwresource.org)

### ACRF Mat-Su

5050 Dunbar ST, STE A2  
PO Box 876844  
Wasilla, AK 99654

376-4678/FAX: 376-4638

Email: [acrfsc@nwresource.org](mailto:acrfsc@nwresource.org)