

Welcome Back

H.A.N.A.I. Training
For Resource Families

Sexual Abuse

Sexual Abuse

Most children in Hawai`i enter care due to threatened harm.

Nationally, children enter care due to neglect.

Sexual Abuse is typically not identified until a child discloses the abuse.

Resource families must believe children who discloses any abuse and **REPORT IT.**



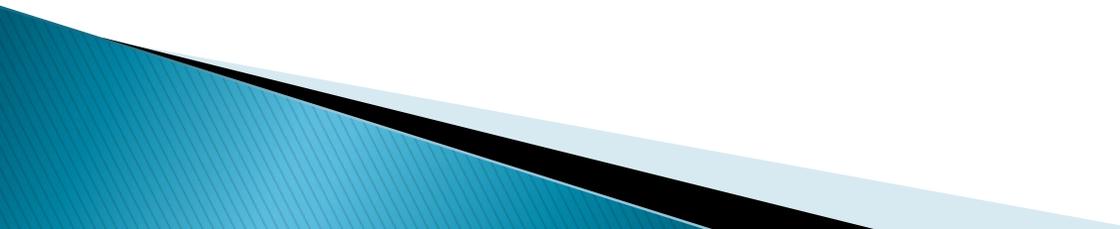
Sexual Abuse

- ▶ What kind of care do you think a child who has experienced sexual abuse would need from you as a resource family?
 - ▶ What kind of structure or house rules would help you make your home safe and comfortable for both the child and for others in your household?
 - ▶ How would you communicate these rules to all family members?
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Separation, Loss and Grief

Separation, Loss, and Grief

- ▶ Types of Losses
 - Significant Others
 - Health
 - Sense of Ourselves

 - ▶ How Loss Occur:
 - Expected
 - Unexpected
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Separation, Loss, and Grief

Children lose things that are valuable to them when they come into care. Some things we know about, others we do not know. Most of their losses are unexpected.

Resource families must be careful and cautious about talking about a child's history, as it may bring up negative feelings for the child.

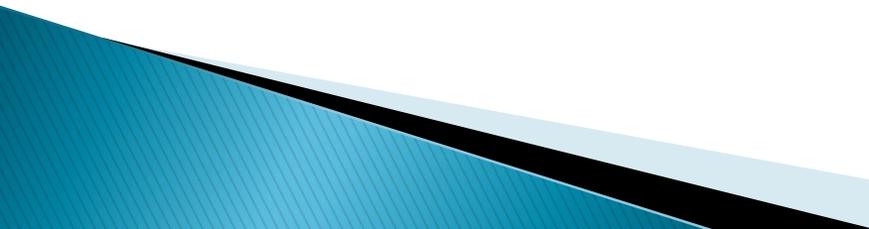
Separation, Loss, and Grief

Resource families must remember that children and families are experiencing losses. They are traveling through the stages of grief, and resource families must help children cope with their losses.

Birthdays, Anniversaries, Holidays, and other events may triggers the loss again for children in care.



Removed

- ▶ What type of loss did Zoe experience?
 - What were her triggers?
 - ▶ What were her behaviors in response to her trauma?
 - How did caregivers unknowingly contribute to her trauma?
 - ▶ What family strengths did Zoe identify?
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Effectively Caring For Children Who Have Been Abused

Family Centered Strengths Based Practice: All children belong in their families of origin and treatment/services must be family focused.

We must remember that children and families have strengths, good times, and good memories.



Effectively Caring For Children Who Have Been Abused

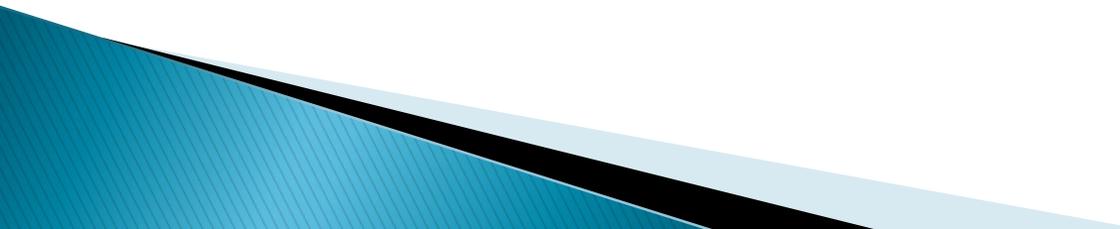
- ▶ Children are not their abuse
 - ▶ Every child and family has strengths and positive characteristics
 - ▶ Accept children and families where they are.
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Putting the Pieces Together: Alika and Kimo

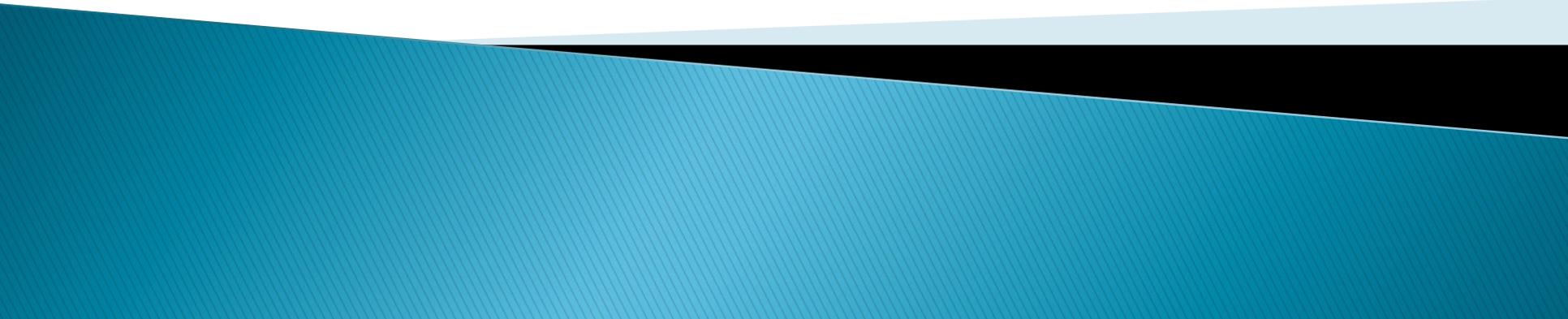
Abuse/Neglect, Development, Loss, and
Attachment

Healthy Attachment

How can Resource Families help Children develop Healthy Attachment?

- ▶ Remove Pain, provide comfort
 - ▶ Initiate Positive Interactions
 - ▶ Claiming Behaviors
 - ▶ Keeping Children Connected
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Personal and Cultural Identity



Personal and Cultural Development

- ▶ An important part of development.
 - ▶ Families play an important role in shaping a child's self-concept or personal and cultural identity.
 - ▶ Children in foster care experience various losses and could be at risk of losing a sense of themselves, including their personal and cultural identity.
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What is Culture?

- ▶ Where we grew up
 - ▶ Where we were born
 - ▶ Our religious or spiritual background
 - ▶ Grandparents Influence
 - ▶ Ethnic Identity
 - ▶ The language we speak
 - ▶ Gender Roles
 - ▶ Music and the Arts
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What is Culture

- ▶ Culture is not ethnicity.
 - ▶ Culture is traditions, beliefs, values, style of dress and much much more.
 - ▶ Resource families must be aware, understand, and respect a child's culture to help them develop a positive sense of themselves.
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Personal and Cultural Identity

What are some ways that you can help a child's cultural development?

What are some ways to teach your culture to a child?

What are some ways that you can integrate a child's culture into your family?



Personal and Cultural Identity

Resource families must remember that children have multiple cultural and ethnic backgrounds.

Resource families must be cautious in the way they teach/introduce/integrate a child into their family system.

Resource families must be respectful of a child's culture, even if you do not agree or understand it.



Visits and Behaviors After Visits



Visits

- ▶ Visits are the number one predictor of success in reunification.
- ▶ Resource families need to support visits as the most important means for ensuring a successful reunification.



Goals of Visits

- ▶ **Child's Goal:**
 - To see their parents
 - ▶ **Parent's Goal:**
 - To see their child
 - To maintain a connection with their child
 - ▶ **Resource Family's Goal:**
 - Nurturing the child's family connection
 - Support reunification
 - ▶ **Agency's Goal:**
 - Reunification
 - Observe parent-child interaction
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Preparation for Visits

- ▶ Resource families should prepare children for visits.
 - ▶ Make and take time to talk with the child about the visit.
 - ▶ It may take time to determine the best way to prepare the child.
 - ▶ Things to consider:
 - Your thoughts and feeling about the birth family
 - Developmental needs of the child
 - Location of the visits
 - Past experiences with visits
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Visits (Things to Expect)

- ▶ Birth parents may be late or no shows.
- ▶ Birth parents may do or say things that you do not agree with.
- ▶ Birth parents may give children gifts at visits.

It is important to remember that birth parents are experiencing grief and loss. Resource families must support birth parents to help children reunify.



Visits

Remember that birth parents have the right to see their children, unless otherwise determined by the court.

Parent can see their children even if they are intoxicated or inebriated. (as long as there are no safety concerns).

If you have any concerns about visits, communicate with the child's social worker.

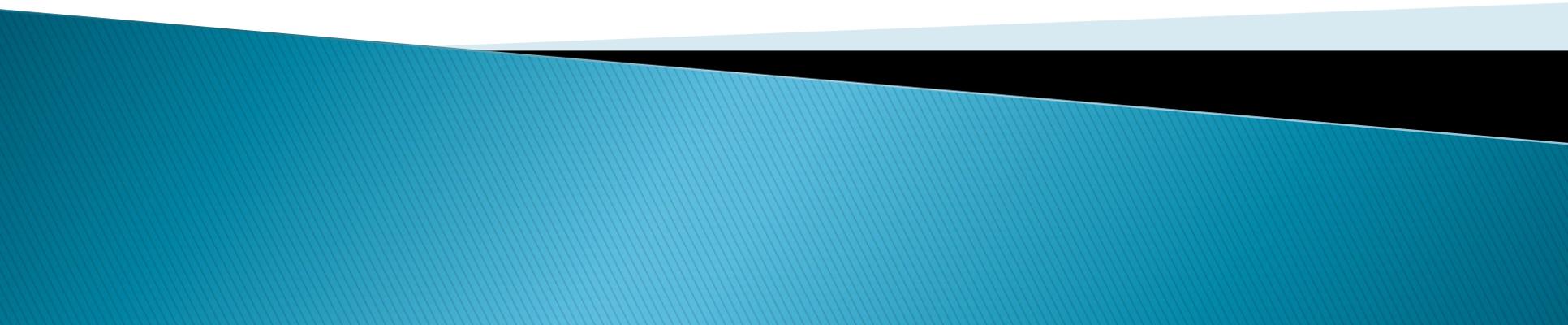
Resource families do not have the right to cancel visits.



Behaviors After Visits

Resource families need to expect and be ready to deal with the feelings and behaviors of children after visits.

Discipline



Discipline

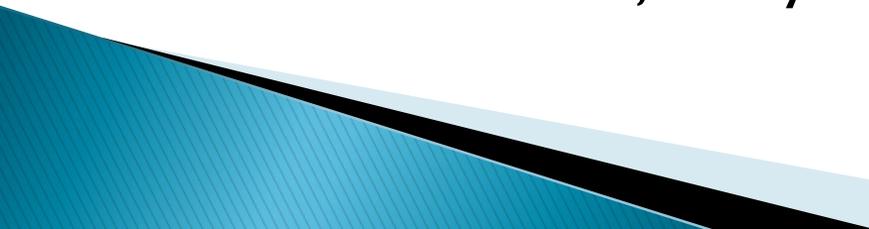
The Hawaii State Department of Human Services states that children in care should not be subjected to any form of physical discipline or discipline that may further traumatize the child

Activity:

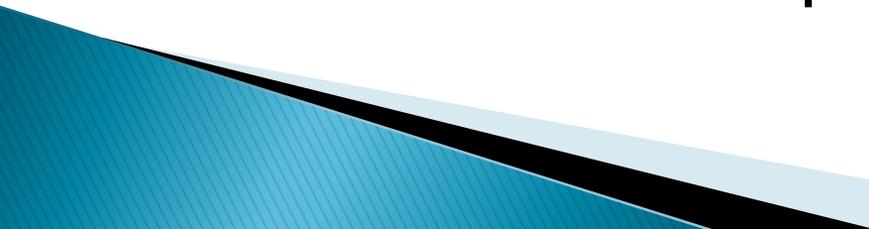
The Continuum of Physical Punishment



Discipline

- ▶ Children in out of home care have experienced many losses as a result of their past abuse and neglect.
 - ▶ Spanking may teach children that adults or use power and force.
 - ▶ Spanking reinforced poor self-esteem.
 - ▶ Spanking and other forms of punishment may stop a behavior, but does not teach children how to behave.
 - ▶ If an adult inflicts physical punishment on another adult, they can be charged with assault
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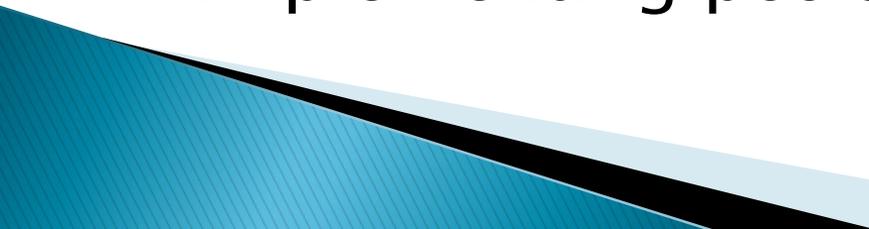
Discipline

- ▶ The role of the agency is to protect children from abuse and harm.
 - ▶ If a state licensed resource family strikes a child, the family may be investigated and prosecuted for child abuse.
 - ▶ Resource families who spank their own children must understand the impact it may have on children placed in their home.
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Positive Parenting Strategies



Positive Parenting Strategies

- ▶ Resource caregivers must provide children with the necessary structure and guidance to support healthy development and appropriate decision making.
 - ▶ For discipline to be effective, structure and consistency are very important.
 - ▶ Resource caregivers are the tools to implementing positive parenting strategies.
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Positive Parenting Strategies

- ▶ Teaching and Prevention: House rules, routines and structure, pre-teaching, role playing, family meetings, modeling
 - ▶ Reinforcing Positive Behaviors: Parental approval, praise, rewards, earning privileges, charts, behavior modification system
 - ▶ Use of Consequences: earning or losing privileges, time out, restitution
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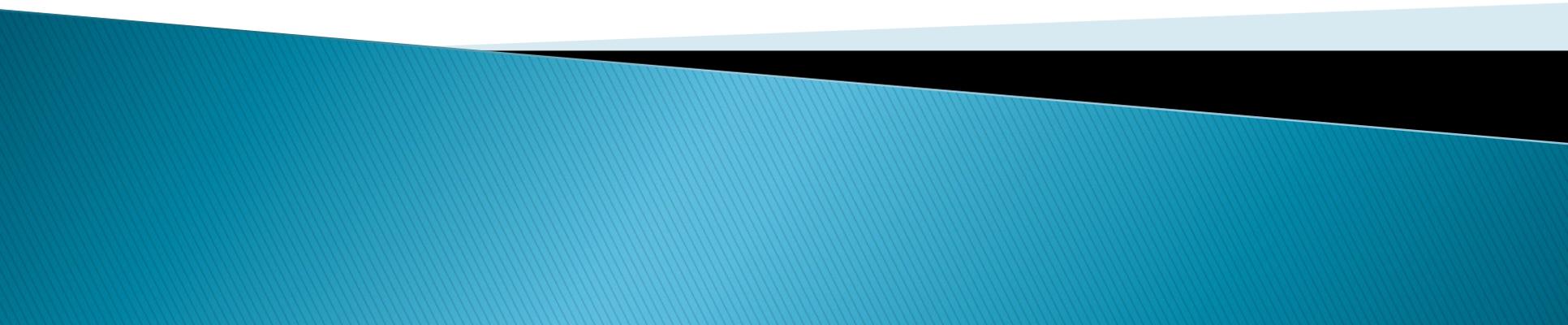
De-Escalating Strategies

- ▶ Lower your voice
 - ▶ Back away
 - ▶ Take a Break
 - ▶ Don't take what the child say personally
 - ▶ Avoid getting into power struggles whenever possible
 - ▶ Don't escalate problems by calling a child names
 - ▶ Be supportive
 - ▶ Use Broken Record approach
 - ▶ Don't try to reason child out or it
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Positive Parenting Strategies

- ▶ There are often many different ways to deal with behavior problems.
 - ▶ Catch children doing something right
 - ▶ Look for and celebrate a child's strengths
 - ▶ Look at cultural needs, comfort needs
 - ▶ Seek outside resources, as needed
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Transition



Transition

- ▶ Why do children leave foster care?
 - Reunification
 - Placement with Relatives/Another Resource Family
 - Legal Guardianship Family/Adoption
 - Transition into Adulthood

Transition

- ▶ Resource families must remember that transition is another change in the child's life.
 - ▶ Children need preparation time
 - ▶ Past Relationships must be honored
 - ▶ Symbols of their transition are needed
 - ▶ Children's needs are not always convenient for adults
 - ▶ Resource families may feel grief
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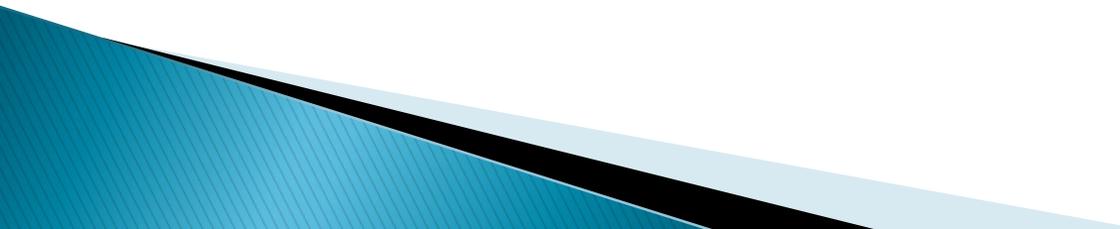
Transition

What Do Families Need?

- ▶ Visits/Information
 - ▶ Reassurance and Validation
 - ▶ A Chance to Say Good-Bye and Hello
 - ▶ A Blessing
 - ▶ Post Placement Contact
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Transition

How Can Resource Families Help?

- ▶ Provide Information
 - ▶ Increase Availability
 - ▶ Watch for Normal Signs of Grief
 - ▶ Facilitate and Support Visits
 - ▶ Deal with Concerns Promptly
 - ▶ Make Moving Day Significant
 - ▶ Talk About Post Placement Contact
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Transition

- ▶ Resource families can become very attached to the child and have strong feelings when they leave.
- ▶ Symptoms of grief in Resource Caregivers:
 - Sad, Depression
 - Avoid getting too attached to the next child
 - Worried child may not be taken care of
 - Stress and tension in the home
 - Become sick
 - Want another child quickly
 - Hurry the transition process

Transition

- ▶ What Resource Families should do?
 - Build Support system
 - Allow Time to Grieve
 - Take Physical Care of Self
 - Take Care of Others in the Home

How Ready Are You?
How Prepared Do You
Feel?

H.A.N.A.I. Training

Thank you for coming

- Turn-in Prudent Parenting Assessment Addendum/Evaluations.
 - Thank you for your interest and commitment to helping children and families.
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