

WINTER NEWSLETTER 2018/2019



In this issue....

- Check out the adoptive family calendar
- Book and movie reviews
- The National Adoption Month celebration at Lund
- Families share their stories
- And so much more!

*“ I have four children.
Two are adopted.
I forget which two.”*

- Bob Constantine
Writer

If you are interested in becoming active in the Vermont Consortium for Adoption and Guardianship please consider contacting

Catherine Harris at (802) 241-0901 or catherine.harris@vermont.gov for more information.

Please join us in celebrating November as National Adoption Month!



Welcome to the Vermont Consortium's Winter 2018/2019 Newsletter!

With Thanksgiving upon us and snow on the ground we are reminded that the winter holidays are around the corner and we may be facing a plethora of mixed emotions—ours, our partners, and our children's. This time of year is, for many of us, all about family yet this can bring up divided loyalties—memories of previous years' disappointments— anxieties and worries— as well as the joy and warmth that we have hopefully also experienced in past years. Our challenge is to negotiate all of these feelings and memories. Thinking about how we might make this year one of less stress and more celebration takes time and work. I hope we all pause and reflect on what we want to do this year that we've done before, what we want to avoid doing again, and consider trying out something different to see if we can create new traditions to carry us forward. Taking time to plan and be thoughtful can help us create a sense of togetherness and strengthen our bonds of attachment—so I encourage you to find some moments of quiet to think this season through—by yourself, with your partner, and with your children—having the whole family participate makes sure that this year's holidays belong to all of you!

I wish you all a wonderful Thanksgiving
and a joyous winter holiday season!

Catherine Harris



Please consider sharing some pictures of your family with the greater community of Vermont families formed through adoption or guardianship!



We want to join you in celebrating your wonderful family— playing and working together, as well as those

special occasions you celebrate.



Your family pictures would add a lot to future Consortium Newsletters and to the website. Please forward them electronically to:

vtadoption@vermont.gov

And feel free to add a few words or provide a story to accompany the pictures.

Please join us in celebrating November as National Adoption Month!

Adoption Month in Vermont

What an amazing evening we had celebrating families!

Governor Phil Scott has proclaimed that November is Adoption Month in Vermont, honoring the many families formed through adoption throughout the state. On November 14th Project Family hosted an event to celebrate this with over 100 people in attendance at Lund in South Burlington. Ken Schatz, Commissioner of the Department for Children and Families, and Karen Shea, Deputy Commissioner for DCF Family Services, both attended the event celebrating and thanking the families for their partnership. It was great to see all of the families enjoying themselves and taking part in the many activities that were offered during the evening—making slime, creating a sand tray, dancing to the music under the sparkling disco ball, drumming, a scavenger hunt, face painting, eating pizza, having family portraits taken, and more! You could hear families talking with such inspiration and joy saying things like "we should do this for family time." This event offered a safe and joyful place for families to discover



more about themselves and create traditions. The staff at Project Family, Lund, and the Vermont Department for Children and Families do more than work together, we respect and care for each other and our families on such a deep and genuine level.



Please join us in celebrating November as National Adoption Month!

30 WAYS TO CELEBRATE

National Adoption Awareness Month

November 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|---|
| | | | | 1 | 2 | 3 |
|  |  |  |  | Start a tradition of taking a family photo each year on the same day, so you can see how everyone's changed. | Ask your library to display adoption books to commemorate National Adoption Awareness Month. | Look for National Adoption Month activities or meet-ups in your areas and attend as a family. |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Invite local adoptive families to your home for hot chocolate and cookies or a multi-cultural buffet. Announce the event in your community newspaper. | Find out where your representative at the state and national level stand on adoption issues. Write to them regarding your concerns. | Tell your children about your own childhood. Talk about traditions and memories from when you were young. | Create a scrapbook with your child. Talk about significant events as you record them together. | Offer to meet with families considering adoption or fostering to discuss the process and share your experience. | Find an adult adoptee who can serve as a mentor for your child. Arrange for them to get together monthly. | Pick a special activity, like going out to dinner, having a picnic or taking a day trip to a favorite spot and make it an annual celebration. |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Spend some time celebrating your child's heritage. | Help your place of worship organize a service to give thanks for children. | Start a family blog to spread awareness of adoption or foster care. | Pass along an adoption-related article to another adoptive parent or friend. | Rent a DVD that portrays adoption in a positive light for your family to watch and discuss. | Print examples of accurate adoption language. | National Adoption Day |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Become an adoption advocate. | Read or watch the National Adoption Month proclamations as a family, and talk about it together. | Send a thank-you note to your child's teacher for allowing you to share adoption information. | Develop a family ritual to show thanks for your family and the special way you've found one another. | Thanksgiving! Write a thank-you letter to the judge, social worker, etc. who made your adoption happen | Let your child contribute a portion of their allowance to a group home or foster family. | Organize a holiday toy drive for children waiting for permanent families. Involve your child's class, team, etc. |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| Join an adoptive parent support group. | Send a "thumbs up" or "thumbs down" letter to a media outlet or company applauding or critiquing the way they address adoption. | Together, light a candle in honor of your child's birth-parents. Turn off the lights and hold hands as you watch the flame. | Make holiday crafts that incorporate designs from your child's heritage. | Organize a community meet-up or play group for foster or adoptive families. | Make a donation in your child's or birth-mother's name to an adoption-related charity or organization. | |

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It Can be Hard Parenting—

especially children who had tough things happen to them....

But it's Worth it—it's the strong relationships that make the difference

You're not going to believe it but our baby is a junior this year! She started school a year early and has amazed us and the school. She was accepted into some great leadership programs—and they're tough to get into. She is really smart, funny, has a great personality, and above all she is an amazing writer.

Our son got into some legal troubles and ended up spending some time in jail. We tried so hard to reach him but, of course, he knew more than we did. He did some programming while in jail and just a few weeks ago we helped him move from the jail into a supervised home. We got to take him out to eat with us and most of all I got to give him a hug.

Our other son decided to leave our home and move in with his birth dad, but it didn't work out. We got him back home, helped him find a job but he couldn't take it and ended up partying. We would not let him come home to live but he visited us and ultimately he ended up on his birth mom's couch. She reached out to me to figure out how to handle this as he wasn't working and was being horrible to everybody there. I had a very stern conversation with him—basically telling him it was time to grow up. His birth mom and I made a plan and while he was mad at all of us when he couldn't come home or stay with his birth mom any longer he ended up getting some support through Voc Rehab. With help he was able to get an apartment and started training to be a carpenter! Now he calls two or three times a day and seems to be doing well.

It's hard work being a parent but it's definitely worth it.



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SPENDING THE SUMMER AS AN ALL-STAR INTERN WITH FOSTERCLUB

My name is Libby Branch and I am a first year at the University of Vermont, majoring in Social work. Advocacy and community service has always been a passion of mine, during high school I was a Planned Parenthood Peer Educator, an advocate for a substance abuse support and prevention group, and participated in multiple community service events. This summer I was offered an internship with FosterClub in Seaside, Oregon.

Being placed in foster care at any age can have dramatic effects on mental and physical health. Unfortunately, many youth who are placed in the system have a rough and chaotic experience while trying to navigate their rights and/or journey towards permanency.

The FosterClub All-Star Internship began in 2004 and is an opportunity for youth in the foster care system to educate themselves and others about how to navigate and thrive while in the system.

During my time with FosterClub I lived in Seaside, Oregon with 10 other youth for two months. We spent our time connecting with the local foster youth in Oregon, designing activities, presenting workshops, and traveling to other states. We spent our weekdays at the FosterClub office receiving training about aging out, healthcare, etc.

My voice was heard in a way that I had never experienced before. When I was talking, my peers were listening. When I needed guidance, FosterClub alumni and staff were supporting me. During my trip to Washington D.C. my voice was heard by congressmen and their staffers while I spoke with them about the Family First Act implementation, and how to 'fix the glitch' within a recent bill regarding healthcare for foster youth.

I stay in touch with my fellow All-Stars on a regular basis and we have conference calls every few months to discuss what each of our states is doing regarding the foster care system.

In the future, I would be interested in pursuing a career that works with youth in the system, or possibly a sort of family service specialist.

Please join us in celebrating November as National Adoption Month!

From a parent in response to our October message:

“I am so happy to see you have developed a training for school staff related to adoption. One of the hardest things we experienced while working through the foster / adoption process was dealing with the school.

School officials and teachers treated us as though we had no authority and no importance when it came to our foster and now adopted children.

This was frustrating, discouraging, and many times very counterproductive to trust, bonding, and helping our children with the transition and everything else they were going through.

I truly hope getting more teachers trained, will help other families so that they don't have to go through what we went through.”

The Consortium has developed trainings for school staff throughout Vermont—if you feel this would be helpful in your school please encourage them to contact the Consortium by email at vtadoption@vermont.gov or call the Consortium Coordinator at 802-241-0901 to schedule or for more information!



Creating an Adoption Sensitive School

School staff will develop an understanding of:

**The 7 Core Issues of Adoption
Developmental Trauma**

And learn how these might present in the classroom and what strategies can help these children and youth succeed in school!

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Hollywood Film about Foster Care and Adoption due in Theaters during National Adoption Month

By Melissa Appleton, Coordinator of Post Permanency Services, Lund



On 10/16 Lund hosted an early screening of the upcoming film, **Instant Family**. The film portrays one family's experience with adoption from foster care. It is inspired by director Sean Anders' personal experience of adopting three siblings from the foster care system and stars Mark Wahlberg and Rose Byrne. The film is due out in theaters on November 16th but Lund had an exciting opportunity to offer a free advanced screening to the community.

The film is full of heart but remains true to the realities of adoption from foster care. It does not sugar coat the challenges faced by children who have been exposed to early trauma or whose lives have been disrupted by being removed from their homes possibly to multiple placements. The three children in the film break things, swear, scream, refuse to follow the rules time and time again. There is a dinner time scene that features flying potato chips, hurled mashed potato, spilled milk, tears, accusations and bi-lingual declarations of hatred. But there is love too. Sometimes it looks a bit more Hollywood – home renovation demolition, a hilarious confrontation of a janitor riding a 'zamboni', a grandma in an airbrushed T-shirt, and a hairbrush that ends up in the toilet. But it looks real too. The foster parents try to establish routine and boundaries, they take solace at a support group, they listen, they adapt, they are there for each other and most of all, they persist.

We won't give away how the narrative plays out for the family though we will say that there were few dry eyes by the end of the film.

Parents who attended the screening reported the film felt real in capturing the feelings and experiences families go through. Here's what a couple adoptive parents had to say:

I have to say that the story hit home as it was so real. My hope is that it will be a movie that will be seen by all, as everyone needs to know what our kids have gone through and will for a while. It is very powerful, intense, and very funny movie. I plan to bring the rest of my family to see the movie when it is released.

A must see for everyone! This movie dives into the real life issues of fostering and adopting and does a nice job of capturing all perspectives from the foster parents to the children, the social workers, and even family and friends. The use of humor mixed with heart wrenching moments was brilliant and will bring awareness of the great need for more families and the struggles and support they require to all who watch it. Thank you for the opportunity to attend the screening. I can't wait to bring all my family and friends when it comes out.

While the film focuses on the parent perspective, several parents who attended with their teenage adoptees found it also resonated with their teens and opened up some good conversations. It should be noted the film is rated PG-13 for thematic elements, sexual material, language and some drug references. The film also tackles the feelings associated with foster care and adoption in an honest way. Therefore, parents should be thoughtful when bringing their teens and create space to process afterwards.

To learn more about Instant Family visit <http://www.instantfamily.org/>

Please join us in celebrating November as National Adoption Month!



Thank you to Lund for bringing “Instant Family” to Vermont for a preview! NFI had 1 family connected to the WRAP Program, 4 staff, and 5 families from our support group come to view the movie last night and they had nothing but glowing reviews.

Here is some of what I have heard so far that parents/co-workers have given me permission to share:

“Instant Family was a great movie! The entire room laughed and cried and laughed some more! Based on the comments of people sitting around me, they could really relate to the content and struggles of the Foster/Adoptive Family! Excellent choice of cast. Best movie I’ve seen in a long time! Well done!” - Sarah (Adoptive Parent of 3 children under the age of 7!)

"I really enjoyed it, really was an eye opener for me on how foster families are started and some of the struggles the families go through but also how there are happy endings for families too. I would definitely see this movie again and encourage my friends to see it as well. There were some funny, serious and heartwarming moments." -Anonymous

"The new film Instant Family was a accurate portrayal of what some families experience adopting through the foster care system in America. The film was fast moving and packed full of scenes that could be both sad, tender and hilarious all at the same time. The movie had some stereotypic characters in it as there was not much time for character development as the focus was more on the emotional experience of trying to care for traumatized children. The film touched on the 7 Core Issues in Adoption such as loss and grief, abandonment and rejection, shame and guilt, intimacy and trust, loyalty, identity and control and mastery. The film did a good job briefly touching on many issues such as night terrors, bedtime routines, running away, lying, food issues, discipline, sexting, the inappropriate use of social media/phones, sibling trauma bonds, the role extended family play both supportive, unsupportive and clueless, managing visits and feelings about birth parents, attending support groups, dealing with service providers, etc. The overall tone was uplifting but not to the extent that it was not grounded in some sense of the reality of the difficulty of parenting children who have experienced so much pain. I highly recommend it for families with children age 13 or older to be seen together and then processed together as a way to discuss the difficult themes of being a family from many people's different points of views. This movie is a window into my work and into many people's daily lives. I hope it will inspire, uplift and help families heal."

Nina Hill, NFI Post Permanency Service



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VERMONT CONSORTIUM LIBRARY

for ADOPTION & GUARDIANSHIP

The Vermont Consortium maintains an extensive library focused on providing resources for families who adopt or provide guardianship, and their children.

Topics include:

- private adoption,
- adopting through child welfare,
- kinship,
- talking with your children about adoption,
- transracial/transcultural adoptions,
- developmental trauma,
- resilience.....
- and then there are picture books for children as well as books for youth!



The library is available to Vermont parents, children, youth, and the professionals who serve them. The library is physically located in the Vermont easterseals office, 641 Comstock Road, Berlin, VT—please call before stopping by: 802-223-4744. The library is also accessible on line at <https://vac.myturn.com> - open up your account, reserve the books you are interested in, and they will be sent to your home with a self addressed stamped envelope for you to return them to the library when they are due back.

Don't miss out on this great support!

We've been adding to our collection so please Take a Look at our Recent Additions to the Library:

Adult Fiction, etc.

- ♥ **The Leavers: A Novel**, Ko, Lisa
- ♥ **Adopting: Real Life Stories**, Morris, Ann;
- ♥ **Healing for Adults Who Grew Up in Adoption or Foster Care: Positive Strategies for Overcoming Emotional Challenges**, Wolfs, Renee

Non-Fiction—School

- ♥ **Keeping It Real: Creative Classroom Techniques for Working with Trauma-Affected Students**, Feiner, Michele
- ♥ **Attachment and Emotional Development in the Classroom: Theory and Practice**, Colley, David

Continued on next page

Please join us in celebrating November as National Adoption Month!

Take a Look at our Recent Additions to the Library (continued):

Non-Fiction—Parenting

- ♥ **Can I tell you about Adoption?: A guide for friends, family and professionals**, Braff Brodzinsky, Anne
- ♥ **Creating Loving Attachments: Parenting with PACE to Nurture Confidence and Security in the Troubled Child**, Hughes, Daniel
- ♥ **The A-Z of Therapeutic Parenting: Strategies and Solutions**, Naish, Sarah
- ♥ **Adoption at the Movies: A Year of Adoption-Friendly Movie Nights to Get Your Family Talking**, Cooper, Addison
- ♥ **Life Story Books for Adopted and Fostered Children, Second Edition: A Family Friendly Approach**, Rees, Joy
- ♥ **Parenting Strategies to Help Adopted and Fostered Children with Their Behaviour: Trauma-Informed Guidance and Action Charts**, Gordon, Christine
- ♥ **Parenting with Theraplay: Understanding Attachment and How to Nurture a Closer Relationship with Your Child**, Rodwell, Helen

Non-Fiction—Professional

- ♥ **Using Stories to Build Bridges with Traumatized Children: Creative Ideas for Therapy, Life Story Work, Direct Work and Parenting**, Golding, Kim
- ♥ **Building Self-Esteem in Children and Teens Who Are Adopted or Fostered**, Cornbluth, Sue
- ♥ **Life Story Books for Adopted and Fostered Children, Second Edition: A Family Friendly Approach**, Rees, Joy
- ♥ **101 Mindful Arts-Based Activities to Get Children and Adolescents Talking: Working with Severe Trauma, Abuse and Neglect Using Found and Everyday Objects**, D'Amico, Dawn

Children's Books

- ♥ **Winter Candle**, Ashford, Jeron
- ♥ **The Long and Short of It: A Tale About Hair Mays**, Lydia
- ♥ **What I Like About Me!**; Nolan, Zobel
- ♥ **Uniquely Me**, Wilson, Trace
- ♥ **Giraffes Can't Dance**, Andreae, Giles
- ♥ **Different is Awesome**, Haack, Ryan

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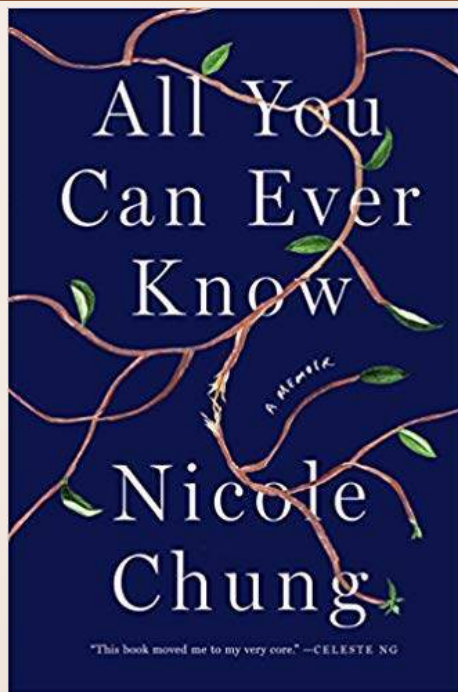
Please join us in celebrating November as National Adoption Month!

***Take a Look at our Recent Additions to the Library (continued):
Children's Books (continued)***

- ♥ **The Princess and the Fog: A Story for Children with Depression**, Jones, Lloyd
- ♥ **Princess Hair**, Miller, Sharee
- ♥ **Lucy's Umbrella**, Madden, Sara;
- ♥ **The Push**, Gray, Patrick;
- ♥ **I'm Like You, You're Like Me: A book about Understanding and Appreciating Each Other**, Gainer, Cindy
- ♥ **A Family Is a Family Is a Family**, O'Leary, Sara
- ♥ **Mango, Abuela, and Me**, Medina, Meg
- ♥ **Vincent the Vixen: A Story to Help Children Learn about Gender Identity**, Reeves, Alice
- ♥ **Roxy the Raccoon: A Story to Help Children Learn about Disability and Inclusion**, Reeves, Alice
- ♥ **Why Are You Looking At Me?: I Just Have Down Syndrome**, Tompkins, Lisa
- ♥ **Star of the Week: A Story of Love, Adoption, and Brownies with Sprinkles**, Friedman, Darlene
- ♥ **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids)**, Huebner, Dawn
- ♥ **A Place in My Heart**, Grossnickle, Mary
- ♥ **Happy in Our Skin**, Manushkin, Fran
- ♥ **What's Cool About Braille Code School?**, Benedith-Cane, Gracie
- ♥ **What's the Difference? Being Different is Amazing**, Richards, Doyin
- ♥ **Moses Goes to a Concert**, Millman, Isaac
- ♥ **Maddi's Fridge**, Brandt, Lois
- ♥ **Chocolate Milk, Por Favor: Celebrating Diversity with Empathy**, Dismondy, Maria
- ♥ **Lailah's Lunchbox: A Ramadan Story**, Faruqi, Reem
- ♥ **All Are Welcome**, Penfold, Alexandra
- ♥ **Adopted Like Me: My Book of Adopted Heroes**, Angel, Ann
- ♥ **The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin (Amazing Scientists)**, Mosca, Julia Finley

And don't forget to browse through the rest of the collection!

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ALL YOU CAN EVER KNOW
 BY NICHOLE CHUNG
 BOOK REVIEW BY ANN CLARK, LICSW,
 ADOPTION ADVOCATES

I first heard of Nichole Chung's book ALL YOU CAN EVER KNOW when she was interviewed on National Public Radio. (One of the many perks of being an adoption social worker in Vermont is we travel throughout our beautiful state and get to listen to much radio and books on cd). I was immediately struck by Nicole's candor of what it was like to be adopted as an infant from Korea growing up in a loving Caucasian family. Nicole is now in her thirties and adoption preparation was very different 30 years ago. In those days we did little to prepare people for cultural identity, racism, and other complicated adoption issues.

Nicole experienced bullying and racism because she was different from her peers. Peers spoke racial slurs to her and often belittled her slanted eyes. Nicole never shared these experiences with her parents feeling she was protecting them.

When Nicole became pregnant after her marriage, she found that her midwife asked her many questions about her medical history that she could not answer. This propelled Nichole to search for her birth family. She located some half-sisters and a full sister with whom she now shares a special relationship.

Nicole has written this book to discuss family and identity. It is a must read for parents who have adopted transracially and transculturally. She ends the book by asking people who are thinking about adopting transracially to look at their families, their schools and communities and see how transracial children will be accepted and cherished in those settings.,

Our Consortium library has ordered this book so it should be available soon.

Note from Ann: I recently saw a family that adopted two children from Korea over 30 years ago. They shared with me that they never actively discussed racism in their family. My reply: "It is never too late."

The Vermont Consortium for Adoption and Guardianship invites you to contribute to strengthening and building the adoption/guardianship communities of Vermont by joining a committee!

- ◆ Conference Planning and Training
- ◆ Diversity in Adoption

◆ Library

For more information call or email Catherine Harris at (802) 241-0901 or catherine.harris@vermont.gov

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VERMONT SUPPORT GROUPS FOR FAMILIES

*“The support group was my **LIFELINE** especially in the early years. My grandson and I were adjusting to a different life. I truly would never have been able to survive had it not been for the people in the support group.”*



The following Support Groups are provided by the Vermont Adoption Consortium in collaboration with Post permanence Services (From Lund, Easterseals, or NFI). Some groups are also co-sponsored by community partners or are community based support groups.

Addison County

Support Group for Adoptive and Guardianship Families held the 4th Tuesday of the month. 5:30-7:00 pm. Please contact Donna Provin for more information and for the location at (802) 343-0565 or email donnap@lundvt.org

Bellows Falls

Circle of Support for Adoptive and Guardianship Families meets the second Wednesday of each month from 6 to 8 pm at the Health Center at Bellows Falls, 1 Hospital Court. Please call Stephanie Amyot for more information (802) 735-5031

Bennington County

3rd Thursday of the month from 7 - 9 pm at the Shaftsbury Methodist Church. For more information contact: Jill C. Bouton at (413) 884-5589

Brattleboro

Support Group for Adoptive and Guardianship Parents the second Monday of the month, 6:30-8:30 pm. Please contact Danna Bare, M Ed, for more information and for the current location (802) 258-0308

Chittenden County

Chittenden County Circle of Parents Support Group for Adoptive and Guardianship Families
This group is held the LAST Tuesday of every month from 5:00-6:30pm in South Burlington.
Pre-registration is required. For more information or to RSVP, contact Katherine Boise, BSW, M.Ed at Lund at (802) 864-7467.

Self-Care Support Group for Adoptive and Guardianship Caregivers: This group meets the third Wednesday of the month from 12-1:15pm at Lund (S.Burlington). It focuses on self-care activities and

discussions. To get more information or to RSVP, please call Melissa Appleton at 864-7467 or email kathleeny@lundvt.org

Franklin County

1st Thursday of every month at the Senior Center, 75 Messenger Street, or the Church on the Rock, St. Albans from 5:30-7:30 pm. Dinner and childcare provided at no cost. Please contact Nina Hill (802) 495-6187 or Monica Darrah (802) 495-6535 to RSVP or for more information.

Morrisville

Please contact Pam Montgomery, easterseals of Vermont, (802) 595-5046 for information

St Johnsbury

The Northeast Kingdom Foster and Adoptive Community meets the second Thursday of each month from 5:30-7:00 pm at the Union Baptist Church in Waterford. Please contact Barb Hash for more information (802) 473-6108

Upper Valley

Kinship Care Support Group meets the first Thursday of each month, 12:00-1:30 pm, 2458 Christian Street, Wilder, VT (next to Dothan Brook School on Route 5). For more information contact: Judith Bush, ACSW (802) 356-9393 x 2 or jbush@together.net

Transracial support Groups :

Burlington

Transracial Adoptive Families of Vermont meets up in various locations, generally in the Chittenden Country area. Please contact Jordy Baker for more information jordybaker@me.com

Montpelier

Families of Color, open to all families. Play, eat and discuss issues of adoption, race and multiculturalism. Bring snacks and games to share, and dress for the weather. Third Sundays, 3-5 p.m. Unitarian Church, 130 Main Street, Montpelier.
Alyson, 439-6096 or alyson.mahony@gmail.com

Please join us in celebrating November as National Adoption Month!

POST PERMANENCY SERVICES FOR FAMILIES



Families formed by adoption or guardianship may need support and those needs usually change over time as children and families grow and change. Post Permanency Services address the normal issues adoptive and guardianship families face as well as more significant issues that can arise when raising a child who has experienced a traumatic start in life.

Supports offered include:

- ◆ In-home adjusted parent education, identifying strengths and challenges and developing plans that foster growth
- ◆ Consultation to treatment teams and advocacy, providing education supports within schools and collaborating with treatment teams
- ◆ Referrals to community resources
- ◆ General adoption/guardianship information
- ◆ Kinship placement support



These services are provided by a Post Permanency Service Provider meeting with the family and working with them to assess and determine what services are needed. Together a plan will be made and goals set for these services. To support the family in meeting their goals the Post Permanency provider

will be meeting with the family monthly in their home as well as attending any meetings that the family identifies—such as treatment team meetings and school meetings.

*“I would like to **thank** the Post Permanency Services staff they have been wonderful people to work with who are a wealth of knowledge and support. Whether just listening to me vent and bounce ideas off of, or to giving me advice on how to deal with difficult birth family members, or how to deal with school staff. They have given us awesome contacts to help with these struggles. Thank you all for that you do. I wouldn't know where I'd be today without you.”*

Post Permanency Services are available to families formed by adoptive and guardianship . For information regarding services in your area please contact:

**BARRE, BENNINGTON, HARTFORD,
MORRISVILLE, ST. JOHNSBURY &
RUTLAND AHS Districts**

EASTERSEALS

641 Comstock Road, Suite 1, Berlin, VT 05602
Lynn Bessette, Program Manager (802) 279-4241
lbessette@eastersealsvt.org

**BRATTLEBORO, BURLINGTON, MIDDLEBURY,
NEWPORT & SPRINGFIELD AHS Districts**

LUND

P.O. Box 4009, Burlington, VT 05401
Melissa Appleton, Supervisor (802) 864-7467 X2019 C:
782-3311 melissaa@lundvt.org

ST ALBANS AHS District

NFI, Northeast Family Institute

12 Fairfield Hill Road, St. Albans, VT 05478

Kriss Lococo, Regional Manager, (802) 524-1700 Kristenlococo@nafi.com

Please join us in celebrating November as National Adoption Month!

Taking the Long View: Parenting Well as a Transracial/Transcultural Family

Saturday, December 1, 2018

Lund—50 Joy Drive, Burlington, Vermont

10:00 am – 4:00 pm

This workshop is open to all families parenting transracially and/or transculturally now, or planning to in the future.

Adoptive, guardianship, kinship, and foster families will develop an understanding of the unique parenting tasks that accompany being a transracial/transcultural family and will expand their toolbox of parenting skills. Whether you are parenting an infant, a child, or a teenager—or planning to—this workshop will cover material and develop skills that will increase your confidence and help to make your family stronger.



To register go to

<https://transracialtransculturalparenting.eventbrite.com>

or fill out and send in the attached form

For scholarship information call (802) 241-0901 or email
Vtadoption@vermont.gov

For More Information about the Vermont Consortium go to
<https://www.vtadoption.org/>

 **VERMONT CONSORTIUM**
for **ADOPTION & GUARDIANSHIP**

Please join us in celebrating November as National Adoption Month!

How you can help from a day to a lifetime.

In Vermont at any given time there are over 80 youth needing forever families and even more who are needing foster homes, even within your community. As you read this you might say my house is full, I cannot possibly take one more person into my home—or we are just not ready to provide care for a child/youth. Well there are other ways to help and one of them is. . . **Recruitment!**

There are many ways for you to help recruit families for youth in foster care:

- ⇒ Word of Mouth. Tell everyone of the need—there isn't one community that doesn't need foster parents in Vermont. You can share this when talking with a neighbor in the grocery store, Farmer's Market, attending a Community Event or going to the Library.
- ⇒ Host a Table Talk. What is a Table Talk you ask? We can find a date that will work for you to host a dinner, lunch, breakfast or coffee at your home. You get to invite friends, family and community members to talk about foster care. Size isn't important—large or small will make a difference.
- ⇒ Provide an email blast regarding foster care and adoption to your family and friends and ask them to pass the word along to their email connections.

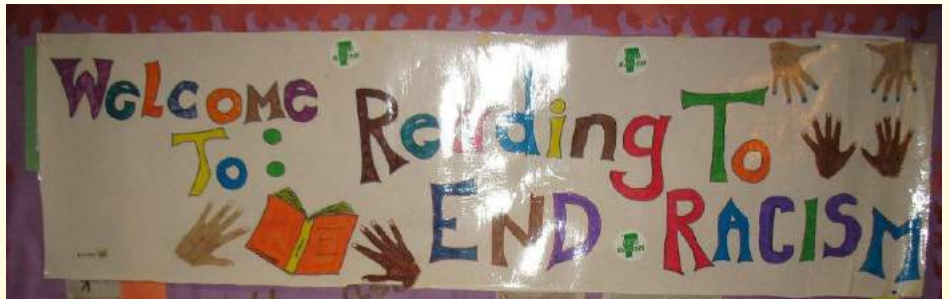


- ⇒ Host the Heart Gallery: <https://lundvt.org/the-heart-gallery> Do you have a business, community event, church, or other location that might be willing to host one or twenty photos?

If you are interested in any of these or would like to learn more, then please do not hesitate to reach out to Heather Simmons at heathers@lundvt.org or 802-324-0939.

Central Vermont Reading to End

Racism is an all-volunteer community-based initiative serving elementary schools in the U32 and Montpelier



School districts. Our purpose is to raise awareness of the harm caused by racism, and aid children in identifying skill and strategies to address racism and racists acts in order to create inclusive, supportive and welcoming environments for all children in our communities.

The RER program works with teachers, parents and community volunteers to provide engaging and age-appropriate forums for explaining and exploring racism with students. Students have an opportunity to listen to literature, hear personal stories and share insights regarding racism as well as a safe space to discuss these issues.

We are happy to work with individuals around the state and beyond to start groups in their own communities.

<https://cvreadingtoendracism.blogspot.com/>

and our Facebook page is:

Central Vermont Reading to End Racism

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