

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Foster Care - General

Material Title: **Aging Out (DVD)**
 Author: DVD *DVDs* 2004 90 min

Aging Out chronicles the daunting obstacles that three young people in foster care encounter as they "age out" of the system and are suddenly on their own for the first time. Navigating the transition from adolescence to adulthood is challenging for even the most mature and privileged youth. For three teens in urban New York and Los Angeles, however, making the transition to independent living is considerably more difficult. Lacking family support, they are suddenly forced to fend for themselves with no job skills, meager financial resources, and little preparation to survive on their own. This emotionally complex film is also a portrait of young adults struggling to overcome the scars of their troubled childhood in order to realize their dreams of independence and fulfillment.

Material Title: **Another Place at the Table**
 Author: Kathy Harrison *Books* 2003 224 pages

Kathy Harrison has been a foster parent for more than thirteen years, hosting almost a hundred children. This book is an account of many of those placements; it is an invitation into her busy home and the lives of her ever-changing crew of troubled children. The stories that arise within this narrative are not all happy or easy, but they are compelling and very real.

Material Title: **Back on Track: Information for Youth in Care (DVD)**
 Author: DVD *DVDs* 2006 30 minutes

This DVD is a film for and about youth in care of the state child welfare system. It is mainly geared towards middle school and high school age youth. This was produced by Washington State Department of Social & Health Services.

Material Title: **Behavior With a Purpose: Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth**
 Author: Richard Delaney *Books* 2009 156

Provides a practical understanding of and clinically relevant interventions for common problems of youth in adoptive, foster and kinship homes. Specific attention is placed on food hoarding, wetting, defiance, lying, stealing, and negative attention seeking behavior. The book also explains how the positive intent of adoptive, foster and kinship parents can often work at cross purposes with the motivations of the child. Numerous case examples illustrate the dynamics of a problem. The book firmly endorses the healing power of the family and is written from a strengths-based perspective.

Material Title: **Blended Perspectives Meeting Training Video (DVD)**
 Author: Seneca Family of Agencies *DVDs* 1 hour 25 minutes

This video provides an example of the Blended Perspectives Meeting tool for the purpose of expanding permanency options for youth. At the center of this DVD is foster teen, Christina. Surrounding her are members of her foster and birth families, and her case worker, as they come together for a blended perspectives meeting in support of her future. They are able to identify an extended support system and address common goals and concerns as Christina approaches adulthood.

Material Title: **Creating Sexual Safety in Adoption and Foster Care (2 CDs)**
 Author: NACAC Conference *CDs* 2011 84 minutes

This material is a recording from the NACAC Conference in August 2011. Presented by Wayne Duehn, School of Social Work, University of Texas at Arlington (retired). In this session, workers will develop knowledge and skills to help parents address the needs of adopted children who have been sexually abused. Discover how to enable parents to create a healing milieu to counteract the negative impact of trauma on a child's psychosocial and cognitive development, and to enhance positive self-esteem. Learn how to help adoptive families become the central ingredient in their children's recovery.

Material Title: **Emancipated Youth Connections Project: Permanency Stories (DVD)**
 Author: Seneca Family of Agencies *DVDs* 10 minutes

This video shares participants' experiences through the 2008 project, "Emancipated Youth Connections Projects." The purpose of the project was to develop a model of service to find permanency for 20 young adults (ranging in age from 17-39 years) who had left the foster care system without having permanent and unconditional lifelong connections to at least one adult. Many participants lost contact with siblings. Each participant was supported to make connections and reach out to birth family or other who are important to them. Each one had a unique experience with the process. A toolkit was developed as a result for this project and is available through the SENECA website.

Foster Care - General

Material Title: **Families Change: A Book for Children Experiencing Termination of Parental Rights* (Children's Material)**

Author: Julie Nelson *Children's Books* 2006 32 pages

Over time, all families change. Sometimes, when families have big problems, they need to change so kids will be safe. A child's family might change from a birth family to a foster family or an adoptive family. That kind of change can be hard on kids. They may believe that the change is their fault. They may worry about their birth parents, and they may wonder if they can trust the new adults in their life.

This book can help children and families through this difficult change. The first part is meant to be read and shared with children. Simple words and realistic color illustrations tell and show why some kids get foster parents or new adopted moms or dads. The second part includes information and resources for adults who work to keep kids safe: parents and other family adults, foster parents, social workers, teachers, and caregivers.

With the support of caring adults, children who experience termination of parental rights can move from the pain of the past to the promise of the future.

Material Title: **Family Diversity in Education: Foster Care, Kinship Care, Adoption and the Schools (2 CDs)**

Author: Shelly Linenberger and Emily Tracy *CDs* 8/6/2011 1 hour 30 minutes

Presented by Shelly Linenberger & Emily Tracy of The Adoption Exchange, Colorado at the 37th NACAC Conference 2011 in Denver, Colorado. Children in adoptive, foster, and kinship families have unique experiences and needs—often founded on separation, grief, loss, and trauma. These needs and experiences can negatively affect their development and ability to learn and feel safe in a school setting. Families and child advocates can educate the schools and partner with them to reduce potentially traumatic school assignments, uncaring remarks, educational gaps, and conflicts.

Material Title: **Find a Family For Any Youth in Foster Care in 12 to 20 Weeks! (3 CDs)**

Author: Melanie Scheetz *CDs* 2010 90 minutes

Learn how to replicate Extreme Recruitment—an intensive 12- to 20-week recruitment effort for youth in foster care who have been failed by traditional recruitment. In this model, a collaborative team engages in all forms of recruitment, including using investigative techniques to find kin, while preparing youth for permanency from mental health to educational perspectives.

Material Title: **Foster Parents Working with Birth Parents (DVD)**

Author: DVD *DVDs* 2003 50 min

Dr. Vera Fahlberg talks with a panel of experienced foster parents about the issues of increased drug and alcohol related placements, the importance of communication with birth parents, and the need for early permanency planning. While the discussion focuses primarily on infant and preschool placements, the information on this tape can be applied to the care of foster children of all ages.

Material Title: **From Chaos to Calm (2 CDs)**

Author: NACAC Conference *CDs* 8/4/11 1 hour 30 minutes

This item is a recording from the 37th NACAC Conference. Presented by Juli Alvarado, coaching for LIFE! in Colorado. Sometimes in adoption, all goes well and as planned. Sometimes we parents are faced with challenges we could never have anticipated. Parenting children with disruptive behaviors and attachment challenges often leave us feeling scared, frustrated, hopeless, and sometimes even helpless. Join a fellow foster/adoptive parent, therapist, consultant, and trainer for this educational, motivational, and inspirational workshop that will provide you with the tools necessary to transition your home from chaos to calm today!

Material Title: **From Place to Place (DVD)**

Author: Porch Productions *DVDs* 2011 80 minutes

Having recently aged out of foster care, Micah, Mandy & Raif face life with little support beyond their social worker, Matt. Raif falls in and out of love as many times as he jumps trains, Mandy tries to succeed at her education and Micah just can't stay out of jail. Mustering courage into action, Mandy and Raif travel to Capitol Hill to tell their stories and try to change the system that raised them for generations to come.

Material Title: **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know (CD)**

Author: Sue Badeau *CDs* 8/5/2011 1 hour 15 minutes

Presented by Sue Beadeau, Casey Family Programs, Pennsylvania at the 37th NACAC Conference 2011 in Denver, Colorado. Every child entering foster care has experienced some amount of trauma—if nothing else, removal from home and placement into care. Parenting a traumatized child can be challenging and stressful. The better a parent is equipped to cope with the emotional, behavioral, and verbal responses of children and youth to placement in foster care, the greater the child or youth's opportunity to heal. The presenter will engage participants in a discussion of the strengths and challenges of traumatized foster children and will share strategies for helping professionals and parents become more trauma-informed.

Foster Care - General

Material Title: **Kalani's Story (DVD)**
Author: Epic Ohana, Inc. *DVDs* 18 minutes

This DVD follows former foster youth Kalani as he gives a first-hand story of how he was affected by his time in foster care, and as he reconnects with members of his family. Separated from his brother and parents at a young age, Kalani lived in ten different foster homes. He struggles to form an identity until he reunites with members of his birth family and other important people.

Material Title: **Lesbians and Gay Men as Foster Parents**
Author: Wendell Ricketts *Books* 1991 166 pages

Through facts, arguments and personal stories, Mr. Ricketts diffuses stereotypes and clearly shows both the need for and the goodness of lesbian and gay foster parents. This book will be of immense value to agency administrators, policy makers, social workers, and all members of the helping professions.

Material Title: **Maybe Days: A book for children in foster care* (Children's Material)**
Author: Jennifer Wilgocki and Marcia Kahn Wright *Children's Books* 2002 32 pages

Will I live with my parents again? Will I stay with my foster parents forever? For children in foster care, the answer to many questions is often "maybe". Maybe Days addresses the questions, feelings, and concerns these children most often face. Honest and reassuring, it also provides basic information that children want and need to know, including the roles of various people in the foster care system and whom to ask for help.

An extensive afterword for adults caring for foster children describes the child's experience, underscores the importance of open communication, and outlines a variety of ways to help children adjust to the "maybe days" - and to thrive.

Material Title: **Mobility Mapping Training Video (DVD)**
Author: Seneca Family of Agencies *DVDs* 1 hour 15 minutes

In this DVD Kevin Campbell demonstrates using Mobility Mapping with a youth in foster care. A foster teen shares his memories of childhood and kinship care as he is lead through the development of a map of important connections with the purpose of finding significant people from his past.

Material Title: **Murphy's Three Homes: A Story for Children in Foster Care* (Children's Materials)**
Author: Jan Levinson Gilman *Children's Books* 2009 29 pages

Being a pup in foster care is awfully confusing. What's Murphy to do when he's taken away from his family and placed in a new home, with new people, new pets, and... new everything? As he moves from one house to another, Murphy begins to understand all his sad and angry feelings and finds ways to cope. Eventually, he discovers what it means to be a "good luck" dog as he jumps and barks his way into a comfortable spot in his new home.

*Note to Parents: Author Jan Levinson Gilman, PhD, discusses the emotional experience of children who are in foster care, and provides caregivers with information on how to help kids cope with the difficulties of being placed in multiple homes.

Material Title: **Open Adoption, Open Hearts (2 CDs)**
Author: Terri Kirby, Lisa Rankins, Jennifer and M. Gerrits *CDs* 8/4/2011 1 hour 27 minutes

Presented by Terri Kirby, adoptive parent, Lisa Rankins, birth mother, Jennifer Gerrits of the Saint John Adoptive Parents Association, New Brunswick, and Michelle Gerrits, adoptee, New Brunswick at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop profiles two families' open adoption experiences. A birth mother and the woman who adopted her son will share their journey, which began on opposite sides of a courtroom. They developed a strong bond and learned about love, trust, patience, and understanding. In the second story, a parent and an adopted teen share how they gradually opened an adoption from foster care. The presentation will include practical information for parents considering connecting with their children's birth family.

Material Title: **Parent 2 Parent: A Mentoring Program (VHS)**
Author: Richard J. Delaney *Videotapes* 1999 20 minutes

In this tape, Rick Delaney and four foster parents discuss the spiritual and practical benefits of foster and adoptive parent mentoring. This video and its companion guidebook, "Safe Passage," provide a glimpse at what is possible when experienced adoptive parents mentor relatively inexperienced parents who have just embarked on their journey with troubled adoptive children.

Material Title: **Parenting Someone Else's Child: The Foster Parents' How-To Manual**
Author: Ann Stressman *Books* 2004 220 pages

Stressman, who has parented over 100 foster children and adopted four, offers a broad range of perspectives with chapters on the impact of social class; the importance of a support system; fostering or adopting older children; using strengths, dealing with weaknesses; system issues/establishing working relationships; dealing with "failure"; and more.

Foster Care - General

Material Title: **Plan for Tyrone, A* (Children's Materials)**
Author: Tamara and Chelsea Severance Evanson, MSW *Children's Books* 2009 26 pages

A Plan for Tyrone was written for children between the ages of 5 and 11. It describes the process of transitioning from foster care to adoption. This beautifully illustrated booklet follows the story of a young elephant named Tyrone, his diverse family, and their experiences with the family group conferencing process. This book is written from the context of the child welfare system in Ontario, Canada describing family group conferences. However, this can still be applied to the local child welfare system as it still incorporates common terminology and child welfare professionals. This book can still be a helpful tool for adults in talking with young children about the transition from foster care to adoption along with the different roles people have in this process.

Material Title: **Practical Tools for Foster Parents**
Author: Lana Temple-Plotz, et. Al *Books* 2002 296 pages

This book is based on the Boys Town's "Common Sense Parenting" model and applying it to the role of a foster parent. The book focuses on building relationships with children, teaching them skills, and empowering them by teaching self-disciplining and self-control. The book includes effective and research-based solutions for common concerns among foster parents.

Material Title: **Raise the Blue: The Practical and Humorous Guide to Foster and Kinship Care**
Author: Marcia Sindone *Books* 2004 397 pages

This book, by an experienced therapeutic foster parent, has chapters on discipline; fostering children age 0-6; fostering age 7-12; fostering teenagers; sexual abuse; protection plans and crisis plans; and more. Though its focus is foster care, it has much to offer adoptive families.

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (DVD)**
Author: Vera Fahlberg *DVDs* 1992 70 min.

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

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Material Title: **Saving F.A.C.E. Approach, The (2 CDs)**
Author: CD *CDs* 2008 90 minutes

This workshop will discuss how to find unconditionally committed permanent parents for teens using this three-pronged approach: friends, acquaintances, and community education.

Material Title: **Separation and Loss Issues for Foster and Birth Families (DVD)**
Author: DVD *DVDs* 2003 120 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

Material Title: **Siblings in Adoption and Foster Care: Traumatic Separations and Honored Connections**
Author: Deborah N. Silverstein and Susan Livingston Smith *Books* 2008

Contributors address not only the importance of nurturing sibling bonds and mental health strategies to support those relationships, but also the legal rights of siblings to be together, as well as issues in international adoptions. Emerging and standing programs to encourage and facilitate adoptions that keep siblings together are featured, as are programs that at least enable them to stay in contact. "Theory and research, practice guidelines, and stories, are all explored." The contributing authors include educators, clinicians, researchers, practitioners, psychologists, and youth.

Material Title: **Star, The: A story to help young children understand foster care* (Children's Material)**
Author: Cynthia Miller Lovell *Children's Books* 1999 16 pages

A delightfully simple, colorfully illustrated story. The Star is a must for young children and foster parents experiencing foster care for the first time. This book focuses on typical situations encountered in foster care and could easily be used for support group sessions.

Foster Care - General

Material Title: **Story of Megan, The* (Children's Materials)**
Author: Daniel Gregg *Children's Books* 1980 15 pages

Megan is so anxious about the thought of being adopted that her tummy feels funny! She wonders what it means to be adopted, and what being part of a forever family will be like for her. When she meets the mom and dad who will adopt her she wonders "How can I fit into this family?" The Story of Megan addresses some of the questions and feelings that children may have when going into adoption.

Material Title: **Telling It Like It Is: Foster Youth and Their Struggle for Permanency (DVD)**
Author: Seneca Family of Agencies *DVDs* 41 minutes

This video includes 10 different digital stories of former foster youth as they search to find a permanent connection.

Material Title: **Tender Healing (DVD)**
Author: Spaulding for Children *DVDs* 1997 40 minutes

A Video Curriculum for Foster, Adoptive and Kinship Care Parents, with Drs. Vera Falhberg, Richard Delaney and Joseph Crumbley. This DVD features three segments designed to help parents and professionals better understand issues related to helping troubled children. The three components include: Part 1: Helping Children Make Transitions; Part 2: Helping Children Build Attachments; and, Part 3: Effective Strategies for Discipline Designed for parents caring for children in the child welfare system who have been abused or neglected.

Material Title: **Unconditional Commitment: The Only Love That Matters to Teens (DVD)**
Author: Pat and You Gotta Believe, Inc. O'Brien *DVDs* 2007 52 minutes

There is a great need for prospective and current parents to become unconditionally committed to the children that they care for, particularly teenagers, in order to prevent disruptions in permanent family homes. The emphasis here is that every child in foster care needs one placement and one placement only, and the challenges to unconditional commitment are explored and addressed. This is the story behind the enormously successful older teen adoption agency, and includes many of the staff, foster and adoptive parents, along with the children they have taken into their hearts and lives.

Material Title: **Walk a Mile in My Shoes: A Book about Biological Parents for Foster Parents and Social Workers**
Author: Judith A. B. Lee *Books* 1989 77 pages

The authors attempt to create an inclusive picture that takes into consideration the views and feelings of all persons involved in the lives of foster children so that foster parents and professionals can work more effectively with each other and with the child and his or her biological relatives.

Material Title: **Welcome Home: A Guide for Adoptive, Foster and Treatment Foster Parents**
Author: Christopher Alexander *Books* 2005 289 pages

This book directs parents in a wide variety of stages of caring for children brought into their lives. It begins with preparation beforehand, moves into the settling in stage with the establishment of relationships and expectations, and the last half of the book addresses a variety of emotional issues typically faced by adoptive and foster parents.

Material Title: **Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families**
Author: Jayne Schooler *Books* 2009 269

Why don't our children return our love? What are we not understanding? What are we failing to do? These questions can trouble the minds of adoptive parents caring for wounded, traumatized children. Families often enter into the adoption experience with high expectations for themselves and their children but are quick to discover that these hopes are not realistic. This book addresses those unmet expectations and offers validation and solutions for the challenges that arise when parenting deeply traumatized or emotionally disturbed children.
